



OpReport

The quarterly newsletter of the Stanford University General Surgery Residency Program for members, faculty, alumni and friends.

A Quarterly Newsletter

Volume 1 Spring, 2013

Scholarships and awards

Residents continue to earn major awards for their research and admission to competitive degree programs

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New Resident Leadership Selected



From L to R: Drs. Motaz Qadan, Yulia Zak, Sepideh Gholami, and Arghavan Salles.

The new resident leadership for the 2013-2014 Academic Year has been selected. Next year's administrative chief residents are Drs. Motaz Qadan and Yulia Zak. In addition, Drs. Sepideh Gholami and Arghavan Salles have been chosen as the Education Lead Residents. These four were chosen by the faculty leadership of the Stanford General Surgery Residency Program, and will have an important role in planning of rotation schedules, and educational programs. Selection to these positions reflect the high standing these residents have due to their demonstrated abilities. Our congratulations to these outstanding residents for this achievement.

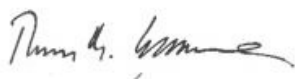
ANOTHER MATCH, ANOTHER STELLAR CLASS

We are starting to wind down the academic year and the chief residents can actually see the light at the end of the residency tunnel. As we get ready to celebrate their graduation, we are also getting ready to welcome a new group of outstanding residents to Stanford.

I want to add my thanks to everyone whose efforts have helped to make this program great because that is what attracts terrific applicants to us. There is also a tremendous amount of work that needs to be done to evaluate, host and interview the applicants. The culmination of all this work is another banner match. My thanks to everyone affiliated with Stanford Surgery for their efforts and special recognition to our residency program leadership: Drs. Marc Melcher, James Lau, and Natalie Kirilcuk.

The strength of the residency is highlighted in the pages of this newsletter. You will find a profile of a trailblazing woman in surgery and the daughter who followed in her footsteps. We are privileged to have the Ikossis as part of the Stanford family. It is repetitive in a good way, but once again, read about the awards being won, the programs they are being accepted to, and the publications they are putting out. I hope everyone gives these individuals their sincere congratulations on these accomplishments.

I look forward to seeing all of you at this year's Chiefs' Dinner as we celebrate their graduation.



Tom Krummel, MD

Emile Holman Professor and Chair

Department of Surgery

Stanford University School of Medicine

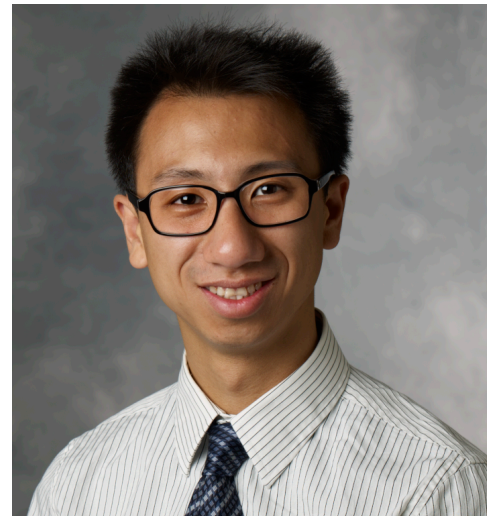
Stanford residents win two ACS Resident Research Scholarships

The American College of Surgeons (ACS) announced the six winners of the 2013 Resident Research Scholarships and two Stanford residents were among them. The ACS Resident Research Scholarships are among the most competitive and prestigious awards presented for residents. This year's winners are Drs. Geoff Krampitz and Peter Than.



Dr. Krampitz was a Stanford medical school graduate who stayed on in our general surgery program. He is currently in the second year of research in the laboratory of Dr. Irv Weissman, an internationally famous researcher in stem cell biology. He has also been supported by an A.P. Giannini Foundation Fellowship for Medical Research and will be

obtaining a PhD during his research time. His project is entitled, "Identification of neuroendocrine tumor cancer stem cells and development of immunotherapies."



Dr. Than earned his medical degree at Brown University prior to coming to Stanford for his residency training. He is currently in his second clinical year of training and will be starting work in the laboratory of Dr. Geoffrey Gurtner the next academic year. His research project will be entitled, "Engineering an autologous implantable liver construct from the inside out."

This achievement is even more significant when you look at Stanford's record in winning these awards. In the 10 years from 2004-2013, 8 out of a total of 58 ACS Resident Research Scholarships have been awarded to residents performing research at Stanford, a major achievement. Please congratulate both of these residents on their accomplishment when you see them.

Women Surgeons Call to Mind Their 100-Year History

This article is reprinted with permission from the American College of Surgeons, and was originally published in General Surgery News. It highlights one of our recent alumni, Dr Danagra Ikossi, '08.

By Christina Frangou

This year marks 100 years since the first women on record were admitted to the American College of Surgeons (ACS). To honor the anniversary, General Surgery News interviewed Maria Georgiou Ikossi, MD, and Danagra Georgia Ikossi, MD, a mother and daughter pair, both of whom are general surgeons and fellows of the American College of Surgeons. They are one of few—and perhaps the only—mother-daughter duos among the fellows of the ACS. The ACS doesn't track these statistics, but no one within or outside of the ACS was able to identify any other mother-daughter pairings in the organization. Dr. Maria Ikossi was admitted to the ACS in 1978, her daughter in 2011. Together, they tell an illuminating story about how surgery has changed from generation to generation.

Dr. Maria Ikossi was born on the island of Cyprus in 1945 to a family of lace makers. At the age of 5, she announced, while dissecting a lamb heart in the family kitchen, that she would become a surgeon. It was an atypical ambition for a young girl in the 1950s, particularly one whose family had no ties to



medicine or science. She pursued her education with fervor (as did her four sisters who became a nuclear physicist, an electrical engineer, an archeologist and a mathematician). When Maria was 17, she flew to Minnesota, where she completed her undergraduate degree, and went on to medical school at Washington University in St. Louis followed by a surgical residency at Boston University. At that time, women represented less than 4% of every medical school class in the United States or Canada. And their numbers in surgery were even less. The ACS admitted no more than five women per year until 1975, making up less than 2% of the classes.

“The proportion of women in medical school in the United States was very small,” said Dr. Maria Ikossi. “And of those, of course, the proportion going into general surgery was very, very small. And

the real question is, how many made it through the training program at that time, because it wasn't well accepted. Residency was difficult in that they were expecting you to fail. At the time, or even 10 to 15 years later, you would be pushed aside. A woman would not be given the better cases. There was not a fair distribution of the work. You would end up with more scut work than the boys. It took a little doing. At that time, it was a brutal kind of thing to do surgical training. The thinking was to abuse people, both male and female, but females got abused a little bit more.”

Dr. Ikossi lacked female mentors and female colleagues as she went through training. “Nearly all of the professors were male and they always assumed that a woman was not going to do anything with surgery. I had one person along the way who decided that he was going to disregard the sex and he happened to be in a position of power. His support and mentorship were invaluable to my completing the program.”

During residency, Dr. Ikossi took an interest in surgical oncology, then a virtually “nonexistent field.” She pursued additional training over the next few years: a surgical oncology fellowship and a PhD in experimental pathology at Roswell Park Memorial and a fellowship in thoracic surgical oncology at the University of Texas MD Anderson

Cancer Center, Houston. After a brief tenure in academic medicine, she moved to Maine and now practices thoracic and general surgical oncology in a hospital-affiliated practice.

It was during her PhD research years that she gave birth to her daughter Danagra, now a minimally invasive surgeon in San Jose with three children of her own. Dr. Danagra Ikossi remembers a childhood centered at the hospital. “We didn’t go anywhere on the weekends before we did rounds at both hospitals first. And from a very young age, I could estimate how long it was really going to take—not how long she said it was going to take—by the number of patients in the ICU and the number of patients on the floor.”

There were trade-offs to being the daughter of the town’s oncologic surgeon, said Dr. Danagra Ikossi. She endured more than one long wait at the bus stop while her mother was held up in hospital. Stamped more clearly on her memory, however, is the way the people in the town responded to her mother. “We would go to the supermarket together, however infrequently, and these petite French-Canadian ladies from Maine would run down the supermarket aisle and throw their arms around her and say to their friends, ‘this is my surgeon. This is the one who saved my life.’ No amount of waiting at a bus stop will undo the good that that does.

It made a really strong impression on me.”

Dr. Danagra Ikossi said her mother, knowingly or not, fulfilled the role model position for her daughter that she herself had lacked. “She has a passion for the field and a passion for what she does that is infectious. You can’t escape it.”

Dr. Danagra Ikossi’s own medical school and residency program experiences differed greatly from those of her mother’s. Gender, she says, was not an issue. When Dr. Danagra Ikossi started residency at Stanford University in 2001, four of the five general surgery residents were women and Myriam J. Curet, MD, was the assistant program director. Both male and female attendings treated the residents equally, regardless of gender. “The mentorship I received was not only from women attendings but also from the male attendings who treated me equally, saw my strengths and weaknesses and invested time and energy into training me.”

One of the more marked differences the two women found in their careers is the much more supportive attitude that exists today toward women who choose to have children and still pursue their profession. “The good thing now about the young generation is [Danagra] was able to have a life outside of medicine without having to apologize for it or hide it,” said the elder Dr. Ikossi. “She was able to have the children she

wanted to have. When I was starting, that was extremely difficult. There were a few female residents along the way but many of them didn’t last very long. The idea was that you could not be in medicine and be a wife and a mother and have some kind of a life.”

Dr. Danagra Ikossi pointed out that, today, she is surrounded by close female friends who also are surgeons—something that was not true of her mother’s generation. That camaraderie makes it easier for her to discuss concerns and experiences in ways she wouldn’t with male colleagues. “The way we communicate is so different. I can’t call my male colleagues up and say, ‘oh, I wish I’d done this or I wish I’d done that,’ ‘it should have been like this or it should have been like that.’ Women can talk to each other that way and understand that it is not insecurity. That’s not weakness. That is a way we can express ourselves and emote and bounce things off of each other.”

Today, Dr. Maria Ikossi works in a busy private practice at St. Mary’s Surgical Associates in Lewiston, Maine, where she specializes in thoracic and oncologic surgery. Dr. Danagra Ikossi is a minimally invasive general surgeon with the San Jose Medical Group, and is an educator for the VA/Stanford Minimally Invasive Surgery Fellowship and the O’Connor Hospital Family Medicine Residency.

Gitwe Hospital in Rwanda



Drs. David Gregg and Erin Palm continue an annual trip to provide surgical care in Rwanda.

1: Dr. Palm

2: Drs. Gregg and Palm

3: Dr. Jagdish Dhingra (L), an ENT surgeon from Boston, and Dr. Palm

4: Drs. Palm and Gregg

5: Drs. Morgan Dooley and Phillipa Davis from anesthesia, Amy Barnett, OR tech, Dr. Palm and Vianney Ruhumuliza, the local facilitator.

6: Post-op drain care by Dr. Palm

7: Dr. Palm and a happy patient after her thyroidectomy

8: Drs. Palm and Gregg in front of the tree planted in the memory of Dr. Greg Feldman





Cara Liebert accepted into education program

Dr. Cara Liebert, PGY2, received notification that she has been accepted into the Masters in Health Profession Education (MHPE) program at the University of Illinois at Chicago. This is one of the leading programs in the country directed at educators in the medical community. Of note, the majority of the individuals entering this program are Program Directors or from the Dean's Office of various medical schools around the country so it is even more impressive that Cara was accepted in the program.

Dr. Liebert is another one of the great Stanford medical students we have been able to keep at our program, and her goal is to have a career in academic surgery with a focus on surgical education. This is a terrific start to that career and we look forward to more from her in the future.



Tim Sweeney accepted into Stanford graduate school

This year's PGY2 class continues to excel. Last issue highlighted the acceptance of Joe Forrester into a selective program at the CDC. Along with Cara Liebert's accomplishment and Peter Than's ACS Award described earlier, Tim Sweeney adds to that list of accolades with his acceptance into the Stanford Biomedical Informatics Program. This is one of the leading training programs dedicated to teaching individuals how to best examine the large data streams being generated by the progress in 'omics (genomics, proteomics, etc).

Dr. Sweeney graduated from the MSTP Program at Duke University earning his PhD in Pathology. He is looking to complement his prior training in molecular biology with this knowledge in analysis of large data sets in preparation for a career in academic medicine.

2013 Stanford Surgery Education Retreat

The third annual Education Retreat was held this past winter in the Li Ka Shing Center. This year's topics were identifying new ways to assess technical skills in residents during the course of training and improving the didactic courses.

The retreat began on Friday night with our special guest speaker Dr. Hilary Sanfey from Southern Illinois University. She spoke on the topic of "Assessments in Surgery Training." The program picked up again on Saturday morning with a follow-up talk by Dr. Sanfey on "Specifics on OR Assessments," and a further talk by Dr. Neil Gesundheit from the Department of Medicine here at Stanford on "New Models of Education at Stanford."

Faculty and residents then divided into groups to discuss the two topics at hand. A number of new ideas have been generated to improve both of these and future editions of this newsletter will be used to highlight changes to our program resulting from this retreat.

Our goal in the Stanford Surgery Residency is to continue to improve and adapt to the needs of various regulatory bodies and our residents. We aim to become the most innovative and progressive surgical residency in the country.



2013 Residency Match Results

The 2013 Residency Match has been completed and Stanford had another excellent match class.

The Stanford General Surgery Residency Program is proud to announce the individuals who have matched to begin training in June, 2013.

This year's match class represents another group of outstanding young physicians. Over 700 applicants vied for 5 positions within the traditional 7 year track and 1 position in the Stanford Accelerated Surgeon Scientist track. All positions were filled by individuals who will be great additions to the Stanford family. In addition, we have a number of preliminary surgery intern positions for those who choose to do a surgical internship en route to residencies in other fields.

This year's categorical interns are:

- Sushmita Ahmed
Stanford University
- Clement Marshall
Columbia University
- Adam Sang
Yale University
- Tiffany Sinclair
University of Pennsylvania
- Rachel Yang
University of Pennsylvania
- Kristen Rumer (SASS)
University of Colorado

This year's preliminary interns are:

- Gishan "Sean" De Silva
Boston University
- David Greenwald

- West Virginia University
- Jeremy Kim
- University of Florida
- Tim Lee
- University of Buffalo
- Arian Nikpour
- Northeast Ohio University

Also joining us will be these preliminary PGY2s:

- Jessica Della Valle
University of Florida
- Jeong Hyun
University of Minnesota
- Thuy Tran
UCSD

Please welcome these new residents to Stanford.

Zimbabwe rotation begins



Our new international elective in Zimbabwe is underway.

Dr. Jordan Cloyd, PGY3, is the first Stanford resident to take part in the new international elective at Parirenyatwa Hospital, the major teaching hospital affiliated with the University of Zimbabwe. In addition to functioning as a house officer, Dr. Cloyd will be serving as an educator for medical students and lower level surgical trainees.

Here are some of his initial impressions of his elective:

"The first week has been great. The residents and attendings have gone out of their way to make me feel at home and get involved. Some of the residents are going to take me to a safari-like park this weekend. Everyone is taking care

of me nicely. Dr Wren secured a great place for us to stay just a few blocks from the hospital. A cook is on site to help with meals. The weather is perfect."

"I'm on Professor Muguti's service which is a combination of general and plastic surgery. I would describe it as traditional surgery training. Formal teaching rounds, academic presentations, proper attire. Emergencies and night-time calls are very resident-run. Classic cases: my OR day yesterday was open cholecystectomy with CBD exploration, perforated gastric ulcer, AKA and open appendectomy."

Dr. Cloyd is seen above on rounds in the middle of the second row. Professor Godfrey Muguti, FRCS,

is the supervising faculty for Stanford residents on this rotation and he is seen in the picture to the left in the front.

This rotation has come to being due to the efforts of Dr. Sherry Wren in establishing the relationship with our colleagues in Zimbabwe. Stanford will send two residents each year for one month each. The surgical service at Parirenyatwa Hospital consists of 5 services, or "firms." Each firm is manned by surgeons at all levels including a Professor, Consultants (junior and senior level attendings), Registrars (residents), and House Officers (interns).

The next Stanford resident who will take this elective rotation will be Dr. Arghavan Salles.



From the Program Director

I am very pleased to announce an extremely successful match once again this year. We filled both the Standard (7 year track) and the 'Stanford Accelerated Surgeon Scientist' tracks with incredibly accomplished candidates. They will be profiled in the next issue. Our success is a testament to the hard work put in by all the faculty, residents, and staff during the recruitment season to go through hundreds of applications, interview almost one hundred candidates, and collectively identify the best of the best. It is also a tribute to the long terms efforts made by everyone in the department to make this a top notch general surgery program. Over and over again I heard from applicants about how impressed they were by

the accomplishments of the faculty and the current residents whom they saw as role models. In addition, Anita Hagan, JoAnn Smithson, and Patricia Raines did a fantastic job of managing the whole recruitment process.

Our first official international rotation is now a reality. Dr. Jordan Cloyd (PGY-3) was our first resident to rotate at Parirenyatwa Hospital in Zimbabwe under the mentorship of Professor Godfrey Muguti, FRCS. Congratulation goes to Professor Muguti for being appointed Clinical Professor (Affiliated) at Stanford.

The end of the academic year is rapidly approaching, and we will soon be saying good bye to our chiefs and welcome to our new interns at the graduation dinner in June. I hope to see you there.

Marc L. Melcher, MD, PhD
Program Director
General Surgery Residency
Stanford University

Notable Publications by our Residents

The residents in the Stanford General Surgery residency have always been very academically productive. The following major publications were first authored by the resident noted in bold.

Kazaure HS, Roman SA, Rosenthal RA, Sosa JA. Cardiac arrest among surgical patients: an analysis of incidence, patient characteristics and outcomes in ACS-NSQIP. *JAMA Surg.* 2013 Jan;148(1):14-21.

Kastenber ZJ, Rhoads KF, Melcher ML, Wren SM. The impact of intern home call on objectively measured perioperative outcomes. *Arch Surg.* 2012 Dec 17:1-5.

The Greg Feldman Residency Balance in Life Program

Balance in Life is a program that encompasses physical as well as psychological well-being, while teaching team building, belonging, and mentoring. The goal is to give residents the coping skills they will be able to use throughout their career in surgery. Donations to the program help to fund maintenance of a residents' lounge, and activities meant to build comradery.

Donations can be made online at the Department of Surgery web site or sent to: Stephanie Edelman, Dept. of Surgery, Stanford Medical Center, 300 Pasteur Dr., Rm M-121, Stanford, CA 94305-2200. Phone (650) 725-6493, sedelman@stanford.edu

Notable Events

Happenings at Stanford and among our alumni

Peter Lorenz (Professor of Plastic Surgery) and Jennifer Jennings welcomed the arrival of their daughter Scarlet Olivia on April 3.

Aarthy Kannapan (PGY3) gave birth to their first child, baby son Dev Krishnan on April 2.

Nika Zaman Teismann was born on February 6 to the delight of her parents Venita Chandra ('11) and Nate Teismann and her older sister, Sonia.

Amelia Clark (PGY1, ENT) and Blake Read (PGY1) announced their engagement.

Stanford Residency Alumni

We take this opportunity to ask you to reengage with the place where you trained. The Stanford Department of Surgery has a long, rich heritage of which you are an important part. Please take the time to fill out the response form below to let us know where you are now and how you are doing. Send the form via mail, or fax to:

Stanford Surgery Training Program

H3691

300 Pasteur Dr.

Stanford, CA 94305

FAX: 650-724-9806

Last name:

Maiden name (if applicable):

First name:

Home address:

Work address:

Email address:

Year of residency completion:

Current practice or position: