**From Your DIO**

**Congratulations to all of our WSU programs for 100% Residency Match success!** Exceptional recruitment efforts by all attracting high quality candidates. Looking forward to welcoming them all and starting the onboarding process.

I wanted to share with all of you some reflections from the recent ACGME Annual Meeting in Orlando, Florida. The meeting attendance was the largest ever, with more than 3500 program coordinators, faculty, program directors and GME leadership being actively engaged. It included international, as well as our osteopathic colleagues going through the accreditation process. It is a testament of the increasing importance of dissemination of current accreditation information and the fluidity of the Next Accreditation System. There were various presentations on several focus areas: professional identity development, clinical learning environment, change in the common program requirements, physician wellness, leadership competencies, and faculty development. We will share some of the presentations during our upcoming GMEC’s and directly with programs for their specialty-specific updates.

Special attention was given to the Program Self-Study visits, which represents a new accreditation review. It includes a comprehensive evaluation of the program with emphasis on the self-conducted continuous improvement process, with clearly identified aims, SWOT analysis and Plan-Do-Study-Act (PDSA) cycles to accomplish the set by the program goals. One of our programs will be going through the process this year and the GME office is working on creating a seamless process. We hope to align the Self-Study objectives with the Annual Program Evaluation (APE) and the program dashboards, so that all programs are prepared for the new process. You can find more information on: [http://www.acgme.org/What-We-Do/Accreditation/Self-Study](http://www.acgme.org/What-We-Do/Accreditation/Self-Study).

Congratulations again on a successful MATCH!

Tsveti Markova, MD, FAAFP

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**Resident Council President Message**

President, Alicja Sobilo, MD, Vice President, Jacob Salman, MD, and Communications Officer, Renee Ruggiero, MD

**The Resident Council would like to congratulate** all our newly matched residents for the upcoming year! As we warmly welcome fresh faces, we also say farewell to many who have completed their training and will be moving on to the next chapter of their lives; these residents we would also like to extend our congratulations for all they have accomplished at Wayne State University. Reflecting on the past year as a council, we have sparked various new ideas and traditions which we hope will continue including DART (Developing Active Resident Teachers), Curbside Consult, and various resident wellness projects.

As a council we have developed concepts and relationships. We are a close group and will, of course, miss our graduating seniors. With all of that, we would like to invite all interested individuals for our next meeting on Tuesday, March 20th at 6:00 p.m. at the Troy WSUPG 2nd floor conference room where we will discuss all our initiatives and long term goals as well as the next Resident Council leadership which will be voted upon in May.

Alicja Sobilo, MD

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**Quote of the Month**

“Live as if you were to die tomorrow. Learn as if you were to live forever.”

~ Mahatma Gandhi
**Upcoming Important Dates:**

- **March 20, 2018**
  Resident Council Troy - 2nd Floor
  6:00 - 7:00 p.m.

- **March 27, 2018**
  GMEC Meeting Troy - Board Room
  6:00 - 8:00 p.m.

- **April 11, 2018**
  Subcommittee for Compliance & Improvement Mtg.
  6 - 7:30 p.m.
  Scott Hall - TBD

- **April 17, 2018**
  Program Coordinator’s Meeting
  8:45 - 11 a.m.
  Scott Hall - TBD

- **April 20, 2018**
  GME CLER Council Meeting , CHMC
  12:30 - 2:00 p.m.

- **April 27, 2018**
  DART - Academic Boot Camp - Scott Hall, 9 - 3:00 p.m.

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**D.A.R.T. (Developing Active Resident Teachers)**

The Academic Boot Camp is a required component of the DART certificate program and will be held again in April. Save the date if you would like to attend: Friday, April 27th from 9 a.m. - 3 p.m. Let your program director and coordinator know well ahead of time, so you are free to join us.

**ACGME survey** is underway!! The programs in the last round are Internal Medicine and Ophthalmic Plastic. A BIG thank you goes out to all of the other programs for making sure we achieved compliance with the survey.

**Onboarding** - Now that MATCH is complete, we will begin working with our new residents on their onboarding checklist through New Innovations. Stay tuned . . .

**New Resident Orientation** - is scheduled for June 26, 2018 at the Margherio Conference Center at Scott Hall. More information will be forthcoming in the next newsletter in May.

**Resident Wellness** - The Graduate Medical Education office values our residents’ wellness. We are working with residents and faculty to improve our institutional and program work environments to promote and sustain a culture that supports our residents in their professional development.

On the airplane the attendants tell you, should the oxygen masks drop, to put your own mask on first before assisting others. That’s because if you pass out, you’re of no help to anyone, including yourself. It’s the same with residency: a burned out, world-weary resident cannot provide good care to patients. Keep yourself well to better serve your patients.

**What is wellness?**

We are finding two distinct but important aspects of resident wellness:

- **First is Self Care:** Get some sleep when you can, exercise, eat something wholesome. Talk to your friends and family. Meditate or do a puzzle or walk the dog. Read. Laugh. Play. Make sure you are on top of your life and have a plan should something go wrong.

- **Next is Meaningful Work:** Think about what motivates you to come to work. Journal about patient interactions that touched you. How does your work make a difference in people’s lives and how does that difference ripple out through the community. Every day you have the chance to be someone’s hero. Be the person you wish you knew.

If you need help, do not hesitate: tell your PD, tell the Resident Council.

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**Wellness Warriors Information**

The Wellness Warriors program is designed to help faculty and staff achieve their health goals. If interested in enrolling for the program, **2018 enrollment is going on now** and information can be found by clicking here. If you have questions about the program, you can also email Sue Sattelmeier, CPT, Wellness Program Coordinator at wellness@wayne.edu.

Interested in joining the American Heart Association’s 2018 Metro Detroit Heart and Stroke Walk/Run on **May 12, 2018**? HR/Wellness Warrior Heartwalk team are looking for walkers and volunteers. Click here to join the team and/or make a donation.

Join us on Saturday, **August 18, 2018**, for The Baroudeur, WSU cycling event to raise money the student scholarships. Event details can be found here.
Graduate Medical Education at WSU produces exceptional physicians who are committed to provide outstanding care to the communities we serve, including the city of Detroit, the surrounding area, Michigan and beyond.

To submit an article, picture, quote, etc., please email: nkramer@med.wayne.edu

March, 2018

Volume V, Issue I

Research News

Michigan Summit on Quality Improvement & Patient Safety - Registration and QI project abstract submission is now open at www.MichiganQISummit.org.

The Summit will be held on Friday, June 1st at the Somerset Inn in Troy, Michigan. Information about the program, abstract submission and QI poster competition can be found on the website. WSU residents are eligible to participate in the Poster Competition. Submitted projects must be related to improving the quality of patient care and/or enhancing patient safety. The deadline for abstract submission is April 4. Attendance is free. The registration deadline is May 18.

The 40th Annual SEMCME Research Forum takes place on Wednesday, May 23 at the Henry Ford Museum in Dearborn. Information is online at https://cmetracker.net/SEMCME/Files/Brochures/32063.pdf.

The Forum recognizes outstanding research by residents. It includes resident slide and poster competitions and $4,000 in cash prizes and awards will be presented immediately following the competition. If you wish to submit an abstract to be considered for the slide or poster competition, please contact your Program Coordinator for information and an official application form, which must be signed by your Program Director.

Even if you do not present you are encouraged to attend. There is no charge for WSU residents and faculty but pre-registration is required, available here: https://semcme.org/registration-2/

Program News

Internal Medicine Program - Congratulations goes out to the Residents and Faculty of the WSU/Crittenton Internal Medicine Program on their acceptance of abstracts to the Society of General Internal Medicine annual meeting. The meeting will take place April 2018 in Denver Colorado.

1. Dr. Anubhav Jain (PGY1), Dr. Ankita Aggarwal, Dr. Sarwan Kumar, and Dr. Vesna Tegeltija - Poster - “Positive effect of Beta-blockers on length of stay in patients hospitalized for acute exacerbation of COPD”

2. Dr. Anubhav Jain (PGY1), Dr. Ankita Aggarwal, Dr. Sarwan Kumar, and Dr. Vesna Tegeltija - Poster - “Prolonged length of hospitalization in Chronic Obstructive Pulmonary Disease (COPD) exacerbation patients with chronic heart failure”

3. Dr. Vesna Tegeltija and Dr. Sarwan Kumar - Poster - “Improving Patient Safety with Resident Error Reporting”

4. Dr. Mulham Shikh Hamdon (PGY1), Dr. Firas Ido (PGY2) and Dr. Nirshanthika Raviendren Poster - “Aortic Dissection presenting as new onset Atrial Fibrillation”

Physical Medicine and Rehabilitation Program - Congratulations to PGY 4 Residents, Dr. Adil Hussain on matching into the Brain Injury Medicine (BIM) Fellowship at Georgetown University/National Rehabilitation Hospital in Washington, DC., and Dr. Paul Yoo who also matched into a BIM Fellowship at the Icahn School of Medicine at Mt. Sinai in New York, NY.

Department of Dermatology announces the Sixth Annual Peter J. Aronson Lecture Series held at the Margherio Conference Center on March 28, 2018 starting at 8:30 a.m. The topic of the lecture is: Update in Optical Coherence Tomography: OCT in the D. Guest speaker is Mark R. Pittelkow, MD, lecture topic: Paraneoplastic Syndromes: Past, Present and Divining the Future.
Veggie/Protein Scrambler

1 to 2 eggs
1/2 to 1 cup fresh spinach, kale, chopped asparagus
1/4 cup diced tomatoes
1/4 avocado (cubed)
1 teaspoon Earth Balance Buttery Spread
Pinch herbs (fresh, chopped)

In a non-stick skillet on medium heat, melt the Earth Balance Buttery Spread. Lightly sauté the greens and tomatoes. Beat eggs and pour into skillet. Cook until done. Place in serving dish and top with fresh herbs. Top with cubed avocado.

Serving Size - 1

Announcements

Congratulations and welcome to all of our incoming new WSU SOM Graduate Medical Education Residents and Fellows!!

Anesthesiology
Alicia Barclay, MD
Michael Chait, MD
Mena Isnassuos, MD
Ashley Miller, MD
Peter Paik, MD
Andrew Resnick, MD

Internal Medicine (cont.)
Victoria Gonzalez, MD
Gloria Hong, MD
Kristen Hughes, MD
Manishkumar Patel, MD
FNU Sourabh, MD

Dermatology
Lisa Daum, MD
Reema Habra, MD
Sarah Utz, MD

Ophthalmic Plastic Reconstructive Surgery Fellowship
Robert Beaulieu, MD

Family Medicine
Ashley Aragona, MD
Tarek Chahine, MD
Varsha Das, MD
Peter Ly, MD
Benjamin Maynard, MD
Bradford Woelke, MD

Otolaryngology
Eric Antonucci, MD
William Azkoul, MD
Robert Gruhl, MD
Justin Siegel, MD

Internal Medicine
Radha Kishan Adusumilli, MD
Ankita Aggarwal, MD
Laith Al-Janabi, MD
Mohammad Albu, MD
Frederick Bittner, MD
Raashi Chawla, MD
Monica Dhawan, MD

Transitional Year
Brian Benenati, MD
Sakeena Fatima, MD
Kristi Wu, MD
Amy Zavell, MD

Urology
John Cochrane, MD
Andrew McElroy, MD
John Schwabe, MD

Welcome

Congratulations goes out to Wayne State University Physician Groups new President and Chief Executive Officer, Dr. Charles Shanley. To read the article in its entirety from the Wayne State University School of Medicine Connect the DOCS article on February 12, 2018 click here.