

# OB/GYN Residency Newsletter

February 2019  
Volume 1 Issue 3

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“...they take accountability for their patients to provide the best patient care”

## A word from the Program Director

My first year as PD flew by very quickly. 2018 has been a busy year. With the cooperation of Hospital, Institutional, Department and Program Leadership, we have seen a new resident workroom completed, stable leadership in L&D and WCC, increased volume of minimally invasive hysterectomies, adjustments to the block schedule allowing for more productive time for scholarly activity, increased number of resident simulations and a more formal QI/PI process. We have been able to purchase a FLS Simulator and an operative vaginal delivery model to improve our resident simulations. We are committed to resident wellness with resident wellness days and a resident retreat incorporated into our program. Our amazing faculty are committed to teaching and ready to volunteer their expertise in scholarly activity projects and mentoring.

Our residents have shown resilience this past year. They take accountability for their patients to provide the best patient care and their comradery allows them to help each other become better physicians.

Thank you for always being willing to go the extra mile. I believe we have an excellent residency program and I would not be able to do my job without all of you!

Friendly reminders:

### Residents -

- Please complete the resident survey. Deadline February 17.
- 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 faculty survey. Deadline February 17
- Please complete the monthly post rotation evaluations in New Innovations within 2 weeks of receiving them.

**Our Furry Friends!!**

Katie & Murphy (Eileen)



Bean (Dr. Dajao)



Rooney (Dr. Malik)



Cooper (Dr. Kim)



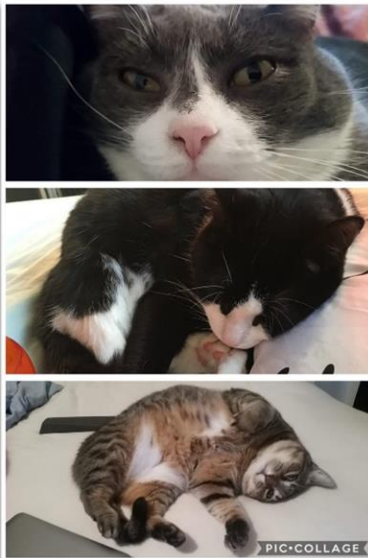
Gwennie and Izzy (Dr. LaNasa)



Marley (Dr. Adriance)



Cleo, Cleo and Luna (Dr. McKeever)



Tom & Jerry (Marielis Rodriguez)



Pictured on the left is Bella  
(Melonie Maziarz)  
Top right is Seamus  
(Claire Hansen)  
Bottom right is Lola & Daisy  
(Evelyn Arteché)





## Spotlight on Resident, Dr. Annie Masterson



### Where did you relocate from?

I moved from Nashville to the Philly area for med school at Jefferson. I grew up in western Pennsylvania.

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

I knew residency at Cooper was going to involve a lot of hard work and craziness, but I wasn't expecting to share life with my fellow residents as much as we do. This sense of community between the residents, attending's, and staff has been amazing.

### Do you have a favorite restaurant?

I love any Jose Garces restaurant in the city, my favorites are Tinto and Distrito

### Any advice you'd like to give to the other residents?

There will always be more work to do; finding and reflecting on the pieces of joy in the midst of the craziness is essential to managing the stress.

## Spotlight on Alumni, Dr. Leona Chang

### Tell us about your current work -

I am currently in the second year of my gynecologic oncology fellowship. During this research year, I am investigating optimal treatment conditions using epigenetic therapy with classic platinum- and taxane-based chemotherapy. It has been interesting learning to culture ovarian cancer cells and trying to propagate them, when in real life we don't want them to grow!

I also had the opportunity to go with Dr. Aikins on a medical mission to Cape Coast, Ghana with his organization, International Healthcare Volunteers (IHCV) this past August. It was an eye opening experience, learning about the people and their culture, and the hardships with limited access to medical care and supplies. However, I enjoyed most interacting with the medical team of residents and physicians in Ghana, and forming new relationships with the volunteers from Cooper.

### What first inspired you to get into OB/GYN?

I was first inspired to get into OB/GYN when I caught a baby as a medical student from a woman on all fours, unintentionally. JK! (That really did happen though.) I always knew I wanted to do surgery, but when I learned how diverse the field of OB/GYN was, that drew me in. I liked the focused field of medicine for women's health, and that I could be the sole provider to offer treatment options to my patient, whether it be a workup with office procedures, medical treatment, or surgery, throughout a woman's life.

### What advice would you give to the residents?

My advice to the residents would be to seize every moment as a learning experience. You don't realize or appreciate how great the clinical experiences are at Cooper or the wealth of knowledge your attending's can provide you until you've graduated.

### My favorite Cooper moment...

When Dr. Fischer and I had calls together, our clouds seem to collide and cause calamities. Except, there was one call that we managed to avoid any chaos and he slept for a solid 5 hours. We saw each other on Dorrance 5th floor during early morning rounds, and he knelt down on both knees in the middle of the hallway, then bowed to me!! I couldn't get my phone out fast enough to document this monumental occurrence, so you'll just have to take my word for it.



## Spotlight on Faculty Member, Dr. Lioudmila Lipetskaia

### Where did you go to medical school and do residency?

I went to medical school in Russia and I did my Residency in St. Luke's Bethlehem.

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

Keeping up with new generations. They are fresh and insightful. The world is changing very quickly and it is fun to learn how new generations are different from me.

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

I am a reconstructive surgeon. My hobbies are related to reconstruction too: I re-upholster chairs and paint old furniture. "Upcycling", I guess is a modern name for it. I have very little time for it though. I wish I had more and could save more chairs and old chests.

### What books are you currently reading?

Whatever my husband buys me. He creates my reading list. I suspect he just wants me to read all the books he does not have time to read himself (I am a very fast reader and he is not). The last book he gave me is called "Flow" by Mihaly Csikszentmihalyi. It is about the psychology of creating the optimal experience.

### What is your favorite restaurant?

I don't have one. I like Japanese cuisine in general, but I don't eat at restaurants often. I frequently go to my fellows for advice if I need to dine out. Once when I was in fellowship I was asked to pick out the place for our journal club and I failed so miserably (It was NOT a nice place!) I never attempted to do it again.

### What do you like most and least about medicine?

This is a very deep question. I like medicine as a profession because you can be useful anywhere. It does not matter if you are in the USA or other country - somebody is always sick somewhere and you can use your skills to help. It makes me feel good about myself. I do not like mundane things: When practicing medicine turns into mechanical repetition of the same work and loses the creative component - that part I dislike. But it is up to me to minimize it in my work.



*Female Pelvic Medicine and Reconstructive Surgeon  
Urogynecologist  
Program Director, Female Pelvic Medicine and Reconstructive Surgery Fellowship Program*



**"They are fresh and insightful...."**

**...it is fun to learn how new generations are different from me."**

## Research News

- 1) Proposal titled “Improving quality of life for gynecologic cancer survivors through introducing early screening and intervention for pelvic floor dysfunction” Lioudmila Lipetskaia, MD; James Aikins, MD has been selected for funding. The research team are among the first round of awardees for the Camden Health Research Initiative. The competition for this award was very intense, as the committee received a high number of outstanding proposals.
- 2) Abstract has been accepted for an **ePoster** presentation at the 2019 ACOG Annual Clinical and Scientific Meeting in Nashville, TN.  
**Abstract Title:** Accurate Gestational Dating at 12-14 weeks: Crown-Rump Length versus Composite Biometry;  
**Meena Khandelwal, MD / Elena Safronova, MD / Caroline Kaigh, MD**
- 3) Abstract has been accepted for **Poster** presentation at the North American Society of Obstetric Medicine (NASOM) annual meeting.  
**Abstract Title:** “A Case of Undiagnosed Secondary Hypertension in Pregnancy”  
**Meena Khandelwal, MD / Yon Sook Kim, MD / Bianca Hall, MD PGY2 / Rori Dajao, MD PGY4**
- 4) Abstract has been accepted for an **Oral** presentation at the 2019 ACOG Annual Clinical and Scientific Meeting in Nashville, TN.  
**Abstract Title:** Effects of maternal psychological status post cancer diagnosis in pregnancy on early childhood development  
**Elyce Cardonick, MD/ Melanie Betchen, M.D. Candidate (CMSRU)**
- 5) Abstract has been accepted for an **Oral** presentation at the 2019 ACOG Annual Clinical and Scientific Meeting in Nashville, TN.  
**Abstract Title:** PPROM prior to 33 0/7 weeks: When should rescue course corticosteroids be given?  
**Richard Fischer, MD / Laura Zalles, MD PGY3**
- 6) **Janhvi Sookram, MD PGY7** (gyn-onc) published the article “A case of ovarian endometrioid adenocarcinoma with yolk sac differentiation and Lynch syndrome” in Gynecologist Oncology Reports, V27
- 7) Abstract has been accepted for an **ePoster** presentation at the 2019 ACOG Annual Clinical and Scientific Meeting in Nashville, TN.  
**Abstract Title:** Accuracy of Leopold's Maneuver compared to Ultrasound in estimating fetal birth weight  
**Meena Khandelwal, MD / Noor Tell, MD candidate**

## Labor and Delivery Statistics 2018

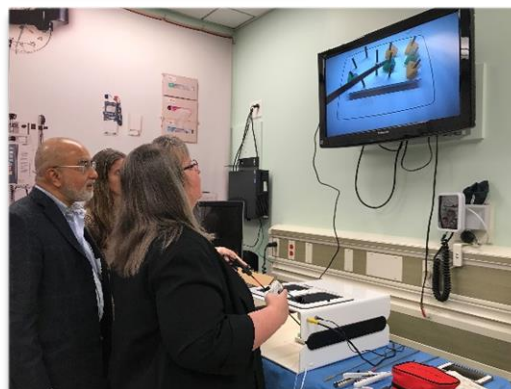
Total - All Births      2262

Cesarean sections:

Primary	279
Repeat	283

## Attending Simulation Day

January 18, 2019 @ CMSRU



### Important Dates:

- February 15 Resident Simulation Day
- March 5 GME Wellness Event - Mardi Gras
- March 15 Match Day
- March 22 Mock Orals
- March 27 Resident Research Dinner
- March 29 Resident Retreat
- April 5 Mock Orals
- April 26 Resident Education Day
- June 12 GME Recognition Program for PGY-4s

#### SAVE THE DATE:

- June 13 Resident/Fellow Graduation Celebration at the Adventure Aquarium

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](mailto:rodriguez-marielis@cooperhealth.edu)