

OB/GYN Residency Newsletter

February 2020
Volume 2 Issue 2

INSIDE THIS ISSUE

2. Resident/Alumni Spotlight
3. Simulations
ACOG Wellness Week
4. Faculty Spotlight
6. Research News and Newlyweds
7. A Decade of Chief's
8. Resident Presentations and Important Dates

"...for your patience and teaching style in helping them improve their surgical skills"

A word from the Program Director

Happy New Year! I cannot believe we are more than halfway through another academic year. The residents have had a very busy year so far both clinically and academically. We have had several residents present at National conferences and with the cooperation of our Gyn, Urogyn and Gyn Oncology faculty, two of our chief residents have already met the ACGME requirement for minimally invasive hysterectomies. Thank you for your patience and teaching style in helping them improve their surgical skills.

As a new decade begins, Dr. Stephanie Kass came up with the idea of looking back at the past 10 years of all the Cooper OB/GYN chiefs who have shaped their current training. Enjoy a trip down memory lane. Special thanks to two of our alumni who decided to "pay it forward." Dr. Inara Omuso who provided breakfast for our residents for a year and to Dr. Nefertari Owens who donated monetary funds so that the chief residents could purchase the ABC Board Review Course to help them prepare for the ABOG Qualifying examination.

Thank you all for your commitment to resident education!

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.

Faculty -

- Please continue to complete the monthly post rotation evaluations in New Innovations within 2 weeks of receiving them.
- Please continue to use MyTipReports for resident feedback

Spotlight on Resident, Dr. Robin Clark



Where did you relocate from?

I relocated from Baltimore, but before that I spent many good years in Philly, Boston, New York, and Kentucky.

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

Adjusting to Cooper has been super easy going now that I figured out where all the ORs are (there's so many!). The best part is that it has felt like family ever since I came to the graduation dinner last June.

Do you have any hobbies?

I like to sing karaoke and I love to SCUBA dive.

What is your favorite or funniest residency memory so far?

Funniest moment in residency so far was listening to an attending (I won't say who) snore loudly through the phone late one night while an intern was presenting a triage patient to him.

Spotlight on Alumni, Dr. Nefertari Owens

What is your current role and location?

Private practice, Middletown, NY.

What first inspired you to get into OB/GYN?

My 3rd year OBGYN rotation during medical school was the very last rotation for me and I purposely made my schedule that way. I thought I hated OBGYN. During the rotation, I realized I was completely wrong. I learned that the field of OBGYN involves working towards maintaining health rather than managing chronic illness, advocating for women's health and being an important part of one of the most exhilarating and satisfying events of most people's lives (the birth of their child).

What advice would you give to OB/GYN residents?

1. Eat and sleep whenever you can.
2. Even the worst days come to an end.
3. Every experience can be a learning opportunity.

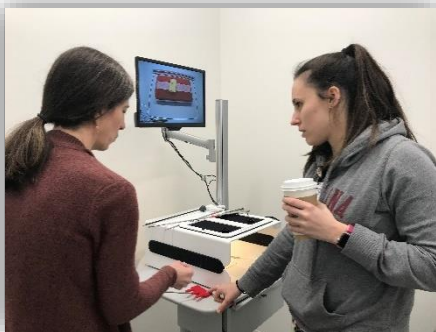
How do you like to spend your free time? Do you have any hobbies or interests?

I enjoy spending time with family, traveling, eating.



Resident/Faculty Simulations

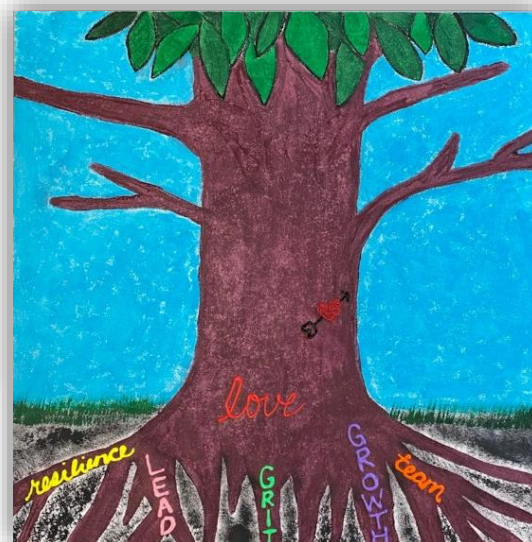
Our residents participated in simulation training to increase knowledge and confidence in obstetric and gynecological related procedures. Faculty also participated in a separate simulation geared for them. This year faculty simulation included FLS, forceps operative vaginal delivery, and performing transvaginal ultrasound on a standardized patient.



ACOG Wellness Week

During February 3rd -7th ACOG encouraged programs to celebrate wellness around the country by promoting physician wellness in our program. Activities were shared on social media using #ACOGbewell2020

The Residents chose to paint a ceiling tile from their work room, write positive and encouraging little notes to each other anonymously, and celebrate the wedding of Cosette!



Spotlight on Faculty Member, Dr. Robin Perry

Where did you go to medical school and do residency?

I went to Rutgers Medical School in Piscataway NJ, now Robert Wood Johnson Medical School. I did my residency at Cooper and my MFM Fellowship at Pennsylvania Hospital.

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

I enjoy teaching at all levels of the educational continuum in medicine, medical students, residents and faculty. Residents are quite fun because they are at the edge of confident knowledge, I enjoy it when they realize that they “got it” and they really don’t need me to help them.

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

On a day to day basis, I like to read to relax and I must confess that I have been known to binge watch Netflix when actively procrastinating. I enjoy spending time with my family and I love to travel with family. I enjoy going to the mountains, and photographing wildlife at the lake, particularly birds. I like to incorporate birdwatching and photography in my travel whenever possible.

What books are you currently reading?

I have been an avid reader of all books by Diana Gabaldon. She wrote the Outlander series, and I eagerly await the next volume that will be released later this year. I have recently become enamored with listening to books and I am currently listening to “Before We Were Yours” by Lisa Wingate, it’s a story about families and adoption, based on a Tennessee Children’s Home society orphanage.

What is your favorite restaurant?

A small restaurant near our house in the Pocono Mountains called Cooks. Eating there is like having your mom cook for you.

What do you like most and least about medicine?

I like that medicine as a career has given me so many options regarding what I might like to do and learn next, all while maintaining my role as a clinician. My first love is clinical medicine, I still really enjoy connecting with patients, being there for them when they need support and making a difference. I love that I am always learning and I am never bored.

I guess what I like least about medicine is dealing with bureaucracy, and feeling ineffectual when my patients come up against barriers to care.



Robin L Perry, MD, MEd, FACOG

*Chairman and Chief, Department of Obstetrics
and Gynecology*

Maternal-Fetal Medicine Specialist

*Associate Professor of Obstetrics and
Gynecology*

**“...when they realize that
they “got it” and they really
don’t need me to help
them.”**



Holiday Party

Proud Parents and Grandparents



Dr. Fischer's grandson Oliver Fischer



Dr. Mitchell-Williams
granddaughter, Camryn Danielle



Dr. Khandelwal's
granddaughter
Amal Sahana
Agarwal



Dr. Elshoreya's
daughter, Lena



Eileen Boardman's granddaughter,
Theodora Grace Shade



Maria LaNasa just welcomed Baby Graham. She says big brother Frankie does not like to share!



ACOG Junior Fellow

As a member-led and driven organization, ACOG depends on the active participation of its members to help it grow by taking on a leadership or a volunteer role, or by voting.

Congratulations on your positions!

Dr. Stephanie Kass
NJ Section Jr Fellow Vice Chair

Dr. Sabrina Brunozzi
District 3 Jr Fellow Secretary/Treasurer



Congratulations to the newlyweds!



Cosette Gabriel, DO



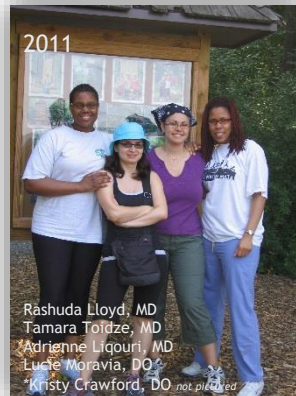
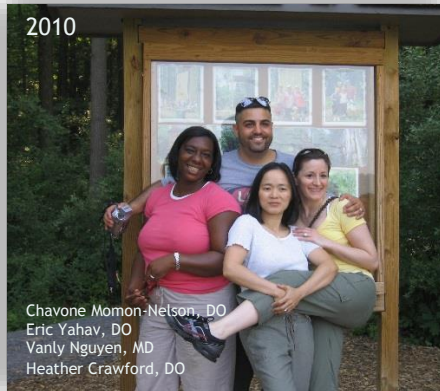
Amanda Malik, MD

Research News

The IRB has approved us for the study “Phase 2, Multicenter, Double-blind (Sponsor-unblinded), Randomized, Placebo-Controlled Study of the Safety and Efficacy of Elagolix in Women with Polycystic Ovary Syndrome.” (PI Dr. Mama) Patient recruitment will be happening as soon as our site is initiated by the sponsor.

“A Multicenter, Observational Cohort Study of Women Receiving Standard of Care (SOC) for the Treatment of Pelvic Pain Attributable to Suspected or Confirmed Endometriosis”. The sponsor has accepted Cooper as a site for another trial by the same company, AbbVie, (PI is also Dr. Mama) this is the first step in having the study take place here at Cooper.

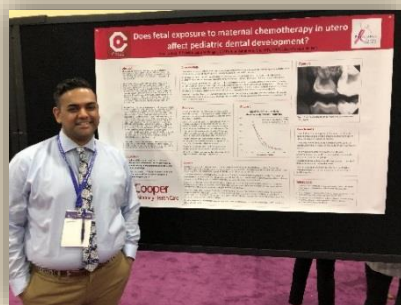
2010 – A Decade of Chiefs - 2019



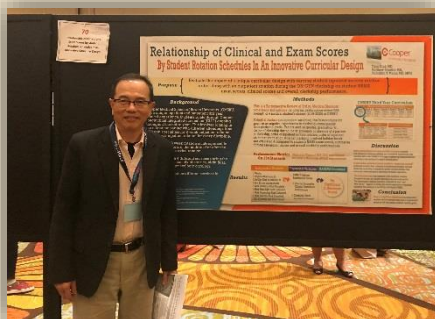
The chief resident has a significant role in the smooth running of a residency program. The responsibilities can be overwhelming for some and can be a great leadership opportunity for others. It is certainly an honor, but, it also involves a lot of extra work and hard choices! Thanks for all you've done Chiefs!

The Society for Maternal-Fetal Medicine 2020 Annual Meeting was held February 3-8 in Grapevine, Texas. Dr. Neel Iyer presented his poster titled "Does fetal exposure to maternal chemotherapy in utero affect pediatric dental development." Dr. Tieg Beazer presented a case on an OB patient with Wernicke encephalopathy.

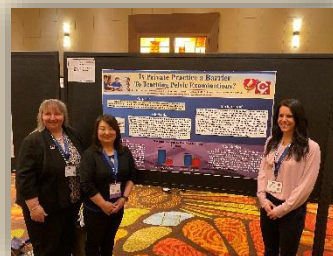
Dr. Westover presented a post graduate course on "Diagnostic error: reducing maternal harm" and lead a lunch time seminar on "What is the clinical utility of expanded genome wide NIPT?"



At the 2020 APGO/CREOG Annual Meeting in Orlando, Florida, Dr. Dihn also presented his poster titled "Relationship of Clinical and Exam Scores By Student Rotation Schedules In An Innovative Curricular Design"



At the 2020 APGO/CREOG Annual Meeting in Orlando, Florida, Dr. Devon Smith presented her poster titled "Is Private Practice a Barrier To Teaching Pelvic Examinations?"



Important Dates:

March 20	Match Day!
March 25	OB/GYN Resident-Fellow Research Presentation Dinner
April 3	Mock Orals (PGY-2 & 4)
April 10	Mock Orals (PGY-1 & 3)
May 8	Resident Education Day
May 15	Chief Resident Retreat for PGY-3s
May 29	Resident Retreat
June 6 & 7	2020 CREOG Resident Workshop for PGY-3s
June 9	Resident-Fellow Recognition Program
June 11	Resident/Fellow Graduation Celebration at Adventure Aquarium
June 12	Annual Program Review
June 29	ABOG Qualifying Examination for the PGY-4s

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 lopez-marielis@cooperhealth.edu