

2020-2021

Pain Medicine Fellowship Program



Our mission:

to serve, to heal,
to educate.



Welcome



Michael Sabia, MD
Program Director

Thank you for your interest in the Pain Medicine Fellowship Program at Cooper University Health Care. Our program is one year in length and accepts one fellow per year. The Pain Medicine Fellowship Program functions as a multidisciplinary program and is currently accredited for the maximum ACGME cycle length.

The Division of Pain Management is a component of the Department of Anesthesiology. The Department of Anesthesiology at Cooper University Health Care employs 30 full-time anesthesiologists committed to delivering the finest care to patients as well as to providing the best education for our next generation of physicians.

The Pain Medicine Fellowship Program is designed to provide excellent clinical training in an academic environment. The program consists of a multidisciplinary year exposing the fellow to all aspects of pain medicine with ample opportunities to participate in clinical and basic research. Throughout the year the fellow will rotate through: anesthesiology, palliative care, physiatry, psychiatry, neurology, radiology, neurosurgery, and interventional pain medicine rotations. Research also is emphasized.

The Pain Medicine Fellowship Program has an active conference schedule with at least one clinical or didactic conference weekly. In addition to a core curriculum, attention is paid to basic science and research. The strength of the Cooper program is teaching, and emphasis is placed on education and the promotion of collegial relationships between faculty and fellows. Pain Medicine faculty hold academic appointments at Cooper Medical School of Rowan University (CMSRU) and are actively involved in medical student education programs at the medical school. There is a high faculty to fellow ratio with five employed pain medicine attendings involved in the education of one pain fellow. The following pages provide specific information about pain medicine training at Cooper. We invite you to take the time to explore our program.

Michael Sabia, MD

Program Director, Pain Medicine Fellowship Program
Division Head of Pain Management, Cooper University Health Care
Associate Professor of Anesthesiology, Cooper Medical School of Rowan University

Educational Content



Fellows are immersed in this rich environment, and have ample opportunity to interact and educate their peers through formal and informal teaching sessions.

Fellows rotate through an integrated one year program allowing exposure to all faculty anesthesiologists, physiatrists, psychiatrists, neurologists, and palliative care physicians.

The clinical rotations will expose the fellow with all aspects of pain medicine, ie., medical, surgical, and interventional pain management modalities available. The trainee's experiences and specific rotations will depend upon their primary specialty. If in anesthesiology, then a specific anesthesiology rotation is not needed. The same goes for neurology, physiatry, and psychiatry.

The pain medicine fellowship curriculum is structured to provide well-rounded training in all aspects of pain management. The fellow will be scheduled for clinical rotations for a minimum of 11 months of the fellowship. These rotations will include anesthesiology, physiatry, palliative care, neurology, radiology, neurosurgery, and interventional pain.

Teaching Services

On the interventional pain rotation, the fellow has the opportunity to provide consultation on a wide variety of patients admitted across both medical and surgical services with pain. The medical services at Cooper are overseen by full time hospitalists who serve as teaching attendings. The fellow is provided appropriate autonomy in recommending diagnostic and therapeutic measures. This rotation fulfills all of the interventional procedural skillset required for graduation.

On the anesthesiology rotation, fellows perform introductory airway management skills (mask ventilation, intubation, etc).

On the physiatry rotation, focus on the physical exam and neurodiagnostic testing is enforced, along with diagnosis and treatment of painful PM&R conditions.

On the neurology rotation, reinforcement on neurodiagnostics is made along with diagnosis and treatment of neurologic pain conditions.

On the palliative care rotation, the fellow is exposed to diagnosis and treatment of painful malignant syndromes.

On the radiology rotation, there is abundant exposure to CT and MRI of the brain and spine.

The neurosurgery rotation is done with our affiliated hospital of Thomas Jefferson University. This enables the fellow to become comfortable with implantable spinal cord stimulators and intrathecal drug delivery systems.

Didactic Conferences



Throughout the fellowship, trainees are encouraged to increase their teaching and administrative capabilities, assuming responsibility for various activities such as case presentations, journal clubs, and assigned didactic lectures. Faculty supervision and assistance is provided in each of these activities. Fellows are active in resident and student teaching.

Conferences include didactic lectures, journal clubs, monthly multidisciplinary pain medicine conference, and grand rounds. Whenever applicable, conference time is divided between lecture material and case presentation.

to heal

Faculty



Michael Sabia, MD

Program Director,
Pain Medicine Fellowship

Division Head of Pain Management,
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Associate Professor of Anesthesiology,
Cooper Medical School of Rowan University

Subspecialty Certification, Pain Medicine

Diplomat, American Board of Anesthesiology



Kingsuk Ganguly, MD

Assistant Program Director,
Pain Medicine Fellowship

Department of Anesthesiology, Division of Pain Management,
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Teaching Faculty,
Pain Medicine Fellowship

Department of Anesthesiology,
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Essential Job Functions and Requirements for the Pain Medicine Fellowship Program



Observation

- Accurately observe a patient, take a history, and perform a physical examination.
- Acquire information through written documents such as patient medical records.
- Visualize images from paper, films, slides, or video.
- Perform and interpret ultrasound for nerve blocks.

Communication

- Communicate with verbal, written, and reading skills effectively, efficiently, and sensitively with patient, families, and other members of the health care team.
- Perform documentation procedures, such as chart dictation and other paperwork, in a timely fashion.
- Demonstrate timely, consistent, and reliable follow-up on patient care issues, such as laboratory results, patient phone calls, or other requests.
- Input and retrieve computer data through a keyboard and read a computer screen.
- Read charts and monitors.
- Present well organized case presentations to other physicians or supervisors.
- Interpret X-ray and other graphic images and digital or analog representations of physiologic phenomenon (such as EKGs).
- Assess and interpret heart sounds and breath sounds.
- Visualize surgical field accurately with precision.
- Dictate operative procedures and consults.

Motor

- Palpate, percuss, auscultate, and perform diagnostic maneuvers.
- Administer injections and obtain blood samples.
- Execute motor movements reasonably required to provide general and emergency medical care such as airway management, placement of intravenous catheters, cardiopulmonary resuscitation, suturing of wounds.
- Perform cardiopulmonary resuscitation.
- Move throughout the hospital and clinics to address routine and emergent patient care needs.



Essential Job Functions and Requirements for the Pain Medicine Fellowship Program

- Provide services in remote locations assigned.
- Stand and walk for at least four hours per day.
- Perform emergent oral (nasal) tracheal intubations.
- Placement of a Laryngeal Mask Airway.
- Independently perform operations, including standing for a minimum of four hours.
- Wear protective equipment mandated by regulation or hospital policy.
- Must be able to immerse hands in water and scrub for an anesthesia procedure.
- Placement of conduction blockade (epidural, spinal).
- Order diagnostic tests on a computer.
- Order medications on a computer.
- Tie a knot.
- Must be able to perform a fiberoptic intubation.

Intellectual-Conceptual, Integrative, and Quantitative Abilities

- Measure, calculate, reason, analyze, and synthesize.
- Comprehend three dimensional relationships and understanding spatial relationships of structure.
- Manage multiple patient care duties at the same time.
- Make judgments and decisions regarding complicated, undifferentiated disease presentations in a timely fashion in emergency, ambulatory, and hospital settings.
- Demonstrate organizational skills required to care for outpatient cases.
- Must demonstrate that they can see at least four patients per hour in an outpatient setting.
- Demonstrate organizational skills required to develop and organize a pain management plan for any patient.
- Must be able to organize and communicate appropriate sign out.
- Must design, perform, and present a research project.
- Demonstrate ability to document and code for patient billing for visits and procedures indicated.
- Access and assimilate medical information from appropriate medical texts, journals and on-line (electronic) sources.



Essential Job Functions and Requirements for the Pain Medicine Fellowship Program

Behavioral and Social Attributes

- Demonstrate emotional health required for full utilization of their intellectual abilities, the exercise of good judgment, the prompt completion of all responsibilities attendant to the diagnosis and care of patients and the development of mature, sensitive, and effective relationships with patients.
- Tolerate physically taxing work loads and function effectively under stress.
- Adapt to changing environments, display flexibility and function in the face of uncertainties, inherent in the clinical problems of patients.
- Teach peers and subordinates.
- Complete all required documentation including medical records, enter statistics and patient logs, and duty hours for bookkeeping.
- Function as a member and eventually a leader of the health care team.
- Demonstrate time management skills.
- Demonstrate professional work habits including arrival at assignments on time, properly attired, and remain at the assigned location for the assigned period.

Miscellaneous

- Make rounds and provide patient care in the hospital or outpatient settings for up to 12 consecutive hours.
- Take home phone-call which requires managing emergencies as they appear over the phone.
- Participate in and satisfactorily complete all required rotations in the curriculum.
- Get from home to hospital within 30 minutes in order to take at-home (beeper) call.
- Must be able to tolerate excessive heat and humidity for up to 12 hours per day in operating room.
- Must wear flexible fitting goggles with sideshields in OR as indicated.
- Must wear specific laser goggles when OR laser is in use.
- Must wear grounded shoes/shoe covers in OR as required.
- Must wear surgical masks in OR.
- Must wear gloves, gowns, boots as required in the OR and during procedures.
- Must be able to lead group education sessions.

How to Apply



Contact Information

Director:

Michael Sabia, MD

Diplomat American Board of Anesthesiology
Subspecialty Certification in Pain Medicine

Contact:

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E-mail:

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christopher-sharon@cooperhealth.edu

Website:

cooperhealth.edu/fellowships/
pain-medicine

Address:

Cooper University Hospital
Department of Anesthesiology
One Cooper Plaza
Kelemen - 2nd Floor
Camden, NJ 08103

The Pain Medicine Fellowship Program at Cooper University Health Care participates in the Electronic Residency Application Service (ERAS). Information regarding the ERAS application process is available on the websites listed below.

Association of American Medical Colleges

www.aamc.org/eras

ERAS Fellowship Document Office

aamc.org/students/medstudents/eras/fellowship_applicants

ERAS applications must contain the following information in order for your application to be considered:

- Common application form
- Curriculum vitae
- Medical school transcript
- Three letters of recommendation, one of which must be from your current or most recent training director
- Personal statement describing your training goals and future career plans
- ECFMG certification (IMG only)
- USMLE reports (1, 2 and 3)

The program director and faculty members will review applicant files. Invitation for interview will be based upon their recommendations.

Program Eligibility

Eligibility for the Pain Medicine Fellowship Program requires completion of an ACGME anesthesiology, neurology, psychiatry, or physical medicine and rehabilitation residency program. Individuals accepted for a position in the fellowship program must be a U.S. citizen, classified as a resident alien, or hold a J-1 visa.

Application deadline: August 1.

to educate

The Cooper Campus and Surrounding Area



The expansion project at Cooper is a direct reflection of the growth in services that Cooper has experienced over the past several years.



It is extraordinary to have such a high concentration of leadership at one institution, but then, Cooper is an extraordinary health care system.

Cooper University Hospital is the center of a growing Camden health sciences campus that includes the hospital, Cooper Medical School of Rowan University (CMSRU), MD Anderson Cancer Center at Cooper, Sheridan Pavilion at Three Cooper Plaza medical offices, the internationally acclaimed Coriell Institute for Medical Research, and the Ronald McDonald House. Adjacent to the Cooper Plaza/Lanning Square neighborhood, Cooper has a long history of outreach and service efforts to its local community. Some of these initiatives include health and wellness programs for the neighborhood, development of neighborhood parks and playgrounds, and outreach to programs into local schools.

The hospital's 312,000-square-foot, 10-story Roberts Pavilion features an expansive lobby and concourse, a restaurant and coffee shop, business center, gift shop, and chapel. State-of-the-art patient care facilities include private patient rooms, technologically advanced operating room suites with hybrid imaging capabilities, and an advanced laboratory automation facility. The Emergency Department features 25 beds, dedicated isolation suites, and autonomous CT scanning technology. Designated floors serve specific patient populations, including those needing advanced surgical and heart care, along with South Jersey's only dedicated 30-bed inpatient cancer unit.

Also in the Roberts Pavilion is the 25,000-square-foot Dr. Edward D. Viner Intensive Care Unit—featuring 30 private patient rooms equipped with the latest in advanced technology, and allowing 360-degree patient access. Five patient rooms are capable of negative pressure isolation, and five rooms have chambered isolation alcoves. In addition, an enlarged room with operating room caliber lighting is outfitted to perform bedside exploratory laparotomy in patients considered too medically unstable for transport to the operating room.

Cooper University Health Care and MD Anderson Cancer Center in Houston, Texas, partnered in 2013 to create MD Anderson Cancer Center at Cooper. MD Anderson has consistently been named one of the nation's top two cancer hospitals by U.S. News & World Report.

Our partnership is a full clinical integration between the two programs. MD Anderson at Cooper physicians adhere to the same philosophy, processes, and guidelines set by MD Anderson in Houston, and patients receive the same proven practice standards and treatment plans provided at MD Anderson. Today at MD Anderson at Cooper, patients have access to more clinical trials for more types of cancer than ever before, as well as a full range of supportive care services.

The Cooper Campus and Surrounding Area, *continued*



Advanced, comprehensive cancer services are provided at our Camden, Voorhees, and Willingboro campuses. Cooper Digestive Health Institute locations are fully accredited MD Anderson at Cooper locations providing innovative gastrointestinal cancer prevention, detection, and treatment services. Additional cancer clinical services are provided at multiple locations throughout the Philadelphia-South Jersey areas.

CMSRU's Medical Education Building is located on the Cooper Health Sciences Campus on South Broadway, between Benson and Washington Streets in Camden. The medical school, which opened in July 2012, was designed to support an innovative curriculum that integrates knowledge of basic science concepts, early clinical experience and patient care, self-directed learning, teamwork, and medical and non-medical activities for the greater community's benefit.

The Cooper Health Sciences Campus is located in the heart of Camden's business district. The academic medical center campus is easily accessible by car or public transportation via the PATCO and bus terminal adjacent to the hospital.

Cooper is a short walk or drive from the exciting Camden waterfront, which includes a magnificent waterfront park and marina; the Adventure Aquarium; and the BB&T Pavilion, which hosts nationally renowned entertainment throughout the year. Nearby are the Sixers Training Complex, L3 Communications complex, Lockheed Martin, Rutgers University Camden Campus, and Camden County College. There are expected to be \$350M in transportation and infrastructure improvements within the next four to five years to handle the influx of thousands of new employees to the area and students at nearby growing academic campuses.

Cooper is conveniently close to Philadelphia. Just a mile-long drive over the Benjamin Franklin Bridge will put you at the doorstep of Philadelphia's cultural, culinary, and historic venues. South Jersey also offers a range of living and entertainment options. Quaint towns such as Haddonfield and Collingswood are just 10 minutes away. The lights and action of Atlantic City and popular beach towns such as Cape May and Ocean City are a one-hour drive from Cooper.

Cooper Camden Campus Map



The most up-to-date directions to Cooper University Hospital are available at:
CooperHealth.org/Locations



One Cooper Plaza · Camden, NJ 08103-1489 · CooperHealth.edu

Hospital Main Number: **856.342.2000**

Graduate Medical Education: **856.342.2922**