

Psychiatry Residency



Phoenixville Hospital

TOWER HEALTH

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Spring 2024



From the Program Director

Faculty Development Newsletter – Spring Forward!

Dear Colleagues,

This newsletter highlights the significant scholarly work done by our residents. Your mentorship has enabled them to do wonderful work. We anticipate this to be the start of a career-long process for many of them, leading to the advancement of our field. Thank you for all your investment in their efforts!

As you know, we just matched our fifth residency class in the Tower system, and we will have our first full graduation in June, as last year's ceremony was an acknowledgement of those residents who transferred to Child and Adolescent Psychiatry programs. We continue to make improvements to the training program and appreciate suggestions from everyone in our educational community.

There are many interesting developments in the world of psychiatric education that will affect us in the next several years. The subspecialty requirements have been revised and will take effect on July 1, 2024. The program requirements for psychiatry will be revised beginning in 2026. This is a one-to-two-year process and will likely involve major changes in what we require in terms of resident experiences and the process of evaluation for residents in training. The field is looking toward public health needs as it considers these requirements. Stay tuned!

We are very interested in feedback as well. Are there ways we can be more helpful to you? Is there information we can provide that would be helpful? Please do not hesitate to let us know. We are most appreciative of your efforts to educate our trainees.

Donna M. Sudak, MD

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Annual Program Evaluations and Surveys

The ACGME Annual Survey deadline is April 7, 2024. **Thank you to all Residents and Faculty who have completed the survey!** If you have not yet done so, please complete it prior to the deadline as this is essential in maintaining our ACGME Accreditation.

Annual Program Evaluations have been completed by our Residents during their Resident Retreat and feedback will be shared during the normal Grand Rounds hour on 4/3/24. Please attend if you are able.

The Faculty Annual Program Evaluations will be distributed next week. Please complete them so that we can make any necessary changes as we prepare for our next academic year, which will begin on July 1, 2024.

Thank you to all of our Faculty for your continued support of our Program and Residents!



Upcoming Program Events

Resident Retreat Feedback Presentation

4/3/24; 12pm

Tower Health Research Day

4/11/2024

Resident Professional Development Day/PFA Training

4/17/2024

APA Conference

5/4-8/2024

Resident Orientation Begins

Friday, 6/21/24

Resident/Fellow Graduation 2024

Friday, 6/21/24

Academic Year 2024-2025 Begins

Monday, 7/1/24

CAP Fellow Orientation

7/1/2024



Psychiatry Residency Newsletter

MATCH 2024: Welcome our next intern class of 2024-2025!



Burke Beauregard
Geisinger Commonwealth School of Medicine- MD
Pennsylvania State Univ.- BS Chemical Engineering



Surayya Millar
Rowan University School of Osteopathic Medicine- DO
Rowan Graduate School of Biomedical Sciences- MS
Rutgers University- BS Public Health



Kaitlyn Blair
Philadelphia College of Osteopathic Medicine- DO
West Chester University of Pennsylvania- BS Chemistry



Hannah Molk
Philadelphia College of Osteopathic Medicine- DO
Muhlenberg College- BS Biology



Sohini Husain
New York Medical College- MD
University of Pennsylvania- MS Bioethics
Temple University- BS Biology



Heather Soled
Rowan University School of Osteopathic Medicine- DO
Bucknell University- BA Chemistry and Sociology



Keti Kutidze
David Tvildiani Medical University AIETI Medical School- MD



Kanyinsola Yoloye
Drexel University College of Medicine- MD
Drexel University- BS Psychology



Welcome Our Child and Adolescent Fellow Class of 2024-2025!



Thamir "Sammy" Khader MD:

Dr. Khader has completed 3 years of Adult Psychiatry at Cooper University SOM, Camden, NJ. A California native, he completed his undergraduate studies at the University of California, IRVINE. He then went to medical school at a beautiful offshore medical school in the Caribbean Islands. In his free time, he enjoys the outdoors, trying new restaurants, traveling and spending lots of time with his lovely family.



Vanessa Martinez MD:

Dr. Martinez is originally from Houston, Texas. She graduated from the University of Texas at Austin with a Bachelor of Science in Psychology with Honors. She worked in private practice as a Clinical Research Coordinator on psychiatric clinical trials prior to attending medical school at the University of Texas Medical Branch. She moved to Philadelphia for residency and completed PGY1-PGY3 of her psychiatry residency training at Temple University Hospital. Her interests in child and adolescent psychiatry include autism spectrum disorder, inpatient psychiatry, addiction, and first break psychosis.

Resident Teaching Experiences 2023-2024

Behavioral Health Education Elective Rotation:

Four of our PGY4s have rotated on the Behavioral Health Education Elective with Drexel University College of Medicine where they created curriculum and presented formal workshops on topics of interest.

Evgenia Royter, DO- PGY4: *Navigating Challenging Clinical Situations: Strategies for health care professionals* -3-hour live webinar, WOL808 course. -Behavioral Health Education, Drexel University, October 2023

Katherine Hubert, DO- PGY4: *Stirring the Pot: A Look at the Implications of Marijuana Use*- 2- hour live webinar, WOL809- Behavioral Health Education, Drexel University, February 2, 2024

Maryssa Lyons, MD- PGY4 Chief Resident: *Our Stories: Transgender Mental Health and the Benefits/Use of Narrative Therapy*- 6.5 hour live workshop, WOL810- Division of Behavioral Healthcare Education, Drexel University College of Medicine, March 21, 2024

Daniel Buhalo, MD- PGY4: *Trauma: A Sociocultural Perspective*- 3-hour webinar, Behavioral Health Education, Drexel University, scheduled April 25, 2024, 9am-12:15pm

Grand Rounds Presentations by Residents/Fellows:

Jehoshaphat Reich, MD-FEL2: *Psychotic and Bipolar Disorders in Children*, September 6, 2023

Amanda Shapiro, MD- PGY3: *Use of CBT for Somatic Symptom Disorder*, September 20, 2023

Daniel Buhalo, MD- PGY4: *A Social Psychological Perspective on Trauma and Trauma Disorders*, February 7, 2024

Sara Mateo, MD- PGY4: *Therapeutic Alliance in Treating Patients with Depression*, March 6, 2024

Samantha Murad, DO- PGY3: *Ctrl+Your+Mind: Rethinking the Psychiatric Landscape with Technology*, March 13, 2024

Ara Dadivanyan, MD- PGY4: *Outpatient Treatment of Alcohol Use Disorder*, scheduled April 10, 2024



Resident Teaching Experiences 2023-2024

Journal Club Presentations (PGY2s):

Saral Desai, MD: Psychosis with Methylphenidate or Amphetamine in Patients with ADHD- August 23, 2023

Sanketh Sukesh, MD: Relapse Risk after Discontinuation of Risperidone in Alzheimer's Disease - October 18, 2023

Richard Danieli, MD: Risk of Experiencing an Overdose Event for Patients Undergoing Treatment With Medication for Opioid Use Disorder- December 20, 2023

Anurag Avadhuta, DO: Esketamine Nasal Spray versus Quetiapine for Treatment-Resistant Depression- January 17, 2024

Malav Shah, MD: Antidepressant Augmentation versus Switch in Treatment-Resistant Geriatric Depression- February 21, 2024

Abhishek Allam, MD: Long-term Use and Dose Escalation of Benzodiazepines and Z-drugs: Findings from a Danish Cohort Study- March 20, 2024

Mollie Sadler, MD: TBA- April 17, 2024

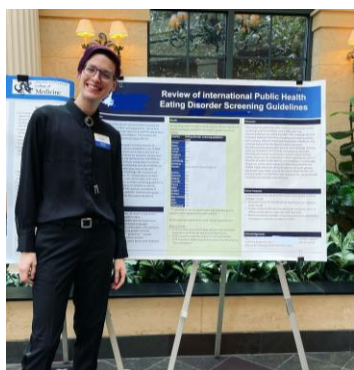
Chandra Rai, MD: TBA- May 15, 2024

Spotlight on Resident Scholarly Activity

PaPS Colloquium of Scholars, Feb. 2024

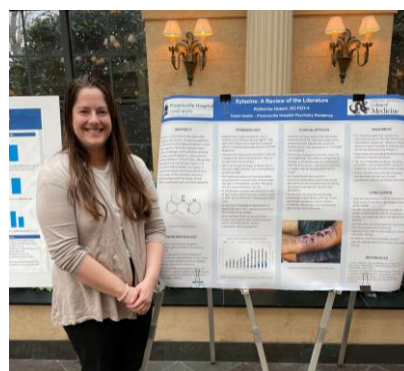


Saral Desai, MD- PGY2 presented 2 posters he co-authored with **DUCOM MS4; Edward Lin and Hayden Sando** entitled: *Predictors of Treatment Admissions for Hallucinogen Use in the United States* (also presented at the AAP annual meeting in San Diego, CA) and *Prevalence and Severity of ADHD Among Children with Second-Hand Smoke Exposure: A US Population-Based Study*. These will both be presented at Tower Health Research Day as well.



Maryssa Lyons, MD- PGY4, Chief Resident presented their poster titled: *Review of International Public Health Eating Disorder Screening Guidelines*

Katherine Hubert, DO- PGY4 presented her poster titled: *Xylazine: A Review of the Literature*



Publications and Presentations



Saral Desai, MD-PGY2 and Abhishek Allam, MD- PGY2 along with **Wei Du, MD, Sarah Luber, DO and Olive Sarubbi** co-authored the abstract: *“Mastering Ambiguity of Professionalism Development from Day 1: exploring the role of initial residency transition experience”* - Presentation type: Roundtable – This abstract is accepted for presentation at Academy for Professionalism in Health Care hybrid conference, Navigating Ambiguities in Professionalism: Teaching, Assessment, Remediation, and Clinical Care from June 3 to 5, 2024, at Drexel University College of Medicine (Queen Lane Campus) in Philadelphia, Pennsylvania and via Zoom.

Evgenia Royter, DO-PG4 and Donna Sudak, MD-PD have published an article: *Cognitive Behavioral Therapy Approaches for Chronic Suicidality*. Journal of Psychiatric Practice, Vol. 30, No.1, 46-50.



Spotlight on Resident Awards



Katherine Hubert, DO- PGY4 was honored at the Pennsylvania Psychiatric Society Philadelphia Chapter 2023 Awards Gala at the Penn Museum of Archeology & Anthropology on Saturday, November 18, 2023. Dr. Hubert received the "Cognitive Behavioral Therapy Scientific Paper or Case Formulation Award for Residents".

Dr. Hubert was joined at the Gala by several of our Residents including Abhishek Allam, MD-PGY2, Daniel Buhalo, MD- PGY4, Maryssa Lyons, MD-PGY4 Chief, and Evgenia Royter, DO- PGY4. Also in attendance were Faculty including Wei Du, MD-DIO, April Fallon, PhD and Zhabiz Kazeminezhad, MD.

