

The Monitor



Boonshoft
School of Medicine
WRIGHT STATE UNIVERSITY

INTERNAL MEDICINE RESIDENT NEWSLETTER

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Quote of the Month

“One day your life will flash before your eyes. Make sure its worth watching.”

(source unknown although some have attributed to a member of rock band “A Chemical Romance”)

Trivia Question

What is Exner syndrome?

Did You Know?

Liz Rini (R3) and Katrina Johnson (med/peds R1) were at the Dublin Pub with Ty Pennington (of Extreme Makeover Home Edition fame)!

Case of the Month

A 28 year old female complained of increasing “muscle aches” for the past three weeks. She was diagnosed with chronic fatigue syndrome two years ago and had been following instructions for regular exercise and sleep hygiene as well as taking acetaminophen and a tricyclic antidepressant. She was still limited in her activity and had trouble holding a job, so her physician started her on pregabalin (Lyrica). She felt better initially, but later developed more fatigue and myalgias that she attributed to stress at home. She was no longer able to complete her usual daily workout and was taking stronger analgesics for pain. Physical examination was unchanged from her previous visit with the exception of decreased strength testing in all extremities, possibly limited due to pain. Laboratory results showed a CPK >3000 (previously normal). What is your differential diagnosis?

Positive Feedback

From Dr. John Hughes, Medical Surgical Health Center:

Ed Dilanchiyan (R2) did an especially good job of reviewing a patient’s chart to identify the cause of his symptoms

Rakesh Kilari (R2) managed some patients with multiple medical problems and wrote a “really good office note”

From Nikki Okoye (while she was still “just a resident”, not “The Chief”):

Blake Elkins (as an R1 on night float in June) was very hardworking, took on a lot of responsibility, never complained...; It was a privilege for me to work with one so dedicated to his craft. They come few and far between. Blake well done!

From Nikki Okoye as Chief Resident:

“I would like to say a big thank you to Rakesh Kilari (R2) and Radhika Rajsheker (R3) for helping out at the MVH Cardiology clinic when the assigned resident was ill. Thanks guys!”

From Medical Surgical Health Center nursing staff:

Hendren Bajillan (R3) - “...was clear ...with good time management. He was great Monday for patients and staff.”

Radhika Rajsheker (R3) - “Wow!... recently worked with her and she is ...concise with good judgment. An asset to patients and staff.”

Ngozi Anusionwu (R1) – “the resident assigned to cardiology clinic had not received EPIC training. Dr. Anusionwu was scheduled for primary care clinic on her second day of residency. She willingly jumped in and started seeing the cardiology patients so that they were able to be presented once the cardiology attending arrived.”

From a student at WPMC in July:

Shashi Patel (R3) and Michael Loughlin (R1) – “... working with residents on their rotations. It was a great educational experience and I really enjoyed the opportunity.”

Answer to Trivia Question

Genetic disorder with S-shaped fibulas and multiple renal cysts. Dr. Exner called it “serpentine fibula polycystic kidney syndrome” but others refer to it as “Exner’s syndrome”.

August “Question of the Day” Winners

Congratulations!

Shilpy Kadian (R1) at Good Samaritan
Rakesh Kilari (R2) at Miami Valley

Answer to Case

Her worsening symptoms and CPK elevation are most likely adverse side effects of pregabalin. Of course the differential diagnosis must also include autoimmune myositis such as dermatomyositis, viral illnesses, rhabdomyolysis secondary to aerobic exercise, and other less common causes of CPK elevation. Pregabalin should be tapered off with monitoring of serial CPK measurements.

History of Medicine

In 1960, Jefferson Medical College of Thomas Jefferson University accepted a female applicant, becoming the last U.S. medical school to relinquish “male only” status.

Don’t Forget to Forward Your EPIC Inbasket

If you won’t be checking EPIC for awhile (vacation, leaving an MVH rotation and don’t have remote access, etc.) be sure to forward your inbasket to someone who will check on patient results that might need follow-up.

Good Idea

A current R1 suggested having EPIC training earlier during the orientation schedule next year so residents have time to get their remote access established before starting on team and float assignments in July. We’ll do that!! Keep the suggestions coming.....



More Ohio Festivals

If you thought the festivals were finished for the year, think again. Don’t miss the Sweet Corn Festival in Fairborn August 15th and 16th! Check local papers and websites for many more in the coming weeks and months (including the famous Sauerkraut Festival in Waynesville October 10th and 11th)!



August Birthdays

Samina Hassan	R1	8/09
Matthew Noordsij Jones (Med-Peds)	R4	8/29
Garvin Patel	R1	8/19
Kevin Rich	R3	8/21
Andria Smith	R2	8/03



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