



THE UNIVERSITY OF HAWAII INTERNAL MEDICINE RESIDENCY PROGRAM



NEWSLETTER

NOVEMBER - DECEMBER 2009

2009 ABIM EXAM RESULTS

All eighteen 2009 graduates sat for the 2009 American Board of Internal Medicine Certifying Examination in August. They were joined by two 2008 graduates from our Program, totaling nineteen first time test takers and one second time test taker. All of the 2009 graduates and both of the 2008 graduates passed the exam, giving us a 2009 pass rate of 100%. Our pass rate in 2007 was 86% and 2008 was 94%, which results in a three-year pass rate of 93%. Congratulations to our 20 new Board-certified internists!

RECRUITING SEASON OPENS

*By: Emilio Ganitano, M.D.—Recruitment & Selections
Committee Vice Chair*

November, December and January are upon us. The days are shorter. The nights are cooler. Leaves change colors. People in navy blue suits roam around the hospital.



As you all know, November 1st marked the first day of the Categorical and Preliminary

Medicine interview season. Over the next three months as many as 180 applicants will come through our halls trying to find a residency program that “matches” their career goals and personalities. As we go through this season, it falls upon us all: the attendings, the staff, the Chief Residents, the residents and the interns alike, to show our residency applicants why the University of Hawaii Internal Medicine Residency Program should be their first choice. The residents are encouraged to be good

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hosts, take time to participate in recruiting activities, and most of all work daily to create the collegial academic environment that is the hallmark of the Program.

Recruiting is everyone’s responsibility!!!

- PATIENT CARE
- MEDICAL KNOWLEDGE
- PRACTICE-BASED LEARNING & IMPROVEMENT
- INTERPERSONAL & COMMUNICATION SKILLS
- PROFESSIONALISM
- SYSTEM-BASED PRACTICE

KNOW THE ACGME COMPETENCIES: INTERPERSONAL & COMMUNICATION SKILLS

Residents must demonstrate interpersonal and communication skills that result in the effective exchange of information and collaboration with patients, their families, and health professionals.

Residents are expected to:

- communicate effectively with patients, families, and the public, as appropriate, across a broad range of socioeconomic and cultural backgrounds;
- communicate effectively with physicians, other health professionals, and health related agencies;
- work effectively as a member or leader of a health care team or other professional group;
- act in a consultative role to other physicians and health professionals; and,
- maintain comprehensive, timely, and legible medical records, if applicable.

AMBULATORY CHIEF

By: Janet Onopa, M.D.—Associate Program Director of Ambulatory Medicine

I am pleased to announce that next year we will have a new position in UHIMRP, the Ambulatory Chief Resident. Dr. Joey Kohatsu has graciously accepted our offer to be our first Chief Resident specifically assigned to oversee ambulatory teaching for our program.

We have discussed having an ambulatory Chief Resident for years. In years past, we had the inpatient Chief Residents come to Queen Emma Clinic to teach medical students. However, they were unable to function fully because of the rule that residents could not bill for services. It was very cumbersome for them—the student would see the patient in clinic, present to a Chief, and the Chief would have to find an attending to present to. In addition, there would be three notes in the chart: student, Chief Resident, and attending. This was especially annoying when the Chief was a fully

fledged Board-certified internist, yet they still had to present to an attending because otherwise we could not submit a bill for the service. It was also difficult because the Chief Residents often had trouble finding time to come down to the clinic when the students were there because of conflicting duties on the wards.

So, after working out the issues to ensure that the Chief Resident would be set up to allow for independent practice and billing, we are ready to start Dr. Kohatsu next year as a fully-fledged teaching Ambulatory Chief Resident. His presence in the clinic will allow us to add 2 more medical students who will be assigned to him in QEC. This will also greatly help meet JABSOM's outpatient teaching needs. He will help oversee our residents' outpatient teaching conferences and will be able to see ambulatory

patients independently. His students will be extremely lucky to be assigned to him, as he consistently gets the highest evaluations as a teacher from the medical students who work with him on the wards.

We asked Dr. Kohatsu to tell us why he was interested in being the Ambulatory Chief Resident, and this is what he wrote: "I am excited about the opportunity to start a new Chief position down in Queen Emma Clinic and for ambulatory care. This position combines my strong interests in primary care medicine and teaching students and residents. I hope that my passion for primary care will be 'contagious' and improve morale in clinic, which can be a challenging experience at times, and perhaps even convince some to consider primary care medicine. It is also a great opportunity to learn



Dr. Joey Kohatsu graduated from JABSOM in 2007 and is expected to graduate from UHIMRP June 2010.

more about the other side of medicine and residency, where I will need to grow as an administrator and leader. I am honored for being selected for this position and thankful to the many individuals who worked extremely hard in creating this new position."

We are incredibly pleased to be welcoming Dr. Kohatsu in this new role starting in July 2010!

LEVEL 2 RETREAT

By: CMRs



Above: Drs. Shigehiko Karino and Fumihiro Kodama enjoy pizza and the presentations.

October 2, 2009 was a day to remember. Not only did Kahea successfully find her way to Kapahulu after 3 U-turns (that's a record), but she only had to call Ryon once! Oh, and it was also the

Level 2 Retreat at Sergio's. All those who recently achieved upper-level-hood were showered with unending wisdom.

The evening began with Dr. Bello welcoming all the new Upper Levels and then relaying UHIMRP fellowship statistics. Dr. Rachel Lee gave a wonderful presentation on her fellowship application experience and the timeline of the application process, as well as pearls of wisdom and tips for success. Taking time out of their insanely busy schedules were Drs. Christian Spies and Jared Acoba, who gave personal insight into their fellowship experiences and also provided very poignant advice. Dr. Ronald Morton was also on hand to talk to those interested in Primary Care Medicine. As usual, Kahea and Ryon

kept the evening moving along with their usual "style and grace". The event went smoothly and was well received by the attendees.

Thank you to all who made this possible, including all of the amazing speakers, UHIMRP for providing the opportunity for events such as this, and, as always, Casey Ballard for making sure that everything went off without a hitch, and lastly, the residents covering for the attendees.

Right:

Dr. Christian Spies presents on Cardiology Fellowship selection process.



MEET FIONA SMITH, M.D. LEVEL 1 CATEGORICAL RESIDENT

Tell us about growing up and living in Guyana.

I was born in Georgetown, Guyana, a small English-speaking country on the northern coast of South America. I am the third of four children and I grew up in a very tight knit family where my extended family played a very big role in my upbringing. I bicycled to primary school and then I walked two blocks to high school. I attended extra classes outside of school most days of the week, including the weekend. I used candles and oil lanterns to study at night when the electricity was out, which happened quite often. I ate a lot of homemade bread, which my grandmother made in a wooden box oven outside our house. I took baths using a bucket and a bowl when the water pressure was not strong enough to come through the showerhead. My family vacation consisted of taking a 2 hour minibus ride to my mother's family's house, which was located in a more rural part of the country where we climbed and picked the many fruit trees. As I got older, I volunteered at the local hospitals and that is when my love of medicine began. After I graduated from high school I taught Spanish and the sciences in an after school program. There are so many stories that can be told about growing up in Guyana, it is so hard to summarize my life in Guyana, but I would not trade any of those stories. They have made me the strong, independent person that I am today.



You mentioned that you were looking for a tennis partner. Have you found one yet?

I have. So far I have played with Jeff Tiger and I am hoping to get a chance to play with Dagmar Lin. We are always planning to get together but our conflicting schedules have prevented us from doing so. My fiancé, Bryan, just got me a new tennis racquet for our anniversary so I am looking forward to getting out there and playing a good game. I am very rusty so I am looking for someone more on my level.

How did you end up going to medical school in Pennsylvania?

The choice was a very easy one. After completing my undergraduate studies in New York City I was ready for a change of scenery and Hershey, PA was the complete and total opposite of Queens, NY. A very good friend of mine, Metheul Gordon, graduated the year ahead of me from York College and was at Penn State. He spoke very highly of

the curriculum and insisted that I would enjoy it there. I was also ready for an atmosphere that fostered a relaxed environment for learning. I had had enough of the busy and tiring commute to York College every day. I remember the way that I felt as I drove into Hershey the night before my interview. The Crescent was a very impressive building. There were

so many green fields, something that was not present in the Big City. Being from Guyana, it was a relief to be able to be back in such open space. Another important factor was that Hershey was close enough to New York to allow me to drive back home to visit my grandparents on my free weekends.

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DR. PAUL PASCUAL WORKS WITH THE CLINTON FOUNDATION IN HYDERABAD, INDIA

Dr. Paul Pascual was a Level 1 Categorical resident in our Program from 2007-2008. He previously was in Papua New Guinea doing very interesting work in HIV with the Clinton Foundation as a Program Officer, but has moved to Hyderabad, India for the Foundation. He has moved into a new position as a Regional Coordinator of the "Balasahyoga Program,"

which is actually a consortium of three NGO's including Family Health International, Clinton Foundation, and CARE International.

In his current position he focuses on improving the quality of life of children infected and affected by HIV/AIDS. He also evaluates, supports, and strengthens existing

programs within the Balasahyoga Program to strengthen Pediatric HIV/AIDS services and to scale up Care and Treatment options in conjunction with Clinton Foundation's consortium partners as well as national and state government objectives. He meets with facility, district and state counterparts to ensure coordination of HIV/AIDS related services and

ancillary support activities to address HIV/AIDS antiretroviral treatment adherence, loss to follow-up, clinical mentorship and service implementation. Needless to say, he has been very busy and we are happy to share his progress and updates.

MEET FIONA SMITH, M.D., CONT... LEVEL 1 CATEGORICAL RESIDENT

How will you spend your vacation?

My vacation is in January and is dedicated to my wedding. I am getting married on January 23rd and I am very excited. Our wedding will be in a small town in central Pennsylvania where Bryan grew up. I plan to return to NY as soon as my vacation begins to spend quality time with my family there and to put the final touches on the wedding reception.



Where did you go to for your pre-med training and what was your undergraduate major?

I started my undergraduate training at Temple University in Philadelphia and completed at York College, City University of New York where I majored in Biology. The choice to go to Temple and later to York College was an interesting one. After graduating from high school in Guyana, unlike most of my fellow graduates I decided to apply to undergraduate programs outside of Guyana, the West Indies and the United Kingdom. The decision was an easy one because my mother had completed her undergraduate training in the United States at Misericordia University in Dallas, PA and she encouraged me to apply to do the same.

Temple University was a late addition to my list of programs but was the first to respond. The time constraints of applying for a student visa forced me to accept a spot in the winter 2001 class. I do believe that everything happens for a reason and I never regretted my decision because it was at Temple University that I met my fiancé, Bryan. It was also at Temple University where I fell in love with painting.

The transition to York College on the other hand was a very difficult decision. As much as I did not want to leave Temple University, the cost of tuition, the living expenses and knowing that I wanted to go medical school caused me to move to New York to live with my grandparents and to finish my undergraduate training at York College, one of the City Universities of New York. York College was very different from Temple University and it too turned out to be a blessing in disguise for it was at York College that I quickly became involved in bench research and was able to travel and present my research at national conferences.

Although my life has been filled with many forks along the way, I have been blessed with wonderful outcomes.

What are your goals for your Level 1 year?

My goals are very similar to all interns nationwide: to read as much as I can and to become more efficient. As an intern it is very difficult to find the time to read journal articles. After a long shift the only thing on my mind is to sleep. I guess my second goal will help with the first goal, because becoming more efficient should give me the time to read and to learn more about my patients.

What made you decide to make the long interview trip to Hawaii?

Location was a big factor when I sat down to make my application list. My advisors at Penn State knew that I did not want to stay on the east coast and particularly in the North East. I was ready for a different teaching style of medicine and as much as I loved the IMRP at Penn State, I was ready for a change in scenery.

I was very surprised when my advisor mentioned Hawaii Residency Program. She had a friend's daughter who graduated from the program and who had a very good residency experience. She enthusiastically encouraged me to apply and the decision to make the trip to Hawaii for the interview was an easy one after I had been invited.

Bryan was also very excited about the prospect of moving to Hawaii and did a lot of research to help me make a good decision. The only down side to the move was leaving my family behind in New York. We had grown extra close throughout the years and they were very saddened that I did not want to stay in NY for my residency. Of course they have since gotten used to the idea and they look forward to visiting the first chance that they get.

What are your passions outside of medicine?

I love to paint. I took a painting class my first semester at Temple and had an amazing instructor. Since then I try to do one major oil on canvas painting every year. I am actually behind this year but I am constantly being inspired by the colors and the life everywhere each day that I am in Hawaii. My first painting will most definitely be one of the breathtaking sunsets on the Pacific ocean.

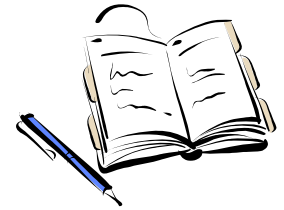


What were the biggest challenges for you during your first month of internship?

My first month of intern year was at the VA. It was a relaxed rotation to start off intern year because it was outpatient and the staff at the VA were amazing. The attendings were all eager teachers and the nursing staff was supportive and efficient. If I had any challenges during my first month it would have had to be related to the computer medical record system, which I assumed was a challenge for everyone.

SCHEDULE OF EVENTS

- **Tuesdays:** Academic 1/2 Day
- **December 1, 2009:** Level 3s: ABIM registration opens
- **December 31, 2009:** Level 2s: USMLE Step 3 Deadline to submit scores to the Program!
- **October to January:** 1st half Semi-Annual Meetings with your Firm Directors. Your self-assessment and QI goals are due at this time!



Upcoming events:

- **January 9, 2010:** Hawaii Chapter, American College of Physicians Meeting. Residents are required to attend the afternoon session of the ACP in Kaneohe, HI, instead of attending the January 5, 2010 Academic Half-Day which has been cancelled. Attendance will be taken!
- **January 17, 2010:** Save the date! The UHIMRP Holiday Party will start at 5pm. Details will follow via evite.

BITS & PIECES

2005 UHIMRP Graduate Dr. Khung Keong "KK" Yeo sent us an update and mentioned he is doing well as he has completed his year of interventional cardiology and has now moved on to peripheral vascular interventions. He then plans to return back to Singapore, but he will still hold a concurrent appointment with UC Davis. Among other things he is busy being a Dad to 3 kids!

Baby News!

Dr. Takayuki Suzuki, his wife, Naime, and 3 year old son, Haruyuki, welcomed another son on 11/18/09. His name is Hiroyuki for



the Japanese characters Hiro (broad & wealthy, wished to be kind and warm to others) and Yuki (happiness), which is a common suffix in the immediate Suzuki family. His middle name, Makani (wind), is to relate with his birthplace of Hawaii, where the winds are strong but also sometimes calm and nice. Congratulations!

Friday the 13th was a lucky day for former chief and 2004 graduate Dr. Jason Dinh and wife, 2006 graduate Dr. Monsicha Kangwanprasert, who welcomed their son, Trevor Ho Dinh, on 11/13/09. He weighed 5 lbs. 15.8 oz. Congratulations!

Expecting News! Dr. Takeshi Imura and his wife, Seiko Imura, are expecting a baby soon! Seiko is due in April 2010!

Dr. Naveen Gara and his wife, Dr. Nora Bammidi, Level 3 UH Psychiatry resident, will have a busy Spring as they are expecting a baby, due 5/28/2010,

which is just weeks shy of their anniversary and Naveen's birthday! Naveen & Nora have not picked a name yet as it is usually done after childbirth in their Telugu (Southern India) tradition. Congratulations!

ACCP Presentation Congratulations to Drs. Jennifer Kaya, Licheng Lee, Cody Takenaka, and Samuel Evans for their scholarly work on "Gender Differences and Prognostic Utility of Serum Lactate and Troponin I Levels in Elderly and Very Elderly Patients with Septic Shock." Drs. Jennifer Kaya and Samuel Evans had the opportunity to present their work at the American College of Chest Physicians (ACCP) meeting in San Diego, California in early November 2009.

GI Abstract Presentation Congratulations to Dr. Soma Subramaniam, who has been working with Dr. Linda Wong on a HCC epidemiology research project. Dr. Subramaniam will present the abstract at the Gastrointestinal Cancer Symposium January 22-24, 2010 in Orlando, Florida.

Congratulations to the Halloween Costume Contest Winners at Academic Half-Day! Drs. Vorawan Ummaritchot, Dagmar Lin, and Nuntra Suwantararat were Teletubbies, Dr. Puck Jittirat was a scary werewolf, Dr. Veeravat



Taecharongphairoj was a cow, Dr. Alfred Lua was X-men's Wolverine, and also pictured was Dr. Cody Takenaka as the school girl. Thanks to everyone who dressed up!

Scrubs Design Contest!



Submit your design for a Program Scrub that will be created and sold to all 2009-2010

residents. Entries should be submitted to the program office or emailed to medsec4@hawaii.edu by January 30th. There will be a prize for the winning designer!

Please give us feedback on our newsletter!
We welcome your thoughts and comments!

Is there something that you would like to share with residents and faculty in a featured article?

Contact Traci Randolph at medsec3@hawaii.edu
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