

Shrink Wrap

Department of Psychiatry at the State University of New York at Buffalo
Resident Newsletter

December 2006

Issue 001

Faculty Appreciation Dinner...

The 3rd annual Faculty Appreciation Dinner was held December 1st, 2006 to recognize the contributions faculty and volunteer faculty have made to the Department of Psychiatry. Dr. William Greiner, the former President of UB, was the speaker for the event, enlightening us with the history of the University at Buffalo. Following this, the awards were presented and the recipients of the Outstanding Contribution Awards were:

Child Psychiatry – Dr. Michael Cummings, Dr. Emily Ets- Hoken

Adult Psychiatry – Dr. Calvert Warren, Dr. Howard Wilinsky

Medical Education – Dr. Helen Aronoff, Dr. Michael Lynch and Dr. John Wadsworth

Resident Education – Dr. Ken Leonard, Dr. John Gillick

Research – Dr. James Waxmonsky, Dr. Elsa Daurignac

Special recognitions went to Dr. Margaret Paroski, and to the Mid Erie Community Mental Health Center for its contribution to the Child Program.

The “Josie Olympia Award” was presented to Dr. Linda Pessar for her overall outstanding contribution to the Psychiatry Department.

Message from the Program Director...

Resident recruitment season is in full swing!

Thus far, we have received and reviewed over 494 applications through ERAS. We've interviewed 23 candidates so far and we have another 30 scheduled. Feedback from candidates has been overwhelmingly positive and they've been impressed with the quality of our current residents.

I am in the process of better defining our elective rotations. This builds on the work done during the last resident retreat. I will be asking many of you for feedback and input on these.

Finally, Paula and I will be scheduling 6 month evaluations in late December or early January, ideally after the PRITE results have been received. Feel free to stop by any time with concerns or just to say hello!

Cynthia Pristach, MD

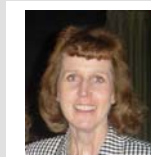


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Farewell to Dr. Bogunovic..

Dr. Bogunovic, originally from Yugoslavia, completed her residency training at SUNY Downstate, then continued on at NYU for a fellowship in Geriatrics and at the McLean/Mass General Program in Addictions. She has been in Buffalo for four and a half years and has been teaching the Addictions course for three years in addition to being in charge of the CBT seminar for 2 years. Dr. Bogunovic won the Didactic Teacher of the Year Award in 2005 and Outstanding Volunteer Faculty Award in 2004.

How did you get interested in Addictions?

“While I was in residency I was troubled that a lot of psychiatrists didn't like to treat patients with addiction. I felt that it was a very challenging group of patients. As I started the fellowship I learned more about the disease model of addiction and was fascinated with the neurobiology of addiction and the big potential for research in this field.”

Where will you be going?

“I did my addiction fellowship at the McLean/Mass General program. I kept in touch with my mentors who offered to continue to help me develop as a researcher. I was offered to become Program Director of the Addiction Fellowship program in the near future and I will run the pharmaceutical clinical trials for addiction. I will also start my private practice.”

Any words of advice/wisdom for the residents as you leave us?

“I learned during my residency and fellowship years, as well as a junior faculty, to value the mentorship. I am sure that without the mentorship that I had during my fellowship I wouldn't have had a chance to grow in academia. I would be more than happy to continue to mentor any residents that are interested in addiction psychiatry and would like to wish a successful career in psychiatry to all the residents.”

The residents thank Dr. Bogunovic for her dedication to the program. She has been a valuable teacher, has been very approachable and has also offered much needed advice to residents here on visas looking for jobs. We treated her and her family to an entertaining dinner at Shogun Restaurant to wish her well!!



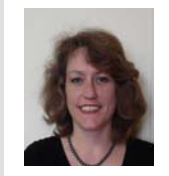
Pictured from L to R
Back row - Buddy, Vijay, Christine, Mike
Front row: Michelle, Jorge Sotelle, Dr. Bogunovic, Denise

Special thanks to Aimee DiPasqua for giving us our name - SHRINK WRAP!!

From the desk of Carol...

Hi, Everyone:

I just wanted to thank all of you for your efforts in the midst of recruitment season.



We had a slow start with scheduling in October, but now are COMPLETELY BOOKED!!! I have people on a waiting list for interviews. A great big thanks to all of the reviewers of applications (Mike, Christine, Ruben and Kamaljeet for the 1st line and Robin, Jeff, Denise, Tariq and Vijay for the 2nd line and of course Cindy and Paula for final decisions). It's quite a tedious job. Another huge thanks to all of you who have done and/or signed up for the pre-interview dinners as well as lunches and tours. There are plenty of open slots left so please stop by and sign-up.

Carol Regan

Chief's corner...

THE BIRTH OF SHRINK WRAP
Buddy Ligot, MD

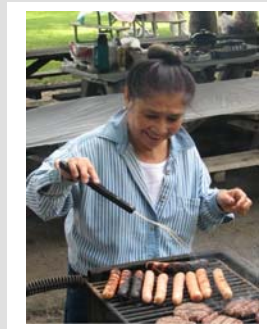


The idea of having a newsletter was born out of a need for a medium to chronicle residents' activities and achievements. This will hopefully carve out a distinct identity of the resident group where we can come up with a common and united stand on resident issues but at the same time, celebrate and appreciate our diversity in a creative way.

It is my hope that through the newsletter, people will get to know and understand each other better through the sharing of cultural and personal experiences. This will also be a vehicle for artistic expression for residents who want to cultivate their literary skills and talents. It will be a mirror of resident life, not only to us but to the faculty and staff, the students, the candidates applying to our residency program, and the community in general. I have high hopes and aspirations that this will be a continuing endeavor not only for this year but in the years to come.

Pictures from the Department Picnic...

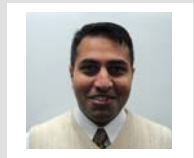
September 2006, Beaver Island State Park



Feature article...

Emory University Psychiatry Resident's Symposium, August 10-13, 2006

Vijay Amarendran, MD

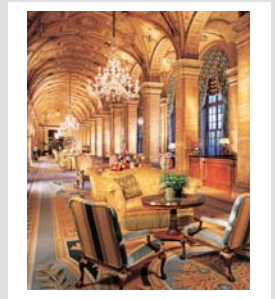


When Dr. Pristach asked if I would attend the Emory University Psychiatry Resident's Symposium, I was delighted. I had heard from other residents who had previously attended the Symposium what a wonderful experience it was. I was excited but had no clue as to what lay ahead. All I knew was that the list of speakers was very impressive. Each one of the speakers was an expert in his field and the topics covered the entire gamut of Psychiatry - from genomics to psychodynamic therapy of stress related traumatic illnesses.

The Emory University Psychiatry Department has organized this symposium exclusively for Psychiatry Residents education for the past several years. Each training program sends a resident to represent them. The symposium is traditionally held in The Breakers Resort, Palm Beach, which was built about 200 years back. We had little idea of the affluence and history of The Breakers and were shocked to be surrounded by resort staff literally waiting on our every move. I was afraid of making eye contact with them, lest they come up to me and ask, "What can I do for you, sir?" "Nothing.... Just looking."



The symposium started off with an evening poolside party and then a luxurious breakfast in a seaside restaurant where we watched the Florida sunrise. These experiences were especially nice as I got to learn more about other residents and gain a nice perspective of how their programs differed from ours. Topics varied widely at the tables from philosophy, to Freud, to the Dave Matthews Band concert.



Lectures were from 8AM to 5PM with an hour of lunch and a couple of breaks in between. Each speaker spoke for an hour; initially talking about his/her career and how they ended up at their present position. It was interesting to note that most of them started their careers in totally unrelated fields and gradually wound up into highly specialized research.

All the speakers were clinical researchers and the focus of the symposium was to encourage residents to pursue research. The lectures were exceptionally well presented, the information was spanking new, and the learning was fun and intense at the same time. The speakers were readily available for questions anytime during the symposium; and the residents even got to choose which speaker they wanted to have lunch with to chat informally about their work, views, etc. While I was busy learning, my wife was at the beach, cooling it off with lemonade.

The symposium was unique in that there was a wide range of topics covered - HapMaps, rTMS, current research on the mechanism of action of anti-depressants, pharmacogenetics of psychiatric illnesses, genes implicated in schizophrenia, treatment during pregnancy and post-partum period, synaptic plasticity and the list goes on. It reiterated in my mind the fact that learning is much better when you are having fun. I am thankful for the Emory University Psychiatry Department and our Program for providing me with this invaluable experience. I came back a changed man with a better understanding of what the future holds for Psychiatry.



Updates...

Outpatient Chief - Denise Giessert, MD



Attention third year residents:

- Please turn in your outpatient lists (BGH outpatients and CDT patients) to Denise and Dr. Pessar the first Tuesday of each month.
- Chart reviews are to be completed the first week of each month.
- Outpatient didactics begin at 12:30pm or 1:00 pm every Tuesday.
- Keep your CDT logbooks up to date.
- Remember to change your voicemail, distribute a memo, and find another resident to cover your patients if you will be on leave or vacation.

APA Representative - Michael Guppenberger, MD



Things have never been better for our Program as far as the APA goes. We are *dangerously* close to having 100% of our residents as APA members. Achieving this will allow our program to access very helpful and extra benefits – not to mention get our picture taken to represent our 100% status.

In other news:

- An agreement has been made for the WNY APA chapter to provide limited funding for residents attending the national APA conference. Participation and attendance to local events will be necessary!
- Dr. Wilinsky has been appointed chair to the new sub-committee dedicated to reaching out to the community. Resident involvement would be greatly appreciated.
- Dr. Tan, president of the WNY-APA chapter, informed us of a free search engine (zabasearch.com) that may have your address listed (even if you're unlisted in the phone book). If your address is there, you can request to have it removed.
- The Annual Dinner Dance will be held April 21st, and we hope that everyone will attend. It'll be an excellent opportunity to meet other community psychiatrists.

Psychotherapy Liaison – Mark Balas, MD



A few important reminders!

- Remember to do **treatment plans** for psychotherapy patients every 90 days (they can be brief)
- For **clinic emergencies** (i.e. suicidal, homicidal), follow this protocol:
 - Call Tom Brent (clinic director) directly or ask Donna to page him
 - Call CPEP & inform them of arriving patient
 - Call Security for an escort (NO EXCEPTIONS!)
 - Be as open with the patient as possible
 - DO NOT leave patient alone or with anyone else, they're your responsibility!
 - Walk patient directly into CPEP with Security (Triage will be done inside CPEP)
- Explain **emergency coverage** to patients:
 - If they're in CPEP, they need to identify themselves as “*psychotherapy patients*”
 - The on-call resident can page the resident therapist if needed.

Check out UB MOBILE MED!!

Go to www.smbs.buffalo.edu, click on the UB MOBILE MED link, enter your UB user ID & password. Logs (ECT, supervision), forms (leave requests, 6 month review, electives), and schedules (didactics, child, calls) are available. The calendar can be used for personal events in addition to seeing what is happening in the department. Also, we will soon be submitting evaluations online so please get familiar with UB Mobile Med!

For your information...

Current Psychiatry is a peer-reviewed, evidence-based clinically focused journal and they are looking for involvement from faculty and residents. If you would like to write in comments or suggestions, or have review articles or case studies you would like to publish, contact Henry.Nasrallah@CurrentPsychiatry.com. Subscription is FREE, so if you are not already receiving this, please fill out and submit the subscription form (on bulletin board in residents' library).

The American Academy of Psychoanalysis and Dynamic Psychiatry announces its Annual Meeting in San Diego, CA from May 17-20, 2007, and invites participation from psychoanalytically oriented psychotherapists of all mental health disciplines. The meeting theme is "Listening and Doing: Psychodynamic Treatment of the Mind and the Brain." More information can be found on the Academy's website: www.aapdp.org. Presentations by residents (such as discussions of case material and descriptions of the training they are receiving; or papers) are welcome – application must be submitted by February 1, 2007. Note: attendance by residents with a letter from their program is FREE.

The **160th Annual APA Meeting** will be held May 19th – 24th in sunny San Diego, CA. The theme will be "Addressing Patient Needs: Access, Parity, and Humane Care." Remember, educational leave can be used for the conference.

Contributions (articles, interviews, pictures) to the newsletter can be made by anyone! If you've received any awards, recognitions, submitted or published research articles/poster presentations or case reports, please let us know. We are open to any and all suggestions. If you're interested in working with the editorial team for our next issue, contact Christine or just attend our meetings!!

Calendar of events...

December 2006

- 1st - Pharmaceutical Fair after Grand Rounds
- 1st - Faculty Appreciation Dinner
- 7th - Resident Feedback Session
- 8th - Film Festival
- 19th - Child Journal Club
- 25th - Christmas
- 31st - New Year's Eve

January 2007

- 1st - New Year's Day
- 12th - Pharmaceutical Fair after Grand Rounds
- 15th - Martin Luther King Jr. Day
- 16th - Child Journal Club

February 2007

- 14th - Valentine's Day
- 19th - President's Day
- 20th - Child Journal Club

March 2007

- 17th - St. Patrick's Day
- 20th - Child Journal Club

April 2007

- 5th - Mock Boards
- 17th - Child Journal Club
- 21st - WNY Psychiatric Association Dinner Dance

May 2007

- 3rd - Resident Retreat
- 15th - Child Journal Club
- 19th to 24th - APA Meeting in San Diego, California
- 28th - Memorial Day
- 31st - Resident Feedback Session

June 2007

- 7th - Graduation
- 19th - Child Journal Club

Editorial Board

Editor: Christine Lim	Staff: Vijay Amarendran	Denise Giessert	Michael Guppenberger	Buddy Ligot	Advisor: Dr. Paula DelRegno
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