



MedStar Health

Plastic and Reconstructive Surgery
Division of Podiatric Surgery

MedStar Health Podiatric Surgery Residency Program

Join us for an exceptional training opportunity in the largest academic medical center in Washington, D.C.

Program Director:
John S. Steinberg, DPM, FACFAS

Associate Program Director:
Caitlin S. Zarick, DPM, FACFAS

Program Manager:
Abiola Purnell, MHA

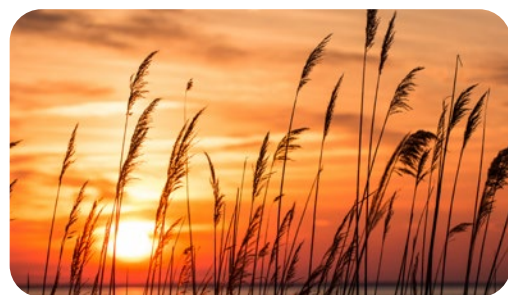
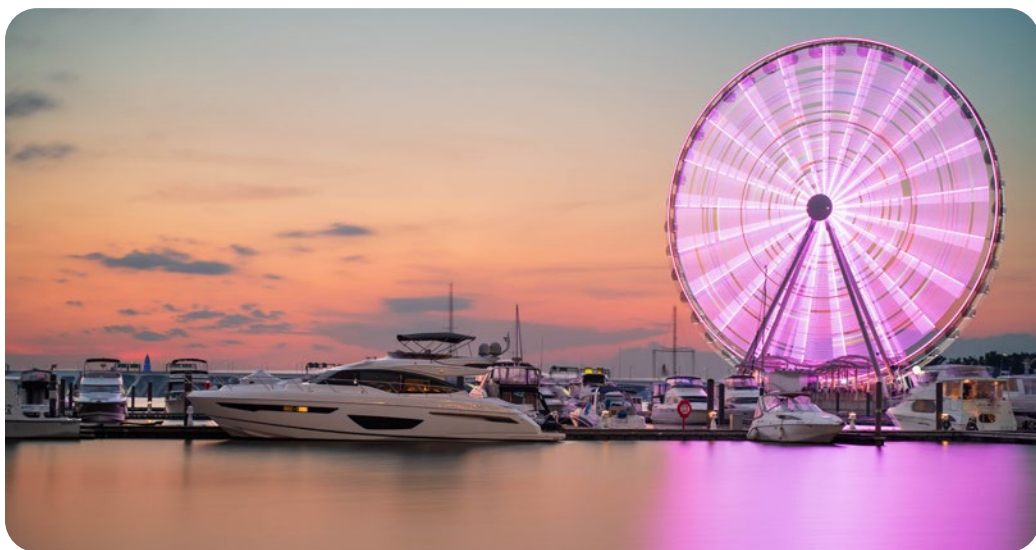


It's how we **treat people.**

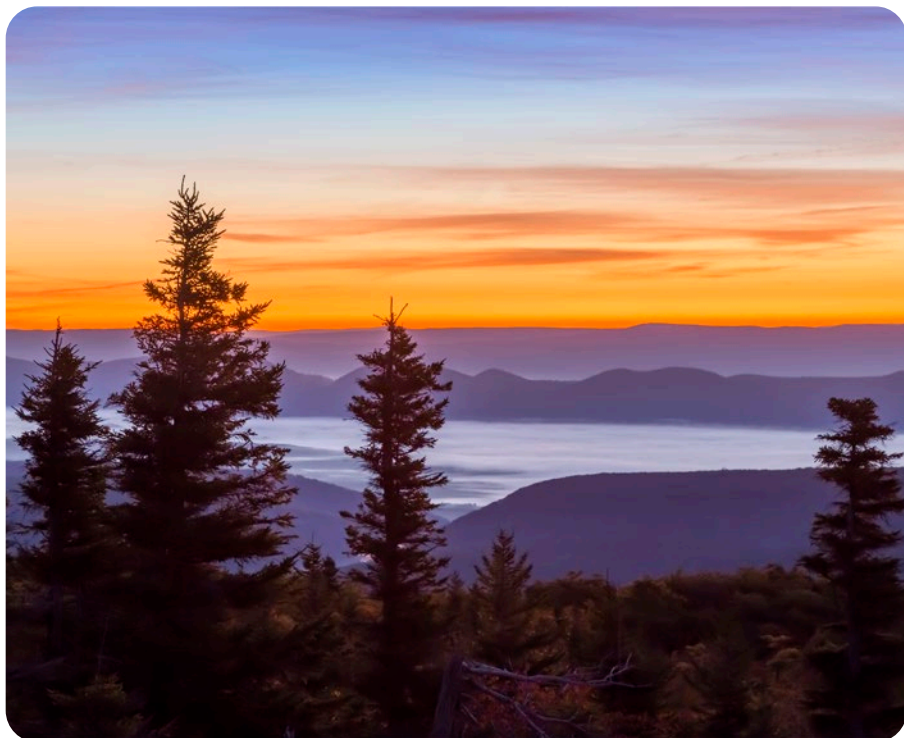
Washington, D.C.



Maryland.



Virginia.



Welcome

Welcome, and thank you for your interest in MedStar Health's Podiatric Surgery Residency Program. We are proud to offer this exceptional training opportunity in the largest academic medical center in Washington, D.C.

The Division of Podiatric Surgery at MedStar Health is looking forward to the future with excitement. We are expanding our clinical and research activities in many important areas, including limb salvage, reconstructive surgery, and trauma. We look forward to building on our history of providing outstanding surgical education.

I invite you to find out more about our program on the pages of our website or by directly contacting myself, our program manager, or our student committee chair.

-John S. Steinberg, DPM, FACFAS

Washington, D.C. Region

Spending three years of residency in the DMV (District/Maryland/Virginia) area, with its proximity to nearby big cities, beaches, and parks, provides endless opportunities in our spare time. We have found that you can spend countless hours in the city, wandering through all the unique neighborhoods, at the historical monuments, and our many museums. We also have ventured out to explore nearby areas, including Arlington or Alexandria in Virginia, and National Harbor, Annapolis, and Baltimore in Maryland.

We've taken part in the region's many outdoor activities, such as biking and hiking trails, kayaking, paddle boarding, and boating along the Potomac River. Residents frequently venture out to the Shenandoah National Park area, which offers tubing, white river rafting, and camping. There are vineyards and breweries in Virginia and Maryland, and the cultural and eclectic restaurant scene in the area will give you many opportunities for worldwide types of cuisine. Our residents all agree: there are limitless things to do and places to explore, which makes the DMV area the perfect place to enhance your residency experience.



Program Director

John S. Steinberg,
DPM, FACFAS
john.steinberg@medstar.net



Associate Program Director

Caitlin S. Zarick,
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Chief Resident

Shirley Chen, DPM, PGY-3
shirley.chen@medstar.net



Student Committee Chair

Helene Cook, DPM, PGY-2
helene.x.cook@medstar.net

For more information, go to **MedStarHealth.org/education**, or contact Program Manager Abiola Purnell, MHA, at **abiola.purnell@medstar.net** or **202-877-7204**.

Program Locations

Core Academic Hospitals

MedStar Georgetown University Hospital

3800 Reservoir Rd., NW, Washington, DC 20007

- 609 bed Community Hospital
- Founded 1898 along the Potomac River, on the campus of Georgetown University
- Construction has begun for a brand new Emergency Department and Surgery Tower

MedStar Washington Hospital Center

110 Irving St., NW, Washington, DC 20010

- 912 bed Level 1 Trauma Center
- Largest private hospital in Washington, D.C.
- Founded 1958 on a medical campus which includes MedStar National Rehabilitation Hospital, DC VA Medical Center, and Children's National Hospital

Adjunct Hospitals & Surgery Centers

Virginia Hospital Center

1701 N. George Mason Drive
Arlington, VA 22205

Children's National Hospital

111 Michigan Avenue, NW
Washington, DC 20010

Kaiser Permanente Tysons Corner Medical Center

8008 Westpark Drive
McLean, VA 22102

Kaiser Permanente Largo Medical Center

1221 Mercantile Lane
Upper Marlboro, MD 20774

Kaiser Permanente Gaithersburg Medical Center

655 Watkins Mill Road
Gaithersburg, MD 20879

Kaiser Permanente Capitol Hill Medical Center

700 2nd Street, NE
Washington, DC 20002

Kaiser Permanente South Baltimore County Medical Center

1701 Twin Springs Road
Halethorpe, MD 21227

Shady Grove Hospital

9901 Medical Center Drive
Rockville, MD 20850

Surgery Center of Chevy Chase

5530 Wisconsin Avenue
Chevy Chase, MD 20815

Reston Surgery Center

1860 Town Center Drive
Reston, VA 20190

Surgery Center of Silver Spring

1111 Spring Street
Silver Spring, MD 20910

The Massachusettes Avenue Surgery Center

6400 Goldsboro Road
Bethesda, MD 20817

Frederick Foot & Ankle ASC

141 Thomas Johnson Drive
Frederick, MD 21702

MedStar Franklin Square Hospital Center

9000 Franklin Square Drive
Baltimore, MD 21237

Podiatry Associates ASC

9000 Franklin Square Drive
Baltimore, MD 21237

Timonium Surgery Center

1954 Greenspring Drive
Lutherville, MD 21093

MedStar Harbor Hospital

3001 S. Hanover Street
Baltimore, MD 21225

MedStar Union Memorial Hospital

201 East University Pkwy
Baltimore, MD 21218

University of Maryland Medical Center, Midtown Campus

312 N. Martin Luther King Blvd
Baltimore, MD 21201

Bon Secours Memorial Regional Medical Center

8260 Atlee Road
Mechanicsville, VA 23116

Bon Secours St. Mary's Hospital

5801 Breemo Road
Richmond, VA 23226

Ellicott City Ambulatory Surgery Center

2850 N. Ridge Rd.
Ellicott City MD 21043

Surgical Center of Glen Burnie

308 Hospital Drive, #102
Glen Burnie, MD 21061

Westminster Surgery Center

826 Washington Road, #131
Westminster, MD 21157

Rubin Institute for Advanced Orthopedics, Sinai Hospital of Baltimore

2401 W. Belvedere Avenue
Baltimore, MD 21215

Faculty

Core Foot & Ankle Faculty



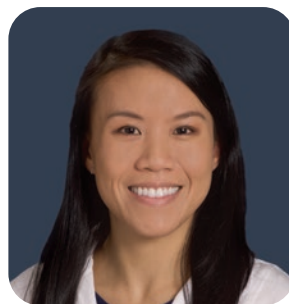
John S. Steinberg, DPM, FAFAS

Program Director and
Chief, Podiatric
Surgery



Caitlin S. Zarick, DPM, FAFAS

Associate Program
Director,
Attending Physician



Tiffany K. Hoh, DPM, AACFAS

Attending Physician



Paul J. Carroll, DPM, AACFAS

Attending Physician



Ali Rahnama, DPM, AACFAS

Attending Physician



Jayson N. Atves, DPM, AACFAS

Attending Physician,
Fellowship Director

Adjunct Faculty

Akbar Abyaneh, DPM

Amir Assili, DPM

Christopher Attinger, MD

Christopher Bourke, DPM

Robert Brandao, DPM

Ari Changizi, DPM

Karen Evans, MD

Gary Feldman, DPM

Michael Gerrity, DPM

James Girolami, DPM

Kristy Golden, DPM

John Kadukammakal, DPM

Amy Kruger, DPM

David Lin, DPM

Mark Linzer, DPM

Amit Luhadiya, DPM

Howard Osterman, DPM

Daniel Perez, DPM

Laurence Rubin, DPM

Noman Siddiqui, DPM

Daniel Short, DPM

Tim Swartz, DPM

Jordan Tacktill, DPM

Laura Tosi, MD

Scott Vantre, DPM

Eleanor Wilson, DPM

David Wood, DPM

Jacob Wynes, DPM



Current Residents

PGY-3 Class of 2021



Taylor Bunka, DPM
Sunnyvale, CA;
Cal Poly State
University,
San Luis Obispo;
California
School of
Podiatric
Medicine

Chief Resident



Shirley Chen, DPM
Carmel, IN;
Indiana
University;
Dr. William W. Scholl
College
of Podiatric
Medicine



Andrew Falco, DPM
Millstone, NJ;
Towson University;
Barry University
School of
Podiatric
Medicine



Amar Gulati, DPM
Bristow, VA;
University of
Virginia;
Temple School
of Podiatric
Medicine



Shyaun Raffi, DPM
Santa Clarita, CA;
Cal State
Northridge;
California
School of
Podiatric
Medicine



Zinnia Rocha, DPM
Great Falls, VA;
The College
of William
and Mary;
Temple School
of Podiatric
Medicine



Jered Stowers, DPM
Clinton, OK;
University of
Oklahoma;
New York College
of Podiatric
Medicine

PGY-2 Class of 2022



Helene Cook, DPM
Los Angeles, CA;
UCLA;
Dr. William M.
Scholl College
of Podiatric
Medicine



Jonathan Furmanek, DPM
Appleton, NY;
SUNY at
Brockport;
Temple
School of
Podiatric
Medicine



Lance Hopkin, DPM
Holly, MI;
University of
Michigan Ann
Arbor;
California
School of
Podiatric
Medicine



Charles Hu, DPM
Morganville, NJ;
UCLA;
New York
College of
Podiatric
Medicine



Amber Kavanagh, DPM
Huntington, NY;
Marist College;
New York College
of Podiatric
Medicine



Alissa Mayer, DPM
Northbrook, IL;
University of
Miami;
Temple University
School of
Podiatric
Medicine



Jonathan Tenley, DPM
Wadsworth, OH;
Baldwin Wallace
University;
Des Moines
University of
Podiatric Medicine
and Surgery



Gisele Youth, DPM
Chicago, IL;
Manchester
University;
Dr. William M.
Scholl College
of Podiatric
Medicine

PGY-1 Class of 2023



Tori Breitenbach, DPM
Valparaiso, IN;
University of Toledo;
Dr. William M. Scholl
College of Podiatric
Medicine



Karanjot Kaur, DPM
Las Vegas, NV;
University of Nevada
Las Vegas;
Western University of
Health Sciences



Tiffanie Liu, DPM
Toronto, Ontario;
SUNY University
at Buffalo;
Dr. William M. Scholl
College of Podiatric
Medicine



Aria Mansoori, DPM
Plano, TX;
University of Texas at
Dallas;
Dr. William M. Scholl
College of Podiatric
Medicine



Kelly McKeon, DPM
Springfield, PA;
Mount St. Mary's
University;
Kent State University
College of Podiatric
Medicine



Robert Sheckler, DPM
Prairie du Chien, WI;
Marquette University;
Des Moines
University, College
of Podiatric Medicine
and Surgery



Son Tran, DPM
San Jose, CA;
University of
California, Santa
Barbara;
Temple University
School of Podiatric
Medicine

Resident Experience

Our program is built on a diverse clinical experience, complemented by a carefully structured didactic curriculum. As part of MedStar Health, we have access to the vast, clinical resources throughout this growing region. The strength of our program is centered in the clinical volume and case diversity. Our residents rotate on and work with numerous specialty services at academic medical centers throughout the Washington, D.C. metropolitan area. This broad exposure to clinical approaches allows our residents to take full advantage of the faculty and cases, which afford them an environment that is both challenging and supportive. We are proud that our program has and will continue to train generations of exceptional young surgeons, who go on to successful clinical practice.

-John S. Steinberg, DPM, FACFAS

Rotations

PGY1

- MedStar Washington Inpatient (12 wk)
- MedStar Georgetown Inpatient (6 wk)
- Ortho (6 wk)
- Baltimore (6 wk)
- MedStar Washington Outpatient (6 wk)
- Trauma (4 wk)
- Internal Medicine (4 wk)
- Endocrine (2 wk)
- Psych (2 wk)
- SICU (2 wk)

PGY2

- MedStar Washington Inpatient (6 wk)
- MedStar Georgetown Inpatient (6 wk)
- Pediatrics (6 wk)
- Kaiser Outpatient (6 wk)
- Ortho (4 wk)
- Baltimore (6 wk)
- MedStar Washington Outpatient (4 wk)
- Vascular Surgery (1 wk)
- Anesthesia (1 wk)
- Radiology (1 wk)
- Pathology (1 wk)
- Rubin Institute for Advanced Orthopedics, Sinai Hospital of Baltimore

PGY3

- MedStar Washington Inpatient (6 wk)
- MedStar Georgetown Inpatient (6 wk)
- Kaiser Maryland (6 wk)
- MedStar Washington Outpatient (6 wk)
- Dr. Rubin Outpatient (6 wk)
- Dr. Feldman Outpatient (6 wk)
- Dr. Perez Outpatient (6 wk)
- Elective (6 wk)



Salary & Benefits

Salary

- First Year: \$62,250
- Second year: \$63,200
- Third Year: \$65,500

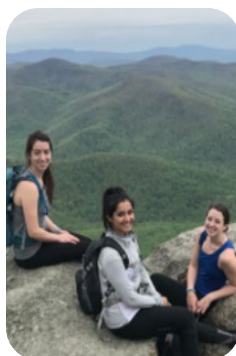
Certifications

- ATLS: Advanced Trauma Life Support
- PALS: Pediatric Advanced Life Support
- ACLS: Advanced Cardiac Life Support
- BLS: Basic Life Support

Benefits

- 8 residents approved & funded per year
- Annual education stipend
- Meal stipend + parking privileges
- Comprehensive library resources
- "Team Building" Activities
 - Segway tour of D.C.
 - Networking dinners
 - Flag football
 - Residency retreats

Resident Experience



Mentorship

- Each resident meets with Dr. Steinberg bi-annually for mentorship, feedback, goals, highs and lows of rotations, and resident life
- Each resident receives a review after every rotation
- Core faculty are always available for mentorship and guidance at any time
- Each resident has upper resident mentorship opportunity throughout residency
- Residents are encouraged to designate and regularly correspond with at least one outside mentor for advice, guidance, and mentorship

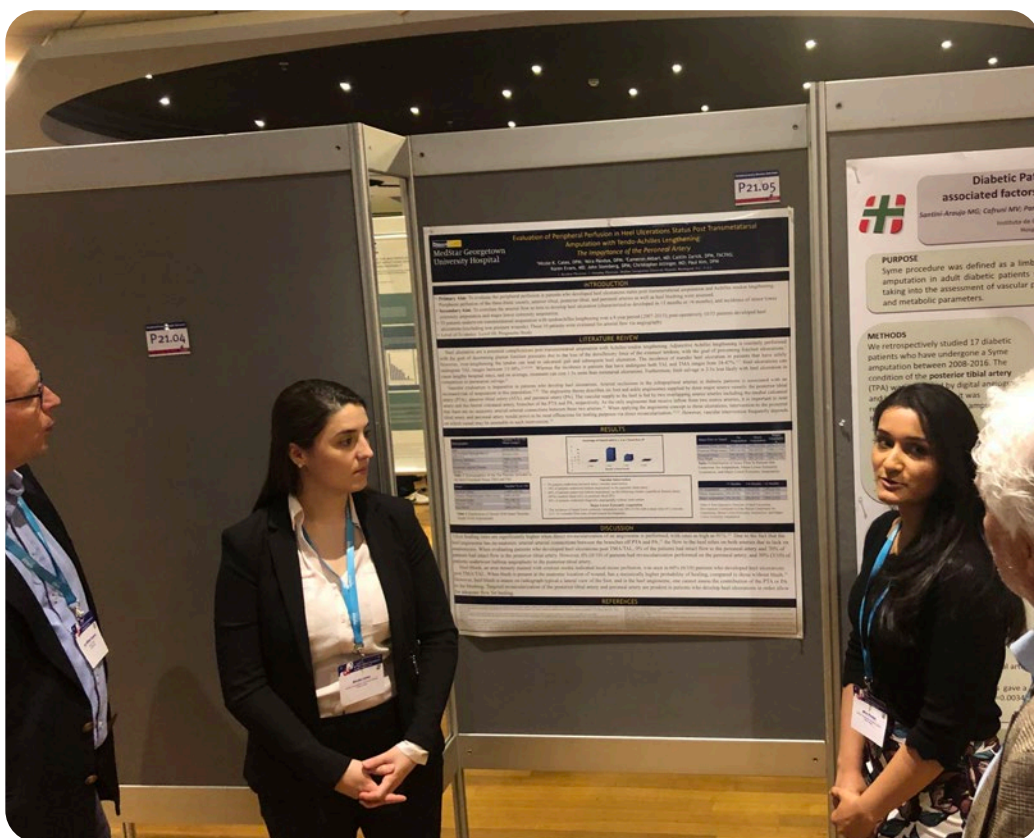
Physician Wellness

- Core attendings and residents regularly attend wellness retreats and seminars
- Resident retreat each spring focuses on resident wellness, including ways to improve handling stress, meditation, yoga, and mind-body wellness
- Weekly academics begin with a "Safety Moment," to help identify and learn from near-misses, mistakes, and events of patient harm, all within a culture of acceptance without threat of punitive response
- MedStar will reimburse charges for a taxi home if a resident feels too tired to drive

Conferences & Courses

- AAFAO Advanced
- ACFAS Arthroscopy
- Baltimore Limb Deformity
- Georgetown Diabetic Limb Salvage Conference
- MedStar Health Research Symposium

MedStar will reimburse travel, hotel, and food for any first-author resident who gets a poster or manuscript accepted at an approved conference, anywhere in the world.



Academics



Group Academics

- Meets every Wednesday
- Attendees: residents, students, MedStar faculty, and keynote speakers
- Interactive didactic learning environment
- Opportunity for presenting and public speaking

Resident Presentations

- Pre-op Conference: Present clinic patients preoperatively, and collectively come up with the pros and cons of each surgical plan
- Case presentations: Unique surgical cases, done by residents, from over 40 surgical locations
- Quality improvement: M&M conference, focused on improving patients safety and quality of outcomes
- Resident lecture series: 30 minute, comprehensive topic presentation of the residents choice
- Quarterly "MetroPod": Dinner lecture series with neighboring residency programs
- Journal club

Attending Lecture Series

- MedStar Podiatric Surgery staff
- World-renowned guest speakers from the Podiatric community
- Plastic Surgery, Orthopaedic Surgery, Surgical Oncologists and other specialty services
- Both topic and case presentations included
- Unique opportunity for small group discussion with experienced physicians



Cadaver Workshops

- Hardware sets, power instrumentation, and C-Arm available
- Often grouped with lecture series
- Skill development for all levels of residents and students
- Off-campus workshops

Student Experience

Requirements and Application

All applications are accepted through the national clerkship application process. All student clerks must have a minimum GPA of 3.2 and a minimum class rank of 50 percent. There is no clerkship fee associated with the application. A car is highly recommended for the duration of this clerkship, although one is not mandatory.

Housing

Students may choose to explore housing options through Airbnb, rotating room, extended stay hotels, and apartment search engines. A few residents also rent out spare apartment rooms. Student clerks have chosen to become roommates during their externship, to divide the cost of housing. Housing near either MedStar Washington Hospital Center or MedStar Georgetown University Hospital is recommended.

Rotations and Responsibilities

Student clerks will spend two weeks at MedStar Washington Hospital Center and two weeks at MedStar Georgetown University Hospital.

During this time, clerks will participate in the inpatient ward setting, outpatient clinics at the hospital, and the operating room setting at our two main hospitals. They will attend all weekly academic meetings during their month with the residents, including any scheduled off-site labs. There is also the option to attend local conferences that residents/faculty may be attending.



Program Alumni

Teresa Rinaldi, DPM Tim Kalla, DPM	Annik Adamson, DPM	Cassandra Pace, DPM	Lee Firestone, DPM	Chrysanthe Simsir, DPM	Adam Shapiro, DPM	Ken Bloom, DPM	Jeff Best, DPM Ian Yu, DPM	Daniel Cohen, DPM	John Murphy, DPM	Donna Gievers, DPM	Dave Richer, DPM	Ted Couluris, DPM	Matt Ahmadi, DPM Abigail Mahoney, DPM	Travis Montgomery, DPM Erika Schwartz, DPM	Angelique Fugate Laucks, DPM	Elizabeth Bass, DPM	Alison Elke Garten, DPM	Chad Friedman, DPM	Chanelle Carter, DPM Mackenzi Nelson, DPM Michael Smith, DPM	Ivrie Ejatife, DPM	Rhonda Cornell, DPM Ryan Fitzgerald, DPM Judith Olkaba, DPM Mariam Popal, DPM	Miguel Cunha, DPM Sarah McCurdy, DPM Wendy Perry, DPM LaToya Smith, DPM
1989-1991	1991-1992	1991-1993	1992-1994	1993-1996	1994-1997	1995-1998	1996-1999	1998-2000	1999-2000	1999-2002	2000-2001	2000-2003	2001-2004	2002-2005	2003-2004	2003-2006	2004-2006	2004-2007	2005-2008	2006-2007	2006-2009	2007-2010



Student Presentation

Each student clerk is expected to present a ten-minute presentation at the final academic session of their externship month.

Although there will be some guidance from residents in regards to choosing a topic, this presentation allows student clerks to explore their interests, and prepare a comprehensive presentation on a topic in the field of podiatric medicine and surgery.

Mock Interview

Along with a student presentation, all student clerks will sit through a mock interview at the final academic session of their externship month.

This mock interview will be in the format of a case work-up and academic questions. This interview is to show our student clerks the general format of The Centralized Residency Interview Process (CRIP) interviews, as a guide for what to expect.



Ugonna Anyaugo, DPM Nga Ho, DPM Branden Rhodes, DPM Eric Simmons, DPM	W. Cabell Adams, DPM Christina Hamad, DPM Tina Huynh, DPM Michael Williams, DPM	Eunis Bello, DPM Roberto Bermudez, DPM Neil Brown, DPM David Lee, DPM Sabina Malhotra, DPM	Alvin Bannerjee, DPM Tyler Hagan, DPM Megan Johnson, DPM Erin Robles, DPM Robert J. Toomey III, DPM	Virrit Butani, DPM Corey Fidler, DPM Tonyka James, DPM Vinay Matai, DPM	Arash Changizi, DPM Tammer Elmarsafi, DPM David Engorn, DPM Tiffany Hoh, DPM David Vieweger, DPM	Cherreen Tawancy, DPM Matt Snow, DPM Daniel Halayko, DPM Brett Chatman, DPM Paul Carroll, DPM	Jayson Atves, DPM Sarah Malik, DPM Andrew Pierre, DPM Joseph Park, DPM Virginia Parks, DPM Kevin Pham, DPM	Nicole Cates, DPM Crystal Gunsch, DPM Colin Mizuo, DPM Kevin Ragothaman, DPM Shahdad Saeedi, DPM Andrew Tompkins, DPM Nam Tran, DPM Kevin Wang, DPM	Jessica Arneson, DPM Kurtis Bertram, DPM Alex Mattia, DPM Mira Pandya, DPM Nicholas Salerno, DPM Israel Santander, DPM Jonathon Srour, DPM Emily Wagler, DPM
2008-2011	2009-2012	2010-2013	2011-2014	2012-2015	2013-2016	2014-2017	2015-2018	2016-2019	2017-2020

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