

**2018-2019**

**Pain Medicine  
Fellowship Program**



**Our mission:  
*to serve, to heal,  
to educate.***



# Welcome



**Michael Sabia, MD**

Thank you for your interest in the Pain Medicine Fellowship Program at Cooper University Health Care. Our program is one year in length and accepts one fellow per year. The pain medicine fellowship functions as a multidisciplinary program and is currently accredited for the maximum ACGME cycle length.

The Division of Pain Management is a component of the Department of Anesthesiology. The Department of Anesthesiology at Cooper University Health Care employs 30 full-time anesthesiologists committed to delivering the finest care to patients as well as to providing the best education for our next generation of physicians.

The pain medicine fellowship is designed to provide excellent clinical training in an academic environment. The program consists of a multidisciplinary year exposing the fellow to all aspects of pain medicine with ample opportunities to participate in clinical and basic research. Throughout the year the fellow will rotate through: anesthesiology, palliative care, physiatry, psychiatry, neurology, radiology, neurosurgery, and interventional pain medicine rotations. Research also is emphasized.

The Pain Medicine Fellowship Program has an active conference schedule with at least one clinical or didactic conference weekly. In addition to a core curriculum, attention is paid to basic science and research. The strength of the Cooper program is teaching, and emphasis is placed on education and the promotion of collegial relationships between faculty and fellows. Pain Medicine faculty hold academic appointments at Cooper Medical School of Rowan University (CMSRU) and are actively involved in medical student education programs at the medical school. There is a high faculty to fellow ratio with five employed pain medicine attendings involved in the education of one pain fellow. The following pages provide specific information about pain medicine training at Cooper. We invite you to take the time to explore our program.

## **Michael Sabia, MD**

Program Director, Pain Medicine Fellowship Program, Cooper University Health Care  
Division Head of Pain Management  
Assistant Professor of Anesthesiology,  
Cooper Medical School of Rowan University

[CooperHealth.edu](http://CooperHealth.edu)

# Pain Medicine Fellowship Program



Fellows are immersed  
in this rich environment,  
and have ample opportunity  
to interact and educate  
their peers through formal  
and informal teaching  
sessions.

## General Information

Cooper University Health Care is the leading tertiary-level provider serving the southern New Jersey region. The medical center serves the needs of a broad patient population and delivers primary, secondary and tertiary medical care. As such, other institutions in the region refer their most complex patients to our exceptional full-time faculty in all subspecialties. Cooper physicians are privileged to treat diverse urban, suburban, and rural populations from different socioeconomic and cultural backgrounds.

Our clinical campus is renowned for its world class ICU, level 1 trauma center, and cardiac center of excellence in addition to its exceptional inpatient and ambulatory care. In annual surveys assessing the region's medical care, Cooper's physicians are frequently recognized as "Top Doctors" in their fields. These world-class physicians are the teachers with whom you will interact during your educational experience.

Cooper University Hospital is the major clinical site of Cooper Medical School of Rowan University (CMSRU), which opened its doors to the first class of medical students in August 2012.

With an eye to the future of medicine, Cooper has been a pioneer in the implementation of medical technology. Fellows and residents at Cooper benefit from a fully integrated, electronic medical records system (EPIC) that has led to safer and more efficient care in all clinical environments.

With over 5,000 outpatient visits annually, the division of pain management sees the gamut—from patients with typical back pain to treatment-resistant neuropathic pain syndromes. Cooper has a Short Procedure Unit with a fluoroscope dedicated to pain management.

The technologically advanced Cooper pain management program offers cutting-edge percutaneous therapies for low back pain.

**serve**

# Educational Content



Fellows rotate through an integrated one year program allowing exposure to all faculty anesthesiologists, physiatrists, psychiatrists, neurologists, and palliative care physicians.

The clinical rotations will expose the fellow with all aspects of pain medicine, ie., medical, surgical, and interventional pain management modalities available. The trainee's experiences and specific rotations will depend upon their primary specialty. If in anesthesiology, then a specific anesthesiology rotation is not needed. The same goes for neurology, physiatry, and psychiatry.

The pain medicine fellowship curriculum is structured to provide well-rounded training in all aspects of pain management. The fellow will be scheduled for clinical rotations for a minimum of 11 months of the fellowship. These rotations will include anesthesiology, physiatry, palliative care, neurology, radiology, neurosurgery, and interventional pain.

## Teaching Services

On the interventional pain rotation, the fellow has the opportunity to provide consultation on a wide variety of patients admitted across both medical and surgical services with pain. The medical services at Cooper are overseen by full time hospitalists who serve as teaching attendings. The fellow is provided appropriate autonomy in recommending diagnostic and therapeutic measures. This rotation fulfills all of the interventional procedural skillset required for graduation.

On the anesthesiology rotation, fellows perform introductory airway management skills (mask ventilation, intubation, etc).

On the physiatry rotation, focus on the physical exam and neurodiagnostic testing is enforced, along with diagnosis and treatment of painful PM&R conditions.

On the neurology rotation, reinforcement on neurodiagnostics is made along with diagnosis and treatment of neurologic pain conditions.

On the palliative care rotation, the fellow is exposed to diagnosis and treatment of painful malignant syndromes.

On the radiology rotation, there is abundant exposure to CT and MRI of the brain and spine.

The neurosurgery rotation is done with our affiliated hospital of Thomas Jefferson University. This enables the fellow to become comfortable with implantable spinal cord stimulators and intrathecal drug delivery systems.

## Didactic Conferences



Throughout the fellowship, trainees are encouraged to increase their teaching and administrative capabilities, assuming responsibility for various activities such as case presentations, journal clubs, and assigned didactic lectures. Faculty supervision and assistance is provided in each of these activities. Fellows are active in resident and student teaching.

Conferences include didactic lectures, journal clubs, monthly multidisciplinary pain medicine conference, and grand rounds. Whenever applicable, conference time is divided between lecture material and case presentation.

CooperHealth.edu

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# How to Apply



## Contact Information

*Director:*

**Michael Sabia, MD**

Diplomat American Board of Anesthesiology  
Subspecialty Certification in Pain Medicine

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The Pain Medicine Fellowship Program at Cooper University Health Care participates in the Electronic Residency Application Service (ERAS). Information regarding the ERAS application process is available on the websites listed below.

## Association of American Medical Colleges

[www.aamc.org/eras](http://www.aamc.org/eras)

## ERAS Fellowship Document Office

[aamc.org/students/medstudents/eras/fellowship\\_applicants](http://aamc.org/students/medstudents/eras/fellowship_applicants)

ERAS applications must contain the following information in order for your application to be considered:

- Common application form
- Curriculum vitae
- Medical school transcript
- Three letters of recommendation, one of which must be from your current or most recent training director
- Personal statement describing your training goals and future career plans
- ECFMG certification (IMG only)
- USMLE reports (1, 2 and 3)

The program director and faculty members will review applicant files. Invitation for interview will be based upon their recommendations.

## Program Eligibility

Eligibility for the Pain Medicine Fellowship Program requires completion of an ACGME anesthesiology, neurology, psychiatry, or physical medicine and rehabilitation residency program. Individuals accepted for a position in the fellowship program must be a U.S. citizen, classified as a resident alien, or hold a J-1 visa.

Application deadline: August 1.

# educate

# The Cooper Campus and Surrounding Area



The expansion project at Cooper is a direct reflection of the growth in services that Cooper has experienced over the past several years.



It is extraordinary to have such a high concentration of leadership at one institution, but then, Cooper is an extraordinary health care system.

Cooper University Hospital is the center of a growing health sciences campus that includes the hospital, Cooper Medical School of Rowan University, MD Anderson Cancer Center at Cooper, the internationally acclaimed Coriell Institute for Medical Research, Sheridan Pavilion at Three Cooper Plaza medical offices, and the Ronald McDonald House. Adjacent to the Cooper Plaza/Lanning Square neighborhood, Cooper has a long history of outreach and service efforts to its local community. Some of these initiatives include health and wellness programs for the neighborhood, development of neighborhood parks and playgrounds, and outreach to programs into local schools.

The hospital's 312,000-square-foot, 10-story Roberts Pavilion features an expansive lobby and concourse, a restaurant and coffee shop, health resource center, business center, gift shop, and chapel. State-of-the-art patient care facilities include private patient rooms, technologically advanced operating room suites with hybrid imaging capabilities, and an advanced laboratory automation facility. The Emergency Department features 25 beds, dedicated isolation suites, and autonomous CT scanning technology. Designated floors serve specific patient populations including those needing advanced surgical and heart care, along with South Jersey's only dedicated 30-bed inpatient cancer unit.

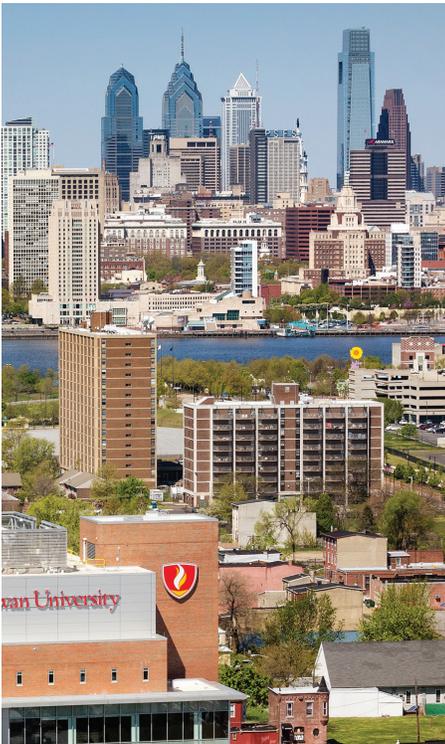
Also in the Roberts Pavilion is the 25,000-square-foot Dr. Edward D. Viner Intensive Care Unit—featuring 30 private patient rooms equipped with the latest in advanced technology, and allowing 360-degree patient access. Five patient rooms are capable of negative pressure isolation, and five rooms have chambered isolation alcoves. In addition, an enlarged room with operating room caliber lighting is outfitted to perform bedside exploratory laparotomy in patients too unstable for transport to the operating room.

MD Anderson Cancer Center at Cooper, a four-story, 103,050-square-foot center located on the Cooper Health Sciences Campus in Camden, is dedicated to cancer prevention, detection, treatment, and research. The center includes bright, spacious chemotherapy treatment areas, patient exam rooms, a conference center, and advanced diagnostic and treatment technologies.

The design incorporates an aesthetic approach to healing with abundant natural light, a rooftop Tranquility Garden, an illuminated floor-to-ceiling "Tree of Life" centerpiece, and more than 100 pieces of original art created by 71 New Jersey artists.

Cooper Medical School of Rowan University's (CMSRU) Medical Education Building is located on the Cooper Health Sciences Campus on South Broadway, between Benson and Washington Streets in Camden. The building, which opened in July 2012, was designed for CMSRU's curriculum with spaces and technologies to support faculty and students in their educational process.

## The Cooper Campus and Surrounding Area *continued*



The Cooper Health Sciences Campus is located in the heart of Camden's business district. The academic medical center campus is easily accessible by car or public transportation via the commuter high-speed line and bus terminal adjacent to the hospital.

Cooper is a short walk or drive from the exciting Camden waterfront which includes a magnificent waterfront park and marina; the Adventure Aquarium; and the BB&T amphitheater, which hosts nationally renowned entertainment throughout the year. Nearby are the Sixers Training Complex, L3 Communications complex, Lockheed Martin, Rutgers University Camden Campus, and Camden County College. There are expected to be \$350M in transportation and infrastructure improvements within the next four- to five-years to handle the influx of thousands of new employees to the area and students at nearby growing academic campuses.

Cooper is conveniently close to Philadelphia. Just a mile-long drive over the Benjamin Franklin Bridge will put you at the doorstep of Philadelphia's cultural, culinary, and historic venues. South Jersey also offers a range of living and entertainment options. Quaint towns such as Haddonfield and Collingswood are just 10 minutes away. The lights and action of Atlantic City and popular beach towns such as Cape May and Ocean City are a one-hour drive from Cooper.

# Cooper Campus Map



The most up-to-date directions to Cooper University Hospital are available at:  
[CooperHealth.org/Directions](http://CooperHealth.org/Directions)

# campus



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**George E. Norcross III**  
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President and Chief Executive Officer  
Cooper University Health Care

One Cooper Plaza · Camden, NJ 08103-1489 · [CooperHealth.edu](http://CooperHealth.edu)

Hospital Main Number: **856-342-2000**

Graduate Medical Education: **856-342-2922**