

# Graduate Medical Education



ADVANCING KNOWLEDGE. TRANSFORMING LIVES.

July, 2013

## A Message from the Asst. Dean.....

### Sleep is a Sign of Weakness (???)

#### Upcoming Events

- August 13—  
PEERS Day  
12:00-4:30
- August 22—  
PEERS Day  
12:00-4:30
- September 13 —  
Resident Forum  
(noon – SPB Conf.  
Rm. F/G - lunch  
provided)
- September 27 —  
MSU GMEC  
Meeting (noon—  
SPB Rm F/G)

#### Inside this issue:

Flint's Simulator	2
PEER's Day	2
Resident Forum	2
New Residents and Fellows	3
	4

When I was a medical student (before Penicillin), it was popular for medical students and residents to scoff at the idea that adequate sleep was critical for good medical practice. We were told that “sleep is a sign of weakness”. Residents complained about being on call every other night because they “were missing half of the good cases”. The fatigue we felt after a night of call was a “gift” we got for all of the great care we delivered the previous night. However, since the IOM Report, it has become clearer that fatigue actually interferes with our ability to make clear and timely decisions. Sleep deprivation has been shown to impair reaction time much like alcohol does. However, residents and fellows need to use their training to help them realize what their personal “tipping point” is—it’s different for each of us. Only by knowing when you are approaching “the wall” can you know not to hit it—a crucial piece of knowledge for the days after you enter independent practice (and have no one looking over your shoulder).

All of our programs have fatigue mitigation and education programs specific to them. You are all required to complete the fatigue modules of the LIFE curriculum, which is available to you through your program coordinator and New Innovations. In addition, you should keep in mind the following points:

1. If you feel impaired after completing a shift, please notify your supervising resident, program director or coordinator.
2. Know your personal signs of fatigue and pay attention to your body. A patient’s life is far more valuable than “toughing it out” when you are fatigued.
3. If your supervising resident, attending physician or other supervisor asks you to get some rest, heed what they say.
4. Remember that out-of-work activities (such as moonlighting and recreational activities) can also contribute to fatigue. Balance between professional and personal lives is important, but adequate rest supersedes both.

By using your training experience to determine your limitations with respect to fatigue, you give yourself valuable information for a lifetime of practice. Don’t tough it out—get some rest!



Randy Pearson, MD

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## McLaren Flint's New Simulator.....

The McLaren Foundation has provided funds to purchase a vascular simulator for MSU's Vascular Surgery Fellowship in Flint. SAMI (Simulation for Advanced Medical Interventions) is an example of technology meeting clinical needs. SAMI is designed to train the vascular specialist by providing experience and technical learning prior to entering the surgical suite. SAMI allows the user to download and reproduce, in its software and on its video monitors, any vascular anatomical data from imaging studies such as CT scans. All the tools and devices to perform an endovascular procedure are also available.

As a result, the user has a template of a given patient's real-life vascular anatomy to work with on SAMI, and is able to practice and perform the appropriate endovascular intervention as many times as necessary, before performing it on the patient. The software captures data from each case, which allows the surgeon to be more efficient.

An excellent training tool for the surgeon, SAMI will also enhance patient safety, and reduce costs.

The people in Flint are happy to showcase their new equipment. Be sure to check it out when you are there.



## PEERS Day....

*(Providing Educational Experiences for Residents and Students)*

### August 13 & August 22

PEERS Day introduces new residents/fellows to the role of mentor and preceptor. It is based on the model of peer-to-peer education – residents and fellows teach other residents and medical students. This half day event introduces techniques used by successful preceptors, and teaches the mechanics of precepting—such as completing evaluations.

Attend, and learn from the best!



# Resident Forum

FRIDAY—Sept. 13

SPB F/G 12:00-1:00

Lunch Provided

The MSU Resident Forum meets quarterly, to give residents an opportunity to communicate with each other regarding issues that are important to all. Your concerns are taken to the GMEC (Graduate Medical Education Committee - the leadership group of GME), through your Resident Representatives.

At the beginning of each meeting, the Safety Officer will give a short presentation on issues important to residents, and patient safety.

**At the next meeting (noon, on Sept. 13), representatives will be selected for the coming year.** The only responsibilities of representatives are to participate in Forum discussions, and attend the quarterly GMEC meetings.

Mark you calendar to attend Forum meetings on Fridays Sept. 13 and December 6.

## Welcome To Our New Residents and Fellows.....

	NAME	MEDICAL SCHOOL
<b>Internal Med.</b>	Olisa Achike, MD	Medical University New Foundland
	Julie Akright, DO	MSU-COM
	Sammar Alsunaid, MD	King Saud University, Saudi Arabia
	Megan Benedict, DO	MSU-COM
	Mindy Chilman, DO	Western Univ. COM of the Pacific, CA
	Victor Elgalalawi, MD	MSU-CHM
	Tejaswini Joginpally, MD	MNR Medical College, India
	Michael Kehdi, DO	MSU-COM
	Suwen Kumar, MD	All-India Institute of Medical Colleges
	Ujjwal Kumar, MD	Maulana Azad Medical College, India
	Ryan Melvin, DO	MSU-COM
	Suhasini Rallabandi, MD	Gandhi Medical College, India
	Julie Yam, DO	MSU-COM
<b>Psychiatry</b>	Nicole Albrecht, MD	MSU-COM
	Daniel Dawis, DO	MSU-COM
	Jesse Guasco, DO	MSU-COM
	James Hartzler, DO	AZ COM of Midwestern University
	Samantha Kennedy, DO	MSU-COM
	Nicholas Sandersfeld	Des Moines University COM, Iowa
<b>C/A Psych.</b>	Tiana Ekhande, DO	MSUCOM
	Joel Sanchez, MD	MSU-CHM
<b>Interven Cardio</b>	Poorna Karuparthi, MD	Guntur Medical College, India
	Nitin Mahajan, MD	Maulana Azad Medical College, India
	Babtunde Komolafe, MD	Obafemi Awolowo Univ., Nigeria
<b>Cardiology</b>	Manujnath Raju, MD	Cleveland Clinic, Ohio
	Muhamaed Safiia, MD	Boston Medical Center
<b>Neonatology</b>	Erica Gatien, MD	St. Georges University

## Welcome to Our New Residents and Fellows . . . .

	NAME	MEDICAL SCHOOL	
<b>Surgery</b>	Reginald Anunobi, MD	Univ. of Pittsburgh School of Medicine	
	Adam Basler, MD	Rush Medical College	
	David Giammar, MD	Northeastern Ohio University, COM	
	John Hardaway, MD, PhD	Univ. of Missouri, Columbia Sch. of Med.	
	Shay Mansoor, MD	Israel Institute of Technology	
	Michael Mullin, DO	MSU-COM	
	Laura Ochoa-Frongia, MD	University of Michigan Medical School	
	Andi Peshkepija, MD	MSU-CHM	
	Dahlia Rice, MD	Rush Medical College	
	Maryam Saeed, MD	Sindh Medical College, Pakistan	
	Sonia Voiculescu, MD	St. George's University of Medicine	
<b>Hem/Onc</b>	Hemasri Tokala, MD	Osmania Medical College, India	
	Mohammed Shaik, MD	Osmania Medical College, India	
<b>Endocrinology</b>	Nitika Malhotra, MD	Government Medical College, India	
<b>Infectious Dis.</b>	Usman Saeed, MD	King Edward Medical College, Pakistan	
<b>Pediatrics</b>	Mo'ath Alhamad, MD	Jordan	
	Sravani Avula, MD	Atigua	
	Erin Jakubowski, DO	MSU-COM	
	Katsuaki Kojima, MD	Jordan	
	Sabina Mullin, DO	Henry Ford, MI	
	Nastassia Richardson, DO	Kirksville	
	Anita Sebastian, DO	Bay State Childrens, MA	
	Krystal Sharpe-Kamer, DO	Arizona	
	Christopher Thompson, MD	Minnesota	
	Amanda Torgeson, DO	Des Moines	
	<b>Vascular Surg.</b>	Sherry Cavanagh, MD	Rush University Medical Center
Mohammad Sarhan, MD		Brigham and Women's Hospital, MA	
<b>PM&amp;R</b>	David Hakopian, DO	COM Touro University, Vallejo, CA	
	Joshua Nicholson, DO	COM Touro University, Vallejo, CA	
	Ingrid Parrington, DO	MSU-COM	