

OB/GYN Residency Newsletter

March 2024
Volume 6 Issue 2

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A word from the Program Director

Our first class of “Fab Five” interns have settled in and are working hard. We will soon find out who our next set of five interns will be on Match Day, Friday, March 15. Thank you to our interview team for carefully ranking the excellent candidates who applied to our program. I look forward to having a full complement of five residents per year in the coming years.

In 2018, the Gold Humanism Honor Society decided to bring attention to the importance of residents in taking care of our patients and for being indispensable to medical student education. Hence, they organized the annual “Thank a Resident Day.” “Thank a Resident Day” was celebrated this year on Friday, February 23. GME held various activities for all residents. OB/GYN residents had an evening of fun, friendship, and team building at North Bowl on Thursday, February 22. The I.G. Ances, M.D. Memorial OBGYN Alumni Fund for Resident Education and Wellness sponsored this event. If interested, donations can be made to The Cooper Foundation, 101 Haddon Avenue, Suite 302, Camden, NJ 08103, or online at <http://support.foundation.cooperhealth.org/donate> and select Direct my gift to: I.G.Ances, M.D. Memorial OBGYN Alumni Fund for Resident Education and Wellness in the drop-down menu. Despite the immense demands and long hours of residency, our residents continue to be dedicated and committed to providing exceptional patient care. Thank you for all you do!

Susan McFadden, our exceptional program administrator since February 2021, will officially retire on April 30, 2024, to spend more time with her family, including two sets of twin grandchildren. I am sincerely grateful for her outstanding work and support for our OB/GYN residency program. Her dedication, organizational, and multitasking skills have been invaluable in ensuring the smooth operation of our program. Sue’s warm and welcoming demeanor creates a supportive atmosphere for our residents and faculty. We wish Sue well and will miss her! Don’t worry, residents, we will make sure the squishes continue!

“...our residents continue to be dedicated and committed to providing exceptional patient care.”

Residents -

- Please complete the ACGME Resident Survey - Deadline April 7, 2024
- 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 ACGME Faculty Survey - Deadline April 7, 2024
- Please continue to complete the monthly post rotation evaluations in New Innovations within 2 weeks of receiving them.
- Please continue to complete myTIPreports
- Thank you for your commitment to resident education!

Diversity, Equity and Inclusion

February was Black History Month, and many events were held throughout the CMSRU and Cooper University Hospital communities.

The Association for the Study of African American Life and History set this year's Black History Month theme, "African Americans and the Arts." "The theme explores the key influence African Americans have had in visual and performing arts, literature, fashion, folklore, language, film, music, architecture, culinary, and other forms of cultural expression."

2nd Annual Equity in Medical Education Summit - April 2, 2024, 8:00 AM - 3:30 PM

CMSRU is a member of The Consortium of DEI Health Educators, which is organizing this event. Dean Reboli and Dr. Kocher, senior associate dean for admissions, will present. Dr. Hewlett, associate dean for diversity and community affairs, will moderate panel discussions.

To register:

[CDHE: 2024 Annual Health Equity Summit \(eventscribe.net\)](https://eventscribe.net)

The following DEI articles were discussed at our November 2023 Journal Club:

1. [Abandon "Race." Focus on Racism by Paula Braveman and Tyan Parker Dominguez](#)
2. [Maternal Race/Ethnicity, Hypertension, and Risk for Stroke During Delivery Admission by Miller et al](#)
3. [Association Among Race, Ethnicity, Insurance Type, and Postpartum Permanent Contraception Fulfillment by Bullinton et al](#)

Upcoming DEI topic during resident didactics on May 10, 8:30 am at 101 Haddon Avenue, Suite 500 Conference room:

"Importance of Diversity in Clinical Trials"

Research Division News

General Updates

1. Next OB/GYN Research Meeting April 19, 2024, 7:30 AM

NEW studies:

1. **Oxytocin Rest to Reduce Cesarean Delivery in Prolonged Labor: An Open-Label Randomized Controlled Trial (the “ORCA” trial)** - awaiting IRB approvals. Christiana Trial
Principal Investigators: Carolyn Ross & Ruth Hennebery
2. **Oral Nifedipine versus Intravenous Labetalol for Postpartum Hypertensive Emergency: A Randomized Clinical Trial**
Principal Investigator: Whitney A. Booker, MD, MS
Need PI at Cooper - Gunda Simpkins & Rori Dajao
3. **POST APPROVAL CLINICAL STUDY for PartoSure™ Test by Qiagen**
The primary aim of this prospective study is to evaluate the sensitivity, specificity, positive predictive value and negative Predictive Value of the PartoSure test to predict preterm birth within 7 days of testing in a representative intended use population at hospital sites in the United States.

NEWer studies with NICHD funding:

1. PRC - Modeling informatics data to track maternal risk and care quality
 - Study sites contributing data - Columbia, Cooper, Christiana Care, Rutgers, St. Peters, Temple, NYPQ, Geisinger, Yale
2. PRC - Modeling informatics data to track maternal risk of sepsis
3. “A Dose Escalation Study of Low Dose Aspirin for the Prevention of Recurrent Preterm Birth”
 - prospective individually randomized masked trial of aspirin 81mg daily vs. 162 mg daily in women with a prior preterm birth



Congratulations to Dr. Williams and Dr. MacGillivray!

“Fourth-Year Student Educators: Improving the OBGYN Clerkship Experience” was presented at the 2024 CREOG/APGO Meeting in San Antonio, TX.

Research Division News (continued)

EASE Study: A randomized, controlled study to Evaluate the Safety and Effectiveness of the Materna Prep Device to pre-stretch (i.e., dilate) the vaginal canal and pelvic floor tissues in preparation for vaginal delivery.

Principal Investigator: Dr. Rori Dajao

Co-Investigators: Drs. Lipetskaia, Khandelwal, Hutcheson, Nasstrom, Aibuedefe, Dickinson, Homer, Reid-Herrera and Soto! (Anyone else interested?)

Updates:

- Randomizations continuing
- Adding 2 UroGyn Fellows to study to complete sonography

Inclusion:

- Looking to consent nulliparous patients over the age of 18
- Randomizing and device placement at 6-8 cm dilation

Pregnancy Loss - LosSEQ

Perinatal Research Consortium NIH Grant through Harvard University

Principal Investigator: Dr. Robin Perry

Co-Investigators: Please reach out if interested.

Updates:

- We now have Spanish-language consents

Reminders:

- Clinical provider to ask the patient if she is willing to be approached about the study.
- Please text or call Dr. Perry or Alex Santangelo.
- Please remember to collect a 1 to 2 cm section of the umbilical cord on all stillbirths, stored in fridge with saline.

Inclusion

- In utero fetal demise, >14 weeks gestation and occurring prior to the onset of labor
- Parents are 18 years or older
- No confirmed genetic cause

A prospective, natural history study to assess the occurrence of HPA-1a alloimmunization in women identified at higher risk for fetal and neonatal alloimmune thrombocytopenia (FNAIT)

Principal Investigator: Dr. Meena Khandelwal

Primary Objective:

- To inform the frequency of women at higher FNAIT risk among pregnant women of different racial and ethnic characteristics who present for pre-natal care.

Inclusion:

- Any pregnant patient between 10-14.6 weeks gestation, over 18 years of age, and no prior history of FNAIT.

Updates:

- 49 enrollments since Sept 20th
- First enrollment in Washington Township!
- Plan to establish a process in Princeton today (the 9th)
- Spanish consents pending

Research Division

Neonatology

Project: Correlation between serum biomarkers and magnetic resonance imaging (MRI) in full term infants requiring therapeutic hypothermia (TH) for hypoxic ischemic encephalopathy (HIE).

Objectives: To correlate initial (cord blood or first blood draw prior to TH), after 24 hours of TH and post-TH levels of plasma biomarker and microRNAs (miRs) with MRI findings at day of life (DOL) 4-10.

Research Plan: Number of Subjects: 20-30 for the study group, 10 for the control group.

Inclusion Criteria of the study group: Patients with HIE who are eligible for TH, as per the Cooper NICU protocol.

Exclusion Criteria of the study group: Major congenital anomalies OR unable to obtain consent.

Inclusion criteria of the control group (must fulfill all):

- Cord blood of healthy infants born at ≥ 36 -weeks gestational age (GA)
- Birth weight of infant > 1800 g
- No acute perinatal event
- APGAR score ≥ 8 at 1 and 5 minutes of life

Sample volume and tube: 1 cc of blood in purple top tube

Call: Heba Abulsheour: (929) 241-8884, Vineet Bhandari: (203) 645-2123

Current Studies

Postpartum Depression Longitudinal Study: A Care Coordination Intervention

Investigators: Drs. Kim and Iavicoli

Updates:

Enrollment has been completed

55 patients enrolled

Patients will have a one year follow-up



Please join us in welcoming
our new Clinical Research
Coordinator 1, Ankur Patel

Spotlight on Faculty Member, Dr. Tuan Dinh

Where did you go to medical school and residency?

Med School: University of Texas (Houston); Residency University of Texas Medical Branch (Galveston); MFM fellowship: Thomas Jefferson University (Philadelphia)

What books are you currently reading?

Last/Best Book read: *The Power of Habit* (Charles Duhigg).

What is your favorite restaurant?

Favorite Vietnamese restaurant (around here): Anise in Cherry Hill

What do you like most and least about medicine?

Like Most: seeing patients, making diagnoses & treating pregnant patients.

Like Least: completing electronic medical record.

A few words to the residents:

Sometimes, residency feels overwhelming, no time to learn what you need to learn, no time to do anything... but it will pass quickly. Try to pick out 1-2 things (outside your workload) to volunteer. You will meet new colleagues, form new friendships, and even open a few doors that you will not think possible. Do not be afraid to fail because "failure is inevitable but giving up is unforgivable". Good luck with your residency and be the best obgyn possible. ❤️



Dr. Dinh with some other familiar faces



Tuan Dinh, MD

Associate Director, Undergraduate Medical Education
Maternal-Fetal Medicine Specialist

Associate Professor of Obstetrics and Gynecology

I was covering as attending for WOW today. When I was asking where the students may want to go, I mentioned Dr. Dinh's name and Madi, one of the students, shared her story.

Her mom is a patient of Dr. Iavicoli. When Madi's mom was pregnant with her, Dr. Dinh diagnosed a congenital diaphragmatic hernia. Her Mom was sent to CHOP for delivery. Madi said they speak of Dr. Dinh often at home as he "saved her life!"

What a cool story for her to meet him on WOW 1 week. When I introduced her, he looked at her last name and remembered her Mom!

-as told by Dr. Schaeffer



Dr. Dinh with Madi

Spotlight on Academic Chiefs

Dr. Hailey Hutcheson



Where did you relocate from?

I'm originally from West Chester, PA which is in the Philadelphia suburbs!

What do you enjoy most about Cooper? The people!

Do you have a favorite restaurant?

Fiorella has the best pasta in Philadelphia. However, as many of my co-residents know, I am a huge fan of Tens Asian Food Hall for call shift poke bowls and bubble tea!

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

Most of my free time is dedicated to my first-born child - Reuben the miniature Dachshund. I love to take him on long walks around Philadelphia and finding new dog friendly coffee shops and stores. Otherwise, you can usually find me catching up on my reading backlog or finding cheap flights to explore with Jose (my husband)!

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

Residency is an interesting time in your life when the days can seem endless, but the years truly fly by. Take advantage of every clinical opportunity and learn everything you can from the experts in our field we are lucky enough to call our attendings. Remember you never have to be perfect, and you have a whole team that is working to help shape you into the best provider you can be!

Dr. Kyle Le

Where did you relocate from?

I was living in Philadelphia for medical school so I got to remain in Philadelphia once I got into Cooper residency. I love Philly so I am glad that I got to stay.

What do you enjoy most about Cooper?

I really love all the attendings and my co-residents. I am thankful for the relationships that I have built during my time in residency and I hope to remain life-long friends with the attendings and residents I met here!

Do you have a favorite restaurant?

I have been to this restaurant many times now (R.I.P. to my bank account!) A new favorite is Miss Saigon which is a new fancy Vietnamese restaurant in Center City.

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

I like to hike, watch movies, watch Netflix, try new restaurants in Philadelphia. I also like to sing at piano bars and used to sing in an a cappella group.

Now that you are in your last year of residency, what advice do you have for your junior residents?

Take care of yourself and set your boundaries from your personal life with work. If you don't have boundaries, then you will burnout. Residency is difficult, but you will get through it!



Spotlight on Alumna, Dr. Kristy Crawford

What year did you finish residency? I finished my residency in 2011

Vero Beach Florida; Co-owner of Vero Women's Care specializing minimally invasive gynecologic surgery, menopausal medicine, and female sexual health.

What first inspired me to go into OBGYN?

My own gynecologist. He was the kindest, most humble man. He allowed me to job shadow him when I was in undergrad and I was hooked instantly!

What advice would you give to OBGYN residents?

Soak up as much information from the attendings that you can. You can read all the textbooks and papers that you want, but nothing is as helpful as working side by side an experienced attending and watching how they navigate every situation. Ask questions about what they are doing and why. Scrub every single case you can, even if you are just holding a retractor. Talk through the patient cases and scenarios with them. Believe me, you will miss them when you are on your own.

How do you spend your free time/hobbies or interests?

I have been blessed with 2 beautiful daughters! They are very involved in competitive dance (which is another piece of advice!! Don't let your kids do this!!) so I spend pretty much ALL of my time when I am not working as a dance taxi and sitting for hours on end at dance competitions!

*Kristy Crawford, DO
Co-owner of Vero Women's Care,
Vero Beach, FL
Cooper OBGYN Resident 2010-2011*



Dr. Crawford with her daughters

Spotlight on Alumna, Dr. Chavone Momon-Nelson

What year did you finish residency? I finished in 2010

Current role and location? I practice general obstetrics and gynecology at UPMC Magee Women's Specialist Carlisle/ UPMC Carlisle. I serve on several committees and hold multiple leadership positions including Vice President of Medical Executive Committee and Departmental Chair.

What first inspired me to go into OBGYN?

There were many reasons why I choose OB/Gyn, but surgery was always my main interest. I currently operate almost twice a week performing 3-5 cases/ day; I perform the majority of my cases from a minimally invasive approach including robotic.

What advice would you give to OBGYN residents?

I would encourage the residents to pursue every opportunity to be a confident and skillful, yet empathic physician. During their journey through residency, I would remind them to not forget about their mental and physical well-being.

How do you spend your free time/hobbies or interests?

I enjoy creating social media content, traveling internationally, participating in sisterly and community activities with my sorority, and spending time with my husband and children.

*Chavone Momon-Nelson, DO
Generalist in OB/GYN at UPMC
Carlisle, PA
Cooper OBGYN Resident 2006-2010*



Dr. Momon-Nelson with her family

Welcome New Faculty!

Anna Pancheshnikov, MD



Anna Pancheshnikov, MD
Department of Obstetrics & Gynecology
Division of Urogynecology & Reconstructive
Pelvic Surgery

Director of the new CMSRU Center for Global
Health and Global Health Education (CGHed)



Where did you complete your residency?

Harvard Medical School, OB/GYN residency at Yale New Haven Hospital and Urogynecology and Pelvic Reconstructive Surgery Fellowship at Johns Hopkins. Despite the cold weather, I do love the Northeast/ Mid-Atlantic energy!

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

Inspiring trainees to pursue a career in Urogynecology, learning from my trainees about how to be a successful teacher/mentor, and developing the Global Health (GH) network at CUHC and CMSRU through the new CGHed and GH Scholarly Concentration.

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

My GH involvement has been at the forefront of my non-work hours for many years, with UGHI taking the lead for the past 7 years. Immersive travel experiences (learning about new cultures) and language learning (I speak Russian, Hebrew, English, Spanish and Portuguese) have been some highlights of the many added benefits of GH. I was trained in classical Ballet and Piano and have been dancing social dancing for years (Salsa, Son, Bachata, Merengue and Forró- these hobbies help with language learning and cultural immersion!). I recently restarted Ballet classes at the amazing Philadelphia Koresh studio and enjoy my Accordion lessons due to my obsession with the Brazilian folk music/dance- Forró. I love spending time with my family and best friends all over the world, and am lucky to have met Eitan, my lovely husband, who is a Jazz Saxophonist, and a lovely hiking, and restaurant exploring partner.

Highlights of GH involvement

As an immigrant to the USA (from Israel) and a child of immigrants (from Lithuania), GH has been a huge part of my life, both personally and professionally. From ~2007-2016 I collaborated on HIV vertical transmission research in Puerto Rico, Brazil and finally in the Dominican Republic (DR) where I conducted a Fulbright Fellowship research study with the local MOH. In 2017, as a first-year resident, I started UGHI: Urogynecology Global Health Initiative, a collaborative, longitudinal Urogynecology course geared towards Dominican OB/GYNs and urologists including monthly virtual classes, bi-monthly journal clubs, quarterly simulation, and yearly clinical-surgical experience including pre-op evaluations, surgeries, and post-op care for patients suffering from pelvic floor disorders (PFDs). I am excited to bring the project to CUHC/CMSRU and look forward to new collaborations!

Felipe Mercado, MD



Felipe Mercado, MD
Obstetrics & Gynecology
at CAMcare

Where did you complete your residency?

Pennsylvania Hospital, Dr. Williams was my senior!

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

Seeing growth. I enjoy seeing residents learn from previous patient interactions and mishaps.

Do you have a favorite restaurant?

Picking a favorite restaurant is difficult because I'm a self-proclaimed foodie. This month I am enjoying Barbuzzo.

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

I enjoy spending quality time with my loved ones.



ACOG Wellness Week 2024
February 5-9

ACOG Wellness Week Themes



Program Well-Being

Meet with your institution's leadership about barriers to resident well-being in your residency program.



Emotional Well-Being

Create events to help residents connect with their colleagues.



Physical Well-Being

Learn what resources are available to support residents' physical and mental health.



Environmental Well-Being

Recycle or prevent waste in your hospital or local community, focus on your physical spaces and updating them to promote wellness during the workday.



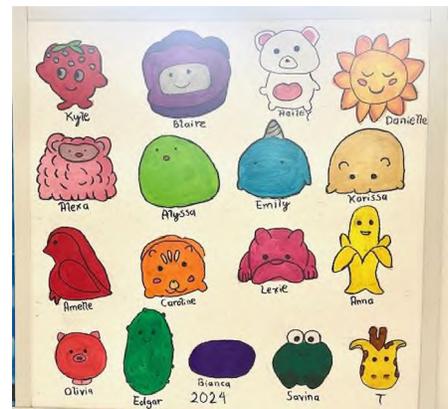
Social Justice and Advocacy

Focus on the communities we serve.



**Wellness:
it's what's for lunch!**

The newest edition to our Wellness Ceiling in the OB Workroom

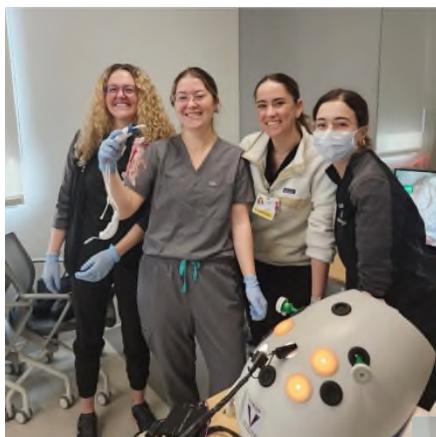


Resident SIM Day February 9, 2024

Residents spent time improving their skills in Total Laparoscopic Hysterectomies.

Thank you to Drs. Schaeffer, Adriance, Malik and our Chiefs
for leading the simulation stations.

Special thanks to Diego Sanchez, Certified Surgical Representative, Cooper Surgical
Surgical, for bringing all the equipment and supplies needed.



Congratulations!



The Office of Student Affairs at Cooper Medical School of Rowan University is happy to announce the appointment of Alisa Modena, MD, as director of student affairs.



The Department of Obstetrics & Gynecology has named Rori Dajao, MD, Medical Director of Labor & Delivery

Rori Dajao, MD, FACOG, Obstetrics and Gynecology, is the recipient of The Nursing Alumni Excellence Award for Nursing-Physician Partnership.



OB/GYN Team Player of the Quarter

Voted by their peers

1st Quarter 2023-24



Karissa Rajagopal, DO

2nd Quarter 2023-24



Amelle Williams, MD

Community Service



Dr. Westover and Dr. Le at the 2024 ACOG Congressional Conference in Washington, DC

Thanks to the Generosity of the Women's and Children's Institute we were able to provide a Happy Holiday Season to 3 families through the Jaffe Women's Center.



Community Service, continued

The Jaffe Family Women's Care Center will be participating in collecting items for the Community Baby Shower and Black Maternal Health Expo on April 13, 2024.



SOUTH JERSEY BLACK MATERNAL HEALTH EXPO
AND COMMUNITY BABY SHOWER



April
13
2024

12 PM To 3PM

The Kroc Center
1865 Harrison Ave
Camden, NJ 08105

- Panel Discussions
- Resources
- Raffles
- And More...



Hosted by the Epsilon Zeta Sigma Chapter of Sigma Gamma Rho Sorority, Incorporated | Kimbrali Davis, President

Thank a Resident Day Activities Friday, February 23 - We Love our Residents!

GME hosted a breakfast in the conference center from 6:30-9:30 AM. Snacks were available in the resident lounge.

On Thursday February 22, from 6:30-9:30 PM, the residents enjoyed an event at North Bowl for camaraderie, team building and fun.

Thank you to Drs. Elshoreya, Kim, Rathod and Williams for covering the NF residents so that all the residents could attend.

WE ♥ OUR RESIDENTS!
Thank you to our Cooper residents for your hard work, compassion, and commitment!



Thank you to the Department of OB/Gyn Faculty for sponsoring lunch from Panera.



Love Continues to Grow at Cooper

Congratulations Dr. Alyssa and Dr. Ryan Brown!



Happy Engagement Wishes
to
Dr. Quinonez & Dr. Benz Sawhney
and
Dr. Corso & Joe Baez!!



OB/GYN FAMILY MEMBERS



Dr. Adriance's children
Madison and Jack



Dr. Bruckler's children,
New addition, Andrew with Alexandria and Matthew



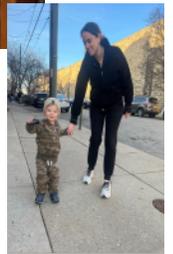
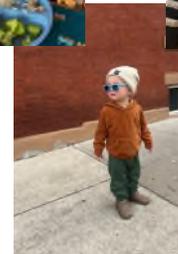
Congratulations Dr.
Hinton (Class of
2022) and husband
Jason on the arrival
of Violet!



Dr. Malik's sons,
AJ and Harvey



Sue's newest grandbabies,
Norah & Noah



The many faces of Dr. Schenker's son, Jackson



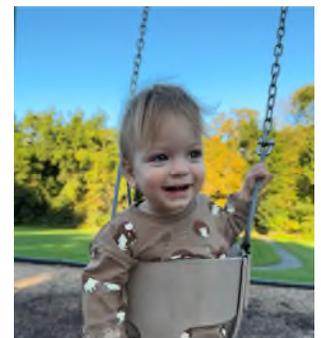
Dr. Toma's son,
Emerson Charles Gray



Dr. Fischer's
grandchildren



Dr. Khandelwal's Family



Dr. Smith's (FPMRS 2023)
son, Cameron

RESIDENT FUN

Our residents show what a great program we have at the virtual pre-interview get togethers.



Holiday Fun

A good time was had by all at Other Half Brewing in Philadelphia. Thank you to our residents for organizing this Holiday Gathering!



Happy Holidays
from the
NF Team



Important Dates & Announcements



Important Dates:	
March 15	Match Day
March 27	Doctor's Day breakfast
March 29	Resident Wellness morning
April 5	Mock Orals PGY 2 & 3
April 12	Mock Orals PGY 1 & 4
April 26	Resident Education Day at <u>Lankenau</u> Medical Center
May 3	SIM day Chief Resident Retreat for PGY-3
May 31	Resident Retreat
June 5	Cooper GME Graduation Recognition and Presentation of Awards
June 7	Annual Program Review
June 20	Resident/Fellow Graduation Celebration at Adventure Aquarium



Attention Class of 2024

ABOG Dates and Fees

2024 Specialty Qualifying Exam JULY 22, 2024

EXAM FEES IF PAID BETWEEN

Jan 2 - Feb 16, 2024 \$1,700
Feb 17 - Mar 3, 2024 \$1700 + \$360 late fee = \$2060

IMPORTANT DEADLINES

Jan 2, 2024 Applications available online
Feb 16, 2024 Last day to apply without late fee penalty
Mar 3, 2024 Final deadline
Jan 2024-Mar 2024 Candidates will be notified of approval to take the examination and to make a Pearson VUE Testing Center computer reservation
April 26, 2024 Last day to reserve seat at Pearson VUE prior to seat block release
July 22, 2024 Qualifying Examination at Pearson VUE Testing Centers

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