

the HAMMER

Fall 2015

Life After Residency with Gauhar Chaudhary, MD

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How has life and work been since graduation from University of Kentucky?

I enjoy my new life and am doing what I have always wanted to do - stroke neurology. The hospital I currently work at has been great; the nurses, physicians, and staff have been very welcoming and supportive. As a hospitalist, I come to work before 9-9:30am and work at my own pace. We also live near about 1.5 miles from the hospital, which makes an immense difference if I have to come in for an emergency. I miss Lexington, but Louisville is a great city with lots of activities including a great park system and

many cuisine options! I still support the UK Wildcats & Big Blue Nation!



What things would you have done differently during residency?

I would have read more journal articles and become better at critiquing them. I also would have attended more didactics,

especially Dr. C. Smith's neuroimaging conferences.

Any advice for current trainees?

Make sure you find an employer who is a good fit for you and for them. I would recommend interviewing with at least five institutions before deciding. It's not always about the salary; be certain your RVUs are competitive.

Gauhar Chaudhary successfully completed our residency program in Summer 2014. He was later selected & graduated as the department's first vascular neurology fellow in Summer 2015. Dr. Chaudhary is currently a hospitalist at Norton Healthcare in Louisville, KY.

Headaches: When to Get Help is recognized nationally & internationally

PGY 4 Paul Gadiant was a contributing columnist for the Lexington Herald Leader. His public health piece on headache red flags caught the attention of the President of the International Headache Society and the Director of the Brisbane Headache & Migraine Clinic! This is great publicity for our education programs!

2015 Graduates, Where are they now?

Mark Callow: Epilepsy Fellowship, University of Cincinnati, then UK faculty 2016-17

Joshua Chalkley: MS fellowship, Mass General Hospital, then UK faculty 2016-17

Gauhar Chaudhary: Private Practice, Vascular Neurology, Norton Healthcare

Prashanth Krishnamohan: Neurocritical care fellowship, Stanford University

Sally Mathias: Epilepsy Fellowship, Vanderbilt University

Justin Phillips: Private Practice, Movement Disorders, Norton Healthcare

Danny Rose: Stroke fellowship, University of Kentucky

Padmaja Sudhakar: UK faculty Neuro-ophthalmology, 2015-16



Case of the Month (September)

Answer & Explanation

A 68-year-old man presented with headache, confusion, low-grade fevers, and chills x 4 months, during which he had two 30 minute spells, involving abrupt onset of left hand clumsiness, and then abrupt onset imbalance occurring two weeks apart. On neurologic examination he was noted to have papilledema and a left ataxic hemiparesis. Representative MRI findings are shown below. He had multiple spinal taps, all demonstrating lymphocytic predominant counts ranging from 12 to 49, and protein ranging from 100 to 150 mg/dL with normal glucose. Serum ESR/CRP, CBC, HIV, and connective tissue antibodies were normal. CSF lyme, syphilis, HSV, VZV, and cytology were normal. The eventual diagnosis was established with a biopsy.

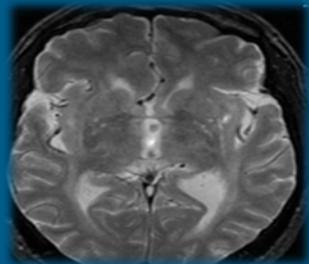
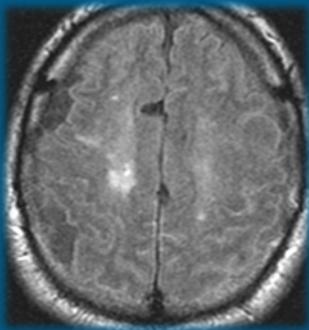
Syndrome: Chronic lymphocytic meningovascularitis

Diagnosis: Primary angiitis of the CNS

Explanation: The presence of meningitis is suggested by headache, fever, papilledema, and elevated CSF cell count. The top figure shows contrast enhancement in the meninges over the cerebral convexities. Vasculitis is suggested by acute onset focal neurologic deficits, along with beading of the arteries observed in the bottom figure. The absence of systemic inflammation (normal ESR/CRP and CBC) argues against a systemic vasculitis. The survival for 4+ months without treatment argues against infectious etiologies (ie, VZV, fungal).

Pitfall: For those of you who said sarcoidosis, the meningitis there is typically basilar (unlike this case).

Zunt JR, Baldwin KJ. Chronic and subacute meningitis. Continuum 2012;18(6):1290; Salvarani C, et al. Arthritis Rheum 2008;58(2):595-603



Coordinator's Corner

Academic Year 15/16 is in full-swing, and residency interviews begin mid-October. We will interview 60 candidates for our five residency spots. The applications are excellent, and I'd like to thank everyone in advance because I'm certain I will need your assistance during this busy time. Congratulations to the Recruitment Committee for this year, chosen by Dr. Jonathan Smith: Paul Gadiant (PGY-4), Arpan Shrivastava (PGY-3), Mauricio Villamar (PGY-2), and Parneet Grewal (PGY-1). Our Chiefs, Dr. Al Sawaf and Dr. Sultan, will also play a big role on interview days.

Also, every PGY-1 and PGY-2 must submit one OSCE form during the academic year, documenting an observed neurologic exam by a senior resident or faculty while on general neurology or stroke service. I have sent reminders and will continue to do so.



Chiefs' Brief

We hope that the start of the new academic year is going well for you both personally & professionally. Like every year, there have been changes in the program including modifications to the didactic curriculum, intern & resident schedules, night float and clinic policies. It is our goal to create an ideal learning & working environment for you! We need your input at our monthly chiefs' meetings and throughout the academic year. Your input is invaluable and drives change!

As we transition into our new roles, we recognize the challenges and learning curves you face. To the interns, we encourage learning & embracing the basics of medicine. First and foremost, you are physicians; this knowledge base is vital to your subspecialty training. To the PGY-2 residents, remember there is life outside the hospital and beyond your second year! We have been in your shoes and understand your stress. Focus on your clinical responsibilities and reach out to your peers & mentors when you need help. The PGY-3s have already demonstrated excellence. Continue working hard and enjoy your new role as a senior resident. To those of you applying for fellowships, start the application process early. Update your CV and request faculty LORs early. Consider using the Education Office as a resource. They are dedicated to your well-being and success. To the graduating seniors, enjoy your final year of training as you approach independent practice.

The next three months will be fun as we enter the interview season! Please attend the candidate dinners and actively participate on interview days. Our involvement in the past has been strong, and we should continue this tradition. Remember, we are the face of our program, and interview season decides our future!

We won't *Hammer* you in our brief because every day you demonstrate excellence, and we're certain this trend will continue. We are confident in your skills and aptitude. Time passes quickly and ensure this time doesn't fly by without quality reading & studying. The RITE exam is just around the corner. Drive your free time to your best interest. And from the wise Dr. David Pursley, "always remember to have fun!"



From the PD's perspective

Preparedness and planning will carry you far in your career. Start early and establish good habits! Here are a few ideas on how to demonstrate a high level of professionalism:

- Enter your duty hours and ACGME cases in a timely fashion. It's much easier to keep a log than trying to remember.
- A personal or professional absence is not excused until the Education Office receives your paperwork, & you have identified someone to cover your clinical responsibilities. As a physician, you must always consider continuity of care.
- As a PGY-2, now is the time to brainstorm with your mentor regarding research and QIP projects. When you are a PGY-3, refine your research and plan for an abstract submission. Working towards a goal incrementally is the best approach.
- PGY-4s—your ABPN Board exam is right around the corner; submit your clinical skills evaluations early, and you'll have one less thing to worry about!



Proud father, UKCOM graduate, & PGY-1 Ben Barnes showing off 1st born son, Jacob Walter!



Simon Photography
Congratulations to PGY-4 Sourabh Lahoti and his new wife, Iti.

Happy Hours



The beautiful children of Ana Albuja, Mauricio Villamar, & Valeria Naranjo. Also, the future adult & child neurology residents! Class of 2040!



PGY-2 Jigisha Thakkar is letting off some steam by zip lining!



Jordan Clay and his beautiful wife celebrating Match Day 2015!



Pradeep Panuganti taking a break from his conference in Seattle and visiting the famous Space Needle!



Abdullah Al Sawaf sitting in a *PROPER* chief's chair!

Local Events & Save the Dates:

- UK Sports—Kentucky football versus Auburn: October 15
- Ice Skating in Triangle Park: November 2—January 11
- Resident Research Day: June 1
- The Bourbon Chase: October 16—17
- Holiday party: December 11
- Graduation: June 5
- Breeder's Cup: October 31
- Lexington Restaurant Week 2016: February 26



Have a submission or want to write for ***the Hammer***?

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