

GRAND RAPIDS MEDICAL EDUCATION PARTNERS

The Guiding Ray: The Grand Rapids Radiology Residency Newsletter

Volume 1, Issue 5

July 2011

Inside this issue:

Honoring Faculty	2
Ethics & Professionalism	3
Faculty Development	3
Evaluation & Supervision	4
Fatigue	5
Graduation	6
Featured Residents	7

A Word from the Program Director

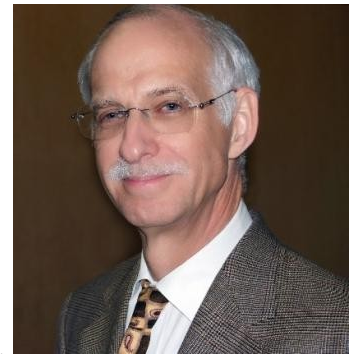
Jay Harolds, Radiology Residency Director



The site visitor for the ACGME inspection will be here on **August 3, 2011**. He will be going through our records, and will be talking to me, all the residents, and the faculty.



Please note that the meeting with the site visitor and the residents will take place between 9 am and 11 am and all residents are required to attend by ACGME rules. The site visitor will meet with multiple faculty members and noon and with Dr. Thornburg from 11:30am to noon. All meetings will take place in the classroom.



Announcements

After hours practical laboratories have now been held in ultrasound and fluoroscopy. General nuclear medicine and PET/CT will be next.



At Butterworth Hospital, the 4 PACS units that were in the former residents' area near the executive suite have been moved to the old pediatric reading space. Likely, the residents will be there for about a year. We will be displaying the residency posters there. Thereafter, the hope is to move the residents close to the faculty for each of the modalities. This will require remodeling with more reading rooms near the current main reading area. This should allow for better communication and convenience, and hopefully will result in the residents reading more cases. We will try to keep the old 3-D lab space for the radiology residents to have a mini conference room, library, locker area, mailbox area, and place to hang coats. However, it is not exactly certain what the remodeling plans will be.

Honoring Faculty



Dr. Leena Mammen is the educational director of cardiothoracic radiology and is actively involved in multiple scholarly projects. She did her radiology residency at Loma Linda University Medical Center and her fellowship at the Brigham and Women's Hospital, Harvard School of Medicine.



Introducing New Educational Directors



Dr. Andrew Shin is the educational director of GI/GU. He did his residency and fellowship training at the Medical College of Wisconsin Affiliated Hospitals.



Dr. Christopher Buchach is the educational director of ultrasound, and a former resident here. He did his fellowship training at the University of Wisconsin.



Dr. Kreuzer is the educational director of mammography. The Lemmen-Holton facility has done more MR guided breast biopsies than any other facility in the world, and Dr. Kreuzer is the Medical Director of Breast MRI there.

Ethics & Professionalism

We had a journal club on ethics in June. We had an ethicist, Dr. Michael Wassenaar, talk about medical rationing on July 15. According to the information he shared with us, the vast majority of people are opposed to rationing by the government. However, there is already some rationing going on by private insurance companies in that when an individual signs up for a policy, the terms of the policy determine what is covered. The patient could also self-ration his or her own care. There are many other forces that may play a role in keeping costs down.

There is an interesting quote from Fojo and Grady in the Journal of the National Cancer Institute (2009) 101(15); 1044-48: “If we allow a survival advantage of 1.2 months to be worth 80,000 dollars and by extrapolation survival of a year to be valued at 800,000 we would need 440 billion annually to extend by one year the life of the 550,000 Americans who die of cancer annually. And no one would be cured.” No doubt all of us have strong opinions regarding that statement.



Faculty Development

The Grand Rapids Medical Education Partners Graduate Medical Educational Committee has created a subset of members to participate in a Faculty Development Committee. Over the past few months, this committee has used the ACGME requirements as the basis for drafting faculty development participation expectations for faculty who teach in GRMEP residencies and fellowships. The Radiology Program created a document that outlines faculty development domains, goals for each domain, and potential activities to fulfill goals. We recognize that there are a lot of questions regarding this ACGME requirement so the goal was to give you examples to see that a number of activities that you are already doing are indeed faculty development. In upcoming newsletters, we will highlight each domain.

The featured domain this month is Knowledge of the Specialty’s Program Requirements set by the ACGME Review Committee. Examples are Rotation-specific goals and objectives and the Milestones. The Goal would be to base teaching and evaluation of residents on the specialty’s program requirements, level and rotation-specific goals and objectives. Activity options and resource suggestions are listed below:

Activity Options	Resource Suggestions
Review of Specialty Program Requirements	ACGME Website: http://www.acgme.org/acWebsite/home/home.asp
Review of program-specific goals and objectives	
Program initiated presentations and faculty meetings	New Innovations
Reading Radiology newsletter – Ray of Light	

Additional domains will be shared in further editions of this newsletter. Also a full listing will be shared with all faculty members via email. Please let Dr. Harolds know if you have suggestions.

New Evaluation forms for residents



The evaluation instrument will look different in the next academic year. There will be a different form for each of the 4 years of the residency. Under each of the 6 domains of the ACGME competencies, such as professionalism, will appear the goals for that year for that competency.

The faculty will evaluate the performance of each resident for each rotation in each year according to the specific guiding objectives for each PGY level. More specific *objectives* are defined in the specific rotation goals and objectives available in New Innovations, in notebooks in numerous reading rooms at Butterworth, St. Mary's and Blodgett Hospitals, and on flash drives the residents have.

This change in our evaluation methodology is done partly for ACGME rules, and

also to have a better match between everyone's expectations for the resident on that rotation.

Previously there was a scale of 5 ranging up to outstanding and a N/A for the grades. Now the grading will be simpler, with a scale of 3, depending on whether the resident met, did not meet, or exceeded expectations, plus a rating of "did not observe".

There will be sessions held to brief the faculty on the changes, starting in August, and Dr. Harold's can be reached on his pager, number 8128.

No doubt there will be many comments from faculty and residents regarding the new goals and objectives and evaluation forms over the academic year, and we will make changes based on everyone's feedback.

New Supervision Policies

Due to changes in the ACGME program guidelines, the program has created a new Supervision Policy. Check New Innovations and your email for the specifics. The policy outlines guidelines for Night Float and Weekend Call, Interventional procedures, Musculoskeletal rotation joint injections and Gastrointestinal procedures.



ACGME Program Requirements can be found [here](#) Section VI.D addresses Supervision of Residents.

Sleep Deprivation: How Bad Are Its Effects?



There have been many articles on the effect of sleep deprivation. In a 2005 meta-analysis article, two different types of sleep deprivation were considered. Acute sleep loss was considered to be going between 24 hours and less than 30 hours without sleeping. This reduced the performance of doctors overall by almost a standard deviation, and diminished clinical performance by greater than one and a half standard deviations. In some articles the diminution in performance after a day of lost sleep has been compared to the performance of a person who has an alcohol concentration in the blood of 0.1%. (1, 2, 3) If a person's sleep is less than 5 or 6 hours for several nights in a row, this is considered to be chronic partial deprivation of sleep. This also caused a significant decrease in performance. Errors by residents were more common in those who slept 5 or fewer hours. (1) Fatigue and loss of sleep were felt by resi-

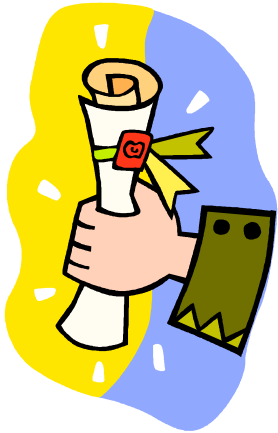
dents to have major negative effect on their work and their personal lives. (4) There are negative effects from acute loss of sleep that can persist for days thereafter. Compared to an aged-matched group, residents experience more cardiac irregularities, pre-term labor, testosterone suppression, and car accidents. Cynicism, marital problems, anger, and cognitive impairment have been described to be part of the "house officer stress syndrome." (5) In radiology, sleep deprivation is less of a problem, but certainly the abrupt change from working during the day and then switching to a night shift, can be difficult. We all need to be vigilant about the effects of sleep deprivation and changes in our diurnal rhythms.

- (1) Philbert, I. Sleep Loss and Performance in Residents and Nonphysicians: A Meta-Analytic Examination. *SLEEP* 2005; 28 (11): 1392-1402.
- (2) Dawson, D, Reid, K. Fatigue, alcohol and performance impairment. *Nature*. 1997; 88:235.
- (3) Lamond N, Dawson D. Quantifying the performance impairment associated with fatigue. *J Sleep Res* 1999; 8: 255-262.
- (4) Papp, KK, Stoller, EP, Sage, P, et al. The Effects of Sleep Loss and Fatigue on Resident-Physicians: A Multi-Institutional, Mixed-Method Study. *Acad Med*. 2004; 79; 394-406.
- (5) Rose, M, Manser, T, and Ware, JC. Effects of Call on Sleep and Mood in Internal Medicine Residents. *Behavioral Sleep Medicine*, 6: 75-88, 2008.

Graduation 2011



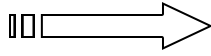
The graduation was held at a Watermark Country Club, in a nice room overlooking the golf course. This was a very well attended event, with about 60 in attendance. Awards for best teacher were given to Michael Doherty and Louis Bixler from ARS and Kent Radiology, respectively. Doug Lukins received a special plaque for being chief resident and all the other graduates received gift certificates. Matt Ripplinger gave a short speech as to what the residency meant to him and gave a special thank you to several people. A number of children were present from the senior class. All three seniors will be doing fellowships next year. Doug will be at Emory, Matt at George Washington, and Jemar at the Mayo Hospitals.



Congratulations!

Featured Residents

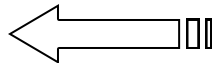
We are privileged to have outstanding radiology residents here. In each Newsletter, we will feature some biographical sketches of several residents. In this issue, we will feature our new radiology residents, who rotated with the department in April, May and June and joined the program on July 1, 2011.



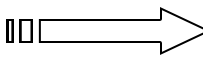
Dan Dykstra is married to Jodi (also a physician) and has four children, Simon (7) Sam (5) and Talia (2) and Elijah (newborn). He also admits to owning a dim-witted but lovable Boston Terrier named



Buster. Dan notes that, since he wears his years exceptionally well, it may come as a surprise that medicine represents a second career for him. He was originally a pastor here in west Michigan. He went to medical school at MSU. In his free time he enjoys reading, movies, hiking, traveling, and bargain hunting.



Ryan Konwinski grew up in Portage, Michigan and stayed in the state of Michigan for undergraduate and medical school at Kalamazoo College and Michigan State University, respectively. His wife, Leah, works for Spectrum Health as an ergonomist. They were married two years ago and since have been enjoying the city of Grand Rapids. Ryan enjoys playing basketball or tennis, watching sports, fishing, and getting out into the great outdoors.



Chirag Patel was born in India and he immigrated to US when he was 12 years old. He grew up in suburbs of Detroit, MI. He is a hardcore Detroit sports fan regardless of their winning or losing records. He attended University of Michigan and loves to watch Michigan football and basketball. He attended West Virginia University Medical School where he found awesome outdoor activities such as whitewater rafting, zip lining and paintballing. He is married to Deval whom he met in India. Chirag likes to play all the sports, watch movies, and “chill with friends”.

