



Icahn
School of
Medicine at
Mount
Sinai



OTOLARYNGOLOGY

2019

TRAINING EXPERIENCE



A MESSAGE
FROM THE
**RESIDENCY
PROGRAM
DIRECTOR**



This inaugural **Otolaryngology Training Experience Report** marks an extraordinary time for trainees at the Icahn School of Medicine at Mount Sinai. During my tenure as Residency Program Director since 2006, I have seen the residency, as well as fellowship programs in Facial Plastic Surgery, Head and Neck Oncology/Microvascular Reconstructive Surgery, and Laryngology grow exponentially in their scope and learning repertoire. Last year, our cutting edge rhinology group launched a new fellowship program – a great achievement and only the third such program offered in New York State.

The Mount Sinai family is bigger than ever. In July 2018, we officially merged training programs between The Mount Sinai Hospital and New York Eye and Ear Infirmary of Mount Sinai to create the largest otolaryngology residency program in the country, with 35 current residents, and recruiting 6 new interns per year going forward. The combination of these programs with complementary strengths has created an amazingly well-rounded residency with unparalleled surgical volume. Rotating through public and private hospital settings in New York City, residents treat patients in one of the most diverse populations in the world, and they are exposed to the most advanced technology and surgical techniques available.

The Otolaryngology Residency Program at Mount Sinai is highly innovative, both at the surgical and research level, and also in education and academic development. Our residents hold positions of leadership inside and outside of our health system. They have pursued passions ranging from quality improvement to international outreach, from Lean 6 Sigma training to elective clinical rotations abroad. We have seen this residency program generate many leaders in our field across the country, including department chairs, national society presidents, and CEO's of major medical groups. It is a pleasure to share the enclosed information with you. Thank you for perusing it, and feel free to pass this along to interested medical students.



Marita Teng, MD
Residency Program Director
Department of Otolaryngology –
Head and Neck Surgery
Icahn School of Medicine at Mount Sinai



OTOLARYNGOLOGY

TRAINING PERFORMANCE

At the **Icahn School of Medicine at Mount Sinai's Department of Otolaryngology – Head and Neck Surgery**, we measure performance holistically.

Our faculty, fellows, residents, researchers, academic administrators, and coordinators each play a pivotal role in our collective success.

These roles include:

- Teaching
- Mentoring
- Collaborating
- Supporting

Together, we embody Mount Sinai's mission to advance medicine through **unparalleled education, research, and outreach.**

RANKINGS, OUTCOMES, AND STATS AT-A-GLANCE

#6

Otolaryngology
Residency Programs
Across the U.S.

Doximity.com

35

Number
of
Otolaryngology
Residents

#19

Best Medical Schools
for Research

U.S. World & News Report

#12

NIH Funding Among
U.S. Medical School

Reporter

94

Active Research
Studies Head and
Neck Cancer
Research Program

#4

Research Dollars per
Principal Investigator
Among U.S. Medical
Schools

Association of American
Medical Colleges (AAMC)

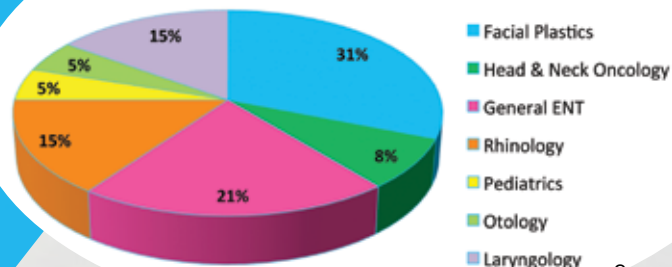
100%

Successful
Placement
into Fellowship
or Jobs

85%

Fellowship-
bound
Residents

Fellowship Specialties
Pursued by Residents



OTOLARYNGOLOGY INFLUENCERS



ERIC M. GENDEN, MD

Chair, Department of Otolaryngology – Head and Neck Surgery
Icahn School of Medicine at Mount Sinai
Mount Sinai Health System



GEORGE B. WANNA, MD

Chair, Department of Otolaryngology – Head and Neck Surgery
Mount Sinai Downtown



MARITA S. TENG, MD

Otolaryngology Residency Program Director
Vice Chair of Academic Affairs



BRETT A. MILES, DDS, MD

Co-Director
Head and Neck Cancer Research Program



PATRICK M. COLLEY, MD

Associate Residency Program Director
Department of Otolaryngology – Head and Neck Surgery



ANTHONY G. DEL SIGNORE, MD

Associate Residency Program Director
Department of Otolaryngology – Head and Neck Surgery

INAUGURAL PGY 1/2 RESIDENT BOOTCAMP



All physicians can easily remember those first weeks taking call. While you would like to be both confident and competent in managing emergent situations, the reality is that you have not had the experience or training to be either. Additionally, it can be anxiety-provoking to be on the receiving end of a junior resident's call for assistance when they are in this transition period. With the growth of Mount Sinai's residency program and the recent expansion of the intern year experience in otolaryngology from 3 to 6 months, we recognized a need for formal educational programming tailored to the PGY1 and 2 classes.

Drs. Alyssa Hackett and Tony Del Signore designed a program for junior residents focused on developing the knowledge and skills required to achieve confidence and competence quickly, but still recognizing when to recruit help. An equally important goal of the program was the promotion of senior residents to mentorship roles, helping them function as junior attendings in managing common emergencies. Three successive Monday evening sessions were held in July 2018 and contained a curriculum focused on high-impact material presented succinctly.

The first session, largely led by senior residents, covered subjects such as how to prepare for call, rotations, advice for studying, and resident wellness. For the clinical material, an attending leader for each subspecialty prepared the residents on managing specific emergency scenarios. These presentations offered residents a primer on how to quickly and accurately diagnose and manage a variety of situations.

Involvement from multiple attendings demonstrated divisional consensus of thought on each topic. Furthermore, senior residents' comments on site-specific or practical nuances were critical in delivering a unified message. At the end of each evening, a skills session helped to reinforce didactic portions of the curriculum.

The inaugural year of this orientation program was a great success, with universally positive resident feedback. We plan to continue these training sessions on an annual basis and offer resources from the course online for easy reference.

SECRETS OF A SUCCESSFUL PRACTICE

“Customer” satisfaction, whether the customer is a patient or referring physician, is a critical concept to embrace, especially in a competitive practice environment like New York City. Our department conducted its first annual Practice-Building Seminar in March 2018, focused on exposing junior faculty and senior residents to a myriad of topics.

Chair Dr. Eric Genden hosted a dinner then welcomed the participants. To open the evening, Dr. Satish Govindaraj shared the results of a survey given to our referring physicians. Their constructive feedback focused on ways to improve communication and access to our offices, such as streamlining the electronic medical record interface between our practices. Dr. Joshua Rosenberg then spoke on how he developed a robust referral base in a short period of time, despite being in the highly competitive facial plastic surgery field. “Availability of any kind; telephone, email and/or text, is a key step to successful practice building for a young physician,” according to Dr. Rosenberg.

Dr. Michael Rothschild, pediatric otolaryngologist, presented a perspective as a physician who began his career in academic medicine and transitioned to private practice. He emphasized the importance of embracing technology in the practice, including social media platforms. Dr. Marita Teng shared insights about finding ways to juggle a busy head and neck surgery clinical practice, serving as system residency program director, and managing her most important job as a mother and wife at home. She highlighted that a focus on wellness avoids burnout and fosters improved job satisfaction. A short panel discussion followed with Drs. Chai, Cosetti, and Hackett, giving other perspectives on how academic physicians manage their work-life balance.

The highlight of the event was Dr. Fred Lin’s lecture, “How to Navigate a Busy Office Session.” Dr. Lin has been successful in maintaining high patient volume, staying on time, and achieving exemplary patient satisfaction scores. Attendees walked away with a plethora of tips as Dr. Lin unveiled secrets to success, such as optimizing separate EMR templates for individual patient complaints and delivering short patient education community talks regarding disease processes to help direct patient interactions during their visit.

Overall, the evening was a success. Attendees found it both enjoyable and informative, and provided feedback and suggestions for future seminar topics.





EMPHASIS ON WELLNESS

The professional burnout epidemic continues to sweep across the nation, with more than 50 percent of practicing physicians and residents reporting symptoms of it, according to the *Journal of Internal Medicine*. The ACGME has taken this matter seriously by mandating wellness initiatives in residency training programs. The Icahn School of Medicine at Mount Sinai was concurrently on the forefront of this change, having independently instituted system-wide wellness initiatives. Wellness champions were elected within Mount Sinai residency programs to elicit feedback about drivers of burnout.

With the help of Resident Wellness Champions Drs. Doug Worrall and Ben Laitman, Faculty Wellness Champion Dr. Anthony Del Signore developed a curriculum framework, constructed around five previously identified “spokes” of health: professional development and physical, psychological, social, and financial well-being. Internal and external speakers provided useful platforms for discussion on topics such as “Financial Checkup” and “Happiness and Life Balance.” Additionally, a mindfulness coordinator led residents through several one-hour sessions, as mindfulness has proven to increase resident resilience and decrease burnout. Themes included the importance of mindful movement, awareness of breath and self-compassion.

To address on-the-job wellness initiatives, residents weighed in through anonymous surveys and forums on various facets of the current resident experience and identified actionable items. Proposed improvements included geographically centralizing resident didactics once a month, renovating the otolaryngology team workroom, and providing stipends for meals while on call.

At Mount Sinai, the wellness theme has also extended to the research realm, as a current project by Dr. Worrall is examining the utility of a virtual reality (VR) meditation headset in the encouragement of mindfulness techniques in residents. By observing utilization patterns and changes in burnout indices, he is hopeful that going forward, the VR tool will be a useful adjunct.



MOUNT SINAI
ABROAD

Mount Sinai's Department of Otolaryngology

proudly supports its faculty and house staff in providing medical care and education to underserved populations throughout the world. During 2018, faculty and residents traveled to the Philippines, Ecuador, Colombia, Peru, and Ethiopia to care for adult and pediatric patients with cleft palate/lips, microtia, velopharyngeal insufficiency, and sinus and skull base disorders.

In October, PGY4 resident Dr. Sarah Kidwai joined Dr. Joshua Rosenberg in Quito, Ecuador with Medical Missions for Children (MMFC), which has partnered with Hospital Padre Carrolo for more than 20 years, providing comprehensive cleft lip and palate care in collaboration with local doctors and staff at the hospital. During this trip, the group treated more than 300 patients and performed 80 dental and surgical procedures. "Seeing the results of a long-term partnership and the help it has provided countless children was really incredible. It definitely motivates me to continue my involvement in this work after I finish training," says Dr. Kidwai.

The importance of local collaboration and continuity of care is a key part of the work Mount Sinai otolaryngologists provide throughout the world. Dr. Joseph Rousso cares for children with cleft lip and palates and microtia in Colombia and Guatemala; Dr. Manoj Abraham provides adult and pediatric care and surgery for craniofacial disorders in Ethiopia and India; and Dr. Michael Shohet performs craniofacial and head and neck surgery in Mongolia.

Building on these international outreach efforts, Drs. Alfred Marc Illoreta and Anthony Del Signore have organized a new initiative in the Philippines for sinus and skull base surgery, specifically emphasizing the education of local otolaryngologists. Our residents have played critical roles in all of these efforts; Drs. Jonathan Garneau (PGY5), Kirk Lozada (PGY5), Arvind Badhey (PGY4), Ming Gray (PGY4), Sarah Kidwai (PGY4), and Jaclyn Klimczak (PGY3) all traveled as part of international outreach this academic year.

International efforts are an important complement to residency training at Mount Sinai. The experience is invaluable and provides a touchstone for future generations of otolaryngologists to continue this work.





TRAILBLAZERS OF TECHNOLOGY



One of the cornerstones of otolaryngology training at the Icahn School of Medicine at Mount Sinai is the inclusion of technological breakthroughs in the process of learning. We embrace these advances while conducting research to demonstrate their efficacy and push the technology even further. Ultimately, these developments are meant to assist surgeons in the OR and improve patient outcomes.

VIRTUAL REALITY

The Division of Rhinology and Skull Base Surgery is amidst a randomized controlled trial with JunoVR to determine the impact of immersive interactive virtual reality (VR) on the perception of patient pain and anxiety. During office procedures, patients play a custom version of "Space Burgers," an interactive VR game involving shooting celestial objects and fast food items in space. Preliminary data show that procedure time is reduced, anxiety is reduced, and satisfaction is increased. "Patients are blown away by their experience with this," primary investigator Dr. Alfred Illoreta remarked. "They often say, 'I didn't feel anything.'" Kyle, a 23-year-old septoplasty patient of his concurred, and when asked if he even had some fun, he replied, "How could you not?"

3D PRINTING AND NEURONAVIGATION FOR SKULL BASE SURGERIES

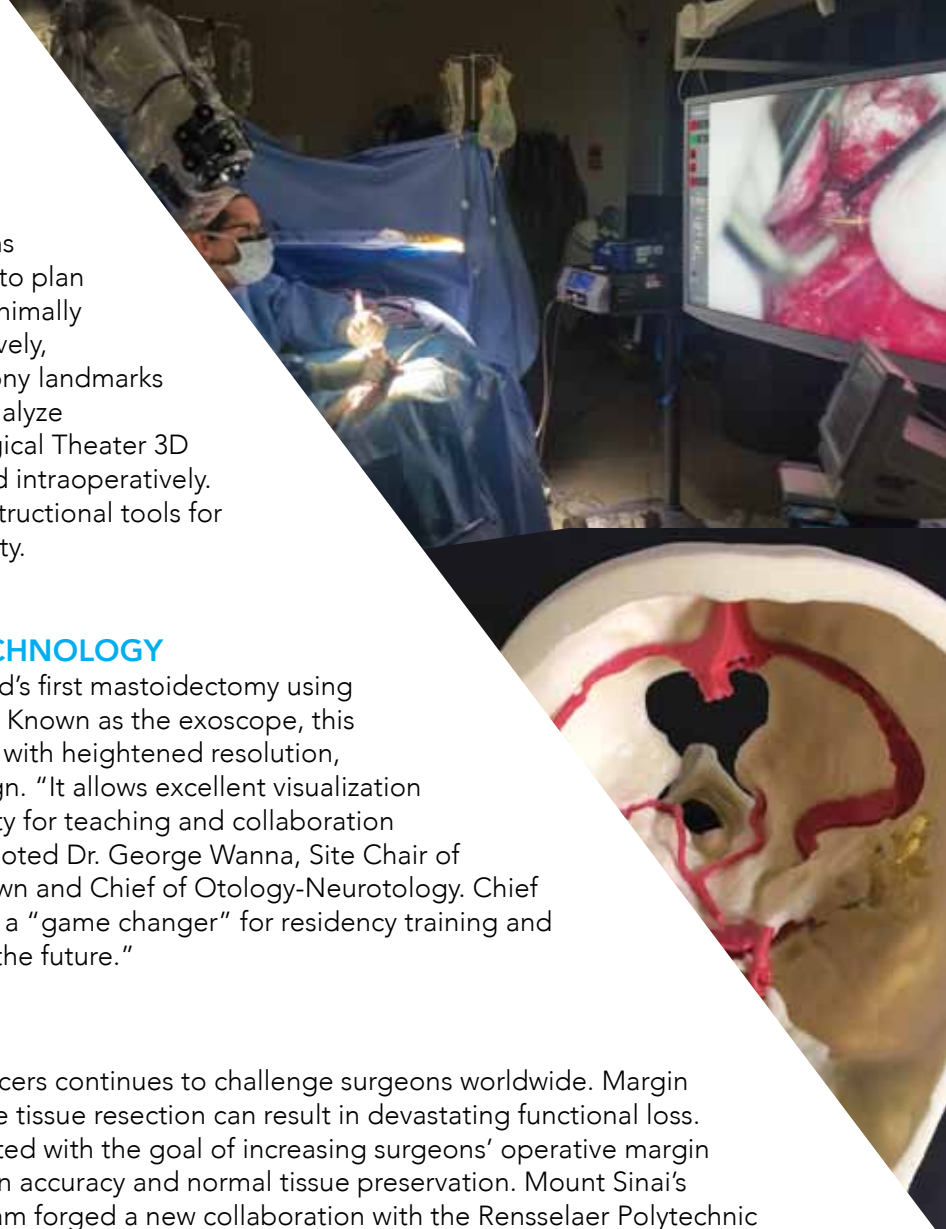
Otolaryngology and Neurosurgery teams have found success in using 3D models to plan complex endoscopic approaches for minimally invasive skull base surgeries. Preoperatively, surgeons use 3D models to highlight bony landmarks and blood vessels, then simulate and analyze different surgical approaches using Surgical Theater 3D neuronavigation, which is also employed intraoperatively. The 3D printed models also serve as instructional tools for residents to enhance efficiency and safety.

ROBOTIC ARM/"EXOSCOPE" TECHNOLOGY

Skull base surgeons performed the world's first mastoidectomy using the Synaptive Medical Modus V in 2018. Known as the exoscope, this device mitigates microscope limitations with heightened resolution, increased mobility, and a compact design. "It allows excellent visualization of the anatomy and a unique opportunity for teaching and collaboration because of the large monitor display," noted Dr. George Wanna, Site Chair of Otolaryngology at Mount Sinai Downtown and Chief of Otolaryngology-Neurotology. Chief Resident Dr. Jonathan Garneau called it a "game changer" for residency training and sees it as "an essential teaching tool in the future."

OPTICAL IMAGING

Surgical resection of head and neck cancers continues to challenge surgeons worldwide. Margin control is essential to cure, but excessive tissue resection can result in devastating functional loss. The Optical Imaging Program was initiated with the goal of increasing surgeons' operative margin control to simultaneously achieve margin accuracy and normal tissue preservation. Mount Sinai's Head and Neck Cancer Research Program forged a new collaboration with the Rensselaer Polytechnic Institute to develop and deploy a novel multi-modality optical imaging platform in the operating room. Researchers are hopeful that this will provide sufficient information to distinguish healthy from diseased tissue intraoperatively and enhance patient outcomes.



ALUMNI *Across* AMERICA

Awesome

"This program is just awesome! It is an extremely well-rounded program with a true drive to continue to improve both patient care and resident experience each year. Being in NYC is just the cherry on top."

– Alum, 15+ years since graduation

The **Otolaryngology Residency Program** at the Icahn School of Medicine at Mount Sinai has a rich history of producing talented otolaryngologists practicing across the United States. Approximately 85 percent of graduating residents chose to pursue fellowship training, and 65 percent work in an academic setting.

Alumni have chartered a broad range of careers, including fellowship directors, residency program directors and department chairs. A recent survey of graduating alumni found that 100 percent of respondents rated their residency experience as very good or excellent. Clinical and surgical volume, as well as the complexity of otolaryngology conditions encountered while training, were consistently noted by alumni to be strengths of the residency program.

Read what our alumni are saying on [Doximity.com](#) about their training experience at the Icahn School of Medicine at Mount Sinai and how it prepped them for their future.

Great Experience and Mentoring

"This was a great experience. The faculty are hands on with the proper amount of mentoring and oversight. Emphasis is on resident education with great faculty."

– Recent alum



Invested in Education

"They are invested in resident education. Faculty and senior residents are willing and able to help junior residents achieve their goals inside and outside the operating room."

– Recent alum

Excellent Training and Balanced Caseload

"Mount Sinai provided excellent surgical training and a balanced caseload. After completion of my training, I felt very well trained surgically and also had the mentorship that allowed me to match in a top fellowship."

– Alum, 5-9 years since graduation

Well-Rounded Program

"The merged New York Eye and Ear Infirmary and Mount Sinai Otolaryngology Residency Program has really benefitted from both prior programs. This "new" Mount Sinai program has been very well-rounded and has really merged the cultures of the two programs very well."

– Recent alum

Best Program in New York City

"The program has wonderful faculty with outstanding clinical and surgical skills. It provided a solid breadth and depth of experience to build on for my fellowship and future career. The residency program director is fantastic and is well established with years of experience."

– Recent alum

Robust Clinical Experience

"This program has high expectations, can be demanding and required a tremendous amount of dedication and hard work. That said, it prepared me well for my career and gave me the confidence and knowledge to provide stellar care to my patients."

– Recent alum



Overall Satisfaction	★★★★★
Schedule Flexibility	★★★★★
Culture	★★★★★
Work Hours	★★★★★
Career Guidance	★★★★★
Clinical Diversity	★★★★★



Icahn
School of
Medicine at
Mount
Sinai

Icahn School of Medicine at Mount Sinai
Department of Otolaryngology –
Head and Neck Surgery
1468 Madison Avenue
New York, NY 10029

DISCOVER MORE

icahn.mssm.edu/otolaryngologyresidency

mountsinai.org/ent

mountsinai.org/entoutcomes



[facebook.com/MountSinaiNYC](https://www.facebook.com/MountSinaiNYC)



[@mount_sinai_oto](https://www.instagram.com/mount_sinai_oto)



twitter.com/MountSinaiNYC



[youtube.com/MountSinaiNY](https://www.youtube.com/MountSinaiNY)

