

OB/GYN Residency Newsletter

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“A wonderful idea to provide another avenue for communication and a way to highlight some of the interesting things.”



A word from the Program Director

Welcome to the first issue of the Cooper University Hospital, Department of OB/GYN Residency Newsletter. The idea for a quarterly newsletter came from Dr. Lauren Spivack, who is currently at the University of Rochester for a Minimally Invasive Gynecologic Surgery Fellowship. She shared the University of Rochester OB/GYN Program Newsletter with me and I thought it was a wonderful idea to provide another avenue for communication and a way to highlight some of the interesting things the Residents and Faculty are doing. I would like to dedicate this first issue to Lauren!

I would also like to thank Marielis Rodriguez for taking this idea and running with it. She spent a great deal of time gathering information and did an outstanding job formatting the newsletter.

Enjoy this first issue.

Residents -

- You should have received your post rotation TrueLearn Quiz for OB/Night Float, Gyn, MFM, Gyn oncology, and Clinic. Please complete the quiz by August 3.
- Remember to log your duty hours daily.
- Please keep your case logs up to date on a weekly basis. Marielis is sending out the updated case logs every Thursday.

Thank you for working as a team and helping out to arrange coverage during some unexpected absences!

Faculty -

- Please complete the monthly post rotation evaluations in New Innovations by August 3.
- Physician Time Study is due to Eileen Boardman by August 31.
- Grand Rounds resume September 4, 2018.

Thank you for all you do for resident education!

Welcome Class of 2022!

Amanda K. Malik

Amanda is from Cherry Hill, NJ and earned her MD from Cooper Medical School of Rowan University. Her professional interests are in substance abuse in pregnancy, family planning and global health. Her favorite restaurant is Zahav. Before starting residency, Amanda got engaged in Venice, Italy!



Hilary McGrath

Hilary is from Plymouth meeting, PA and earned her DO from Philadelphia College of Osteopathic Medicine. Her professional interests are in family planning and public health. Hilary's favorite restaurant is B2 by Bluefin. She comes from a very large family and has 35 cousins!

Dominique N. McKeever

Dominique is from Somerdale, NJ and earned her MD from Geisinger Commonwealth School of Medicine. Her professional interests are in general OB/GYN. She loves the homemade pasta at La Viola. Dominique is not ashamed to admit that she is a bonafide cat lady!

Samuel E. Richardson

Sam is from Morgantown, VA and earned his MD from West Virginia University School of Medicine. He is considering pursuing a fellowship in FPMRS. One of Sam's favorite restaurants is Saffron Indian Restaurant and he enjoys learning different languages recently started studying Portuguese!

From left to right: Samuel Richardson, Dominique McKeever, Hilary McGrath, Amanda Malik

Welcome Fellows & Faculty



Michelle Schroeder, MD
Female Pelvic Medicine
and Reconstructive Surgery
Residency: University of
South Florida, Tampa, FL
2018-2021



Michelle Bilbao, DO
Gynecologic Oncology
Residency: Naval
Medical Center
Portsmouth, VA
2018-2021



Carolyn Ross, MD
Division of General
Obstetrics and Gynecology



Frances Martinez-Diaz, MD
Division of General
Obstetrics and Gynecology

Farewell Class of 2018!

Four years ago, three fresh MDs and one DO arrived at the Cooper Department of Obstetrics and Gynecology to continue their medical training. They became an important part of the Cooper Ob-Gyn family, and this past June we said goodbye to the Cooper Ob-Gyn Resident Class of 2018. As they head out to further training in fellowships, to help teach the next generation at academic posts, or to improve women's health in professional practices. Wherever they are heading, let's congratulate them on four years of hard work and amazing growth, and wish them the very best in their next adventures!



From left to right: Lauren Spivack, Shayan Khorsandi, Inara Omuso, Juhi Shukla



From left to right: Shayan Khorsandi, Lauren Spivack, Juhi Shukla, Inara Omuso

2017-18 ACGME Well-Being Resident/Fellow Survey. Our program results:

Question	Prog. Mean	National Mean
Reflected on how your work helps make the world a better place:	3.9	3.6
Felt the vitality to do your work:	4.0	4.0
Felt supported by your co-workers:	4.8	4.4
Was proud of the work you did:	4.3	4.2
Was eager to come back to work the next day:	3.8	3.8
You felt your basic needs are met:	4.2	4.2
You ate well:	3.8	4.0
You felt connected to your work in a deep sense:	4.0	3.9
Felt the amount of your you were expected to complete in a day was reasonable:	3.8	4.1
Participated in decisions that affected your work:	4.4	4.1
Had an enjoyable interaction with a patient:	4.7	4.5
Knew who to call when something tragic happened at work:	4.5	4.5
Totals	4.2	4.1

Spotlight on Faculty Member, Dr. Richard Fischer

Where did you go to medical school and do residency?

Medical school: University of Pennsylvania; Residency and fellowship: Thomas Jefferson University Hospital

What do you look forward to the most about teaching residents?

Watching the lightbulb go on and seeing them understand something that they didn't get previously. I love watching them mature from newbies to trusted obstetrical practitioners in their 4 year period at Cooper.

How do you de-stress? Do you have any hobbies?

I play competitive tennis 2 times a week, and have taken tennis lessons 1 day a week for the past 28 years (I practically payed for my tennis instructor's BMW!). I also like fast bike riding when I am not playing tennis, especially in very warm weather. I love hanging out with my wife (married 33 years), having my Cavalier King Charles Spaniel fall asleep on my lap, and seeing my adult children (who live in Brookline Mass and Poughkeepsie NY).

What books are you currently reading?

I just finished reading "On Tyranny: Twenty Lessons from the Twentieth Century" by Timothy Snyder, and I am currently reading "When Breath Becomes Air" by Paul Kalanithi (about a neurosurgical chief resident who developed metastatic lung cancer). And I am always reading the Green and Gray Journals (currently all caught up!).

What is your favorite restaurant?

I don't have one. I am not a foodie, so I enjoy any restaurant that gives me good sized portions at a reasonable price. No demi-glaze reduction sauces for me!

What do you like most and least about medicine?

I love being challenged by recent advances in obstetrical care and learning something new every day. I also love working with patients and helping them through challenging pregnancies. And I love teaching our residents and medical students. I dislike all the regulatory requirements and paper work that teaches me little and consumes much of my time.



Dr. Fischer teaching residents in the lab



"I love watching them mature from newbies to trusted obstetrical practitioners."

Spotlight on Resident, Dr. Bianca Hall

Where did you relocate from?

Originally, I am from the DC area, but I went to medical school at Rowan University School of Osteopathic Medicine in South Jersey. I moved across the bridge.

How have you adjusted and what do you enjoy most about Cooper?

I think I've adjusted well to CUH. My favorite things are the patient population and my colleagues.



Do you have a favorite restaurant?

Farmacia in Old City (for brunch)

How do you unwind from the schedule of a first year resident?

Sleep! And find some good friends to laugh with.

Any advice to the current first year residents?

Take it one day at a time. You will grow and learn with each experience. Give it your all for as long as you can and then the shift will be over ;)

Spotlight on Alumni, Dr. Lauren Spivack

What is your current role and location?

Minimally Invasive Gynecologic Surgery (MIGS) fellow (first year) at the University of Rochester Strong Memorial Hospital.

What first inspired you to get into OB/GYN?

While in medical school, I found that I loved surgery and being in the operating room. I loved delivering babies, too, and I have always been a baby whisperer (see the video spoof from the graduation party). I also love women's health. There was so much that felt exciting, challenging and full of possibility in the field. It seemed like just the right mix of what I wanted. Plus, I tend to be an intense person, and it's an intense field! I have only continued to like it more and more upon completing residency and now being in my new fellowship. There is a huge breadth and depth to the field and so much to contribute to help patients.



What advice would you give to OB/GYN residents?

Take one day at a time! Really and truly. It is easy to get overwhelmed and caught up in the daily stress and chaos of OB/GYN residency, but sometimes a step back to realize all that you have accomplished in just one day, the people you have helped, and what you have been able to learn, can be really invigorating. Also, enjoy the relationships you make in residency as they are incredibly unique. Find mentors and let them help, teach and guide you. Lastly, know that you will learn the skills you need to learn over time. And never stop striving to be better.

How do you like to spend your free time? Do you have any hobbies or interests?

I enjoy yoga a lot and have been trying to get into running in the past several months. I love speaking Spanish whenever I can. I like going to concerts and discovering new music. I make a mean batch of chocolate chip cookies. I used to cook more so that's something I am hoping to get back into now that I have more free time. I love to travel and have new adventures. I'm always searching for new, fun earrings. I like to shop at thrift stores when I find a good one. Right now, I am exploring all that Rochester has to offer. And lastly, I love going to the beach. The ocean soothes me like none other.

On June 14, 2018 we celebrated the graduation of the class of 2018 and welcomed the class of 2022! The celebration took place at the beautiful Camden Adventure Aquarium overlooking the Delaware River and the Philadelphia city line.

Graduates:

Shayan Khorsandi
Inara Omuso
Juhi Shukla
Lauren Spivack



Congratulations to the June 2018 Graduation Ceremony Award recipients!

Resident Awards

- Society for Maternal-Fetal Medicine Resident Award for Excellence In Obstetrics: *Ciaran Smolinsky, MD*
- AAGL Resident Award for Excellence in Minimally Invasive Gynecology: *Lauren Spivack, MD*
- Society of Gynecologic Oncology Annual Award: *Lauren Spivack, MD*
- AUGS Award for Excellence in Female Pelvic Medicine and Reconstructive Surgery: *Maria LaNasa, DO*

Faculty Awards

- APGO Award for Excellence in Undergraduate Medical Education: *Kathleen Schaeffer, DO*

Department Awards:

Practice-Based Learning: *Inara Omuso, MD*

Community Service: *Inara Omuso, MD and Nefertari Owens, MD*

Resident Teacher of the Year: *Shayan Khorsandi, MD*

Resident of the Year: *Lauren Spivack, MD*

- CREOG Faculty Award for Excellence in Resident Education: *Saifuddin Mama, MD*

Important Dates:

July 31, 2018 - PRECOG @ Penn

August 8, 2018 - FPMRS Match Day

August 31, 2018 - Resident Wellness

September 14, 2018 - ACOG District III JF Day @ Jeff

September 17, 2018 - ABOG 2019 Qualifying Exam application available

September 21, 2018 - Resident Sim Lab @ CMSRU

October 10, 2018 - OB/GYN subspecialties Match Day

Residency Interview Dates - 10/19, 11/2, 11/16, 12/7, 12/14, 1/4

The Obstetrical Society of Philadelphia presented the 51st Annual Resident Education Day and the 41st Annual Resident Bowl on Friday, May 4, 2018
Hosted by Reading Hospital.
Ciaran Smolinsky participated in the Resident bowl along with participants from 11 local hospitals. Ciaran WON!



Congrats Ciaran!

We encourage you to send in updates so we can keep everyone apprised of current happenings in their personal and professional lives. Please send your updates and newsworthy information as well as any comments and suggestions to rodriguez-marielis@cooperhealth.edu