

OB/GYN Residency Newsletter

October 2018
Volume 1 Issue 2

INSIDE THIS ISSUE

2. Welcome new Faculty
3. Resident & Alumni Spotlight
4. Faculty Spotlight
5. Research News
6. Quality Metrics Data
Alumni News
7. Important Dates
Fellowship Matches

“...thank the residents for all their hard work and pulling together as a team.”



A word from the Program Director

A warm welcome back to Samuel Richardson! I would like to thank the residents for all their hard work and pulling together as a team to cover Sam's absence. Thank you to Bonnie Mannino who juggled JFWCC schedules to accommodate Sam's absence and the ever changing coverage schedules. I am so proud to be a part of this Program.

Our program goals and action plan for 2018/2019:

- OR 19 - collect safety data to move cases to the Main OR on Wednesdays.
- Develop a more formal QI/PI curriculum - Team projects to be presented at Grand Rounds on May 28, 2019.
- Provide Quality Metrics data to residents and faculty - to be presented at monthly M&M.
- Increase the timeliness of faculty evaluations completed within 2 weeks from 61.5% to 80% (this is an ACGME requirement).
- Increase the number of minimally invasive hysterectomies from 35 to 70 for each graduating resident (this is the new minimum number required by the ACGME).

Friendly reminders:

Residents -

- Complete your post rotation TrueLearn Quizzes
- Remember to log your duty hours daily.
- Please keep your case logs up to date on a weekly basis.
- Schedule a monthly meeting with your mentor and complete the mentoring form.

Faculty -

- Please complete the monthly post rotation evaluations in New Innovations within 2 weeks of receipt.
- Attending simulation - 1/18/19

Thank you for all you do for resident education!

Welcome to our new Faculty



Frances Martinez-Diaz, MD

Division of General Obstetrics and Gynecology

Residency: University of Puerto Rico School of Medicine

Interest: Vulvar Dermatoses

Hobbies: I enjoy sewing, Racquetball and Yoga. Would like to resume ASL and piano lessons. I am having a great time searching for parks for my baby boy and exploring our new city. Thank you all for a warm welcome and for making me feel part of the team.



Carolyn Ross, MD

Division of General Obstetrics and Gynecology

Residency: New York Presbyterian- Weill Cornell
Fellowship: Northwestern University in Family Planning

Interest: Abortion training, complex contraception, and prenatal care

Hobbies: Reading for pleasure, Netflix, Crossfit (an EXTREMELY recent hobby, hoping it will stick!!), and catching up on my charting from clinic



Kristina Williams, MD

Division of General Obstetrics and Gynecology

Residency: Pennsylvania Hospital

Interest: Patient counseling and education, cervical cancer screening, and general gynecology

Hobbies: Philadelphia Eagles football, movies, and traveling.



Sabrina Rabau, MD

CAMcare

Residency: Abington-Jefferson Hospital

Interest: Management of high risk pregnancy and family planning

Hobbies: Cooking, working out, travel



Spotlight on Resident, Dr. Samuel Richardson

Where did you relocate from?

I grew up in rural West Virginia and then did undergrad/medical school at WVU in Morgantown, WV. Other than living in Europe for a time, moving to Philadelphia has been my first extended stay away from home.

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

I really appreciate my co-residents. During my sick leave, everyone frequently checked up on me and pitched in to cover my shifts. It is nice to know that people here are so caring and that everyone has your back.

Do you have a favorite restaurant?

Sabrina's Cafe on Christian St or really any Indian restaurant



Spotlight on Alumni, Dr. Shayan Khorsandi

What is your current role and location?

I am currently working at Alliance OBGYN in Dr. Obianwu's practice. It is a private practice. We currently do all of our GYN surgeries and deliveries at Virtua Memorial.

What first inspired you to get into OB/GYN?

It was my GYN rotation as a 3rd year in Puerto Rico. I always wanted to go into surgery. However, my first rotation was GYN and it surprised me. At first I thought it was only the fact that it was surgical, but I realized as the year went by, that I kept thinking more of how much I enjoyed it. Eventually, I realized how well rounded the specialty is having its own uniqueness is what finally convinced me. I felt like I could always have fun doing this job.

What advice would you give to the residents?

Residency is difficult. One of the toughest and most challenging physically and emotionally experiences you will ever have. But, always try to make the most of it. Use this opportunity to learn and polish your skills as a professional. Cherish all the complicated cases and surgeries as you learn so much simply from exposure and seeing physicians with experience troubleshoot. The residency is almost as a second family. You will always have people/physicians/friends to



ask for advice and help. Anything from advice on how to handle patients to help with finding a job or fellowship. For the 4th years, you are almost done, don't be quick to wish it. Use this last year to continue to learn as much as you can and really continue to take care of your younger future colleagues. Remember, you are not just shaping your future, but that of others as well. People that are going to make a huge impact to society. Take that with honor and as a privilege. It is a great experience to have and something you can continue to use for the rest of your lives.

You are all great people. After working with residents from other programs, really, you guys are all great physicians. Do not doubt what you can do or who you guys are as physicians. I'm proud of all of you and miss you all.

My favorite Cooper moment...

Honestly looking back it is difficult to say and simply select one. I feel like there were great moments throughout. I have to say, we really had a great time in the retreat. However, I sometimes I find myself going back and thinking and laughing about those lengthy morning sign outs and a particular someone always on the phone and asking at times random questions. But if I had to select one, I think the graduation and the first time we ever created the resident video. That was one of the funniest and most memorable moments.

Spotlight on Faculty Member, Dr. Saifuddin Mama

Where did you go to medical school and do residency?

I did my public health degree at Yale University, my medical school at Jefferson and my residency at University of Pennsylvania.

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

Watching the evolution from 1st to 4th year and the competence and confidence achieved by the fourth year.

Seeing individual residents find particular areas that appeal to them that they work towards, often leading to fellowship training.

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

Reading non-medical books, particularly history and philosophy and going to the theater to see plays, also gardening, in the past Aikido, I also enjoy Indian classical music.

What books are you currently reading?

- Four Fish- The future of the last wild food by Paul Greenberg
- Annals of the former world by John McPhee
- The Gift of Rain by Tan Twan Eng

What is your favorite restaurant?

I have several favorites - Sate Kampur, Xian, Amma's Kitchen, Nord, Bistro LaMinette

What do you like most and least about medicine?

I enjoy solving the problem for the patient, especially when it's complicated.

What I like the least is the bureaucracy and mindless paperwork.



Dr. Mama teaching residents during simulations



“Seeing individual residents find particular areas that appeal to them”

Research News

1) There are two new projects that have been approved by Cooper IRB recently

a) "Cooper University Hospital Retrospective Cohort Study on Natera Testing in Twin Gestations"
Olivia Nicolais, CMSRU med student; T. Westover, MD

b) "Parametrial involvement in patients with Stage IB1 cervical cancer treated with a Type III radical hysterectomy"
Brionna Davis, CMSRU med student; J. Aikins, MD

2) SEER-MEDICARE data request has been APPROVED by National Cancer Institute and all appropriate documents are on file, IMS (NCI's information technology contractor) provided an invoice to the Cooper investigators. The study title "Pelvic Organ Prolapse after surgery in bladder cancer survivors." E. Safronova, MD; M. Schroeder, MD; L. Lipetskaia, MD

QI/PI Projects

Pgy 1 - Amanda Malik, Hilary McGrath, Dominique McKeever, Samuel Richardson
Faculty Mentor - Dr. Carolyn Ross

Topic - Assessing Emergency Contraception Access in Pharmacies near Cooper University Hospital in Camden, NJ

Pgy 2 - Tieg Beazer, Bianca Hall, Neel Iyer, Samantha So
Faculty Mentor - Dr. Guy Hewlett

Topic - Increasing the number of postpartum tubal ligations actually performed once scheduled

Pgy 4 - Rori Dajao, Ciaran Smolinsky, Maria LaNasa, Nefertari Owens
Faculty Mentor - Dr. Richard Fischer

Topic - Outpatient Surveillance of GDM patients Postpartum

District III Junior Fellow Day

Held on Friday, September 14, 2018, at the Thomas Jefferson University Alumni Hall in Philadelphia, PA.

This event featured lectures during the morning session, round table discussions during lunch, and hands-on simulations in the afternoon.



Quality Metrics Data

PC-01: Elective deliveries before 39 weeks

		Baseline 2016	Baseline 2017	2018 Target	2018 Data						
		Q1-Q4	Q1-Q4		Q1	Apr	May	June	Q2	July	YTD
PC-01	Elect Deliv	8.33%	2.7%	0%	0%	0%	0%	0%	0%	0%	0%

PC-02 NTSV C/S

		Baseline 2016	Baseline 2017	2018 Goal	2018 Data						
		Q1-Q4	Q1-Q4		Q1	April	May	June	Q2	July	YTD
PC-02	NTSV C-Section	29.7%	12.8%	<20%	15.5%	11.6%	10.71%	12.77%	11.64%	16.36%	14.02%

PC-03: Antenatal steroids given prior to preterm delivery

		Baseline 2016	Baseline 2017	2018 Goal	2018 Data						
		Q1-Q4	Q1-Q4		Q1	April	May	June	Q2	July	YTD
PC-03	Antenatal Steroids	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%

Agency for Healthcare Research and Quality (AHRQ)

PSI-17 Birth trauma to neonate

		Baseline 2016	Baseline 2017	2018 Target	2018 Data						
		Q1-Q4	Q1-Q4		Q-1	April	May	June	Q2	July	YTD
Quality Indicators	PSI-17	1.55	1.21	0	0.00	6.41*	0.00	0.00	0.00	0.00	0.92

AHRQ - PSI-18

OB trauma: vaginal delivery w/ instrument

		Baseline 2016	Baseline 2017	2018 Target	2017 Data						
		Q1-Q4	Q1-Q4		Q-1	April	May	June	Q2	July	YTD
Quality Indicators	PSI-18	54.55	35.71	40.1	133.3	0.00	0.00	0.00	0.00	0.00	57.14
	No of cases				2	0	0	0	0	0	

AHRQ - PSI-19

OB trauma: vaginal delivery w/o instrument

		Baseline 2016	Baseline 2017	2018 Target	2018 Data						
		Q1-Q4	Q1-Q4		Q-1	April	May	June	Q2	July	YTD
Quality Indicators	PSI-19	5.51	4.64	4.83	8.31	0	6.76	0.00	6.76	0.00	5.35 (?)
	No of cases				3		1	0	1	0	

Alumni News

Eileen Boardman reports REI Fellowship Match for Jasmine Aly, M.D.

Jasmine Aly, M.D. - Cooper OB/GYN Resident Alumna - Class of 2017 - has successfully matched in REI Fellowship at the Clinical Center at the National Institutes of Health Program, Bethesda, Maryland. Most of us remember Jasmine as a Robert Wood Johnson Medical School @ Camden student, then Cooper OB/GYN resident. She has been doing research at the NIH this past year and will be an outstanding fellow in Reproductive Endocrinology and Infertility.

Congratulations, Jasmine! We are proud of you!



Community Service

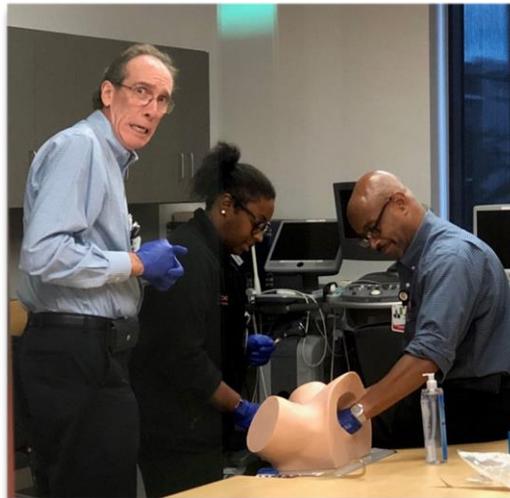


As part of the Foundation's annual Operation Backpack drive the Residents managed to collect \$190 dollars and provide 3 backpacks filled to the brim with back to school supplies for 3 deserving students at KIPP Cooper Norcross Academy!



Resident Simulation Day

September 21, 2018 @ CMSRU



Fellowship Matches



GYN Oncology Fellowship
- 2019 -
Dr. Courtney Griffiths



Female Pelvic Medicine and
Reconstructive Surgery
- 2019 - Dr. Sean Spector

Congrats Elena!
Baby Sam arrived 8/17/2018
weighing 8 lbs., 2 oz.
Elena, Clinical Research Program Manager, is
pictured below with big brother and baby!



Important Dates:

Residency Interview Dates -

- October 19, 2018
- November 2, 2018
- November 16, 2018
- December 7, 2018
- December 14, 2018
- January 4, 2019

Resident Wellness - 11/30/18

Attending Simulation Day - 1/18/19

CREOGs - 1/18/19 & 1/19/19

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