A MESSAGE FROM THE PROGRAM DIRECTOR

SAMY I. MCFARLANE, MD, MPH, MBA, FACP

Dear Colleagues:

In this inaugural issue of “The Internal Post”, our program’s newsletter, I would like to congratulate all of you on your hard work and achievements and share some of the great accomplishments of our Program:

- Achieved an American Board of Internal Medicine (ABIM) pass rate of 95.55% for first-time test takers and a pass rate of 92% for all program graduates.
- Established a Research Track within our program thanks to the efforts of Dr. Navneet Singh, our stellar Chief Resident, and Dr. Amarpali Brar, our APD for Research, Education and Academic Development. Congratulations to the residents that have been selected and enrolled in the Research Track. (See Page 2 for more!)
- Started work on the Resident Inpatient Selective E-Manual (RISE Manual), written by residents for residents. This manual will serve as a quick pocket reference for commonly encountered inpatient diagnoses, will contain pearls and pitfalls at the end of each chapter, and will serve as a start-up collection of items for our own future board review course. The Table of Contents is almost complete and four chapters have already been written. A separate announcement with an invitation to participate in the compilation of this manual will be made shortly.
- Received very positive feedback regarding resident experiences at Kings County Hospital. We would like to thank our newly appointed APDs, Dr. Prabash Koneru, Dr. Iya Dubson, and Dr. Franco Falcone, as well as our Chief Residents, Dr. Andrew Truong and Dr. Michael Post for their outstanding work. Also thanks to the KCH leadership: Mr. Sheldon McLeod, Dr. Steven Pulitzer, as well as Drs. John Wagner and Sean Studer. I received an email from the Chief Residents dated November 10, 2018 stating: “Several residents and interns during the past few months have asked us if they would be able to switch to Kings County Hospital from our other affiliate sites for both inpatient floors and night float, as they cite a wonderful learning and teaching experience. Comments from the residents include, ‘I love Kings County!’ and ‘I wish I could do all of my rotations here.’”

I would also like to take this opportunity to convey to you a message from our Chairman, Dr. Moro Salifu, MD, MPH, MBA, MACP, “Best wishes, Happy Holidays, and prosperous future careers for all of you”. Thank you!
The Internal Medicine RESEARCH (Resident and Student Educational and Research Collaborative Achievement) Track accepted its first class of residents and medical students. Charged with encouraging careers in academic medicine, the track offers close mentorship opportunities with SUNY Downstate’s research faculty and longitudinal research support. The group has already shown impressive progress with projects investigating a range of topics from urinary biomarkers of lupus nephritis to the relationship between COPD and diastolic heart failure. This exciting new endeavor is another important step forward in the continued academic development of the IM Residency Program.

"The track offers close mentorship opportunities with SUNY Downstate’s research faculty and longitudinal research support."

-Navneet Singh
RESIDENT RESEARCH SPOTLIGHT

Fray Arroyo-Mercado, MD, PGY-2
Dr. Fray Arroyo-Mercado grew up in Isabela, Puerto Rico and received a B.S. in Biomedical Sciences from the University of Puerto Rico. He obtained his medical degree from Universidad Autonoma de Guadalajara and completed a year of internship at the prestigious cancer hospital, "Dr. Isaac Gonzalez Martinez," in Puerto Rico. After joining residency at SUNY Downstate in 2017, he has mainly been interested in Gastroenterology research, working with various faculty members. His most recent project with Dr. Isabel McFarlane was presented at the American College of Gastroenterology 2018 Annual Scientific Meeting, where he won the “Outstanding Poster Presentation Award” in the category of “Colon”.

Sridesh Nath, MD, PGY-3
After joining residency at SUNY Downstate in 2016, Dr. Nath has mainly been interested in Pulmonary research, working under Dr. Geraghty in inflammation and COPD. The work in Dr. Geraghty’s lab focuses on smoke-based COPD models in animals and airway cells from COPD patients. His most recent work was published in the American Journal of Respiratory and Cell Biology, titled “Chronic Cigarette Smoke Exposure Subdues PP2A Activity by Enhancing Expression of the Oncogene CIP2A”.

Daniela Tello, MD, PGY-1
Born in Lima, Peru, Dr. Daniela Tello was only 6 months old when her parents decided to immigrate to the U.S. for her father to begin his Internal Medicine residency. Dr. Tello ultimately went to St. George’s University School of Medicine in Grenada in order to complete her medical degree. After joining SUNY Downstate in 2018, she has been working closely with Dr. Samy McFarlane and Dr. Ojeda-Martinez on a research project on the metabolic effects of HIV. She is passionate about Infectious Diseases and HIV Medicine and is in the HIV Track at the Star Clinic here at Downstate. She is mainly interested in research in Infectious Diseases and HIV but also enjoys Pulmonary and Critical Care Medicine. She recently presented a poster on HIV Vasculopathy at the American Medical Association Research Symposium and authored a publication on OSA and Stroke.

Jennifer Tsai, MD/PhD, PGY-1
Dr. Tsai, a proud parent, co-authored with Yusuke Shono MD, PhD (PGY2), among other researchers, a manuscript that has been accepted for publication in "Blood Journal." The article discusses the role of the anti-oxidant master regulator, Nrf2, in mediating T-cell-induced acute graft-versus-host disease.
COMMUNITY HEALTH ACTIVITIES

ROOSEVELT BOURSQUIOT, MD, M.PHIL

The Internal Medicine Residency Program works with the Center for Community Health Promotion and Wellness to integrate community health activities and to address Brooklyn’s health disparities in medically underserved populations as part of our residency training. This is also an opportunity to promote Internal Medicine Associate services (Suite R) for those who are in need of medical services and follow-up care.

To date, we have participated in many health fairs and medical outreaches, the most recent being a presentation on Diabetes Mellitus at SUNY Downstate (HSEB-Lecture Hall 1B) that was given on November 28th, 2018. The event was well attended and the participating residents included Dr. Moin Sattar, Dr. Annecie Noel, and Dr. Yair Saperstein.

Ms. Betty Jung reflected that “Drs. Sattar, Noel, and Saperstein gave an excellent and very engaging presentation on Diabetes. The audience shared with me that they learned so much from them. The presentation was well thought out. They also appreciated the time for Q&A and allowed for the attendees to meet with the presenters individually post-presentation for further information. It was certainly a treat for them.”

As always, we are in need of more volunteers throughout the year and we are hoping that you would be able to join us at our next fair or outreach. Please look out for our emails.

*Community Health Activities is under the leadership of Roosevelt Boursiquot, M.D., M.Phil., Associate Residency Program Director & Assistant Professor of Medicine and Betty Jung, RN, from the Center for Community Health Promotion and Wellness with support from Ernest Garnier, M.D., Samy McFarlane, M.D., MPH, MBA, FACP, Program Director and Moro O. Salifu, M.D., MPH, MBA, MACP, Chief of Medicine at SUNY Downstate.

Pictured: Yair Saperstein, Moin Sattar and Annecie Noel
2018 Fellowship Match Placements

Cardiology
Dr. Hymie Chera: NYU Winthrop Hospital
Dr. Jack Kurtz: Hackensack-Meridian Health Jersey Shore University Medical Center
Dr. Jonathan Ramalho: SUNY Downstate Medical Center
Dr. Kamal Singh: SUNY Downstate Medical Center
Dr. Steven Greenstein: Northwell Health Long Island Jewish Medical Center

Critical Care
Dr. Kerri Bally: Mount Sinai
Dr. Vishali Ramsaroop: Dartmouth-Hitchcock

Hematology/Oncology
Dr. Odeth Barrett: Dartmouth-Hitchcock

Infectious Diseases
Dr. Terry Marryshow: Tufts Medical Center

Nephrology
Dr. Marzuq Billah: Mount Sinai

Pulmonary/Critical Care
Dr. Jason Green: UPMC
Dr. Justin Poon: Mount Sinai West St. Luke’s Roosevelt Hospital
Dr. Michael Post: Cooper University Hospital
Dr. Navneet Singh: Brown University

Rheumatology
Dr. Justin Levinson: Temple University Hospital
Dr. Kristaq Koci: SUNY Downstate Medical Center
Dr. Manjeet Bhamra: SUNY Upstate Medical University
Dr. Tracy Ann James-Goulburne: Boston University

Gastroenterology
Dr. Muhammad Nawaz: SUNY Downstate Medical Center

Geriatrics
Dr. Mark Francis: NYU
Dr. Nicholas Taklalsingh: NYU

Life Events

Congratulations to Dr. Michelle Likhtshteyn and Dr. Evan Botti on their recent engagement! Dr. Botti "popped the question" after staging a "mock code" at Kings County Hospital.

Mazel tov to Dr. Judah Horowitz and his fiance, Rachael Blander on their recent engagement!

Congratulations to Dr. Ayesha Anwar on giving birth to her second child!
WELLNESS EVENTS PAST & PRESENT

YAIR SAPERSTEIN, MD

Over this past year, the Wellness Committee hosted Apple Picking, and a Wellness Retreat at Poconos White Water Rafting. In November, the Internal Medicine Wellness Committee hosted the annual Face-Off event, raising money for the Movember Foundation. Awards for the most dashing 'stache were among those awarded to our very own housestaff.

In early December, the Wellness Committee hosted the Chiefs’ Happy Hour for the Fellowship Match to celebrate the outstanding achievements of our senior residents and Chiefs in the Fellowship Match.

Mark your calendars for January 27, 2019 for our third Wellness retreat at Camelback Resort for skiing, snowboarding, delicious food, and the fabulous company of your co-residents. Also pencil in February 25 for our largest event of the year, the Open Mic Talent Show, hosted in the Downstate Alumni Auditorium. This event brings together tasty food with entertaining skits and performances.

There is more opportunity to get involved! Besides the events and retreats, the Wellness Committee is working on interventions to reduce burnout including working with the Housestaff Quality Committee, the Informatics and Communications Committee and the administration to improve workflow and patient care. We are also working on promoting a culture of camaraderie. Watch your emails for the date of our upcoming meeting and how to join!

December Birthdays

12/01 – YASEMIN AYTAMAN, GAYATRI MALHOTRA-GUPTA, MONSOON RASHID
12/02 – VIOLETA CAPRIC
12/03 – CHARLES KIM
12/06 – MEHRDAD EMAMI
12/15 – OKARI OWATE
12/19 – JOHN TEOTICO
12/21 – KANZA ZAHID
12/23 – AYESHA ANWAR, ARIFA KHANAM
12/24 – ASMA SAMREEN, KARRAH ST. LAURENT-ARIOT

Movember Face-Off Event
QUICK REVIEW - Clinical Practice Guidelines by the IDSA for the Treatment of CA-MRSA SSTIs

Table 3. Recommendations for the Treatment of Methicillin-Resistant Staphylococcus aureus (MRSA)

<table>
<thead>
<tr>
<th>Manifestation</th>
<th>Treatment</th>
<th>Adult dose</th>
<th>Pediatric dose</th>
<th>Class*</th>
<th>Comment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abscesses, furuncles, carbuncles</td>
<td>Incision and drainage</td>
<td></td>
<td></td>
<td>All</td>
<td>For simple abscesses or boils, incision and drainage is likely adequate. Please refer to Table 2 for conditions in which antimicrobial therapy is recommended after incision and drainage of an abscess due to CA-MRSA.</td>
</tr>
<tr>
<td>Purulent cellulitis defined as cellulitis associated with purulent drainage or exudate in the absence of a draining abscess</td>
<td>Clindamycin 300-450 mg PO TID</td>
<td>10-15 mg/kg/dose PO every 6-8 h, not to exceed 46 mg/kg/day</td>
<td>All</td>
<td>Clindamycin may be more frequently compared with other alternatives.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>TMP-SMX 1-2 DS (po PO BID</td>
<td>Trimethoprim 4-6 mg/kg/dose, sulfamethoxazole 26-33 mg/kg/dose PO every 12 h</td>
<td>All</td>
<td>TMP-SMX is pregnancy category C and not recommended for pregnant women in the third trimester of pregnancy and for children &lt;3 months of age.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Doxycycline 100 mg PO BID</td>
<td>≤45 kg: 2 mg/kg/dose PO every 12 h ≥45 kg: adult dose</td>
<td>All</td>
<td>Tetracyclines are not recommended for children under 8 years of age and are pregnancy category D.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Minocycline 200 mg x 1, then 100 mg PO BID</td>
<td>4 mg/kg PO x 1, then 2 mg/kg PO every 12 h</td>
<td>All</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Linezolid 600 mg PO BID</td>
<td>10 mg/kg/dose PO every 8 h, not to exceed 600 mg/dose</td>
<td>All</td>
<td>More expensive compared with other alternatives.</td>
<td></td>
</tr>
<tr>
<td>Nonpurulent cellulitis defined as cellulitis with no purulent drainage or exudate, and no associated abscess</td>
<td>[Lactam (e.g., cephalexin and dicloxacillin) 500 mg PO TID</td>
<td></td>
<td></td>
<td>All</td>
<td>Empirical therapy for penicillin-sensitive strains is recommended until empirical coverage for CA-MRSA is recommended in patients who do not respond to penicillin therapy and may be considered in those with antimicrobial resistance.</td>
</tr>
</tbody>
</table>

For further reading on this topic [https://bit.ly/2Uu4QqT](https://bit.ly/2Uu4QqT)
EDITORIAL TEAM

Editor in Chief:
Yair Saperstein

Associate Editor & Graphic Design:
Tanuj Chokshi

Contributors:
Roosevelt Boursiquot
Navneet Singh

Residency Administrator/Coordinator:
Maureen Thompson

Assistant Residency Coordinator:
Carletta Hanniford

Program Director:
Samy McFarlane

SUNY Downstate
450 Clarkson Ave
Brooklyn, NY 11203
Phone: (718)-270-1566