

The Pager

The George Washington University Medical Center
Resident Newsletter
Summer 2010

Letter from the Residents' Committee

Dear Residents:

With the summer heat, all of us are trying to stay cool. Staying in the hospital under the cool breeze of the AC is one way to do that. The new bright-eyed and bushy tailed interns have started, and with the returning residents one year older and wiser we are sure to have a great year once again! Your Residents' Committee is here to serve and advocate for you.

The newly elected Co-Chairs for 2010-2011 are:

Co-Chairs: Kathleen Calabrese, Emergency Medicine
Rachael Overcash, Obstetrics-Gynecology

Vice Co-chairs: Jill Krapf Walk, Obstetrics-Gynecology
Mujeeb Basit, Internal Medicine

Our special thanks to Shvetha Zarek, Obstetrics-Gynecology, and Claudine "Coco" Morcos, Pathology, for their hard work in leading the committee this past year!!!

~GW Residents' Committee

IMPORTANT DATES FROM GME:

GME Core Lectures

Session I: 7:15-8:15 am,
Rm 6117, GW Hospital
Session II: 12:00-1:00pm
GW Hosp Auditorium

Topics:

- Sept 1st
Financial Planning for MDs
- Oct 6th
Alternative Medicine
- Oct 13th
Research Conf -
Epidemiologic Cycle and
Clinical Practice (Noon
Session only)
- Oct 27th
Patient Safety Conf (Noon
Session only)
- Nov 3rd
Resident Impairment
- Dec 1st Health Policy

Next Residents' Committee Mtg

Wed, August 18th
12 pm, GW Hosp.
Boardroom G-2054

HOLA, RESIDENTS!!! MUCHO GRACIAS!!!

It's hard being a resident, even with the newer work hour rules. So, on "Resident Appreciation Day" (May 26th), the GME office decorated the courtyard for a fiesta, wore their sombreros, served us a wonderful buffet of food and held drawings for free gifts. The faculty, residents and fellows mingled and shared much enjoyed camaraderie. Prizes included gift cards to retail stores, restaurants, the Kennedy Center, 3 iPods, bottles of wine, Nats tickets and even yummy home made cookies. And, Congrats, Jim! Jim Fitzgerald guessed the number of beans in the jar and won a \$50 AMEX gift card.

GW Resident Essay Contest Winners!!

*"The best thing a medical student
taught me..."*

1st Place

Dawn Flosnik, Psychiatry

2nd Place

Anne Bennett, Emergency
Medicine

3rd Place

Shervin Shafa, Internal Medicine

Career Night Workshops!!

**So you're a doctor now.....
What are you planning to do
after residency?**

**Come speak to
experts about preparing for life
after residency**

- Mon, Sept 20th 6:00 pm-CV &
Interviews, GW Hosp. Rm 6116
 - Mon, Sept 27th 6:00 pm-Contract
Negotiation, GW Hosp. Rm 6116
- Dinner will be served!!!**

DYNAMED!!! IT HAS ARRIVED

GW Medical Center has selected Dynamed to be our new healthcare information database.

Access : DynaMed is available on- and off-campus. DynaMed links are available on the [Library's homepage](#), TouchWorks /Allscripts, and GW Hospital's Internet Explorer 'Favorites'.

Remote Access: DynaMed is available from off-campus locations by linking from the [Himmelfarb Library webpage](#); when prompted at the ALADIN screen, enter your last name, GWid (G#), and select 'George Washington.'

SmartPhone/PDA: DynaMed is available as a [download/application](#) for your SmartPhone (iPhone, Blackberry, etc) or PDA (Palm, Pocket PC, etc.); email library@gwumc.edu for a serial number to download.

Questions: If you have questions regarding DynaMed, please contact Himmelfarb Library's Reference Desk at 202-994-2850 or library@gwumc.edu

GW Community Service Day

Come be part of the annual
GW Medical Center
Community Service Day.

Join medical students,
deans, faculty, and other
residents as we give back to
the DC community.

You will be assigned to a
service team to help
improve local schools,
nursing homes, parks and
more. Transportation and
lunch is provided.

Date: Thursday, 8/26th

Time: 8am-3pm

To participate contact
Penny Schwartz at
msdpjs@gwumc.edu

Reminders from the GME Office:

- ✓ Having difficulty accessing TouchWorks late at night? Call 202-741-3080 for after hours emergency TouchWorks IT support.
- ✓ Complete your medical records in a timely manner, you can even do them online at home:
<https://gw.ehim.uhsinc.com/c0pg/HTML/PUBLIC/DEFAULT.ASPX>
- ✓ Complete your OSHA quiz on e-value
- ✓ Get your new GWorld Card. Go to Marvin Center, 5th floor from 8:30am to 4pm.

GW Library Liaisons

Need help with your resident research project?

Did you know that the GW Medical Library has librarians assigned to each department who are specifically trained to help you with your research, PowerPoint tips and tricks, and how to use programs such as RefWorks. To identify your library liaison please go to:

<http://www.gwumc.edu/library/portals/liasons.cfm>

And now, here are your new 2010-2011 Admin Chiefs...

Internal Medicine: David Popiel, Megan Terek, Jeannie Yu, Lena Furmark, Nihar Patel

Anesthesiology: Milad Nazemzadeh, Elvis Rema

Radiology: Faris Haddad, Sherwin Danaie, Harjit Kaur

Emergency Medicine: Jeremy Berman, Michael Pirri, Jessica Riley

Neurology: Eduardo Zamora, Tariq Al-Fahad, Mateja de Leonni Stanonik

Neurosurgery: Martin Baggenstos

Obstetrics/Gynecology: Jill Krapf Walk, Charlotte Marcus, Gaby Moawad, Candice O'Hern Perfetto

Ophthalmology: Yasmin Shayesteh, Veena Raiji, Monica Dalal, Allison Dublin

Orthopaedics: Matthew Jenkins, Gudrin Mirick, Rishi Bhatnagar, Noah Raizman

Otolaryngology: Mark Domanski

Pathology: Samer Nassif, Jason Schallheim

Psychiatry: Jared Wakeman

General Surgery: Sanjay Daluvoy, Grace Montenegro, Arthur Nam, Howard Pryor

Urology: Benjamin McHone, Tung Chin-Hsieh

Fun things to do around DC this summer... and they're free, or pretty darn close

1. Consider "Saturday Morning at the National", **National Theatre** free performance series designed for the whole family. Shows range from puppet and magic shows to showcases of music and ballet. Seating is limited and tickets are distributed on a first-come, first-served basis 30 minutes prior to Showtime.

2. Get half-priced, day-of-show or advance sale tickets for theater seats at Signature Theatre, the Kennedy Center, Folger Theatre, Imagination Stage and more online at **TICKETPLACE.org**, run by the Cultural Alliance of Greater Washington DC. Or, stop by their booth (7th St between D & E Streets, NW) to purchase tickets in person. It's open Wed. through Fri. from 11am-6pm; Sat. from 10am-5pm and Sun. from 12pm-4pm.

3. See the stars in **Rock Creek Park** at the only planetarium operated by the National Park Service.

4. Spend just \$5 per vehicle, or \$3 a person if you go on bike via the C&O Canal Trail, to explore nature in **Great Falls Park**. These 800 acres of beautiful parkland with green space, cascading rapids and waterfalls are located just beyond the Beltway.

5. **PS 7's** doesn't cut corners when it comes to after-work specials. The fine dining restaurant offers its beer of the day for \$3, its red, white and sparkling wine of the day for just \$4/glass and many small plates in the lounge for under \$10.

6. Take a breath of fresh air while learning about DC neighborhoods on a **Washington Walks** tour. All tours are just \$15/person, and themes range from "Memorials by Moonlight," a nighttime encounter with the National Mall memorials to "The Most Haunted Houses," featuring a look at the Octagon, DC's most ghost-filled residences (according to guides in the know).

7. Dance your way to **Lucky Bar** in Dupont Circle on Monday nights, where free salsa lessons (and 50 cent tacos) are offered at 8pm. Then practice the moves with your partner until last call.

8. Head to **Gravelly Point**, a park area off the George Washington Memorial Parkway and Mt. Vernon biking/hiking trail, to watch the planes take off from Reagan National Airport.