"Should I go to medical school?"

Many of us get asked this question by students, family members and children of our friends. How do you answer?

Every year on Doctor’s Day (March 30th), I reflect on this question. I recently answered “of course” when asked by my nephew, who will be entering medical school in the fall. I didn’t hesitate to encourage him to follow his dream of becoming a physician. He is smart. He gets great grades. He wants to help people. He volunteers everywhere. And he has terrible handwriting. Perfect! Does he remind you of anyone?

There must be something to it because applications to medical schools are increasing and it is as competitive as ever. So, despite what students may read or hear from disgruntled physicians, they are still choosing to become doctors. I saw absolute excitement and joy in my nephew’s face when he got accepted to medical school. Doesn’t he realize that he is about to embark on four grueling years of medical school followed by more sleepless years for residency and fellowship? Isn’t he bothered by the fact that his classmates who are going to Wall Street will be making more money than him? When I asked him this question he answered, “No, I want to be a doctor.”

Physicians go into medicine with a mission-driven spirit, committed to helping people (or in my case, because my mother told me that I could be anything I want when I grow up, as long as it’s a doctor!). We are humbled by the opportunity to care for others, proud of our ability to diagnose and treat, and inspired by the trust that our patients put in us. Then there is the dark side. After time, the noble and honorable feelings get lost in the mundane tasks that distance us from the very reason that we chose medicine as a career in the first place. The impersonal side of medicine frustrates us. We prefer the fulfillment that we get from the personal side of medicine, and it is exactly this feeling that we get from helping others that remind us why we chose to become doctors in the first place.

The many obstacles we face often make it difficult to see how the life of a physician can be incredibly rewarding. Making a challenging diagnosis, treating patients through devastating illnesses and comforting families after the loss of a loved one are powerful emotional experiences that provide us with a profound sense of gratification. I implore all of us to reflect back on why we chose to become doctors and relish in those good memories.

Quoting William Osler, “Live neither in the past nor in the future, but let each day’s work absorb your entire energies, and satisfy your widest ambition.”

Sincerely,
Joseph Yallowitz, M.D.
Editor
HAPPY ANNIVERSARY TO OUR ACTIVE STAFF PHYSICIANS!
CONGRATULATIONS ON YOUR MILESTONE!
MARCH CELEBRANTS:

5 Years

Frederick Alexander, MD, Department of Surgery,
Andrew A. Brief, MD, Department of Orthopedic Surgery

10 Years

Avigayil H. Elkin, MD, Department of Pediatrics,
Rafael Levin, MD, Department of Orthopedic Surgery,
Alan R. Miller, MD, Department of Orthopedic Surgery,
Sunandan A. Pandya, MD, Department of Medicine,
Wendy B. Silverstein, MD, Department of Anesthesiology

15 Years

Crystal N. Broussard, MD, Department of Medicine,
Igor Dmytryenko, MD, Department of Medicine,
Alan D. Simon, MD, Department of Medicine

20 Years

Ruth L. Gold, MD, Department of Medicine,
Mondana S. Yazdi, MD, Department of Pediatrics

25 Years

Michael H. Reilly, MD, Department of Pathology
NEW APPOINTMENTS TO THE MEDICAL STAFF

Name: Alyssa Becker, MD
Department: Medicine
Medical School: Jefferson Medical College, PA
Residency: Thomas Jefferson Univ. Hospital, PA—Internal Medicine
Practice: Saddle River Medical Group
Office: 82 East Saddle River Road, Suite A, Saddle River, NJ

Name: Shaghayegh M. DeNoble, MD
Department: Obstetrics & Gynecology
Medical School: University of Massachusetts Medical School, MA
Residency: St. Luke's Roosevelt Hospital Center, NY—OBGYN
Fellowship: St. Luke’s Roosevelt Hospital Center, NY—Robotic Surgery
Practice: Wayne OBGYN, Llc.
Office: 330 Ratzer Road, Suite 7, Wayne, NJ

Name: Erin M. Flannagan, PA
Department: Orthopedic Surgery
School: Lincoln Memorial University, TN
Practice: Advanced Orthopedics and Hand Surgery Institute
Office: 504 Valley Road, Wayne, NJ

Name: Apurva A. Motivala, MD
Department: Medicine
Medical School: Sardar Patel University, India
Residency: Sinai Grace Hospital, MI—Internal Medicine
Fellowship: Montefiore Medical Center, NY—Cardiology
                                      Cornell Medical Center, NY—Interventional Cardiology
Practice: VMG—Middletown Medical Group
Office: 111 Maltese Drive, Middletown, NY

Name: Neal M. Patel, MD
Department: Medicine
Medical School: St. George’s University School of Medicine, MD
Residency: UMDNJ, Newark—Internal Medicine
Practice: Valley Medical Services—Hospitalist Physicians
Office: 223 North Van Dien Avenue, Ridgewood, NJ

Name: Yusimi Sobrino-Bonilla, APN
Department: Medicine
School: Seaton Hall University, NJ
Practice: Palliative Care—The Valley Hospital
Office: 223 North Van Dien Avenue, Ridgewood, NJ
The Valley Hospital is proud to announce that the recently released 18th edition of *Top Doctors: New York Metro Area* includes 145 members of the hospital’s medical staff.

The guide includes more than 5,900 top primary care and specialty care physicians in a 20-county area spanning three states — New York, New Jersey and Connecticut — who represent the top 10 percent of doctors in the area. It is published annually by Castle Connolly Medical Ltd, a New York City research and information company.

“I am very proud to recognize the many outstanding physicians at The Valley Hospital who have been included in the *Top Doctors* guide, said Audrey Meyers, President and CEO of The Valley Hospital. “It demonstrates what we’ve always known – that some of the top physicians in their fields practice here at Valley.”

Valley physicians who were listed in the 18th edition of *Top Doctors: New York Metro Area* are:


Duncan Carpenter, M.D.; Cindy Chang, M.D.; Daniel Char, M.D.; Patrick Chin, M.D.; Jeff Chung, M.D.; Kenneth Citak, M.D.; Rhoda Cobin, M.D.; Thomas Cocke, M.D.; Jennifer Cope, M.D.; Roger Coven, M.D.; John Cozzone, M.D.; Omid Dardashti, M.D.; Sameera Daud-Ahmad, M.D.; Michael Distefano, M.D.; Ira Esformes, M.D.; and Frederick Fakharzadeh, M.D.


(continued on next page)
Valley physicians who were listed in the 18th edition of *Top Doctors: New York Metro Area* (continued):

Richard Palu, M.D.; Martin Pelavin, M.D.; Reed Perron, M.D.; Robert Pittman, M.D.; Roger Pollock, M.D.; Mark Preminger, M.D.; Donald Quest, M.D.; Michael Rahmin, M.D.; Thomas Rakowski, M.D.; Louis Rambler, M.D.; Dennis Reison, M.D.; Fred Rezvani, M.D.; Robert Rigolosi, M.D.; David Rosenfeld, M.D.; and Roger Rosenstein, M.D.

Jason Surow, M.D.; Albert Tartini, M.D.; Jack Tohme, M.D.; Simon Tsiouris, M.D.; Anne Marie Valinoti, M.D.; and Daniel VanEngel, M.D.


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**SAVE THE DATE**

43rd Annual Valley Hospital Auxiliary Golf Outing
Ridgewood Country Club
June 1, 2015

[www.valleyhealth.com/Auxiliary](http://www.valleyhealth.com/Auxiliary)


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Grau JG, Kuschner CE, Johnson CK, Ferrari G, Shaw RE, Brizzio M, Zapolanski A. **The negative effects of perioperative blood transfusions may be mitigated when performing coronary artery bypass graft surgery off-pump.** The Journal of the American College of Cardiology 2015 (abstract) 65(10); Suppl A: A513.

Grau JB, Kuschner CE, Johnson CK, Ferrari G, Shaw RE, Brizio ME, Zapolanski A. **Duke Activity Status Index is sensitive to non-fatal cardiac events when evaluating patient outcome at late follow-up.** To be presented at the 2015 ACC:QCOR conference.

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**Go Live for MEDITECH 6.1 is Approaching!**

As we begin to approach the Go Live date for the new MEDITECH 6.1 system, we are planning to roll out the first step of physician training. Navin, Haffty & Associates, our partner in this project, has provided Valley Hospital with 6 Computer Based Trainings (CBT’s) that are built with MEDITECH’s best practices and concepts. Each CBT is five to ten minutes in length. The CBT’s will prepare you for the first in person training.

The topics covered in the CBT’s are:

- Accessing Patients
- Desktop Navigation
- Order Sets
- Discharge Process
- Physician Documentation (Pdoc) with Dragon voice recognition
- Manage Transfer/Medication Reconciliation
- ED Tracker (for ED Providers)

The CBT’s will be available on the Valley Physician Website and/or on the Intranet Sharepoint site on the physician training page beginning early April. You will be able to access these CBT’s on your personal computers, or handheld devices so to be able to complete when convenient to you. *Note that on certain Android devices some features of the ‘play bar’ are not compatible (i.e., fast forward feature). Also, we encourage feedback using a link that will be provided at the completion of the CBT.

The Physician Advisory Committee has decided that training is necessary to establish competency in using MEDITECH 6.1. The CBT’s are the first step in the training process. We are excited to roll out this phase of the project and we very much look forward to introducing the medical staff to the new MEDITECH 6.1. Be on the look out for more information coming soon on how, when and where you will access the CBT modules.
Can you interpret this?

85 yr. old WFM admitted as IP with TME and M/B, A/CKD. C/B sp fall and TWI on EKG. Hx of SDAT and NHL. DC coum per card. CT for ? MLS.

If it takes you a few minutes to figure it out, it does not belong in the medical record.

The Joint Commission has established a National Patient Safety Goal that specifies that certain abbreviations must not be used, as they are frequently misinterpreted and involved in harmful medication errors. Examples of unapproved abbreviations noted in the Valley Update March 4, 2015.

There are no interpretations for the above abbreviations. The abbreviations documented above are not approved by the U.S. Department of Health and Human services nor the four governing parties (American Hospital Association, American Health Information Management Association, Centers for Medicare and Medicaid Services and National Center for Health Statistics) that have published official guidelines for coding and reporting conditions documented in the medical record.

Here’s the tip of the month! Write it out or get a handful of queries. Learn the approved abbreviations or don’t abbreviate at all. Your patient deserves quality care and you deserve appropriate ratings in Healthgrades. Don’t have others second guess your patient’s condition.

“Better documentation will paint a better picture of the patient’s severity of illness and justify your mortality profile.”
Department of Emergency Medicine, the Pediatric ER and the Department of Pediatrics present

Pediatric Emergency Medicine Symposium 2015: Current Clinical Concepts

The Valley Hospital Conference Center
223 N. Van Dien Avenue • Ridgewood, NJ 07450-2736

DISTINGUISHED FACULTY

Zvi S. Marans, MD, is an Associate Professor of Pediatrics at Columbia University Medical Center and serves as Chief of Pediatric Cardiology at The Valley Hospital and Holy Name Hospital.

Jordan D. Metzl, MD, is a sports medicine physician at the Hospital for Special Surgery. He is also the author of several books including The Exercise Cure, The Athlete's Book of Home Remedies and The Young Athlete.

Phillip Pearl, MD, is the William G. Lenox Chair and Professor of Neurology at Harvard Medical School and serves as Director of Epilepsy and Clinical Neurophysiology at Boston Children's Hospital.

Falguni Shah, MD, is a Travel Health and Infectious Disease Consultant and serves as Pediatric Infectious Disease attending at The Valley Hospital.

REGISTRATION

Register online: webinfo@valleyhealth.com

If you have questions about the conference, please call 201-444-2019.

PROGRAM

7:30 – 8:15 a.m.
Registration/Continental Breakfast

8:15 – 8:30 a.m.
Welcome and Introduction
Peter Diestel, Sr. Vice President and COO, The Valley Hospital

8:30 – 9:30 a.m.
Understanding Seizures, Epilepsy and Status Epilepticus
Phillip Pearl, MD, FAAP, FAAN

9:30 – 10:30 a.m.
Hot Topics in Sports Medicine 2015
Jordan D. Metzl, MD

10:30 – 10:45 a.m.
Break

10:45 – 11:45 a.m.
Common Cardiac Encounters in the Pediatric ED
Zvi Marans, MD, FACC

11:45 a.m. – 12:45 p.m.
Emerging Infectious Diseases at Our Doorstep
Falguni Shah, MD

12:45 – 1:30 p.m.
Lunch
Mindfulness in Medicine and Healthcare Leadership

Mindfulness is the practice of paying attention to the present moment on purpose, non-judgmentally with openness and curiosity. The literature shows it can have profound effects in the clinical setting. Mindfulness practice has also made its way into leadership in government, the military and the corporate world.

Join Valley Medical Group physician Jodie Katz, M.D. for this innovative conference on mindfulness. Hear from the leading experts, and learn how mindfulness can be practiced in the healthcare setting to help preserve the well being of both patients and healthcare professionals.

Saturday, May 2, 2015
The Valley Hospital Conference Center
Breakfast and Registration: 7:00 a.m.
Program: 7:45 a.m. - 1:00 p.m.

This event is FREE, and open to all Valley employees and physicians.
To register, contact Kathy Newberg at x6090 or knewber@valleyhealth.com. Registration by Friday, April 10 is required.

Conference Speakers:

- Roberto Benzo, M.D.
  Mayo Clinic
- Susan Bauer-Wu, PhD, RN
  University of Virginia
- Janice Marturano
  Founder, The Institute for Mindful Leadership
- Mick Krasner, M.D., FACP
  University of Rochester

Physician Contact Hours: The Valley Hospital is accredited by the Medical Society of New Jersey to provide continuing education for physicians. The Valley Hospital designates this live activity for a maximum of 4 AMA PRA Category 1 Credits™

The Valley Hospital is an approved provider of continuing nursing education by New Jersey State Nurses Association, an accredited approver by the American Nurses Credentialing Centers Commission on Accreditation.
23rd UPDATE ON ARRHYTHMIA DIAGNOSIS AND MANAGEMENT™

Integrating Advances in Treatment and Technology into Clinical Practice

Saturday, May 2, 2015
8:00 AM - 12:30 PM

The Princeton/Columbia Club of New York
15 W. 43rd Street, New York, New York

Program Directors
Jonathan S. Steinberg, MD
Suneet Mittal, MD

Guest Faculty
John D. Day, MD
Melvin Scheinman, MD

Host Faculty
Dan L. Musat, MD
Mark W. Preminger, MD
Tina C. Sichrovsky, MD

Agenda Topics Include
- Implementing the 10 Most Important Changes in the New AHA/ACC AF Guidelines
- Smartphones to Implantable Cardiac Devices: Novel Strategies for Arrhythmia Diagnosis and Monitoring
- Fact or Fantasy: Ablation Is a First-line or Prophylactic Option for AF
- Back to Basics: It All Starts with the Interpretation of the 12-lead ECG
- Hemodynamic Sensors to CRT to S-ICD: How to Incorporate Devices in the Care of the HF Patient

The Valley Hospital is accredited by the Medical Society of New Jersey to provide continuing education for physicians. This activity is designated for a maximum of 3.5 AMA PRA Category 1 Credits™.

Registration for this event must be submitted online at http://events.medtelligence.net/STN10-2015a.html