

Pulse

PULSE : A resident news letter

Say cheese, its Graduation day!

The graduation party was held at Frank's waterside restaurant, a place with spectacular views in the Gold Coast strip of New Jersey on 13th June, 2008. The place resonated with rattling of plates, laughter of friends and memories of the past three years of graduating residents. Ladies in flowing evening gowns and men in dinner jackets danced and toasted wine.



Class Of 2008

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On 20th June, 2008, a graduation ceremony was held at the auditorium of Frank Cornwall School, followed by a reception at the hospital. The event was chaired by Mr. Joseph Scott, President and CEO of Liberty Health System; Dr. Douglas Ratner, Program Director and Chair of Medicine, and others. Dr. Allen Andrade, a third year medical resident, delivered a heart warming speech, sharing his cherished moments with his batchmates at JCMC.

From the Editor's Desk: Frozen time Parul Kaushik, MD, MPH

This summer brought many changes at the recent graduates of our program, Dr. JCMC. On a sad note, we parted with Gongireddy, Dr. Obiefuna, Dr. Ghimire and Dr. Zhu. In addition, we, the editorial board welcome Dr. Matt Chua as our new chief resident and a member of our newsletter team. We are confident that his dynamic perspective will bring constructive changes in the program.



The Pulse cam



Two reasons to attend the party

We all know parties are fun but they can even be rewarding sometimes. In the last party sponsored by Hamilton Park in August at the Sand Bar, two residents won prizes. Dr. Auroa Badin accurately calculated the number of pistachios in a jar and was given a cash prize of 25 dollars. Dr. Parul Kaushik won a pair of Coach Sunglasses in a lucky draw.



Graduation Party



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Resident Research Day

On May, 28, 2008, the Medicine and ObGyn residents got together in the 1 East conference room for the annual resident research day that was held between 8 AM and 1:30 PM. The morning lecture was delivered by Dr. John J. Smith, an attending physician at Bayonne Hospital who served in the US medical corp. in Iraq. After this, a series of oral presentations by the first prize winners followed. The second part of the session contained poster presentation by the second and third prize winner residents.



NEXT... Holiday Special !



Faculty in Spotlight: Dr. Douglas Ratner Auroa Badin, MD



Born and brought up in Long Island, Dr. Ratner recalls wonderful memories of his youth that he spent with his twin brother who is also his best friend. He started medical school in Bologna, Italy and then transferred to Drexel University. He went to Danbury Hospital in Connecticut for his residency. He says, "I enjoyed every moment of my residency."

After finishing his training, Dr. Ratner decided to stay close to the residency process. He wanted to bring positive changes in molding the life of future residents. He became the Associate Program Director at Mount Vernon Hospital, then the Program Director and the Chair of Medicine at Overlook Hospital and for the last two years, he has been the Program Director of Internal Medicine program at Jersey City Medical Center.

Dr. Ratner and his residents are involved in various projects sponsored by the state of New Jersey. They aim at promoting holistic health for the people of New Jersey, focusing on preventive measures, behavioral

modifications, and optimizing chronic disease management. He says, "The residents should be more involved in shaping health care policy in the country. After all, they are the future advocate for the health care system in United States." He strongly believes that right changes in the community happen in the field. "A regular person from our society spends his maximum time at home and work and not in a doctor's office." He wishes to broaden the impact of health care system, outside of outpatient clinic and hospital wards.

His book, "Tomorrow's Health for Today's Family," guides people on how to live a healthy life following practical and simple tips in disease prevention. Currently, he is completing a novel based on interesting medical cases.

Dr. Ratner enjoys playing outdoor sports. He nods, "I always try to stay in shape. I love to ride my bike and play golf in my spare time." He prides in his family and two adopted children, David and Jesse.

Stress Factor Parul Kaushik, MD, MPH

Life is busy and so is residency. Now there are laws that limit the time and work load on the residents but what about the stress they face during residency? Dr. Richard Merwin, an interventional cardiologist says, "Currently residents take care of fewer number of patients than they used to and have more work-hour regulations. However, the stress is not reduced but is shifted." According to him, today the competition to get into residency and fellowship is overwhelming.

Anh Tran, a PGY III in IM, considers watching comedy movies as her favorite pastime. "It makes me laugh and releases stress." When asked if she gets adequate time to watch it during her training, she smiles, "I watch them only during my vacation." Sharada Nagotu, a PGY II does not consider residency stressful per se but the social factor of being an International Medical Graduate adds to "the stress factor." She says,

"Getting adjusted to a new country, a different medical system adds to the stress."

The reasons could be many, but stress in residency is a well-recognized factor. The authorities have taken steps to lessen stress for residents. What can residents do for themselves? Here are a few simple suggestions

1. Know your hobbies. If you are not sure, try new things till you hit the jackpot.
2. Once you know your hobby, follow it for at least two times in a week.
3. Look beyond work: think about two things other than academics that you learned in your day at work. Laughing with colleagues and socializing with friends always reduces the stress, but I will pass on that. Luckily, we do plenty of that at JCMC.

Intern to resident: An interesting transition Hitesh Patni, MD

For sometime, my senior colleagues started telling me that I am soon going to be a second year. Initially, their words evoked some anxiety. I will be responsible for initial evaluation and management of patients. Of course, my attendings will be there to guide me but I will be expected to manage every aspect of patient care. As July was approaching, it looked like time had slowed down. I was eagerly waiting to be a second year. One of our previous third years told me, "On July 1st, you will see a new face; this guy will be wearing a tie, a crisp shirt and polished shoes, he will look lost as if he has no clue about his surroundings; he will sit down beside you and say, 'Dr. Patni, I am your first year'." This sounded interesting. I was excited to take up this responsibility, meet with my new colleagues, discuss the cases with the attendings and actually, to lead the show.

Finally, the most awaited day arrived, July 1st. We took a detailed endorsement from our colleagues, The day started with taking

vitals, rounding with the new intern, answering to his simple questions, guiding him through the hospital passages. Then I got a beep from the admissions office, 2047, right before the morning report, diagnosis was to rule out Acute Coronary Syndrome. The first admission was easy and so was the first day. I think my preparation paid well.

As time went by, stress started building up. The calm and relaxed first years, now as second years, were staying back late on regular days, interns who hardly worked after 4 PM were barely finishing up before 4, those who liked asking many questions were busy answering, those who liked joking around were quiet, and somehow some quiet first years now started talking. Change comes with time and I believe it happens for the good. We got our acknowledgement, when after completing our first month; Dr Ratner told us that he is happy with our performance.

What is Medicare? Kumar Amirichetty, MD

As the health care costs rise for our patients and our families, it is imperative for us to understand one of the cornerstones of the health care industry, Medicare. In order to fully comprehend Medicare, we need to know its core definition and classifications.

Medicare is a federal program which provides health insurance for people over the age of 65, individuals with End Stage Renal Disease and certain other disabilities.

Parts of Medicare:

Part A: It is called Hospital Insurance. It provides insurance for inpatient hospital care, nursing home care, post-hospital home health care and hospice care. It is financed by social security pay roll tax. Beneficiaries using this type of insurance are responsible to pay deductibles, co-insurance and premiums.

Part B: Also called Medical Insurance, it is a voluntary program of insurance which covers services not covered under Part A; such as physician services, outpatient care, physical therapy, ambulance trips, medical equipment and prosthesis. Beneficiaries under Part B must be enrolled and pay monthly premium. The federal government provides 75% of the cost.

Part C: It is called Medicare Advantage. It allows the Center for Medicare and Medicaid Services (CMS), to interact with HMO and PPO's.

Part D: It is Medicare prescription drug insurance. In exchange for a monthly premium, the participants receive limited coverage for prescription drug benefits.

To know more about Medicare, I encourage all the residents to read the paperback ed. of "All About Medicare," by The National Underwriter Company.



"Becoming a senior resident evokes some anxiety",

