



LOYOLA  
UNIVERSITY  
HEALTH SYSTEM

Loyola University Chicago

# Department of Psychiatry And Behavioral Neurosciences

Residency Newsletter  
November 2013

## Loyola Psychiatry Residency Program Joins APA 100% Club



### INTERVIEW DATES

<sup>35</sup>/<sub>17</sub> NOVEMBER 7, 14, 21

<sup>35</sup>/<sub>17</sub> DECEMBER 5, 12, 19

<sup>35</sup>/<sub>17</sub> JANUARY 9

<sup>35</sup>/<sub>17</sub> GRAND ROUNDS SERIES  
WEDNESDAYS AT NOON IN  
STRITCH SCHOOL OF  
MEDICINE

<sup>35</sup>/<sub>17</sub> April 3 Resident Retreat

<sup>35</sup>/<sub>17</sub> May 15 Mock Boards

*The Chair's Spin*

*New Intern Bios*

*Faculty Updates*

*Housestaff Governance*

*Committee Updates*

*Awards and Achievements*

The Loyola University Medical Center Psychiatry program recently joined the American Psychiatric Association's 100% club this past year. This recognition signifies that all residents have joined the APA. For our residency, it signifies the program's high level of dedication to the field of psychiatry and to the continuing education of all residents and faculty members. Our residency program is the only program in Chicago to obtain this recognition. Congratulations to everyone involved in this endeavor!

# “The Chair’s Spin”



Welcome and thanks for your interest in our Resident Newsletter. In this issue I would like to update you on 4 major developments that are important to us.

1. Our residency training programs has joined the ranks of an exclusive organization within APA: the 100% Club. This club was established to encourage residents throughout the United States and Canada to join APA and to do so with other trainees in their programs.

2. Our roles will soon be changing. It will no longer be just enough to be a skilled physician. As Health systems in general, including Psychiatry, are relying more on allied health professionals (physician assistants, nurse practitioners, and social workers, for example) to deliver routine care, it becomes imperative that we are prepared to be managers and leaders, trained to direct and coordinate an integrated mental health team, especially with the implementation of ACA (The Affordable Care Act). ACA will provide one of the **largest expansions of mental health and substance use disorder coverage in a generation**. Under the new law, beginning in 2014 all new small group and individual market plans will be required to cover ten Essential Health Benefit categories, including mental health and substance use disorder services, and will be required to cover them at parity with medical and surgical benefits.

3. Starting in 2014, every resident in every specialty will be evaluated against standardized “Milestones” - a set of specific knowledge domains, skills, and behaviors that describe that specialty’s expected development trajectory. The psychiatric curriculum won’t change much, but early and frequent feedback will help residents see their skills (and needs) in a new way, and it will help programs train their residents more efficiently. It will also produce a generation of physicians who are much more prepared for the continual monitoring and evaluation that the Maintenance of [Board] Certification process requires.

4. A set of ACGME initiatives focuses on improving skills in “systems based practice” -that is, working in a large medical-financial-legal network, allocating resources, and advocating for patients. ACGME will be receiving individual reports every six months on every resident in the country. Similarly, the American Board of Psychiatry and Neurology is implementing its Maintenance of Certification process that will track psychiatrists across their careers in an unprecedented way.

Let us get to work embracing these changes and move forward!

**Murali Rao, MD., FAPM., DFAPA**

## Welcome to the PGY-1 Psychiatry Residents!!

We are pleased to welcome our new interns for the year of 2013-2014! We are proud to announce that the Loyola Psychiatry Residency program has expanded to a class size of five new interns this year. We are looking forward to the continued expansion of the program to next year's total of six new interns per class!



### Nitin Thapar, DO

Hi everyone, my name is Nitin Thapar. I was born in Chicago and have lived my entire life in the Chicagoland area. I

attended University of Illinois in Champaign-Urbana and Benedictine University in Lisle, IL where I studied Molecular and Cellular Biology. I went on to attend medical school at Northwestern University in Downers Grove, IL. I'm thrilled to be able to stay in Chicago and start my residency here at Loyola. In my spare time, I like to workout and stay active, watch Chicago sports, and spend as much time with my family and friends as I can. In the future, I intend on pursuing a fellowship in child and adolescent psychiatry. I've had a great experience here during my first 3 months and am excited for what's to come!



### David Daniels, MD

I'm David Daniels. I was born and raised outside St Louis, MO, but started my career with Loyola as an

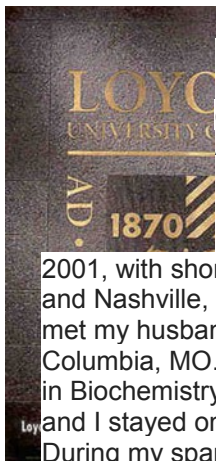
undergraduate, with a degree in History from the LUC lakeshore campus before moving out to Maywood to attend Stritch. Chicago has become my second home over the past 8 years and I'm glad to be staying here for 4 more! My love of history is still going strong, as evidenced by a glance at my bookshelf. I love to read anything I can get my hands on, as well as socializing with my network of non-medical friends. I'm excited to be part of the program here and I'm looking forward to learning everything that I can about psychiatry!



### Marie Lord, DO

Hi everyone! I was born and raised in Los Angeles, California. I received my bachelor's degree in psychology at the University of

Southern California. After college, I did a year of research and then went to medical school at Northwestern University in Glendale, Arizona, where I also continued to do research. The psychiatry program at Loyola immediately stood out to me. I love how well-rounded it is and how knowledgeable and friendly the faculty are. I also love Chicago and am so excited to live in this amazing city! Some of my interests include traveling and spending time with family and friends. I've visited a lot of different places around the world and hope to go to more in my life! I'm very passionate about the field of psychiatry and have a variety of interests that I am excited to further explore. I really look forward to continuing my training here at Loyola and learning as much as I can!



### Sofia Abdinoor, MD

Hello everyone. My name is Sofia. Am originally from East Africa- born in Somalia, and grew up in Kenya. ■

I moved to the USA in 2001, with short stints in Dallas, Tx, and Nashville, TN. Shortly after, I met my husband, and we settled in Columbia, MO. I completed my B.S. in Biochemistry at University of MO and I stayed on for medical school. During my spare time, I enjoy, no, I am forced to memorize and sing on repeat Barney the Dinosaur nursery rhymes, courtesy of my 2 y/o daughter. We also have a 7 month old son. Both my husband and I are thrilled to continue our medical training here at Loyola!



### Christine Figiel, DO

My name is Christine Figiel, and I am from Atlanta, GA. I was born and raised in the south, but I feel like a midwesterner at heart

and was very excited to find out that I matched at Loyola. I attended University of Miami, FL and studied Biology and Chemistry. After college, I worked in an assisted living facility for one year, which was when I discovered the soft spot in my heart for geriatric patients with dementia. I come from a family of Psychiatrists, my father is a geriatric psychiatrist, my mother is a psychiatric nurse practitioner, and my brother is a psychiatry resident at University of at University of Miami, FL. As a result, I have known that I wanted to dedicate my career to this field for as long as I can remember.

## Call Room Updates

Call-room renovations are under way! The new architectural drawings call for full overhaul of existing carpets, furniture, wall paint, lighting, computers, printers, lockers, sinks and many more items! Psychiatry will have an exclusive conference room next to the existing call room for our awesome psych consult-liaison service to round and write notes. There will a separate cafe w/ vending machines, fridges and places to eat. On the same floor there will also be a workroom with tons of computers and printer/faxes etc. Last but not least, there will a renovated and updated lounge area w/ TV and comfortable sofas. All very exciting and hopefully completed by summer 2014! See pictures below!

### *Longer Cafeteria Hours*

The cafeteria is now open from 1-5 am Sunday through Thursday nights which allows nightfloat residents to access a full menu of entrees at all hours of the night!

*Please direct further questions, suggestions or inquiries to Jawad Pervez at [japervez@lumc.edu](mailto:japervez@lumc.edu)*



## Faculty Achievements



**Angelos Halaris, MD, PhD**, was recently elected to the very prestigious, distinguished and celebrated membership in the European Academy of Sciences and Arts. Among its 1500 members there are 29 Nobel Prize winners as well as Pope Benedict and Cardinal Koenig. It is truly remarkable and a 'never-before' recognition for someone from our Department and it gives us immense pleasure that it is our own Dr. Halaris who got this recognition that he truly deserves!

**David Lynn, MD** was recognized with the Association for Academic Psychiatry's Lifetime Achievement Award. This award honors educational leaders who have made significant contributions to the organization. Congratulations Dr. Lynn!

**Edwin Meresh, MD** was recognized as a Fellow of the Academy of Psychosomatic Medicine to recognize his efforts in education and research. Congratulations, Dr. Meresh!

## Upcoming Grand Rounds

11/7 Dr. James Mackenzie  
"Emergency Room Management of Children and Adolescents with Autism Spectrum Disorders"

11/14 Dr. Syed Ali  
"Medico-Legal Ramifications of Psychiatric Medication Side Effects"

11/21 Dr. Christopher Holden  
"Evidence-Based Long-Term Benzodiazepine Therapy: Efficacy, Risks and Approaches to Treatment"

11/28 Thanksgiving Break

12/5 Dr. Orland  
"Termination of Patients – Beyond the Basics: The Role of Countertransference"

12/12 Dr. Jon Grant  
"Gambling Disorders: Relationship to Substance Addictions and Treatment"

## Talented Faculty and Staff Join Department

### Joining the Loyola/Hines Psychiatry Department:

**Laura Miller, MD** is Medical Director of Women's Mental Health at the Hines VA in Illinois. She has authored more than 60 articles and book chapters related to women's mental health, and edited the book "Postpartum Mood Disorders".

She has designed and implemented women's mental health programs and curricula, which have received the American Psychiatric Association's Gold Achievement Award for Innovative Mental Health Services, the American College of Psychiatrists' Award for Creativity in Psychiatric Education, and numerous other awards. She devotes her career to improving the mental health of women through clinical care, education and research. Her most recent positions include Professor of Psychiatry at Harvard Medical School and Director of the Women's Mental Health Division at Brigham and Women's Hospital

**Hugo Solari MD** is a new psychiatrist working on inpatient psychiatry unit, with strong interest in resident education and given several teaching awards over the years. His clinical interests include psychotic disorders and he previously worked at UIC as an attending after graduating from their residency program.

**Nadia Alvi, DO** completed her residency at Loyola this past June and is Loyola's former psychiatry chief resident. She graduated from Loyola in June 2013. She had worked at Hines intermittently throughout her residency and has now joined the psychiatry staff, working in outpatient services, including telepsychiatry clinic and Mental Health Clinic.

**Britney Watkins, RN** is originally from Ohio and has just completed nursing school at Loyola. We welcome her to the psychiatry department! She enjoys traveling and yoga.

#### **Christopher Holden, MD**

We would like to welcome Dr. Holden who comes to us from New York. He is originally from Chicago and is very excited to be our new addictions specialist! He is very interested in resident teaching as well as clinical medicine and research! Outside of work Dr. Holden enjoys keeping in shape and spending time with friends and family!

#### **Shoaib Memon, MD**

We would also like to welcome Dr. Memon to Loyola. He completed his residency at University of Chicago and was the Chief Resident. He completed a fellowship in Neuropsychiatry and is now our Assistant Program Director at Loyola. He enjoys spending time with family as well as catching up on reading!

#### Ongoing research at Loyola:

<sup>35</sup>/<sub>17</sub> **Bipolar Depression Study- Studying COX-2 combination treatment and role of Kynurenine Pathway Biomarkers, sponsored by Stanley Medical Research Institute.**

<sup>35</sup>/<sub>17</sub> **Phase III Clinical Trial studying adjunctive use of cariprazine in treatment-resistant MDD, sponsored by Forest Laboratories.**

#### Presentations

<sup>35</sup>/<sub>17</sub> **American Psychiatric Association- Dr. Kim Sanders, PGY-III, along with Dr. Girgis and Dr. Khatkhate, organized a workshop regarding unwanted sexual attention in female physicians.**

<sup>35</sup>/<sub>17</sub> **Society of Biological Psychiatry- LUMC had 5 posters at this national conference. Participants are past graduates Dr. Nadia Alvi, Dr. Matthew Niedzwiecki, Dr. Vidushi Savant and medical students Karen Heisler and Anne Clark-Raymond. Also congratulations to Anne and Dr. Halaris for their publication of a review article on VEG-F and depression in the Journal of Psychiatric Research!**

#### Faculty

<sup>35</sup>/<sub>17</sub> **Dr. Angelos Halaris organized two symposia and also presented at the World Federation of Societies of Biological Psychiatry in Kyoto, Japan. He also chaired a symposium on psycho-immunology in the service of personalized psychiatry in Chicago, IL.**

<sup>35</sup>/<sub>17</sub> **Academic of Psychosomatic Medicine- Dr. Edwin Meresh presented a poster on non-cardiac chest pain.**

## NEW DEVELOPMENTS AND GOODBYES!

### Fellowship and Residency Updates

Welcome to **Dr. Radmila Manev**, who has joined the Hines VA as the Chief of Psychiatry. Prior to coming to Hines, she was in private practice and as an associate professor of psychiatry at UIC. She served as the director of the UIC Mood and Anxiety Disorders Program and co-director of the adult ADHD clinic. She has a lot of experience in teaching and research, and she will be working closely with the residency education program in this regard. We very much look forward to working with her and all her experience!

**Dr. Gauri Khatkhate**, fellowship director for Geriatric Psychiatry Fellowship, is currently actively recruiting for the newly ACGME-accredited fellowship.

**Dr. Christina Girgis** is actively recruiting for the Addiction Medicine Fellowship, which is open to all specialties and allows the fellow the opportunity to sit for the American Society for Addiction Medicine boards.

Next year, the ACGME complement will increase, allowing us to have six interns in the entering class!

We would like to say good bye to **Dr. Mary Lou Gutierrez** as she leaves Loyola to pursue her dreams of practicing child psychiatry! We thank her for all her years of devoted service to Loyola and she will be dearly missed!

We would like to welcome **Dr. Aparna Sharma** as our new Program Director. She completed residency at Loyola and is very excited for what is to come! She has worked with residents for over 10 years at Loyola. We are very excited for her!

Also, welcome to **Dr. Christina Girgis**, who is the new Associate Program Director at Hines VA Hospital and to **Dr. Shoaib Memon**, who is the new Assistant Program Director at Loyola University Medical Center!

New mentorship program, in which one attending is paired with one psychiatrist, is up and running

This year we are adding PGY-IV selectives in PCBH (Primary Care Behavior Health, working with **Dr. Wendy Yim**) and HBPC (Home Based Primary Care).

### RESIDENT UPDATES

**CARMELA COWDREY, CHIEF RESIDENT AND NAVPREET KAUR, PGY-2. BOTH HAD BABIES THIS YEAR!  
CONGRATULATIONS TO THEM BOTH!**

