Dear Hurst Residents,

We are excited to welcome a wonderful group of interns to Emory, easily spotted by their crisp white coats, which perhaps will inspire PGY2’s and PGY3’s to visit a local dry cleaner. We enjoyed spending time with them during a busy orientation week that included an afternoon at Piedmont Park and at Ladybird for their first of many Hurst Happy Hours.

When we started our intern year, the thought of being a “real doctor” was exciting and terrifying at the same time. But intern year is just another step on a long journey where the more you learn, the more you realize how much there is to learn. That is why we are here – to help you learn but also enjoy the process.

On our first wards month, we all relied on other residents in so many ways. How do I replete potassium? How do I fill out a home health form? Where’s the bathroom? No matter what the question was, our upper-level never made us feel like it was too small to ask.

A little anxiety is not just normal; it’s expected. The program is built around supporting you on your journey, beginning with the teaching and support from our upper-level residents. Don’t forget, they were in your shoes just a short while ago.

Welcoming a new class reaffirms our commitment to practicing medicine and inspires us to be the best we can be for our patients and for each other. We look forward to growing with you in what will undoubtedly be an amazing year. Remember- our doors are always open!

Your 2018-2019 Chiefs,
Emi, Bailey, Marc, Dave, Dustin, and John
#HurstLife: Intern Orientation
The EM residents and chiefs sent a shout out to **Craig Cook** for being a great colleague and providing excellent patient care.

Matt Topel (June Hurst cardiology fellow) commended **Anish Shah** for spending extra time helping the Hurst interns get a patient much-needed appointments and medications, which assuredly kept him at work longer than he otherwise needed to stay.

**Nancy Thakkar** worked diligently to find a room in a really full hospital to do a diagnostic paracentesis for a late clinic admit at the VA while still triaging two ED admits that just barely beat the buzzer.

In June, with graduation taxing EM shift scheduling, the EM chief residents expressed great appreciation for **Mohammed Raad**'s last-minute changes to his shift times (without being asked, and even volunteer to switch into two additional overnight shifts) to help fill gaps in coverage and improve patient and resident wellness.

The Neurology Chief Resident applauded **Akanksha Vaidya** and **David Liu** on being extraordinary, especially in their positive attitudes with seeing consults and engaging with the team.

After her night on call, **Danielle Steed** was complimented by a cardiology fellow for her great notes and strong clinical work.

**Diane Siegel**'s team noted how she diligently called a patient’s nursing home, pharmacy, and close friend to gather more information to help understand why her patient was sick.

**Melissa Taylor** was found to be practicing the rare art of giving a presentation entirely by memory.

**Alex Magee**’s hand-off in care surely was comprehensive – he even remembered to ask them to wish his patient a happy birthday.

**Annie Ho**’s team noticed how she was advocating for her nonverbal patient by updating the family daily and setting up family meetings.

**Layal Sayegh** placed two central lines in 90 minutes. That has to be an Emory record.
The clinical team of Gabby Morris noticed how detail-oriented she was in her clinical care and setting up discharges.

Morning report at EUH wouldn't have been the same without a few interesting cases from John Bloch!

Even after a patient was discharged, Greg Damhorst likely averted a readmission by reaching out to coordinate home health services and equipment delivery. Clearly above and beyond!

Dylan Baker’s team appreciated his enthusiasm and compassion, even during difficult situations.

Grady MICU seems to have brought out the best in Robert Spandorfer as he brought energy and positivity even during stressful situations.

Neil Shah seems to have learned already the skill of validating concerns of families as a way to advocate for both the patient and family!

Ethan Speir’s team was thankful for his leadership in directing a family meeting on his own during a busy time.

Estela Chen-Gonzales’ team noticed her extremely thorough work and the optimism she brought daily to the team!
Resident Spotlight

**ANNIE HO**

**Where are you from?**
I was born in Vietnam and lived there for eight years. From there I moved to Dallas and then to Chicago briefly before moving to South Florida where I have lived for the past 17 years with my family.

**Where did you go for undergrad?**
I went to undergrad and medical school at UIF on a full-ride scholarship. After graduating from college, I was an environmental science and biology teacher.

**Why Emory?**
I chose Emory because I wanted to be in a program with great training. I was very impressed with Emory when I interviewed, especially with the residents and the supportive faculty. I also wanted to branch out and live in a new city. I enjoy living in Atlanta because there is always something to do and great food to eat.

**Tell us about your family!**
I am the oldest of four siblings and my family is very close-knit. I have two brothers and one sister who is currently a third-year medical student. My sister is on her internal medicine rotation and often calls me for advice. I worked very hard to save up enough money and paid off my car. I made a deal with my brother that if he was in the top 10 percent of his class I would give him my car—which I did prior to moving to Atlanta!

**Fun facts / Trivia / Talents?**
I moved to Atlanta with my fiancé whom I met in medical school. When I start a new hobby I tend to become obsessed and like to do it to the best of my ability. I recently have become interested in interior design, which I enjoy because I am very detail oriented. I also describe myself as a “plant lady.” I enjoy cooking and like to grow my own vegetables and herbs. Gardening is a big stress reliever for me and something I have enjoyed doing since medical school. I am very good at doing nails as I worked in my parents’ nail salon and got my license at 16. I always do my own nails.

**Any plans after residency?**
My mentor in medical school was an interventional cardiologist, so I am interested in pursuing a career in cardiology.

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**JOHN DIEHL**

**Where are you from?**
I am a local Georgian who grew up in Kennesaw.

**Where did you go for undergrad?**
I went to UGA for undergrad where I majored in music. Music was how I met my wife, Rachel. I play piano and guitar, and my wife plays mandolin and sings. If we started a band, our friends have suggested that we use the name Meadowlarks, but we are still open for additional suggestions.

**Why Emory?**
After living abroad and in California and Baltimore, I felt it was time to get back home closer to my family. My parents still live in Kennesaw, and my sister lives in Brookhaven.

**Tell us about your family!**
My wife, Rachel McDiehl (McCandliss + Diehl), is an OB/GYN intern at Emory. Between my third and fourth year of medical school, we did a research year together in Uganda where I was a Doris Duke fellow and researched cryptococcal meningitis in new AIDS cases. We were married prior to our trip to Uganda and welcomed Annina, our very adorable daughter, during our fourth year of medical school. We are very happy to be here among friends and family.

**Fun facts / Trivia / Talents?**
I lived in Micronesia as Peace Corps volunteer after college. I was a homeroom teacher for fifth to eighth graders and taught music, math, and English. I also worked on community projects where I built sea walls to help revitalize Micronesia’s native crop of Taro. I also lived in rural Northern California as an Americorps rural community health volunteer where I managed after-school programs for kids and taught nutrition counseling.

**Any plans after residency?**
To be decided... stay tuned.
 Resident Spotlight

**MATT J BROWN**

**Where are you from?**
Raised mostly in Ohio, I was actually born in Atlanta. My father was an internal medicine resident at Emory! My family moved away for my father’s fellowship and settled in Ohio in the early ’90s, where I have lived since.

**Where did you go for undergrad?**
Before attending medical school at Wright State University, I completed my undergrad degree at The Ohio State University.

**Why Emory?**
Growing up, my dad would always go on and on about how much he enjoyed training at Emory. When the opportunity for an away rotation in medical school came up, I decided to do it at Emory and rotated at Grady in nephrology. I had a blast during the month and enjoyed how supportive and welcoming everyone was and the efforts people put in to make me feel included on the team.

**Tell us about your family!**
My wife, Kristen, and I tied the knot in December 2017. She’s a nurse and was just hired in the emergency department at Emory. We are excited to both have our first careers in our respective fields at Emory and are enjoying life in Atlanta together and with our dog, Mazie.

**Fun facts / Trivia / Talents?**
My dad once convinced me to rent costumes for a taping of Let’s Make a Deal. To his surprise – I was actually selected to play one of the prize games and won kitchen appliances. I traded these in for a shot at the Big Deal (a car and a five-night trip to Aruba), which I won! Kristen and I used that trip for our honeymoon.

**Any plans after residency?**
I came to Atlanta interested in following in my father’s footsteps. I am very interested in cardiology, especially the procedural aspects of it.

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**TALHA IJAZ**

**Where are you from?**
I was born in Pakistan. I’m the oldest of five siblings, and the other four are all sisters! My family moved to America when I was 8. My father was a general physician in Pakistan and noted the shortage of nephrologists around him, so he decided to come to America for additional training. Our family first moved to Miami where my father did his fellowship, and then after a brief stay in New York City, we settled in Danville, Kentucky, where I grew up.

After high school, I stayed in Danville to attend Centre College and then medical school at the University of Texas Medical Branch. Now that I have finished medical school, my family has moved back to Pakistan where my dad is training future nephrologists.

**Why Emory?**
While at UT Medical Branch I also completed a PhD. My research focused on the biochemical mechanisms of aortic aneurysms – both ascending aneurysms in a Marfan model and abdominal aortic aneurysms in an NFκB model.

When looking for a residency, I was looking for strong cardiology training and also opportunities in the cardiovascular sciences. Emory’s research track was, therefore, a great fit both clinically and for research. In the future, in addition to being a cardiologist, I look to move more from the bench towards the bedside and help accelerate translational research in the cardiovascular sciences.

**Tell us about your family!**
I got married during medical school, and now we have a 10-month-old girl, Ruqayya Ijaz.

**How has the transition from medical student to physician been?**
The biggest difference I’ve noticed so far is that patients are much more attentive to what I am saying, and I feel the responsibility to be that much more certain of what I am saying. The side benefit of this is that the more I believe in myself, the more at ease patients are as well. Such a month of rapid learning!
Resident Spotlight

Where are you from?
I call Sacramento, California home. I miss my home tradition of bringing blankets and eating delicious food on picnics at the local Farmer’s Market with friends and family. I came to Atlanta after having lived in Washington D.C. for the past four years for medical school.

Fun facts / Trivia / Talents?
While I was in DC, I shared a spin class with Michelle Obama. Despite spending 45 minutes with me each time, I did not immediately notice Michelle’s presence, even as I walked by the well-disguised Secret Service agents that I thought were middle-aged men trying Soul Cycle for the first time.

In two truths and a lie, many people were surprised to hear that I was a D1 athlete. I have played competitive golf since middle and high school, when I was on the National Circuit and was recruited for college competitions at the Division 1 level. Many of my competitors at the time, then aged 12-16, are now famous players in the Ladies Professional Golf Association. I loved that golf was all about being your best, rather than being competitive or playing defense against another person. Now, I enjoy golfing with my fellow co-residents.

What best prepared you for residency?
Despite being an only child, my trips with my golf teams were where I formed my second family. That was where I learned to accommodate, traveling with six girls who were all so different--and had to coordinate all our outfits wearing only orange, black, and white. It was the training environment where I learned to solve conflicts, carrying around a first aid kit filled with ribbons, hair ties, bandaids, and tons of utility purchases.

What advice do you have for interns?
Be very social! Force yourself to go out and meet people even when you’re tired from the rotation. Engage the social part of you. This is what will help you avoid burnout or feeling lonely as you go forward in the next three years. Use your Facebook group to give details of social outings and events!
2018 Grady Resident Research Day

Earlier this year, residents from the Department of Medicine’s J. Willis Hurst Internal Medicine Residency Program participated in the third annual Mr. William Booth and Dr. James Zaidan Grady Resident Research Day, hosted by Grady Memorial Hospital, in collaboration with the Morehouse School of Medicine, Emory University School of Medicine, and the Grady Foundation. The resident/fellow-focused event was designed to help promote scholarly activity and engagement, strengthen graduate medical education, and advance research in the clinical and health sciences.

Two out of three selected oral presentations were from internal medicine residents. Mohammad Raad, MD, won the first place for his presentation on "Nephropathy and CD4 Lymphocytopenia: when HIV is innocent." John Haydek, MD, took home the second place for his presentation regarding "Air on the side of caution: an uncommon colonoscopy complication."

In addition, 34 out of 97 poster presentations were displayed by Emory internal medicine residents, including the first place poster winter – Nabil Sabbak. His presentation was focused on "Structural changes of left atrial appendage ostium after watchman."

“At Emory, our residents experience unparalleled clinical training in a world-class center for research, public health, and medical education,” says J. Willis Hurst Internal Medicine Residency program director Karen Law, MD. “We are proud of our residents’ impressive accomplishments in research, which are a testament to their capabilities, as well as the richness of Emory’s educational environment and the dedicated support from our faculty.”
Recent Resident Publications:


Hayek SS, Divers J, Raad M, Xu J, Bowden DW, Tracy M, Reiser J, Freedman Bl. Predicting Mortality in African Americans With Type 2 Diabetes Mellitus: Soluble Urokinase Plasminogen Activator Receptor, Coronary Artery Calcium, and High-Sensitivity C-Reactive Protein. J Am Heart Assoc. 2018 May 1; 7(9)


Want to submit your or your colleague’s recent publication to be featured in the next Hurst Happenings newsletter? Email jmarsh9@emory.edu
As the J. Willis Hurst Internal Medicine Residency Program welcomes a new class of interns, current IM residents shared their advice and things they wish they knew before the first year of residency at Emory.

Click below to watch the video and follow @EmoryDeptofMed on Facebook, Twitter, Instagram and YouTube for more videos!