

OB/GYN Residency Newsletter

February 2021
Volume 3 Issue 2

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“...so proud to be working with an exceptional resilient group of individuals.”

A word from the Program Director

Who would have thought a year ago that we would still be battling the pandemic? I am very grateful to Cooper University Health Care's leadership team to have received the Covid-19 vaccine so quickly. We have worked together as a team to overcome the challenges of this year. I am so proud to be working with an exceptional resilient group of individuals and I look forward to a brighter 2021.

To show our appreciation for the all the hard work the residents and fellows are doing, especially during this unprecedented time, the Office of Graduate Medical Education is sponsoring **“Thank a Resident (& Fellow) Day”** on February 26. The GME is planning special activities for this day, and we have our own event planned. On March 4, our OB/GYN residents and fellows will participate in a Virtual Escape Experience. Although this is an exercise in team building, it will also be fun! Teamwork is essential to solving a problem and escaping the virtual room.

Funding for this event has been provided through our newly created Cooper Foundation OB/GYN Alumni Fund for Resident Education and Wellness. If you are interested in contributing to this fund in honor of “Thank a Resident Day”, I have included a link for your convenience. Thank you in advance for your generosity.

https://support.foundation.cooperhealth.org/site/Donation2?1400.donation=form1&df_id=1400&mfc_pref=T

Please welcome our new Program Administrator, **Sue McFadden** to our Cooper family. She has several years experience in residency program coordination, first in OB/GYN at Crozer-Chester and most recently in Radiology at HUP. Stop by Suite 221 to say hello!

I am Philly girl, born and raised. I have 3 grown kids, my husband, Ed, also has 3, and between us we have 7 grandchildren. We have a dog, Bella, and a cat, Fiona, who are totally spoiled. Once my kids were a little older, I decided to finish my college education. I received my bachelor's and master's degrees from St. Joe's and I still bleed crimson and grey. The Hawk will Never Die!!! My passion in life is to serve others, so being a residency coordinator is the perfect career for me. I am a Philly sports fanatic and besides watching sports (in person or not) I like to walk local trails, dance, dragon boat, attend concerts, travel and most of all, hang with my kids and grandkids.



Diversity, Equity and Inclusion

Happy Black History Month!

The Office of Diversity and Community Affairs is sponsoring a presentation by Dr. Alyce Richard on February 23 at 6 PM "Pain perception and the effective approaches to assess and treat different pain processes in the African American community." You will need to register in advance for this meeting:

<https://rowan.zoom.us/joining/register/tZlkd-uvrztEtZKCrHgw8Sbla6Z3tTzKGsn> After registering, you will receive a confirmation email containing information about joining the meeting.

At Grand Rounds on February 8, Bianca Hall, DO presented "Maternal Morbidity and Mortality: The patient perspective." We heard a very informative and moving personal account of a patient's experience in the outpatient and inpatient settings at Cooper. Her patient experience has affected all of us in different ways.

Black Men in White Coats documentary and panel discussion, featuring our own Dr. Hewlett!

This event is co-sponsored by Cooper Medical School of Rowan University and Rowan School of Osteopathic Medicine. Screen the film from February 24-26. The panel discussion on Saturday, February 27, 9-11 AM.

[Click here to download the event flier with the registration links and the link to watch the trailer of the film.](#)

Dr. Perry shared with us this special library collection curated by the CMSRU's chapter of the Gold Humanism Honor Society in honor of Black History Month:



Fatal Invention by Dorothy Roberts

ISBN: 1595586911

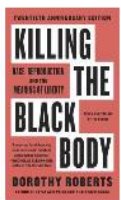


Algorithms of oppression : how search engines reinforce racism by Safiya Umoja Noble



Race and Racism by Carolyn Fluehr-Lobban

ISBN: 9781442274594



Killing the Black Body by Dorothy Roberts

ISBN: 0679758690



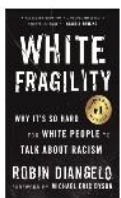
Beyond Survival: Protecting Households from Health Shocks in Latin America

ISBN: 1280516267



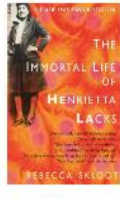
Culture and Health Disparities by John G. Bruhn

ISBN: 9783319064611



White Fragility by Robin DiAngelo; Michael Eric Dyson (Foreword by)

ISBN: 0807047414

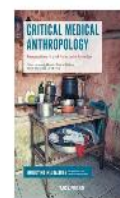


The Immortal Life of Henrietta Lacks by Rebecca Skloot

Call Number: WO690 .S628i 2010

ISBN: 9781400052172

Available in Print Only



Critical Medical Anthropology by Gibbon GAMLIN

ISBN: 1787355837

Our Department recently created a Visiting Student Elective Scholars Program for 4th year medical students who self-identify as a member of an underrepresented minority in medicine. Unfortunately, due to Covid, we could not host a medical student in person. However, we created a 2-week virtual rotation in October and had four medical students participate. I would like to thank the residents and faculty who served as mentors and teachers. It truly took a village to make this a success. We asked each student to prepare a 15 minute presentation on a health disparity, which affects minority women in obstetrics or gynecology at the end of their rotation. All presentations were well done and very informative.

Residents - If you have not done so already, please complete the diversity survey: <https://www.surveymonkey.com/r/CUHDDIVERSITY>

CMSRU Mandatory Education for Faculty - Deadline February 28

Complete U. of Washington on-line training <http://cedi-web01.s.uw.edu/news/implicit-bias-in-the-clinical-setting-and-learning-environment/> (25-30 minutes).

Click the link to complete your attestation: <https://forms.gle/fCN6ATuUjhcFTpza8>

Research Division News

SMFM 2021 Virtual Conference was held on Friday, January 29. Congratulations to Drs. Tieg Beazer and Neel Iyer who presented their posters.

Tieg Beazer, MD SMFM Poster

Neel Iyer, DO SMFM Poster

Evaluating minor trauma in pregnancy – can we limit cost without affecting outcomes?
Tieg E. Beazer¹, Saba Daneshpooy², Krystal Hunter^{1,2}, Stephanie Kass¹, Meena Khandelwal^{1,2}
¹Cooper University Hospital, Camden, NJ; ²Cooper Medical School Rowan University, Camden, NJ

Background: 6-8% of pregnant women are affected by trauma during their pregnancy.^{1,2} Majority of trauma related during pregnancy is considered minor or non catastrophic such as a minor vehicle accident, fall, assault, act of domestic violence, etc. Minor trauma in pregnancy typically causes little to no risk to the mother, however it can cause how it affects the fetus. Management of pregnant women who endure minor trauma. The evaluation includes extensive laboratory investigation and extended fetal monitoring. This is a costly evaluation without outcomes.

Objectives: The purpose of this study was to determine whether laboratory tests and extended fetal monitoring alter management and/or predict outcomes in women with stable pregnancies who endure minor trauma.

Methods: Retrospective observational study. Inclusion criteria: Pregnant women who presented to Cooper University Hospital with a confirmed minor trauma between January 2017 and December 2019. Exclusion criteria: Pregnant women who presented to Cooper University Hospital with a confirmed major trauma, pregnant women who presented to Cooper University Hospital with a confirmed trauma, pregnant women who presented to Cooper University Hospital with a confirmed trauma, pregnant women who presented to Cooper University Hospital with a confirmed trauma.

Results (maternal outcomes): "Fat" was the most common type of trauma endured. 65.4% of women presented in their third trimester. Mean values of all laboratory tests were within normal limits regardless of whether the patient required observation or was discharged. None of the women had a fibrinogen level less than 300 mg/dL or a positive fetal Doppler wave (FN).

Results (fetal outcomes): Mean gestational age at delivery was 39 weeks gestational age. 241/260 women delivered at term. Median time (in days) between date of trauma and delivery was significantly different between the observed and discharged groups. Prenatal delivery was the most common adverse pregnancy outcome. 24/29 preterm deliveries occurred in the late preterm period (34-36 weeks).

The Spectrum of Lysosomal Storage Diseases in Non-Immune Hydrops Fetalis and Potential Treatments
Neel S. Iyer¹, Alexis C. Gimmelsky², Carlos R. Ferreira³, Huda B. Al-Koussy⁴
¹Cooper University Hospital, Camden, NJ; ²Agnes Medical School at Brown University, Providence, Rhode Island; ³National Human Genome Research Institute, Bethesda, MD; ⁴Stacy Kimmel College of Medicine at Thomas Jefferson University, Philadelphia, PA

Background: Non-immune hydrops fetalis (NIHF) accounts for more than 90% of hydrops fetalis cases. LSD have been reported to account for 1-15% of cases of NIHF cases. Our primary objective was to determine the incidence of each LSD in NIHF. Our secondary objective was to determine the frequency of LSD with available treatment.

Methods: Systematic review was conducted using PubMed and Ovid Medicine from 1979 - August 2020. Retrospective cases series with at least five cases of fetal and/or neonatal NIHF with its workup were identified. Exclusion criteria were studies published in languages other than English, and review articles.

Results: Twenty-five case series with 2,463 total cases of NIHF were identified. The overall incidence of LSD was 6.7% in NIHF cases that tested for any LSD, and 8.3% in idiopathic cases. Five LSD accounted for more than 70% of cases, and of these, two currently have available treatment.

The overall incidence of LSD was 6.7% in NIHF cases that tested for any LSD, and 8.3% in idiopathic NIHF cases.

More than 40% of the most common LSD causes of NIHF have a potential postnatal treatment

Frequency of LSD Cases Reported

LSD	Cases
Mucopolysaccharidoses	55 (2.4%)
Type 1B	45
Type 1A	4
Type unspecified	4
Type 1	2
Galactosialidosis	28 (1.4%)
Infectious aortic acid storage disease	25 (1.2%)
Gaucher disease	23 (1.1%)
Glycogangliosidosis	22 (1.1%)
Sialidosis	20 (1.0%)
Werners Pick disease	11 (0.5%)
C disease	9
A-B disease	2
Mucopolidosis	8 (0.4%)
Barth syndrome	1 (0.0%)
NIHF deficiency	1 (0.0%)
ICM disease	1 (0.0%)
Wolman disease	1 (0.0%)
Total	194

* Out of 81% of NIHF cases with a negative standard-of-care workup, testing for LSD resulted in a diagnosis in 8.3% of cases.
* If the initial NIHF workup is negative, comprehensive LSD testing should be routine.
* Prenatal LSD testing not only provides diagnosis, but also allows the option for pregnancy termination, appropriate postnatal management, and planning for subsequent pregnancies.

Congratulations to Drs. Bilbao and Aikins for their review article published in Gynecologic Oncology.



Contents lists available at ScienceDirect

Gynecologic Oncology

journal homepage: www.elsevier.com/locate/gygyno



Review Article

Is routine omentectomy of grossly normal omentum helpful in surgery for ovarian cancer? A look at the tumor microenvironment and its clinical implications

Michelle Bilbao^a, James K. Aikins^a, Olga Ostrovsky^{b,*}

^a MD Anderson Cancer Center at Cooper, Cooper University Healthcare, Division of Gynecologic Oncology, Camden, NJ, United States of America

^b Department of Surgery, Division of Surgical Research, Cooper University Healthcare, Camden, NJ, United States of America

2020 Year End HCAHPS

Congratulations to the entire team!

	MIU	Cooper
2019 Final	30%	47%
2020 Goal	35%	55%
Sample RATE HOSPITAL	52	758
	72%	38%
COMM DOCS	96%	35%
COMM RN'S	99%	39%
COMM MEDS	99%	48%
STAFF RSP	99%	46%
DISCHARGE	73%	32%
ENVIRONMENT	88%	20%
CARE TRANSITION	97%	48%
RECOMMEND	81%	40%

Spotlight on Faculty Member, Dr. Guy Hewlett

Where did you go to medical school and do residency?

I went to Jefferson Medical College of Thomas Jefferson University. I did my residency at Albert Einstein Medical Center in Philadelphia.

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

I look forward to that special moment of satisfaction when it all starts coming together, they master a skill or concept and begin to develop confidence and a sense of accomplishment

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

My two main ways of combating stress are exercise and spending time with family. I am blessed to have a wonderful and supportive family including Ingrid, my long-suffering wife; my children; my siblings; many nieces and nephews; and the joy of my life, my 5 year old grandson.

Do you have any hobbies??

My hobbies include amateur woodwork, playing music (tenor saxophone primarily), listening to music, traveling (I have been to 5 continents) and reading.

What books are you currently reading?

On my nightstand currently are the following: A Numerate Life, American Poison: How Racial Hostility Destroyed Our Promise, invisible Capital, Chess for Beginners

What is your favorite restaurant?

I have a fairly eclectic palate, so it is tough to limit it to just one. Here's the short list: Radicchio New Jersey in Voorhees, Ah Yuh So Nice in New Castle, DE, Circles Thai in Collingswood, Coriander Indian Bistro in Voorhees, Hot on De Spot in Trenton.

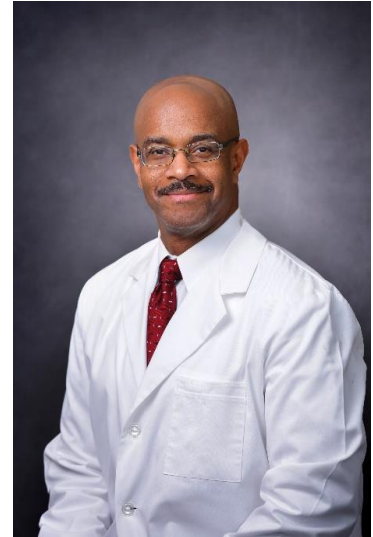
Hopefully they have all survived that pandemic and are around as things begin to open up in the coming months.

What do you like most and least about medicine?

I am thankful to be a physician for many reasons. Among the most meaningful to me are the following:

- the opportunity to develop long term relationships with patients and positively impact their lives,
- the opportunity I am afforded to facilitate access to high quality healthcare for my family and friends,
- the gratification of connecting with a patient and gaining her trust by taking the time to understand her challenges and treating her with respect and dignity. This process is particularly impactful when the patient comes from a marginalized group.

I am most dissatisfied with the disparate treatment and clinical outcomes experienced by people of color in the United States in general and in New Jersey in particular. I am particularly troubled by the stark discrepancy of maternal health outcomes by race across our state. I am simultaneously encouraged by First Lady Tammy Murphy's focus on addressing this issue and sincerely hope that it gains sufficient momentum to survive beyond the current administration.



Guy Hewlett, MD

Medical Director, Labor & Delivery

Associate Professor of Obstetrics and Gynecology

"...that special moment of satisfaction when it all starts coming together."

Spotlight on Resident, Dr. Samantha So



Where did you relocate from?

I am originally from Princeton, NJ but I have been in the Philly area for the past 12 years.

What do you enjoy most about Cooper?

The thing I enjoy the most about Cooper is learning alongside my wonderful co-residents.

Do you have a favorite restaurant?

I have many favorite restaurants but I would say it's a tie between Parc in Rittenhouse Square and Shiroy Hana in Center City.

What do you like to do when you are not working?

When I am not working, I enjoy reading and spending time with friends and family as well as visiting the National Parks.

Now that you are almost done with residency, what advice do you have for your junior residents?

My advice for junior residents is to soak in all of these experiences and make the most out of your time with your fellow residents.

Spotlight on Alumna, Dr. Juhi Shukla

What is your current role and location?

I am currently practicing as a general OB/GYN through Jefferson Health/Aria and Abington Hospitals. The group that I joined was originally a gyn-only practice, however I helped to implement a prenatal program here over two years ago.

What first inspired you to get into OB/GYN?

As a medical student, I was always interested in women's medical problems and so choosing to do OB/GYN was a no-brainer for me. During my 3rd year rotation, I felt much more of a connection to women and it was the combination of preventive women's health and all of the fun procedures/surgeries that solidified my decision. I enjoy being an advocate for women and it is one of the most rewarding aspects of my job.

What advice would you give to OB/GYN residents?

It seems like forever getting through the hardest times but residency will fly by in the blink of an eye! There are so many extraordinary experiences at Cooper that you may not even realize until you get out in to the "real world."

- Take advantage of the access to knowledge and experience from your attendings.
- Make the most of the learning opportunities that you have at your fingertips.
- Don't forget to be kind to yourself! Be healthy, rest when you can, and make sure to maintain your relationships outside of work.

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

I love my family time and my baby boys. I am obsessed with hot yoga. I am a total Netflix junkie. I miss trying out new Philly restaurants with my girlfriends. I really look forward to traveling again one day...preferably to a warm location!



Juhi Shukla, D.O. and Family

Jefferson Health System

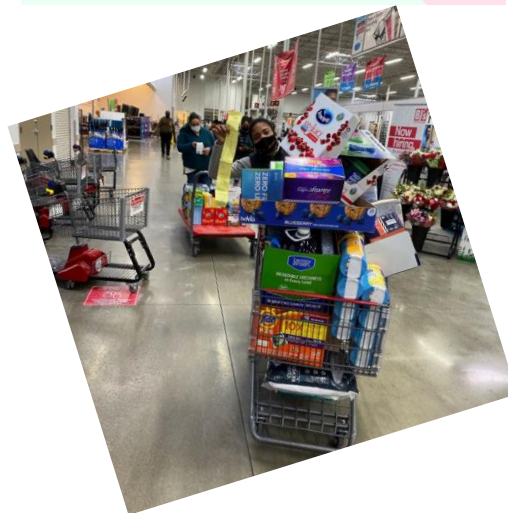
Cooper OBGYN Resident 2014-2018

Out in the Community

Dominique McKeever, MD spearheaded collecting monetary donations for The Cooper Foundation Operation Back Pack Drive for KIPP Cooper Norcross Academy schools in August 2020. Our department donated \$550.00

Sabrina Brunozzi, MD and **Stephanie Kass, MD** organized a fundraiser to benefit the Camden County Womens Center as part of ACOG district 3 Junior Fellows Day.

For our holiday drive this year, **Tieg Beazer, DO** organized a collection of supplies and monetary donations for Mother Child Shelter in Woodbury, NJ. Tieg and Dr. Hewlett dropped off all the donations to the Shelter.



As part of ACOG Wellness Week, we held a Virtual BINGO fundraiser to benefit the Garcia Family on February 10. Thank you to our own L&D nurse, **Laura Profico** for hosting and congratulations to our winners - Moira Bryers, Stephanie Kass, Amanda Malik, Blaire Nasstrom, and Dr. Khandelwal.

Contributions were also made to fundraisers organized by our L&D nurses benefiting **The Angel's Community Outreach** organization and to the **Women's Care Center** to give newborn gift baskets to our patients in need.

A GoFundMe page was created by **Sabrina Brunozzi, MD** and **Holly Dickinson (MS4)** for the Garcia Family. Mrs. Margarita Garcia delivered a healthy baby boy, Ivan, at Jefferson in December 2019 via C-section. Mrs. Garcia was diagnosed with COVID-19 prior to delivery and was initially asymptomatic. She presented to the hospital in the postpartum period with worsening shortness of breath, and then subsequently transferred to Cooper with ARDS secondary to COVID pneumonia. Despite the excellent care that she received, Mrs. Garcia tragically passed away on 1/20/21, leaving behind her husband, her newborn Ivan, and 6 other children.

Here is the link if you would like to help the Garcia family through this difficult time. Thank you in advance for your generosity.

https://www.gofundme.com/f/xruff3-help-for-the-garcia-family/share?utm_source=customer&utm_medium=copy_link&utm_campaign=p_cf+share-flow-1

CMSRU Orientation to OB/GYN:



At the beginning of each new OB/GYN block, the CMSRU students rotate through several different simulation stations led by faculty and residents - labor, knot tying, suturing, scrubbing and the opportunity to ask residents any questions about the rotation they may have.



3rd & 4th degree repair Sim

3rd & 4th degree laceration repair Simulation with the Urogyn department



Stephanie & Robin

**Thank you
Cooper
University
Healthcare
for the
Covid-19
vaccines!!**



Congratulations to our 4th year residents for already meeting the ACGME minimum numbers of cases in all categories for graduation. Thank you for your diligence in logging your cases and thank you to the faculty for helping them meet their numbers, especially for minimally invasive hysterectomies. Their futures are very bright!

Tieg Beazer, DO - Fellowship in MFM at University of Rochester

Bianca Hall, DO - Fellowship in Family Planning at Montefiore Medical Center

Neel Iyer, DO - Fellowship in MFM at Thomas Jefferson University Hospital

Samantha So, MD - Faculty, Department of Obstetrics, Gynecology and Reproductive Sciences at The Lewis Katz School of Medicine at Temple University



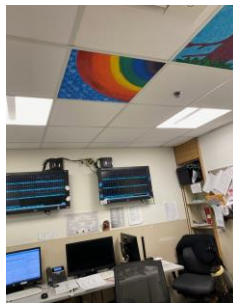
ACOG News

Sabrina Brunozzi was elected ACOG District III Junior Fellow Vice Chair. It is a 3-year position where she will be Chair next year and Past Chair the year after.






ACOG Wellness Week was held February 1-12. Residents participated in many different activities throughout the two weeks that our PGY-3 Resident Wellness Chiefs organized.



Creative outlet while team building and beautifying the workroom



On the last day residents received a care package from Sue McFadden.

Monday - Emotional	Tuesday- Physical	Wednesday- Social Justice/ Community	Thursday- Spiritual/ Mindfulness	Friday- Environmental
Feb 1 Inspiration Station Come to L&D to add your reasons for coming to work every day	Feb 2 Stair Challenge Ditch the elevator and join the challenge to only take the stairs today! 	Feb 3 Advocacy Take a few minutes to use your voice to support HR 2902, the Maternal CARES Act	Feb 4 Focus on Gratefulness Stop by the workroom to share what you're grateful for 	Feb 5 Team Bonding During didactics
Feb 8 Resident Valentines Stop by the workroom to write sweet notes to your colleagues 	Feb 9 Spelling Workout Choose a word that describes your team and do the corresponding workout Peloton Group Ride Join #CooperOBGYN for XOXO, Cody @ 7:30pm	Feb 10 BINGO Fundraiser For \$5, buy a bingo card and join us for a few games hosted by the one and only Laura Profico at 7:30pm. Proceeds to benefit the Garcia family 	Feb 11 Stress Release Make your own stress ball! Instructions provided, supplies available throughout the day 	Feb 12 Choose Your Own Adventure Wellness time during didactics to spend however you need

Proud Parents & Grandparents



Dr. Khandewal's Granddaughter, Amal Sahana Agarwal



Dr. Guerrero Gorman's daughters, Isabel & Penelope



Dr. Hewlett's grandson, Ellis



Dr. Krill's sons
Duke, 9 mos (and 26 lbs!)
James 2 1/2 years



Dr. Elshoreya's daughter, Lena



Dr Fischer's grandson, Oliver



The LaMotta Family



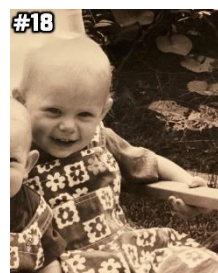
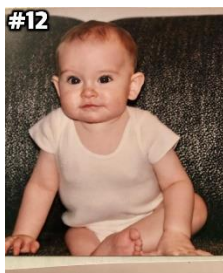
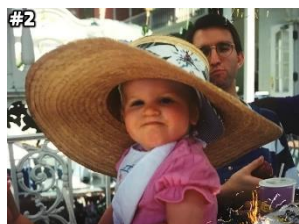
Sue's granddaughter, Dorothy Katherine



Dr. Adriance's son, Jack

Guess the Baby

Can you match the babies to the names?



Lori Adriance, MD _____
Paula Bruckler, DO _____
Sabrina Brunozzi, MD _____
Elyse Cardonick, MD _____
Peter Chen, MD _____
Richard Fischer, MD _____
Cosette Gabriel, DO _____
Victoria Guerrero, MD _____
Guy Hewlett, MD _____
Michelle Iavicoli, MD _____
Stephanie Kass, MD _____

Chelsea Katz, MD _____
Sook Kim, MD _____
Joe La Motta, MD _____
Lioudmila Lipetskaia, MD _____
Amanda Malik, MD _____
Saifuddin Mama, MD _____
Sue McFadden _____
Hilary McGrath, DO _____
Blair Nasstrom, DO _____
Danielle Schenker, MD _____

Friendly Reminders

Residents - Please:

- Complete the ACGME resident survey.
Deadline April 1
- Complete your post rotation TrueLearn Quizzes
- Remember to log your duty hours daily.
- Keep your case logs up to date on a weekly basis.
- Schedule a monthly meeting with your mentor and complete the mentoring form.
- Complete the Diversity Survey

Faculty - Please:

- Complete the ACGME faculty survey.
Deadline April 1
- Continue to complete the monthly post rotation evaluations in New Innovations within 2 weeks of receiving them
- Continue to complete myTIPreports
- Complete Physician Time Study -
Deadline March 12
- Complete CLN Education - Deadline March 19
- Complete CMSRU Diversity mandatory education - Deadline February 28

Important Dates

February 26	GME "Thank a Resident (& Fellow) Day"
March 4	Virtual Escape Experience for residents & fellows
March 19	Resident Sim Day MATCH DAY
April 2	Mock Orals PGY-1 & 4
April 9	Mock Orals PGY-2 & 3
April 16	Faculty Simulation
April 28	Resident & Fellow Research Day
April 30	Resident Retreat
May 14	Chief Resident Retreat
June 4	Annual Program Review
June 8	Presentation of QI/PI Projects
June 10	Resident & Fellow Graduation Celebration
June 25	Skills Day
June 28	ABOG Qualifying Examination

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 mcfadden-susan1@cooperhealth.edu