2015 / 2016

Rheumatology Fellowship Program

To serve, to heal and to educate

Cooper University Health Care

Cooper Medical School of Rowan University
Cooper University Health Care is the leading tertiary-level provider serving the southern New Jersey region. Consumers and physicians recognize the system as being South Jersey’s leading medical center. In annual surveys assessing the region’s medical care, Cooper’s physicians are frequently recognized as “Top Doctors” in their fields. These world-class physicians are the teachers with whom you will interact during your educational experience.

Cooper University Hospital is the major clinical site of Cooper Medical School of Rowan University (CMSRU), which opened its doors to the first class of medical students in August 2012. In addition we serve as a clinical campus for UMDNJ–Robert Wood Johnson Medical School.

The Rheumatology Fellowship at Cooper University Hospital offers a breadth and depth of clinical rheumatology experience, nationally recognized instruction in musculoskeletal ultrasound and multidisciplinary didactic and practical instruction in a wide array of allied fields. This two-year fellowship program accepts one candidate per year. Inpatient consultations are performed at the main campus of Cooper University Hospital in Camden. Outpatient experience is gained at two practice sites—the first located on the Camden campus and the second within a multidisciplinary complex in Voorhees, NJ.

The fellowship program is structured to ensure that each fellow has the opportunity to acquire the knowledge, clinical skills, professional attributes and experience required to become an outstanding practicing rheumatologist. During the first year, emphasis is on instruction in clinical rheumatology. Fellows hone their skills of rheumatologic history taking, physical examination, differential diagnosis, understanding treatment options and management of complications of disease and treatment. Fellows learn arthrocentesis, joint and soft tissue injection techniques and how to perform synovial fluid analysis. The division of rheumatology provides all bone densitometry reports for the Cooper Health System and fellows become well versed in DEXA interpretation.

### Outpatient Practice Schedule

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<tr>
<th>Day</th>
<th>Time</th>
<th>Practice</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>8 a.m. - 12 p.m.</td>
<td>Continuity Clinic/Ultrasound Clinic (Voorhees)</td>
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<tr>
<td>Wednesday</td>
<td>8 a.m. - 11 a.m.</td>
<td>Conferences Continuity Clinic (Camden)</td>
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<td>1 p.m. - 5 p.m.</td>
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cooperhealth.edu
Educational Activities

Musculoskeletal Ultrasound Education
From the start of the first year, the fellow begins instruction in the use of musculoskeletal ultrasound to help guide real-time diagnosis and treatment decisions. One-on-one clinical instructional sessions occur weekly at Voorhees. Fellows attend the renowned Antonio J. Reginato Musculoskeletal Ultrasound Course for rheumatologists, sponsored by Cooper and directed by David Feinstein, DO. Fellows also have the opportunity to apply to the Ultrasound School of North American Rheumatologists (USSONAR) course for fellows. This national network of musculoskeletal ultrasound educators includes Cooper faculty. Fellows participate in online instruction, a three-day hands-on course in Jacksonville, FL, and create a portfolio of ultrasound images to demonstrate their proficiency. A final written and practical examination occurs in Boston at the close of the academic year.

Pediatric Rheumatology Experience
The pediatric rheumatology rotation takes place at DuPont Children’s Hospital in Wilmington, DE. Children ranging in age from newborn to 18 years old are referred to the DuPont Children’s Hospital. This month-long experience is designed to produce proficiency in the diagnosis and management of childhood rheumatic disorders and an enhanced understanding of interactions with pediatric patients and their families. Because of the highly specialized nature of this elective, and the need for a solid grounding in adult rheumatology, this rotation is reserved for second-year fellows. Fellows participate in outpatient clinic and inpatient rounds under the supervision of the attending pediatric rheumatologist, Carlos Rose, MD.

Fellows are immersed in this rich environment, and have ample opportunity to interact and educate their peers through formal and informal teaching sessions.
Educational Activities

Additional Rotations
Fellows in the second year participate in two weeks of orthopaedic outpatient practice and two weeks of sports medicine outpatient practice supervised by faculty in the department of orthopedic surgery at the Cooper Bone and Joint Institute within the Voorhees outpatient practice. Fellows review the principles of physical therapy, occupational therapy and physical medicine and rehabilitation in collaboration with the physical and occupational therapists and faculty in the Department of Physical Medicine and Rehabilitation, also at the Voorhees facility, during a two-week rotation in the second year. In addition, second-year fellows participate in a two week rotation with the chief of musculoskeletal radiology at Cooper University Hospital. During this rotation, rheumatology fellows gain added sophistication in the interpretation of musculoskeletal radiology, including MRIs and other specialized studies. The opportunity exists to craft special interest electives in dermatology and other disciplines.

Research Experience
Fellows engage in scholarly activities throughout fellowship. First-year fellows are invited to begin considering research projects that may be initiated in the first year, and will become the focus of their second year, shortly after joining the program. These include participation in investigator-initiated projects and multicenter clinical trials headed by faculty from within the division of rheumatology, as well as by faculty throughout Cooper Medical School of Rowan University, Cooper Research Institute and the Coriell Institute of Medical Research. Fellows present their research findings each year at the Cooper Research Week and are encouraged to submit abstracts to local, regional and national meetings, including those of the New Jersey Rheumatism Association, the Philadelphia Rheumatism Society and the Annual Scientific Meeting of the American College of Rheumatology.
Fellows participate in the rich and varied conference schedule. At the start of the first year, the first year fellow joins other fellows from throughout the Northeast at the Regional First Year Rheumatology Fellows Conference held on the University of Pennsylvania campus in July. This three day program introduces fellows to critical topics in rheumatology and provides practical instruction in examination and injection techniques. In addition, it introduces fellows to their regional colleagues entering the field, as well as a broad array of faculty from area rheumatology divisions.

The calendar of conferences throughout the year is listed below. Once a month, fellows review their ongoing research projects with the principal investigator of the studies in which they are participating, other co-investigators, research coordinators and the division chief. This “lab meeting” provides an opportunity for the fellow to demonstrate their understanding of research methods, review the status of ongoing projects and prepare findings for publication.

Orthopaedics/Rheumatology conference features faculty and trainees from both disciplines in a monthly review of a topic of mutual interest, including surgical management of musculoskeletal and rheumatic conditions. Research conference provides a forum for all faculty and fellows to vet new projects and review ongoing protocols within the division of rheumatology, as well as invited guests from other divisions and departments. Basic Science conference covers topics in immunology and other fields with relevance to pathophysiology and treatment of rheumatic diseases. Journal Club features a systematic review of the latest contributions to the scientific and clinical rheumatology literature. Case Management conference offers a weekly discussion of cases, ranging from “bread and butter” rheumatology to the most challenging, seen in the inpatient and outpatient setting. The Core Curriculum didactics series covers the broad range of subjects from disease specific reviews to current issues in health care delivery. The Fellows Only meeting is a monthly meeting between the fellows, program director, associate program director and program coordinator for review of policies and procedures, scheduling, career counseling and problem solving. Multidisciplinary Conferences occur throughout the year in collaboration with colleagues in pathology, radiology and other disciplines, such as nephrology, which join in the care of patients with rheumatic diseases.
How to Apply

The Rheumatology Fellowship Program at Cooper University Hospital participates in the Electronic Residency Application Service (ERAS). Information regarding the ERAS application process is available on the websites listed below.

Association of American Medical Colleges

www.aamc.org/eras

ERAS Fellowship Document Office

www.erasfellowshipdocuments.org

ERAS applications must contain the following information in order for your application to be considered:

- Common application form
- Curriculum vitae
- Medical school transcript
- Three letters of recommendation, one of which must be from your current or most recent training director
- Personal statement describing your training goals and future career plans
- ECFMG certification (IMG only)
- USMLE reports (1, 2 and 3)

The program director and faculty members will review applicant files. Invitation for interview will be based upon their recommendations.

Program Eligibility

Eligibility for the Rheumatology Fellowship Program requires completion of an ACGME internal medicine residency. At the time trainees begin their rheumatology fellowship, they must be ABIM board-certified or board-eligible in internal medicine. Individuals accepted for a position in the fellowship program must be U.S. citizen, classified as a resident alien, or hold a J-1 visa.

The application deadline for the 2015-16 academic year is August 31, 2014.
The Cooper Campus and Surrounding Area

It is extraordinary to have such a high concentration of leadership at one institution but, then, Cooper is an extraordinary hospital.

Cooper University Hospital is the center of a growing health science campus that includes the main hospital, Cooper Medical School of Rowan University, MD Anderson Cancer Center at Cooper, the internationally acclaimed Coriell Institute for Research, Three Cooper Plaza medical offices and the Ronald McDonald House.

Adjacent to the Cooper Plaza/Lanning Square neighborhood, Cooper has a long history of outreach and service efforts to its local community. Some of these initiatives include health and wellness programs for the neighborhood, development of three neighborhood parks and playground, and outreach to programs into local schools.

The Hospital’s 312,000-square-foot, 10-story Roberts Pavilion houses state-of-the-art patient care facilities, including 120 private patient rooms, a 30-bed medical/surgical intensive care unit, 12 technologically advanced operating room suites with hybrid imaging capabilities, an advanced laboratory automation facility and a 14,000-square-foot Emergency Department. The Emergency Department features 25 beds, dedicated isolation suites and autonomous CT scanning technology. Two new floors in the Roberts Pavilion, each with 30 private patient rooms, opened in August 2014. The two floors are designed to serve specific patient populations with Pavilion 8 serving a growing advanced-care surgery patient population and Pavilion 9 serving the Cooper Heart Institute for hospitalized heart patients. The Pavilion features an expansive lobby and concourse, a restaurant and coffee shop, health resource center, business center, gift shop and chapel.

The Pavilion also houses the 25,000-square-foot Dr. Edward D. Viner Intensive Care Unit. A design showcase for patient and family-centered care, the unit features 30 private patient rooms equipped with the latest in advanced technology, and allowing 360-degree patient access. Five patient rooms are capable of negative pressure isolation, and five rooms have chambered isolation alcoves. In addition, an enlarged room with operating room caliber lighting is outfitted to perform bedside exploratory laboratory in patients too unstable for transport to the operating room.

In 2013 Cooper celebrated the opening of MD Anderson Cancer Center at Cooper, the $100 million, four-story, 103,050-square-foot center located on the Cooper Health Sciences Campus in Camden, dedicated to cancer prevention, detection, treatment and research. MD Anderson Cancer Center at Cooper offers South Jersey’s only dedicated inpatient, 30-bed cancer unit adjacent to the new cancer center at Cooper University Hospital. The center includes bright, spacious chemotherapy treatment areas, patient exam rooms, conference centers and advanced diagnostic and treatment technologies. The designers incorporated an aesthetic approach to healing with abundant natural light, a rooftop Tranquility Garden, an illuminated floor-to-ceiling “Tree of Life” centerpiece and more than 100 pieces of original art created by 71 New Jersey artists.
Cooper Medical School of Rowan University Medical Education Building is located on the Cooper Health Sciences Campus on South Broadway, between Benson and Washington Streets in Camden. The new $139 million building, which opened in July 2012, was designed for CMSRU's curriculum with spaces and technologies to support faculty and students in their educational process. In 2012, CMSRU welcomed the class of 2016 with 50 students.

The Cooper campus is located in the heart of the Camden's business district. The academic medical center campus is easily accessible by car or public transportation—the commuter high-speed line and bus terminal are located a half-block from the campus. Cooper is a short walk or drive from the exciting Camden waterfront where the New Jersey State Aquarium, the River Sharks stadium, the USS New Jersey and Susquehanna Bank Center are located.

Cooper is conveniently close to Philadelphia. Just a mile-long drive over the Benjamin Franklin Bridge or a ferry boat ride will put you at the doorstep of Philadelphia’s cultural, culinary and historic venues.

South Jersey also offers a range of living and entertainment options. Quaint towns such as Haddonfield and Collingswood are just 10 minutes away. The lights and action of Atlantic City and those other popular beach towns such as Cape May and Ocean City are a one-hour drive from Cooper.
Cooper Campus Map

The most up-to-date directions to Cooper University Hospital are available at: cooperhealth.org/directions