

# *Internal Medicine*

## *RESIDENCY*

*The first installment of the  
UTMC Internal Medicine Residency News Letter*



“It is my belief that the Medicine residency is pivotally important to the overall success of the Department and the institution. Thus, I intend to provide additional resources to the Medicine Residency.

Let me congratulate and express my sincere appreciation to the residents for organizing this newsletter. I think it is a fantastic idea and I sincerely hope you will do great things with this. It has also been a distinct pleasure getting to know many of the residents better in my first few weeks as the Interim Chairman of Medicine.”

*Christopher Cooper MD  
Interim Chairman*

“The mission of the University of Toledo Internal Medicine Residency Program is to train our residents to become excellent clinicians with the skills necessary to become leaders in clinical care, medical education and research. The purpose of this newsletter is to keep you updated with our residents’ innovations and scholastic activities among other things. I would like to extend my thanks to our new chairman Dr.Cooper and to the entire Internal Medicine faculty for their support in helping us reach our goal of excellence in resident education. You have our sincere thanks for all your efforts.”

*Ragheb Assaly MD  
Program Director*



## *Letter From the Chairman*

I can't emphasize enough how important the Medicine residency program is to the Department and to the University overall. Certainly Dr. Shapiro, Dr. Assaly and others have been working diligently to give you the very best clinical and educational experience possible. I hope to continue that progression. It is my belief that the Medicine residency is pivotally important to the overall success of the Department and the institution. Thus, I intend to provide additional resources to the Medicine Residency. Some of these you hopefully have already noticed such as lunches at the Noon conferences and the addition of more Noon conferences. I remember with great clarity when I was a student looking at Medicine residency programs many, many years ago. What impressed me the most about the place that I ultimately went to was that there was teaching going on on a daily basis. I was interested in a program which would give me the very best education possible. Although it may seem overly basic to provide you lunch. I also remember with great clarity being hungry and trying to make decisions between eating and getting an education. I am hopeful that by providing food and more education we can get great participation and transform the educational environment for your benefit.

Additionally, the institution and Dr. Assaly have made great investments in your residency lounge which has now been moved to the basement. Belatedly, we have gotten you several new printers. Occasionally I understand they are running out of paper; please note that Barb and Edie are doing their best to keep this supplied. However, we've had challenges in the past with paper disappearing. The better we are at managing the paper supply, the better we will be able to provide supplies to you. More importantly, we are working diligently to get the area nicely fitted with furniture, etc. I want you to have an and now have raised our score to 3.55 which is truly remarkable.

We have made phenomenal improvements over the past three years under leadership of Dr. Chris Lynn and Dr. Ragheb Assaly and now have raised our score to 3.55 which is truly remarkable. Clearly though I understand how important you, the interns and residents, are for the quality of the learning experience of our students. As a student I remember much, much more about the intern who looked after me and don't even remember what the attending's name was. Again, I must express my deepest appreciation for your efforts; it means a lot. With greatest wishes,

*Christopher Cooper MD*  
*Interim Chairman*



*Top reasons to choose UT for your  
Residency*

- University quality training.
- Wide variety of complex patients.
- Faculty dedicated to teaching.
- Culturally diverse atmosphere.
- Very high faculty stability and retention
- Dynamic Curriculum.
- Fellowships available in Cardiology, Gastroenterology, Infectious Diseases, Nephrology, Oncology, Pulmonary Critical Care and Sleep Medicine.
- Region's best hospital in 8 sub-specialties for 2011 and 2012.
- High publication to resident ratio.
- UT is located within four hours of eight major US cities: Detroit, Cleveland, Columbus, Dayton, Cincinnati, Pittsburgh, Indianapolis, and Chicago.

*Research opportunities are abundant at UPMC. Many of our faculty, residents and students are working together to produce new studies and innovations in Internal Medicine. A survey of 390 program directors demonstrated that 10% of residents published articles in peer-reviewed journals<sup>1</sup> while our residents published 58 articles over three years, which amounts to more than one article per resident.*

**Hamzeh Almasri, Ankush Moza , Ammar Kayyali, Sadik Khuder , Ragheb Assaly**  
Resident perceptions regarding teaching medical students;  
Medical Teacher Journal  
October 2012

**Anis Toumeh, Navpreet Josh, Rawan Narwal, Ragheb Assaly.** Refractory Thrombotic Thrombocytopenic Purpura associated with Primary Sjogren's syndrome Treated with Rituximab. American Journal of Therapeutics 2011.

**Jason Lather, MS<sup>4</sup>, Haitham Elsamaloty, Ragheb Assaly.** False appearance of free air under the diaphragm. American Journal of Medical Sciences. May 2012.

**Ryan Steven Smith, MS<sup>3</sup>, Donald Lloyd Whisler, MS<sup>3</sup>, Fadi Safi, Ragheb Assaly.** Dark Chocolate Brown Arterial Blood Following Bronchoscopy. American Journal of Medical Sciences. June 2012.

**Gachoka D, Sheikh M, Al Ahwel Y, Grubb B, Hammersley J, Khuder S, Kanjwal Y.** QT prolongation during therapeutic hypothermia of sudden cardiac arrest patients does not cause predisposition to ventricular arrhythmias the journal of innovations in cardiac rhythm management, 3 (2012),1–5. In Press.

**Nasser Samir El-Okdi MS<sup>4</sup>, Daniel Lumbrezer MS<sup>4</sup>, Djuro Karanovic MS<sup>4</sup>, Abhimanyu Ghose, Ragheb Assaly.** Serotonin syndrome following the use of tramadol and ziprasidone in a patient with a deep brain stimulator for Parkinson's disease. American Journal of Therapeutics 2012.

**Valavoor S, Ashraf Z, Rawan N. Shobha R.** Conservative treatment of post-transplant central nervous system lymphoma. International Urology and Nephrology. 2012 Apr; Epub.

**Raja Thotakura, Luis De Las Casas, Ali Nawras.** Incidence of Serrated Polyps in Colorectal Cancer Screening: A 10-year Retrospective Review from Archival Tissue Material.

*Reference:*

1. Levine RB, Hebert RS, Wright SM. Resident research and scholarly activity in internal medicine residency training programs. *J Gen Intern Med.* 2005;20:155–159



## *Internal Medicine Awards*

### **Gold Humanism Award for Excellence in Teaching**

The winner of this prestigious award this year was Ammar Kayyali, MD. This prestigious title is awarded to those who have excelled in teaching.

### **W. Henrich Award**

This certificate presented to the PGY1, PGY2 or PGY 3 resident who demonstrates academic achievement in research and is regarded by his/her peers as an excellent teacher and this year the award went to Anis Toumeh, MD.

### **Joseph Shapiro Award for Student Teaching**

Named after the ex-chairman of Internal Medicine, this is awarded to the resident who the University of Toledo students voted to be an exceptional student teacher. The inaugural award, was won by Raja Thotakura, MD.

### **Peter White Award for Excellence in Scholarly Activity**

This award is presented each year to the best case/research presented at the Symposium.

1<sup>st</sup> Place – Raja Thotakura

2<sup>nd</sup> Place – Shahul Valavoor & Anis Toumeh

3<sup>rd</sup> Place – Kevin Xiang

### **R. Franco Intern of the Year Award**

This certificate is one of great honor and is presented to an Intern (PGY-1) who demonstrates enthusiasm, compassion and collegiality. This year the award was presented to Kevin Volt MD.

### **William Sodeman Practice Based Learning and Improvement (PBLI) Award**

1<sup>st</sup> Place – Moza, Almasri, Kakroo, Chaudhry, Al Ahwel, Al Kayyali, Gachoka, Hasan, Rafiq and Thotakura

2<sup>nd</sup> Place – Aboulkhair, Taleb and Ahmad

### **M. Ramahi Award**

This certificate is presented to the senior resident (PGY-2 or PGY-3) who demonstrates enthusiasm compassion and collegiality. This award went to Ankush Moza, MD.

### **H. Donabedian Faculty Award**

The H. Donabedian Faculty Award is a certificate presented to the faculty at The University of Toledo who demonstrates enthusiasm, compassion and collegiality. This year the honor and award went to Ali Nawras MD.

### **Thomas Walsh Fellowship Award**

The Thomas Walsh Fellowship Award is a certificate presented to the Fellow who has distinguished himself/herself as an exceptional teacher. This award went to Richard Phinney MD, Oncology

*This article was written by Akufu Opoku MD, 2nd year resident at UTM. Dr. Opoku trained as a medical student at UT as well as residency. Here was her break down of the new healthcare act.*



*The Affordable Care Act (ACA) was signed into law by President Obama on March 23, 2010. On June 28, 2012, the Supreme Court upheld the law. So, what exactly is the ACA or Obama-care as it is popularly known?*

Below is a bare bones explanation of the act. To help our readers to understand a the new changes that are to come about in health care.

(Most of the act is to be implemented by The Department Health and Human Services giving the Secretary of Health and Human Services the authority to implement new programs and enhancements)

Title I: Quality, Affordable Health Care for All Americans:

- Those with insurance may keep the coverage they already have
- Insurers can no longer deny coverage or raise premiums for pre-existing conditions (though coverage and premiums may be based on family structure, geography, actuarial use, tobacco use, participation in , they must justify premium increases and provide rebates for premiums to consumers.
- Consumers without existing health insurance may buy into health insurance pools known as American Health Benefit Exchange that provides 4 levels of insurance based on what the consumer pays. Tax credits based on income are available to offset the cost of health insurance for consumers who buy individual coverage and there are maximum premiums per year.

Title II: Role of Public Programs

- Medicaid expanding in 2014 to include children, families, childless adults not eligible for Medicare whose annual income is within 133% of the Federal Poverty Level (FPL)
- Child Health Insurance Program open through 2019

Title III: Quality outcomes in care under the new act

- Payments will be linked to quality outcomes in Medicare especially for high cost conditions such as surgery, cardiac, and critical care and hospitals and physicians will be reporting their quality metrics
- Development of new patient care models will be encouraged with hospitals receiving a percentage of the savings they achieve
- Enhance access to health care services in rural areas
- Improve payment accuracy

Title IV: Prevention of Chronic Disease and Improving Public Health

- Modernize disease prevention and improve public health services
- Increase access to preventive services
- Create healthier communities
- Support prevention and public health innovation

Title V: Health Care Workforce

- Funds scholarships and loan repayment programs to increase the number of primary care physicians, nurses, physician assistants, mental health providers, and dentists in the areas of the country that need them most.
- Provides state and local governments flexibility and resources to develop health workforce recruitment strategies.

Title VI: Transparency and Program Integrity

- Promotion of transparency to ensure that every dollar is spent wisely and well
- Encourage transparency in health care by providing more information to patients to help them make health care decisions
- Provides doctors with access to cutting edge research
- Bring greater transparency to nursing homes to help families make decisions on placement and enhances training for nursing home staff to improve the quality of care. Also promotes nursing home safety by encouraging self corrections of errors, requiring background checks for employees who provide direct care and by encouraging innovative programs that prevent and eliminate elder abuse.
- Imposes new disclosure requirements to identify fraudulent high-risk providers.

Title VII: Improving Access to Innovative Medical Therapies

- Grants authority to implement provisions that make medications affordable
- Extends drug discounts to hospitals and communities that serves low-income patients
- Creates pathway for creation of generics for access to effective and lower cost alternatives

Title VIII: Community Living Assistance Services and Supports Act (CLASS Act)

- Provides Americans with a new option to finance long-term services and care in the event of a disability through self-funding and voluntary long-term care insurance choice. The benefit is flexible: it could be used for a range of community support services, from respite care to home care.
- Title IX: Revenue Provisions
- To be implemented by the U.S. Department of the Treasury
- Makes health care more affordable for families and small business owners from new tax credits which will help them reduce their premium costs and purchase insurance.
- Families making less than \$250,000 will have tax cuts
- When enacted, health reform is completely paid for and will reduce the deficit by more than one hundred billion dollars in the next ten years.

Title X: Reauthorization of the Indian Health Care Improvement Act

- Reauthorizes the Indian Health Care Improvement Act (ICHIA) which provides health care services to American Indians and Alaskan Natives.
- It will modernize the Indian health care system and improve health care for 1.9 million American Indians and Alaska Natives.

Resources:

<http://www.healthcare.gov/law/full/index.html>

Allocation of Resources and the Impact of the ACA by P. Salibi et al UTMC  
MS 3



## *Gastroenterology Fellowship*

The Department of Medicine, Division of Gastroenterology is excited to introduce our very own Gastroenterology Fellowship Program here at the University of Toledo with the great ambition to continue the vision and focus of teaching excellence and top-tier patient care by educating future gastroenterologists for tomorrow's most pressing challenges and fascinating innovations.

The vision for a GI fellowship became a reality due to support from the ex-Chairman of Medicine Dr. Joseph Shapiro and our Dean Dr. Jeffrey Gold. Both avidly supported the creation of the fellowship and were vital in recruiting top tier faculty to the University of Toledo who were dedicated clinicians with a great passion for teaching.

The GI division under the leadership of Dr. Thomas Sodeman and with the assistance of Dr. Ali Nawras and Dr. Wael Youssef who both joined the faculty approx 2.5 years ago, had united goal of returning the GI fellowship to the ranks of UTMC. With the addition of these two highly skilled faculty members with advanced training in endoscopic procedures and a real passion for teaching, there was no doubt the fellowship would succeed.

As a testament to their efforts, in two years, the fellowship was approved and running. The level of academics and clinical research from the GI division has soared. Combined together, about twenty five abstracts and publications were contributed by the division.

The UT fellowship in Clinical Gastroenterology is approved by the Accredited Council for Medical Education (ACGME). With the program's affiliation with the University of Toledo Medical Center, fellows are exposed to faculty dedicated to providing teaching, research, and clinical activities at the highest standard. This affiliation provides the Gastroenterology fellow with access to a full range of diversified cases with patients from wide-ranging backgrounds, demographics, and conditions.

An important part of the Gastroenterology Fellowship here at the University is a dedication to research opportunities directed toward development of leading-edge diagnostics and treatments for our patients. The division supports an active body of researchers and staff who are constantly engaged in short and long-term projects and studies focused on treatments, cures and disease prevention of the digestive tract and liver.

A broad spectrum of Clinical Gastroenterology and Hepatology issues are encountered through the out-patient and consultative inpatient services at the hospitals. Procedures including upper and lower diagnostic and therapeutic endoscopy, ERCP, papillotomy, polypectomy, small bowel enteroscopy, double-balloon enteroscopy, esophageal, small bowel, and ano-rectal motility, and intestinal and liver biopsies are carried out in fully equipped inpatient and outpatient clinical gastroenterology suites with fluoroscopic capabilities. Author: Usman Ahmad MD (bottom photo) accompanied by Co-GI fellow Aijaz Sofi MD (top picture).



## *Introducing the Chief Resident.*



I congratulate the editors for this novel idea. As the Chief Medical Resident, I am enjoying working even more closely with the faculty and residents. Thanks to the colossal support from Drs. Cooper and Assaly, changes galore this year. A new medical service has been staffed and ASCOM phones have been provided to all medical services to improve communication.

More subspecialty noon conferences have been added to facilitate better education. The hand-out process has been more structured and the journal clubs incorporated into the noon conferences for better resident participation. I thank all the residents for making these a reverberating success. As I look forward to making major improvements to the residency website over the next few days, I foresee a great year ahead!

With best wishes,

*Raja Thotakura MD  
Chief Resident*



We are happy to bring you the first edition of the Internal Medicine Residency newsletter. Please email us any suggestions and questions to the editors:

[David.Rosenblum@utoledo.edu](mailto:David.Rosenblum@utoledo.edu), and  
[Faraz.Luni@utoledo.edu](mailto:Faraz.Luni@utoledo.edu).

Our plan is to release this newsletter every 3-6 months. If anyone would like to submit an article for the next issue please shoot us an email about your ideas.

