The modern medical residency program was started around 1889 by William Osler. The word “resident” probably was derived from the fact that at that time trainees were expected to take care of their patients 24 hours a day, 7 days a week. There were no limits to duty hours. That slowly changed and morphed into specialty specific routines that varied from every other to every third or fourth night on call. A New England Journal article in 1971 reported that fatigued interns more often misinterpreted ECG’s. This ONE article is quoted in every paper ever written about hours and safety. As far as I can tell, it was never challenged and never repeated. It also had no effect on practices and it wasn’t until the Libby Zion case in 1989 that any changes were implemented, starting in NY state.

In 2003 the Accreditation Council on Graduate Medical Education (ACGME) mandated that house staff could work no more than 24 consecutive hours, 80 total hours and 10 hours off between shifts. This was revised in 2011 requiring a 16-hour limit on continuous duty hours for interns and a 24 hour limit for residents. (Strategic napping, especially after 16 hours of continuous duty and between the hours of 10:00 PM and 8:00 AM, is strongly suggested.) At-home call must not be so frequent or taxing to preclude rest or reasonable personal time for each resident. Can you believe they put this nonsense in writing?

Well that should have taken care of medical errors secondary to fatigue; except, two recent articles didn’t quite agree. These studies found that interns working under the new rules reported more errors, not enough sleep and symptoms of depression. They certainly spent fewer hours in the hospital but not necessarily sleeping more. The medical errors were self-reported and the risk of depression was unchanged. Now don’t believe for a minute that these are Nobel Prize winning studies but still how could this be?

Is it possible that not all things can be regulated? Just because you aren’t working doesn’t mean you are sleeping more. In fact, I bet 25 year olds can find a lot of things to do with their free time other than sleeping. Or possibly we are still asking house staff to do the same amount of work in fewer hours, leading to more stress and possibly more errors? Or as many of us predicted, the more times you “hand-off” patients the more room there is for errors as the patients are often not well known. How many different trainees are seeing a patient from Friday to Monday if you also count the subspecialty services seeing patients in consult?

And did anyone give any thought to the fact that we are trying to teach an increasing body of medical knowledge in significantly less time? When hours are reduced, teaching time has to be affected. How stressed out would you be if you were managing a complicated patient with a limited knowledge base? Why isn’t anyone calling for increasing the training time? Which gets me back to the three year medical school. Get rid of year four and we could increase the residency duration without increasing the total education burden. But that’s a subject for a previous newsletter.

Alan G. Wasserman, M.D.
**Department of Medicine**

**April 2013 Grand Rounds**

**Dornfeld Endowed Lecture**

**SPECIAL LOCATION: Ross Hall 101**

Apr 4  “The Medical Consequences of Nuclear Energy, Nuclear Accidents and Nuclear War”

Robert Peter Gale, M.D., Ph.D., D.Sc. (Hon), F.A.C.P.
Visiting Professor of Haematology, Imperial College London
Section of Haematology, Division of Experimental Medicine
Department of Medicine, London, UK
Executive Director of Clinical Research, Hematology & Oncology
Celgene Corp., Summit, New Jersey

Apr 11  “A New Era of the Diagnosis and Treatment of the Nephrotic Syndrome”

Scott Cohen, M.D., M.P.H., F.A.S.N.
Assistant Professor of Medicine
Division of Renal Diseases & Hypertension
Department of Medicine
The George Washington Medical Faculty Associates

**Understein Endowed Lecture**

Apr 19  “Beyond Statins: PCSK9 Inhibitors”

Evan Stein, M.D., Ph.D.
Founder, Metabolic and Atherosclerosis Research Center
Chief Scientific Officer, Medpace Reference Laboratories
Cincinnati, Ohio

Apr 26  “EMR-Based Genomic Studies: Challenges and Opportunities”

Iftikhar Kullo, MD
Professor of Medicine
Division of Cardiovascular Diseases and the
Gonda Vascular Center
Department of Medicine
Mayo Clinic
Rochester, Minnesota

**Cardiology Grand Rounds**

5:00 PM, GWU Hospital, Conference Room 6-116

April 3  Mortality & Morbidity Conference

April 10  Niv Ad, MD
Cardiac, Vascular and Thoracic Surgery Assoc.
Inova Fairfax Hospital
**Surgical Ablation for Atrial Fibrillation: Past, Present & Future**

April 17  Evan Stein, MD, PhD
Founder, Metabolic and Atherosclerosis Research Center
Chief Scientific Officer,
Medpace Reference Laboratories
Cincinnati, Ohio
**Lipids**

April 24  Joseph Babrowicz, MD
Assistant Professor of Surgery
Division of Vascular Surgery
Department of Surgery
The George Washington Medical Faculty Associates
**Endovascular Repair of Aortic Aneurysms**

**Resident Lecture Series**

**April 2013 Noon Conference**

**Research Conference**

**April Conference**

Apr 1  Medicine Grand Rounds
Apr 12  Chairman’s Rounds
Apr 15  “Hepatorenal Syndrome” - Dr. Ashte’ Collins
Hospitalist Lecture Series
Apr 9  “C. diff” - Dr. Suzanne Chang

Apr 10  “Drug Hypersensitivity” - Dr. Richard Nicklas
Apr 11  Medicine Grand Rounds
Apr 12  Chairman’s Rounds
Apr 15  (HVCCC) - “High Risk Prescribing” - Dr. Paul Silver

Apr 16  CPC
Apr 17  Chiefs - EM/IM Conference
Apr 18  Medicine Grand Rounds
Apr 19  Chairman’s Rounds
Apr 22  Primary Care Lecture Series
Apr 23  Chairman’s Rounds
Apr 24  TBA
Apr 25  Medicine Grand Rounds
Apr 26  Chairman’s Rounds
Apr 29  “Endocarditis” - Dr. Marco Mercader
Apr 30  Mortality & Morbidity

**Medicine Team Contacts**

**WHITE TEAM**  (202) 715-5669

**YELLOW TEAM**  (202) 715-6041

**GREEN TEAM**  (202) 715-6062

**RED TEAM**  (202) 715-6039

**BLUE TEAM**  (202) 715-6156

**SILVER TEAM**  (202) 715-6040

**PURPLE TEAM**  (202) 715-6042

**GOLD TEAM**  (202) 715-6044

ADMITTING RESIDENT 741-0161 pager

The George Washington University Medical Center (GWUMC) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians. GWUMC designates this continuing medical education activity on an hour-for-hour basis in Category I of the Physician’s Recognition Award of the American Medical Association.
Congratulations… to Dr. Sidney Fu, Research Professor of Medicine, Division of Genomic Medicine, who is the 2012 recipient of the Elaine H. Snyder Cancer Research Award given by the SMHS Faculty Committee on Research. Dr. Paul J. Brindley, PhD, Professor, Department of Microbiology, Immunology & Tropical Medicine and Chair of the Committee on Research, said that the committee was “tremendously impressed with (Dr. Fu’s) dedication and contribution to cancer research, and applauds (his) accomplishments in the field.”

Congratulations… to Dr. Jillian Catalanotti, Assistant Professor, and Dr. Hope Ferdowsian, Assistant Professor, both of the Division of General Internal Medicine, who have each been elected to the Fellowship in the American College of Physicians.

Kudos… to Dr. Gurusher Panjrath, Assistant Professor, Cardiology, who won the Young Investigators Competition at the American College of Cardiology Scientific Meetings in March.

Kudos… to Dr. Akilah Jefferson, PGY2, on whom we received a letter of recognition from an attending at an affiliate hospital praising her for her “efficiency and responsiveness as a medicine TR… I wanted to pass along that she did a really great job.”

The HEALing Clinic, run by GW medical students and funded totally by their efforts, is holding its annual auction on April 11th at 5:00 pm in Ross Hall. The organizers are in need of contributions for the event. Please contact the HEALing Clinic Auction Committee at: clinicauction2013@gmail.com or call (202) 994-3176 if you can make a donation or monetary contribution.

The HEALing Clinic (Healthcare, Education and Active Living) has strived to help expand access to primary health care for the vulnerable residents of Washington, DC, regardless of insurance status or ability to pay. This entirely student-run effort shapes the education of GW’s future medical professionals and provides a much needed service for the local community. The HEALing Clinic has provided more than 300 patient visits in the past year alone.

This auction helps to provide much needed resources for the clinics, so your ability to contribute to and/or attend the auction will be greatly appreciated.
Kudos & Congratulations

Congratulations... to Maria Wing, PhD and Dr. Shari Lewis, nephrology fellow, who won two of the four awards in the clinical research category at the recent Mid-Atlantic Young Investigators Forum. Presentations were also given by fellows Dr. Janis Lawrence-Jackson and Dr. Alejandro Solano Bayardo. Dr. Dominic Raj, Director, Renal Diseases and Hypertension, thanks everyone "for an outstanding job representing GW, the faculty for helping to shape their presentations and the fellows who stayed back to cover clinic so that others could shine."

More Kudos... to Dr. Ishita Prakash, PGY3, for praise passed along from medical students on her team, included, the following: a strong leader, set example for the team in terms of expectations, assigned relevant topics that were valuable for the whole team, corrected us when needed, but gave positive feedback. Now that's how its done!

Congratulations... to Dr. Laura Perry, PGY2, who has been selected by the leadership of the Southeast Center of Excellence in Geriatric Medicine to participate in the 10th Annual SCEGM Resident Award Summit, to be held April 19th and 20th at Emory University. This conference provides an opportunity to learn about the impact of an aging society on the practice of medicine and provides sessions to broaden knowledge of geriatric medicine and the potential benefits of fellowship training in geriatrics and subsequent academic practice opportunities.

See you next month! The Editor