Finally Friday

Resident Newsletter
UH Department of Internal Medicine Residency Program

VACR Corner
By Dr. Marie-Noel Rahhal

NORTH UNION FARMERS MARKET
2017 SPRING OPENINGS

The 2017 market season was open already at Shaker Square on Saturday, April 1 from 8am-Noon and at Crocker Park on Saturday, April 8 from 9am-1pm. Local Farmers will unveil their fresh grown produce, meat and dairy products. Bakers will present delicious artisan breads and pastries. Fine artists and craftsmen round out the festive market Clevelanders have grown to love!

North Union Farmers Market opens at Crocker Park on Saturday, April 8th from 9am to 1pm, rain or shine, in front of Dick’s Sporting Good. It continues every Saturday through December 16th.

Further details:
http://www.northunionfarmersmarket.org/spring-openings-at-the-farmers-markets/
REMINDERS
1. For any call-offs, you MUST page the ambulatory chief at 31529. The chiefs are not always available on short notice by phone or email, but they ALWAYS have the pager.

2. For two senior ward teams: senior resident weekend days off are arranged amongst the two seniors such that each receives two weekend days during a 14 day half block.

CALENDAR LINKS
Electives
Please send your elective selection to Barb. You can always contact the chiefs for any suggestions. All reading electives must be approved by Dr. Armitage.
Barb – barbara.bonfiglio@uhhospitals.org

UH HOUSEDOC moonlighting calendar
Spots open up on a month-by-month basis. You will be notified by email from Kathy DeMarco when the monthly openings become available.
Please send your requests to uhhousedocs@gmail.com

MICU & CICU moonlighting calendar
Spots open up on a month-by-month basis. You will be notified by email from the Quality Chief Resident when the monthly openings become available.
Please send your requests to micu.uh@qmail.com

CURRENT CHIEFS
AMBULATORY CHIEF
Jacob Sadik
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Resident of the Week Award
This week’s Resident(s) of the Week Award is awarded to:

Winnie “Winnifred” Natu

Our nomination for resident of the week goes to Winnie “Winnifred” Natu. Her quick thinking and instant action helped save the life of an 8 year old child in University Circle. She heard someone calling for help and found a child down and immediately began BLS while another bystander called EMS. ROSC was successfully achieved and patient safely transported to the ER. We come to work to save lives and because of her compassion and medical instincts yesterday Winnie did just that.

Please remember to submit your nominations for Resident of the Week to casechiefs@gmail.com.
**ANNOUNCEMENTS**

**Research Day**
Research Day is **May 12th, 2017 from 12:00pm to 3:30 pm** in the Wolstein Research Building Auditorium and Lobby. All researchers are invited to submit abstracts for poster presentations. Abstracts are due on **Monday, May 1st**.

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**CANDY ROUNDS!**

**THIS WEEK’S TOP CONTENDERS!**

- **VA WHITE** – 80 points
- **WEARN** – 70 points (time: 1:54)
- **ECKEL** – 70 points (time: 1:59 + senior at noon conf)
- **NAFF** – 70 points (time: 1:59)
- **RATNOFF** – 70 points (time: 2:59)

Great job everyone!!!
VA WHITE, claim your Java Jive prize in the UH chiefs office!

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**QUESTIONS & ANSWERS**

1) Disease characterized by giant platelets and prolonged bleeding time
   **Bernard Soulier Disease**

2) Measurement of this protein will differentiate seminomas from non-seminomas testicular cancer
   **AFP**

3) Diagnostic test to diagnosis paroxysmal nocturnal hemoglobinuria
   **Flow cytometry CD 55/59**

4) Disease associated with the autoantibody histone
   **Drug-induced lupus**

5) Organism causing seborrheic dermatitis
   **Pityrosporum or Malessezia**

6) Loeffler’s syndrome is characterized by infection with this organism
   **Strongyloides or Acaris**

   Bonus: “Egophony” was originally described as sounding like this animal
   **A goat (also accepted sheep)**
A 64-year-old man is evaluated in the emergency department for chest pain. He describes the chest pain as pressure located in the midchest that is nonradiating and not associated with any symptoms. The chest pain began at rest and has lasted approximately 15 minutes. He reports no history of similar chest pain. Medical history is remarkable for hypertension, type 2 diabetes mellitus, hyperlipidemia, asthma, and a 20-pack-year history of smoking, which he quit 2 years ago. Medications are hydrochlorothiazide, metformin, simvastatin, isosorbide mononitrate, albuterol, and corticosteroid metered-dose inhalers. The patient admits to difficulty in adhering to his medical regimen. On physical examination, he is afebrile, blood pressure is 140/80 mm Hg, pulse rate is 62/min, and respiration rate is 16/min. BMI is 32. Inspiratory and expiratory wheezes are heard bilaterally. A normal carotid upstroke without carotid bruits is noted, jugular venous pulsations are normal, and normal S1 and S2 are heard without murmurs. Distal pulses are normal, and no peripheral edema is present.

Laboratory findings, including cardiac biomarkers, are within normal limits. Electrocardiogram shows a normal sinus rhythm and a T-wave inversion in leads V2 through V6 with no Q waves. He is given aspirin, clopidogrel, and low-molecular-weight heparin.

Which of the following medications should be added to his treatment regimen?

A) Carvedilol  
B) Diltiazem  
C) Metoprolol  
D) Nifedipine
UH CONFERENCE SCHEDULE

MONDAY, 4/10/17:
Resident Morning Report 11:00 AM - 12:00 PM
Noon Conference: 12:00 - 1:00 PM

Dr. Paul Lin
Senior Grand Rounds
Carpenter Room

TUESDAY, 4/11/17:
Intern Morning Report: 11:00 - 11:45 AM
Grand Rounds: 12:00 - 1:00 PM

Dr. Anne Huml MD
Kulas Auditorium

WEDNESDAY, 4/12/17:
Resident Morning Report: 11:00 AM - 12:00 PM
Noon Conference: 12:00 - 1:00 PM

Dr. Khalid Dousa
Senior Grand Rounds
Carpenter Room

THURSDAY, 4/13/17:
Intern Morning Report: 11:00 AM – 12:00 PM
Noon Conference: 12:00 - 1:00 PM

Dr. Chris Peluso
Senior Grand Rounds
Carpenter Room

FRIDAY, 4/14/17:
Resident Journal Club: 11:00 – 11:55 AM
Morbidity & Mortality: 12:00 – 1:00 PM

M&M Conference
Kulas Auditorium

VA CONFERENCE SCHEDULE

MONDAY, 4/10/17:
Noon Conference: 12:00 - 1:00 PM

Attending Rounds
K119

TUESDAY, 4/11/17:
Resident Morning Report: 10:00 - 11:00 AM
Grand Rounds: 12:00 - 1:00 PM

Dr. Anne Huml MD
K119 (live stream from UH)

WEDNESDAY, 4/12/17:
Resident Morning Report: 10:00 - 11:00 AM
Morbidity & Mortality Conference: 12:00 - 1:00 PM

M&M Conference
K119

THURSDAY, 4/13/17:
Intern Morning Report: 10:00 - 11:00 AM
Noon Conference: 12:00 - 1:00 PM

Attending Rounds
K119

FRIDAY, 4/14/17:
Noon Conference: 12:00 - 1:00 PM

Dr. Arun Iyer
Senior Grand Rounds
K119

CONTACT THE CHIEFS IF YOU HAVE ANY QUESTIONS OR CONCERNS!
**UH Weekend Coverage**

**Carpenter:** Khalid Dousa is off on Saturday and will be covered by Andrew Harding.

**Dworken:** Greg Nizialek is covering his own team this weekend.

**Eckel:** JP Lopes and Robin Zachariah to arrange coverage amongst themselves.

**Hellerstein:** Will Garner and Ruchi Shah to arrange coverage amongst themselves.

**Naff:** Justin Morrison is off Sunday and will be covered by Abdullah Al Shahrani.

**Ratnoff:** Katia Khoury is off both days and will be covered by Leben Tefera.

**Wearn:** Ahmed Al Khathlan is off both days and will be covered by Aaron Stubbs.

**Weisman:** Christina Guzman is off Sunday and will be covered by Andrew Harding.

**Friday, April 7th, 2017**

**NACR:** Paul Lin  
**NF Residents:** Niranjani Buch and Rouba Kortbawi  
**NF Interns:** Anu Bommakanti and Scott Dawsey  
**MICU Moonlighter:** Amanda Pensiero  
**CICU Moonlighter:** Amber Makani

**Saturday, April 8th, 2017**

**NACR:** Rana ElSabbagh  
**NF Residents:** Niranjani Buch or Rouba Kortbawi  
**NF Interns:** Anu Bommakanti and Scott Dawsey  
**UH Saturday NF Coverage:** Tiffany Onger  
**MICU Moonlighter:** Lindsay Meurer  
**CICU Moonlighter:** Paul Coletta

**Sunday, April 9th, 2017**

**NACR:** Marie-Noel Rahhal  
**NF Resident:** Niranjani Buch or Rouba Kortbawi  
**NF Interns:** Jessica Oh and Scott Dawsey

**Senior Weekend Jeopardy:**  
**Saturday Only:** Abdullah Al Shahrani  
**Saturday and Sunday:** Winnee Natu, JaMia Washington  
**Intern Weekend Jeopardy:** Ramone Eldemire, Maria Luzuriaga

**VA Weekend Coverage**

**Saturday, April 8th, 2017**

Hao Zhang on Blue is on medium call and covers his own team.  
Max Reback on White is on happy call and will be covered by Jude Khatib.  
Mona Alotaibi on Green is on long call and covers her own team.  
Toral Patel on Orange is off and will be covered by Alyson Michener.  
VACR consults will be seen by Mona Alotaibi and attending Dr. Ronda Mourad.

VA MICU 24 hour resident is Tarek Chami.  
VA Sat PM Resident is Erica Giraldi.  
VA Sat PM Intern is Joe Wooley.

**Sunday, April 9th, 2017**

Hao Zhang on Blue is off and will be covered by Jude Khatib.  
Max Reback on White is on long call and covers his own team.  
Mona Alotaibi on Green is on medium call and covers his own team.  
Toral Patel on Orange is off and will be covered by Alyson Michener.  
VACR consults will be seen by Max Reback and attending Dr. Amanda Clark.
**NEJM IMAGE CHALLENGE**

C – Primary hyperoxaluria

The answer is primary hyperoxaluria. Workup for the stones seen on this radiograph included a 24-hour urine analysis, which showed the composition to be more than 95% calcium oxalate monohydrate. The diagnosis was confirmed by genetic testing. Primary hyperoxaluria is a recessive disorder of glyoxylate metabolism that leads to recurrent stones in the genitourinary system.

**MKSAP ANSWER**

B – Diltiazem

Diltiazem should be added to this patient's therapeutic regimen. He has acute-onset chest pain, normal cardiac biomarkers, and T-wave inversions on the electrocardiogram. These findings are consistent with unstable angina. Although β-blockers are first-line therapy for patients with unstable angina, this patient has a contraindication because of bilateral wheezing consistent with active asthma. Absolute contraindications to β-blockers include symptomatic bradycardia, advanced atrioventricular block, systolic blood pressure below 80 mm Hg, cardiogenic shock, pulmonary edema, and symptomatic reactive airways disease. β-Blockers can be used in patients with mild pulmonary disease. Patients with a transient contraindication to β-blockers should be reevaluated for use at a later time. When β-blockers are contraindicated for the treatment of unstable angina, calcium channel blockers should be considered. Diltiazem is a calcium channel blocker with effective antianginal properties that should be used as first-line therapy in patients with contraindications to β-blockers.

Carvedilol is a β-blocker with both α- and β-blocker effects. Recent acute myocardial infarction trials found a benefit of carvedilol compared with standard therapy (aspirin, ACE inhibitors, and revascularization with either thrombolytic therapy or primary angioplasty) with a reduction in mortality, recurrent myocardial infarction, and heart failure. This patient has contraindications to β-blockers, however, including carvedilol.

Nifedipine is a calcium channel blocker that causes an increase in heart rate, and therefore myocardial oxygen demand, and is contraindicated in patients with an acute coronary syndrome.
MEET THE INTERNS

Name: Jacob Aaron
Hometown: Newton, MA
Medical School: Rosalind Franklin
Current Rotation: Carpenter

1. What’s your favorite spot in Cleveland?
The new Barrio on the East Side!

2. If you could be anywhere in the world right now, where would it be?
San Francisco, CA

3. What’s your favorite TV show?
Rupaul’s Drag Race

4. What’s your favorite food?
A cold glass of milk.

5. If you could invent something, what would it be and why?
A time machine.