

Psychiatry Residency



Phoenixville Hospital

TOWER HEALTH

Advancing Health. Transforming Lives.

Winter 2025



From the Program Director

Dear Colleagues,

This newsletter highlights the wonderful scholarly work done by our residents. Your mentorship has been invaluable to this effort. We hope that some of them will continue as academic leaders in our field. Thanks to everyone for their encouragement and assistance!

Match day is on the way, and we are grateful to all who helped us with interviewing and recruitment. Interest in our program continues to be robust. We have a record number of Drexel students interested in Psychiatry. Many give us feedback that relationships with the faculty and residents are key reasons for their application to our program.

The program requirements for psychiatry will be revised beginning in 2026. This is a one-to-two-year process and will likely involve major changes in what we require in terms of resident experiences and the process of evaluation for residents in training. CBME, or competency-based medical education, is likely to become the predominant method of evaluating trainees for advancement. The field is looking toward public health needs as it considers the new requirements. We will keep you informed about what changes develop in this area.

As always, please do not hesitate to let us know how we can help you. You are the bedrock of our training program and we want to support you as much as we can.

Donna M. Sudak, MD

Contact Info

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Faculty Development

Tower Health has several faculty development related presentation recordings available. These can be accessed with the links below.

[Preparing for a Site Visit](#)

Linda Andrews, MD

[Bias in the Clinical Learning Environment](#)

Margaret Larkins-Pettigrew, MD

[Basics of Recruiting](#)

Ben Lloyd, MD

[Developing Quality Improvement Programs](#)

Jeremy Ellis, MD

[Supporting Challenging Learners: Requires a Plan \(People, Process and Systems\)](#)

Gerald Hickson, MD

[Building a Culture of Research in Your Program](#)

Richard Alweis, MD

[Giving Effective Feedback](#)

Lisa Motz, MD

[Basics of Recruitment Strategies: From Opening Day to Submitting Your List](#)

Ben Lloyd, MD

[Asking and Answering Clinical Questions Using the Literature - Medical Library Resources](#)

Alexandra Short, MS

[Introduction to Simulation-Based Learning](#)

They can always be accessed online in our enduring materials (CME online/internet activities) available at towerhealth.eeds.com

From the **Main Menu**, select **Enduring Materials**.

Scroll down to the Faculty Development Tab and click to open the drop-down list. Select which session you would like to complete, once opened, click **Continue to Enduring Material**. eeds will ask you for some information. Then, watch the video, take the short post-test and activity evaluation to claim your credit.

Upcoming Program Events

Resident Patient Safety/QI Day

1/19/25

Resident Retreat

3/5-3/6 (2 days)

Fellow Retreat

3/23/25

MATCH Results

3/17/25

Resident Retreat Feedback Presentation

4/2/25; 12-1pm

MAT Training Day

4/21/25

APA Annual Meeting

5/17-21/25

Spotlight on a Rotation

Geriatrics at Pottstown Hospital

Second year residents spend one month at Pottstown Hospital on Geriatrics where Sujana Kurri Yerram, MD, MBA is the site medical director. There is an emphasis on learning and practicing standardized mini-mental status exams, assessment of frontal lobe function and memory testing. Attending psychiatrists are always available for consultations. Residents are exposed to neuropsychiatric screening and ECT.

The clinical population on the unit has broad socioeconomic and diagnostic diversity with the geriatric population of 55 years old and above. The primary admission diagnoses on the unit are depressive disorders, bipolar disorders, schizophrenia, schizoaffective, various dementias and unspecified persistent mental disorder. Regardless of primary diagnosis, approximately 50% of the geriatric patients have some type of co-morbid dementia or mild cognitive impairment, with significant medical comorbid conditions especially movement disorders such as Parkinson's and Huntington's. More than 60% of the geriatric patients have comorbid medical conditions that range from hypertension, COPD, sleep apnea, obesity.

Residents will have an opportunity to round along with the medical team to learn medical comorbidities in this patient population. Residents spend the majority of their time doing medication management and psycho-education of patients and families. Residents also spend one hour a day involved in bed-side or didactic teaching of medical students.

An average case load consists of 8-10 patients, providing medication management with a bio-psycho-social approach to coordinating outpatient care, especially with outpatient social services and medical providers. All residents continue their one hour off-site individual supervision and have at least one hour of weekly individual supervision with the rotation director. Residents also have one weekly hour of group therapy supervision with the psychology interns. Additional supervision is available on an optional basis.

A great deal of emphasis is placed on system-based care, emphasizing the various medical, psychiatric, financial, self-help and family support resources available to these patients and their families. Residents are also taught a variety of rating scales, with emphasis on evaluating executive functioning and other frontal lobe deficits. These include: CT scan, The Montreal Cognitive Assessment (MOCA), MMSE.

Spotlight on Resident Scholarly Activity



Aubrey Jackson, DO- PGY2 wrote a brief report: *Management of Binge Eating Disorder* published in the Fall 2024 issue Osteopathic Family Physician (OFP) https://www.acofp.org/docs/default-source/ofp/vol-16-no-4-fall-2024/08_management-of-binge-eating-disorder.pdf?sfvrsn=7525e7b6_1



Heather Soled, DO- PGY1 co-authored *Do Large Language Models Align with Core Mental Health Counseling Competencies?* published by Cornell University, arXiv Oct. 29, 2004 <https://doi.org/10.48550/arXiv.2410.22446>

Keti Kutidze, MD-PGY2 presented 2 posters at the NEI Fall Congress in Colorado Springs, CO on 11/8/2024.

1. *Managing Ultra-High-Risk Psychosis: A Review of Therapeutic Approaches* co-authors Ayyub Imtiaz, MD, Mamuka Khundadze, MD, Ashwin Mathai, MD
2. *Flibanserin versus Bremelanotide: Comparing FDA Approved Drugs for Female Sexual Interest/Arousal Disorder* co-authors Ayyub Imtiaz, MD, Mamuka Khundadze, MD, Ashwin Mathai, MD



Saral Desai, MD-PGY3 presented a paper he co-authored with **Wei Du, MD, TH DIO** and **DUCOM Medical Students: Raven Simmons, Jessica Kuo, Arundhati Nittur, Tara Tadmalla, Samik Patel** have titled; *Predictors of Treatment Admissions for Cannabis Use in the United States* at the American Academy of Addiction Psychiatry Annual Meeting in Naples, FL on November 14-17, 2024.

Holiday Gathering Wellness Activity

