

# Association of Indian Pathologists in North America

## NEWSLETTER

October 2017

### IN THIS ISSUE

Message from the President

AIPNA at CAP17

LIBRE Pathology

USCAP Travel Award

Applying for Residency in the US

Upcoming CMEs

AIPNA at USCAP 2018

Wissler-Kumar Lectures

Jest a Minute!

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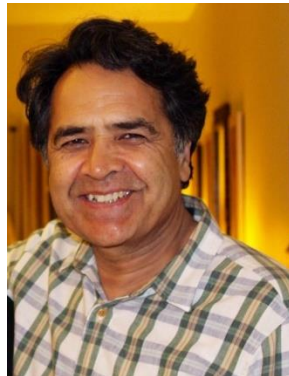
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PhD

### MESSAGE FROM THE PRESIDENT



Dear Friends,

I hope you all had a good summer; all I know is that it went by very fast and its end has brought about some very active weather events in the Atlantic causing record breaking hurricanes and devastation in the Caribbean including Puerto Rico and some southern US states especially Florida and Texas. We wish the residents of these hurricane-affected regions get all the strength, courage and patience to recover from the losses they have incurred and try to get back to normal as soon as possible.

On the positive side a little chill in the air here in New England has brought fresh energy and we look forward to another beautiful Fall and beginning of a new year for AIPNA activities.

Our educational activities kick off the year by the AIPNA breakfast session on **“Near Misses in Pathology”** at the annual CAP meeting in Washington DC on October 10, followed by an international CME in gynecologic pathology at PGI Chandigarh, our annual AIPNA/ICP pathology CME in Mumbai January 2018 and the newly established Lucknow Pathology Mater Class also in January. I would like to thank all our members for volunteering their time and effort at their own expense to participate in these activities. It is the love and passion of the membership that makes these activities possible and we greatly appreciate it.

Our Canadian delegation led by Dr. Monalisa Sur, Professor of Pathology at McMaster University in Kingston Ontario as our Canadian liaison has been very active and I would like to congratulate Monalisa and her colleagues for introducing the concept of a great global resource for pathology called Libre Pathology and I encourage you to read about it in this newsletter.

Our patron Dr. Vinay Kumar has made us proud again by being honored with a lecture not only in his name but by being teamed up with another great pathologist and former chair of pathology at University of Chicago Robert Wissler, MD, PhD. The annual lecture endowed at University will be called Wissler-Kumar lecture. Congratulations Dr. Kumar for this great accomplishment amongst many and we wish you well and hope to see many more such accolades come your way. I would also like to take this opportunity to congratulate one of our key members of the Executive Council Dr. Srinivas Mandavilli for being appointed as the new chair of pathology at Hartford Hospital, Hartford, CT. We wish Sriniv well and I am confident that his vision and hard work will carry the pathology department of this large healthcare organization forward as one of the successful wheels of the hospital – I have full faith in Sriniv’s leadership.

Last but not the least I would like to inform you all that we are in the process of upgrading our website and we apologize for the inconvenience that may be

caused by the website not being active in the interim. Finally, a big thank you to our newsletter editor Dr. Shivayogi Bhusnurmath and editorial assistant Ms. Akisha Jones-Donald for bringing out the newsletter – your time and effort is greatly appreciated.

I invite you all to visit us and see the wonderful New England Fall, which has been the inspiration of many poets over the years including its native Robert Frost who penned these lines in 1915:

**October**

BY ROBERT FROST

*O hushed October morning mild,  
Thy leaves have ripened to the fall;  
Tomorrow's wind, if it be wild,  
Should waste them all.  
The crows above the forest call;  
Tomorrow they may form and go.  
O hushed October morning mild,  
Begin the hours of this day slow.  
Make the day seem to us less brief.  
Hearts not averse to being beguiled,  
Beguile us in the way you know.  
Release one leaf at break of day;  
At noon release another leaf;  
One from our trees, one far away.  
Retard the sun with gentle mist;  
Enchant the land with amethyst.  
Slow, slow!  
For the grapes' sake, if they were all,  
Whose leaves already are burnt with frost,  
Whose clustered fruit must else be lost—  
For the grapes' sake along the wall.*

Best wishes

Ashraf Khan  
AIPNA President

## AIPNA at CAP17

### Near Misses in Pathology

Presenters

- Ashraf Khan, M.D, FCAP, President AIPNA
- Anil Prasad M.D, FCAP, CAP Liaison and President Elect, AIPNA
- Megha Joshi M.D, FCAP, Executive Vice President, AIPNA

*Enjoy free breakfast and meet friends at this AIPNA hosted event.*

**Tuesday, October 10<sup>th</sup>; 7:30 am - 8:45am**

Room Maryland 4-6

Gaylord National Resort & Convention Center

201 Waterfront Street, National Harbor, MD 20745

P [\(301\) 965-3726](tel:3019653726) F [\(301\) 965-2398](tel:3019652398)



<http://www.thepathologistsmeeting.org/>

## Libre Pathology

*Presented by Dr. Monalisa Sur*

**This is a combined initiative from the Canadian Association of Pathologists (CAP-ACP) and International Committee of the Royal College of Pathologists of U.K.**

Concept and idea presented by Professor Monalisa Sur, Country Advisor (Canada) and Co-Chair Communications, Policy and Advocacy, International Committee RCPATH(U.K)

The aim is to provide a free and easy resource for practicing pathologists and trainees in programs in countries with limited resources for information and updates in the field of Pathology to aid them in their day-to-day practice and postgraduate/medical school training

The primary creator of this weblink is Pathologist, Dr. Micheal Bonnert, Anatomical Pathologist and Assistant Professor in the department of Pathology and Molecular Medicine, Division of Anatomical Pathology, McMaster University, Hamilton, ON, Canada and he is also a member of the Canadian Association of Pathologists. Dr

Bonnert's areas of interests are Informatics and Education.

### Opening the Door to the World of Pathology and Improving Global Health

Information is becoming more electronic and trending increasingly toward open access as free access to pathology information is preferred by many that seek it. Information behind walls harms the profession of pathology, slows the dissemination of best practice, and could represent a missed opportunity to inform the public and engage stakeholders.

Ideally there should be a transparent, infinitely reviewable, up-to-date secondary source that allows insight into the world of pathology. Libre Pathology is striving for this and stands on the shoulders of the Wikimedia Foundation's free software (mediawiki.org) and its open media repository (commons.wikimedia.org), to which editors also contribute. Its goals include broad participation and the improvement of global health via collaboration.

Libre Pathology already has a diverse global audience from countries with intensive and limited funding. It includes information for 1,300 diagnosis, 2,500 images, 120 virtual cases and 110 spot diagnosis quiz questions. It sees more than 55,000 visits per month and more than 1 million hits a month from more than 130 countries. Its goal is to simplify finding and comprehending pathology information relevant to the practice of pathology.

Project contributors:

Mitchell Wachtel, Texas Tech University Health Sciences Center, Lubbock, Texas, USA

Jens Schittenhelm, University of Tuebingen, Tuebingen, Germany

Vinita Parkash, Yale University, New Haven, Connecticut, USA

Michael Bonert, McMaster University, Hamilton, Ontario, Canada

#### Libre Pathology Limited

Newfoundland and Labrador

Web: <https://librepathology.org>

Twitter: <https://twitter.com/librepathology>

Email: [michael@librepathology.org](mailto:michael@librepathology.org)

## USCAP Foundation Pathologists-in-Training Travel Award

USCAP's commitment to *Fostering the Next Generation* of pathologists and improving *Global Health Through Philanthropy* continues. USCAP Foundation is presently accepting applications for travel awards for the 2018 Annual Meeting in Vancouver, Canada.

### Pathologists-In-Training Travel Awards

Twenty pathologist trainees will attend the 2018 Annual Meeting in Vancouver with the benefit of a \$1,000 grant to offset travel costs. These awards are reserved for Pathologists-in-Training who have abstracts that are accepted for publication by USCAP. The eligibility rules are contained in the application. **Application Deadline: September 28, 2017**

Follow link to apply

[https://www.uscap.org/uscap-foundation/foundation-travel-awards?mc\\_cid=2d8962849a&mc\\_eid=372e38751c](https://www.uscap.org/uscap-foundation/foundation-travel-awards?mc_cid=2d8962849a&mc_eid=372e38751c)

## Applying for Residency in United States: plan and know what to do

Presented by Dr. Pallavi Patil

### Applying for Residency in United States: plan and know what to do

The residency application process to train in pathology in the United States takes planning and advance preparation to be done the right way to increase chances of success. Lack of planning and preparation could leave a lot of aspects to chance. The essential ingredients of a good application though are: planning, good USMLE scores, observership/internship/research experience in the United States, and letters of recommendation from pathologists in the United States or pathologists who are known to people in institutes you are planning to apply. The first thing to start with is a firm decision to proceed with trying for residency because of the amount of time, effort and money required to complete till you get a residency position. This write up contains information accumulated from experience that could make your preparation easier and increase chances of success. It does not include information that can be found on <http://www.ecfm.org/> for certification, exam applications, scheduling etc.

**Starters:** Obtaining medical school transcripts, MSPE, ECFMG verification needs to be started at the outset, essentially because some medical schools may not be

familiar with the process or have formats. The documents are sent back and forth by international mail if the medical school does not have the online medical school web portal. You may want to see online USMLE forums for the latest online discussions that may give you an idea of current changes, which specialties are competitive, where to get observerships, etc. These forums do not have vetted information, it needs to be used carefully.

You need to be ECFMG certified usually by August end, as the applications are sent out to programs starting September 15. To be ECFMG certified you need to have Step 1, Step 2 CK, and Step 2 CS. Each exam depending on your medical school knowledge, it takes an average of 2 months smart preparation of around 5 to 6 hours of study every day. The results of each exam usually take 4 weeks to be released, and the Step 2 CS has an online schedule which shows the time frame when results would be delivered depending on your Step 2 CS exam dates. All your results should be in by July, so you could be ECFMG certified by August end as it takes one month for ECFMG certification after your last result comes in. The ERAS takes about 2 weeks to make documents available after they have been uploaded to your profile, so your letter of recommendation should ideally be in by August end too, for your materials to be available to programs in mid-September. Step 3 can be taken anytime up to March, as programs require your results only after match day for your work visa. There may be some programs preferring candidates who pass Step 3, and you could convey that it is your plan to do so. It is always better to do the Step 3 before starting residency if you can, in order to focus on pathology and work.

**Plan observerships and Step 2 CS:** Applying for observerships requires advance planning, as getting time slots can get difficult and are usually booked 6 months to a year in advance. This is particularly important to plan for the Step 2 CS. Step 2 CS is sometimes challenging particularly if you are a pathologist or do not have exposure to ways of communication in the United States. It is better to apply for observerships first and schedule the Step 2 CS after you have spent a month or two in the United States, so you get accustomed to communication here. Often you may find good study partners or friends who have passed the Step 2 CS to help practice for the Step 2 CS; in person or on Skype. Step 2 CS can be challenging and passing it could become a real hurdle to applying for residency. If you want to be very careful and increase your chances, training courses ranging from 1 day to a few days could be taken while in the United States or online. I did not want to spend too much money on doing the physical courses and it did not fit in my schedule either, by the time I realized I should take one. I did Skype sessions with C3NY, which were very cost

effective and very useful to me to pass the communication skills part of CS.

It helps to do observerships in large institutes as well as in programs that consider observers for prospective residency positions. There are many programs that consider international medical graduates for residency positions and you may be able to get an idea by looking up the program website for current residents. This also sometimes could give you an idea of the profile of candidates the program likes to take for residency (*e.g. PhD, fresh graduates, experience in pathology etc.*).

Some of the institutes that have well-established observership programs include: Mount Sinai Medical Center International Observership Course, Cleveland Clinic Florida, Cleveland Clinic Ohio Center for International Medical Education, Johns Hopkins, Danbury Medical Center, Allegheny Observership Program, Brown University, Cedars Sinai Medical Center, Hemepath visiting pathologist at MD Anderson. Observerships can also be obtained at St. Luke's-Roosevelt, Pennsylvania Hospital, Wayne State, and it also sometimes works or never hurts to find out by sending an enquiry to program co-coordinators or individual pathologists in particular institutes you may be interested in.

During the first week of your observerships it is important to observe the styles of communication and practices in the workplace. In order to be able to get letters it is important to be enthusiastic, show interest, knowledge, and be amicable. Doing a case report or review article with your mentor enables them to write more strongly about you and your work.

In case you are able to stay longer in a certain place, you may volunteer for research opportunities or enquire about them when you apply for observerships.

Three letters of recommendation are required and having all three or at least two from Pathologists in the United States or pathologists who are known to people in institutes you are planning to apply goes a long way in strengthening your application.

**USMLE scores:** Getting a very good score makes the chances of getting a residency position very high. Books like first aid and USMLE world are very good combination to do smart self-study or focused reading. Many successful applicants do well with self-study without spending a lot of money on tuitions. The very practical structure of USMLE questions and study material make it very interesting to read and practice. In fact, it makes you a well rounded physician as you are now equipped with extra skill sets of problem solving and taking care of your patients. Many applicants study until they get high scores on the self-assessment exams before they take the USMLE. The NBME self assessment exams is most popular for this purpose. The CCS portion of the Step 3 of the USMLE can be challenging and the

most popular study material for the same is Archer full length CCS workshops. Step 3 is required for getting a work visa, however requiring the work visa puts limitations on the number of options you may have for residency positions and even future fellowships. The other option of student visa requires you to do a waiver job that can be hard to get or work in the home country for two years.

**Application:** It is always best to try get your application complete and apply to programs on the very first day when ERAS sends out applications. You have to get ERAS token to apply, information on ERAS website. However, if you are a strong applicant with very good scores and good letters, applying as late as second week October may work. However, applying after September can greatly diminish the number of interviews you may get.

**Interviews:** Accepting all interviews is very important, as getting a residency is very multifactorial and does not always depend on your scores, letters, or profile. A very good number of interviews is ten, wherein the chances of getting selected into a residency are extremely high. Do not get disheartened with one or less than five interviews, as candidates have matched with only one interview. Asking questions in interviews is best to ask about weather, commutes, places to stay, etc. I recommend my friends to desist asking about how many hours, vacation time, teaching, preview time etc. Any of these questions could give a wrong impression about you to possibly even one person you interact with on the interview day; all the effort you have done to get the interview vanishes by one negative input. Travelling can be very tiring and interview day can be very stressful, but remember this is the one chance you present yourself. Appearing enthusiastic, cheerful, friendly and giving reasons of why you would like to be there helps. Writing thank you and follow up emails after the interview to the people you met with on interview day is important. After your interview it helps to inform the programs about additional accomplishments like publications. The most important email to write about during the first week of January to all programs you interviewed is to inform them about your interest in the program and that you would like to be there. And wait for the match day!

**Did not match** - do not get disheartened, as there is the scramble. Although getting spots through scramble for international graduates can be very hard. Even after the scramble some programs may have unfilled spots due to various reasons including unfilled through scramble, some candidates do not get visas, etc. It is best to keep checking for possible vacancies. If you are still left to apply for next year, remember the combination of planning, good scores, US letters and experience; and try to figure out where your preparation was deficient. Getting low scores on USMLE cannot be rectified, but is

a tough task to get into residency by compensating low scores with doing volunteer research, getting publications and excellent recommendations.

**Disclaimer: The views reflected are the author's and do not reflect those of the institution. The author has no commercial conflict of interest.**

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Brown University Pathology Residency Program  
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## Upcoming CMEs

### AIPNA CME in Gynecologic Pathology, India (October and November 2017)

AIPNA has collaborated with the International Society of Gynecologic Pathologists (ISGyP), and the British Association of Gynecologic Pathologists (BAGP) to host an International CME in Gynecologic Pathology in India. This will comprise of two 2-day meetings, the first at PGIMER, Chandigarh, **October 28<sup>th</sup> - 29<sup>th</sup>, 2017**. This will be followed by a second session by the same speakers at Indo-American Cancer Center, Hyderabad, **November 4<sup>th</sup> - 5<sup>th</sup>, 2017**.

The speakers from each of the societies include Drs. Blake Gilks and Joseph Rabban (ISGyP), Naveena Singh and Raji Ganesan (BAGP) and Srinivas Mandavilli (AIPNA). Drs. Naveena Singh and Srinivas Mandavilli are the program co-ordinators and the organizing secretaries are Dr. Radhika Srinivasan (for Chandigarh), Dr. Sudha Murthy and Dr. Kedar Deodhar (for Hyderabad).

#### Call for Abstracts

Abstracts are invited for parallel Poster sessions on any aspect of Gynecological Pathology. Word limit: 300 words. Only registered delegates can submit abstracts. One abstract per delegate.

Format: Title, Authors with affiliation

Structured Abstract:

Background/Objectives/Result/Conclusion

For case series: Background/Case report/Conclusion

Mail abstract to: [intcmegynpath@gmail.com](mailto:intcmegynpath@gmail.com)

Deadline for Abstract Submission: 30<sup>th</sup> September, 2017

#### CME Contact Information

Dr. Radhika Srinivasan

Organizing Secretary (Local)

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Research A Block, 4<sup>th</sup> Floor, PGIMER, Chandigarh-160012

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### **AIPNA 23<sup>rd</sup> International CME, India (January 2018)**

The 23<sup>rd</sup> International CME meeting for January 2018 will be hosted by DY Patil School of Medicine in Navi Mumbai **January 19<sup>th</sup> – 21<sup>st</sup>, 2018**.

Sixteen faculty members will travel from the US for the meeting. Dr. Rajiv Rao will act as the organizing secretary and Dr. Srinivas Mandavilli the AIPNA coordinator.

### **AIPNA at USCAP (March 17<sup>th</sup> – 23<sup>rd</sup>, 2018)**

AIPNA will continue the tradition at the March 2018 USCAP Meetings with the hosting of the Executive Committee meeting on **Saturday, March 17<sup>th</sup> 5:00 - 7:30 pm**. This will be followed by the AIPNA General Body Meeting on **Sunday, March 18<sup>th</sup>, 5:00 - 7:30 pm**.

Mark your calendars as it promises to be another informative and entertaining evening among colleagues. Further details will be presented in a later issue of this newsletter.



<https://www.uscap.org/meetings/detail/2018-annual-meeting/>

### **University of Chicago's Wissler-Kumar Lecture**

The AIPNA Family congratulates, AIPNA Patron, long-serving member and dedicated friend, Dr. Vinay Kumar on his being endowed with, the University of Chicago's newly launched, annual lecture series - "**Wissler-Kumar Lecture**". Dr. Kumar shared his thoughts on his latest achievement:

*I want to share with you some good news that caught me by great surprise. An annual lecture called "Wissler-Kumar" Lecture has been endowed at the University of Chicago. To tell you a bit more why this came as such a surprise and why I consider this very special.*

*While it may seem that sharing a name with someone else reduces the importance, in this case it enhances it. Dr. Wissler was the chairman of our pathology department from 1957-1972. He is the acknowledged pioneer in the field of atherosclerosis, having been the first one to establish the role of cholesterol. He did this by feeding cholesterol rich diet to rabbits, rats and eventually to primates. This is just the highlight. When I was an MD student at AIIMS in 1968-1972, I had read his work and knew his name. I met him in 2001 after I had assumed chairmanship at Chicago. He had long since retired and was wheelchair bound but he congratulated me. He passed away in 2006. I spoke at his memorial service and established the Wissler prize for resident research in my department. Such was the man. I am doubly honored by sharing this lectureship with his name.*

*The second reason is that I have never met the person who endowed this – Dr. Donald King. Dr. King, now 90 years old, was also a towering figure in pathology. He was the chairman at Columbia University in NYC for many years and then came to University of Chicago as the Dean. He had returned to NYC before I joined this University. He would from time to time ask me to tell him about the department, mostly by mail and a couple of times by phone. He knew Wissler quite well as the Dean and as a fellow chair. Why he thought of adding my name to that of Wissler I will never know unless he tells me!"*

The inaugural Wissler-Kumar lecture is being planned to occur within the next 8 months. Once finalized, details will be published in a later issue. The AIPNA Executive congratulates and extends best wishes to Dr. Kumar on this new venture.

### **Jest a Minute**

#### ***A Leucocyte's Autobiography***

Deep within the bones, a place there was,  
Small and packed, made for a cause.  
My fathers, forefathers, had all worked here,  
Leaving behind no chance for flaws.

I came to life on one fine night  
And saw a huge megakaryocyte.  
He said to me in his heavy voice,  
'Welcome! You are a leucocyte!'

In my home, marrow, I could see,  
So many cells looking just like me.

All waiting on the brink of  
A big pool of wandering RBCs.

Oh boy! I sure was scared to fight,  
Those frightful bacteria and parasites.  
But alas! I realised I had no choice,  
For I was born a leucocyte.

So off I swam with all my friends,  
In plasma, traversing loops and bends.  
Along the path that was set for us  
Giggling singing right till the end.

But one fateful day, things weren't fine.  
Someone had smelt a cytokine.  
Vigilant interleukins apprised us  
'Few bacteria have crossed the line!'

We braced ourselves, for it was time,  
To unleash our powerful lysozymes,  
Which had been hungry for far too long,  
All brimming with their lytic enzymes.

We scanned the blood from head to toe,  
Searching for our deadly foe.  
Ripping their bodies apart,  
Till they had just no chance to grow.

We celebrated our Herculean win  
But the bacteria had done their sin,  
For I realised I had been hit  
By their lethal endotoxin.

And thus ended my glorious fight  
I knew I did my duty right  
But limited time was all I had  
For I was but a leucocyte.

\* \* \* \* \*

### ***Pathologists & their food***

We pathologists, wise men say, are obsessed with  
food, I, for once, dunno if that's bad or good.  
When you sit down to a hearty meal, Do you think  
it's such a big deal, That a serving of piping hot  
pea soup, Takes you through a typhoidal gut  
loop? Or, the sight of anchovy sauce makes you  
shiver, `cos it only means—amoebic abscess of the  
liver! When soft, creamy pudding studded with

sago, Reminds one of the spleen you cut not long  
ago; You switch to plain bread and butter, Not  
unlike a rheumatic heart that went aflutter. When  
the aroma of fresh, crunchy popcorn Brings  
memories of your pal Hodgkin, you know  
pathology has gotten under your skin.  
Strawberries and mulberries, worth a lick, Give  
you a biliary and renal colic; The redcurrant jelly  
gives an ache in the belly, you know the matter  
ain't so silly. Swiss cheese with a dash of nutmeg,  
buff colored buns with fried egg, Chicken wire and  
mutton leg; leave us alone, please, they beg !  
Let's be original, rising above the culinary level,  
Lest we battle indigestion in the bowel, making us  
moan, groan and cry, and ending up as a "row of  
tombstones" against a "starry sky" !

**Credit:** *Journal of clinical pathology, Volume 55 ,  
Issue 8*

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miss out on important updates on the activities of  
AIPNA . . . join today!

#### **ABOUT US:**

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