

JULY 2026

N M NEUROLOGY

WELLNESS

NEWSLETTER

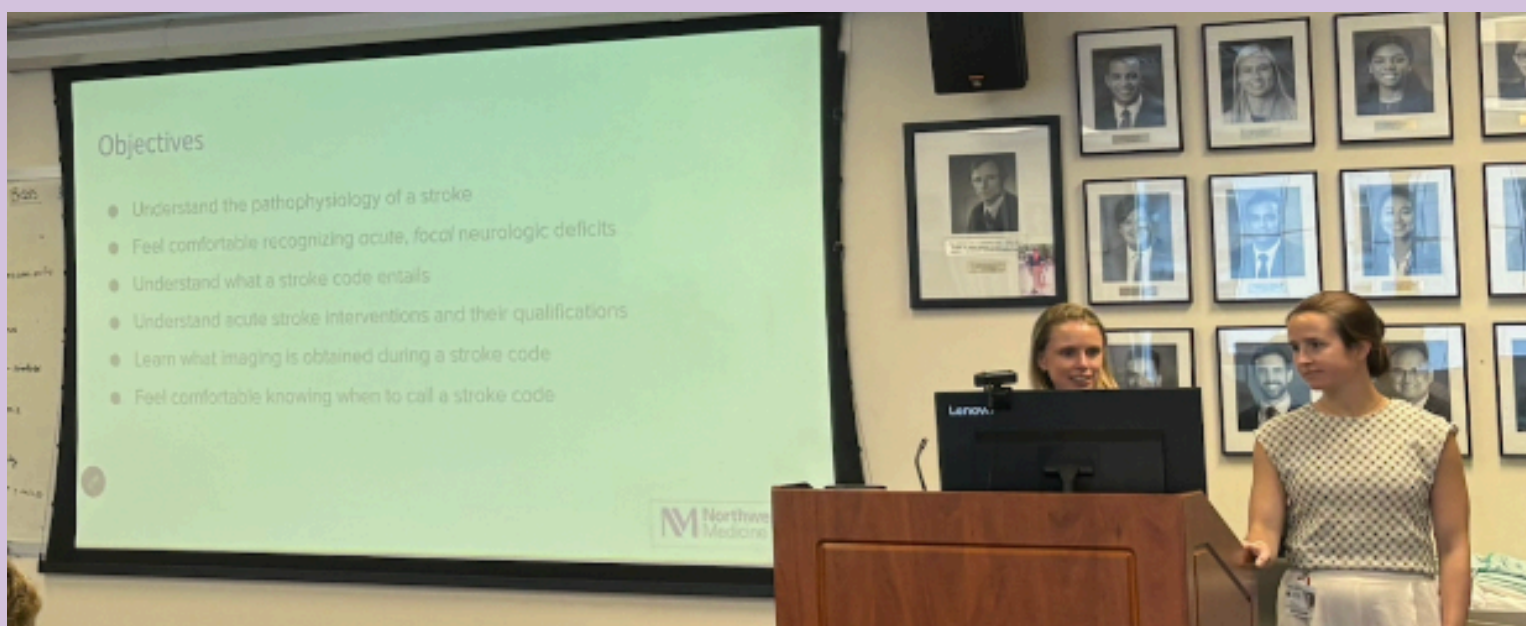


**READ THROUGH TO THE END FOR A
SPECIAL FEATURE!**

KUDOS TO OUR RESIDENTS (AND MORE)!



"KUDOS TO EMMA (PGY3) AND CASSIE (PGY3), WHO CONTINUED THE TRADITION AND GAVE THE NOON CONFERENCE FOR THE NU IM RESIDENCY ON A 'CRASH COURSE ON STROKE CODES'. THEY DID A GREAT JOB DESCRIBING OUR STROKE PROTOCOL AND TREATMENTS, AND ARE FOSTERING A COLLABORATIVE WORKING RELATIONSHIP WITH OUR IM COLLEAGUES. WELL DONE!" - DR. CAPRIO



KUDOS TO OUR RESIDENTS (AND MORE)!



"BIG THANK YOU TO MARIA (PGY4) FOR HELPING COVER THE STROKE SERVICE ON A BUSY AFTERNOON SO WE WERE NOT SENIOR-LESS!" - DR. MILLER



"HUGE SHOUT-OUT TO RAJ (PGY2) AND EMMANUEL (PGY4) FOR HELPING GET A LUMBAR PUNCTURE ON A STROKE PATIENT ON A FRIDAY AFTERNOON. THEIR ASSISTANCE WAS MUCH APPRECIATED!" - DR. MILLER



"THANK YOU TO NYDIA (PGY3) FOR OBTAINING EXCELLENT HISTORIES AND REVIEWING PATIENT CHARTS SO THOROUGHLY. IT MADE ALL THE DIFFERENCE DURING A BUSY WEEK OF SERVICE!" - DR. MILLER



"KUDOS TO RAJ (PGY2) WHO DID AN AMAZING JOB IN THE EPILEPSY MONITORING UNIT. IT WAS HIS FIRST ROTATION ON THE SERVICE AS A RESIDENT AND HE WAS ABLE TO HANDLE THE WORKFLOW WITHOUT ANY ISSUE. ADDITIONALLY, WE HAD A PATIENT GOING INTO STATUS EPILEPTICUS AND REQUIRED INTUBATION AND TRANSFER TO THE ICU. RAJ WAS FUNDAMENTAL IN COORDINATING THAT CARE AND MAKING SURE THE PATIENT DID WELL!" - ABDULLAH (EPILEPSY FELLOW)



"KUDOS TO ALLISON (PGY4) ON NIGHTS WHO DID A TREMENDOUS JOB TAKING CARE OF OUR EMU PATIENT WHO REQUIRED ICU TRANSFER AS WELL!" - ABDULLAH (EPILEPSY FELLOW)



"KUDOS TO TRISTAN (PGY3) FOR HELPING OUT THE CONSULT SERVICE BY PERFORMING AN ONB ON A PATIENT WITH A HEADACHE IN THE ED AND FOR JUMPING IN AS BACK-UP STROKE BUDDY WHEN THERE WERE MULTIPLE SIMULTANEOUS STROKE CODES!" - EMMANUEL (PGY4)



"KUDOS TO ALLISON (PGY4) FOR HELPING PERFORM A BOTOX INJECTION FOR MY PATIENT DURING A BUSY RESIDENT CLINIC DAY. OUR HEADACHE QUEEN! SO GRATEFUL TO HAVE HER AS MY CLINIC BUDDY." - JASMINE (PGY4)

KUDOS TO OUR RESIDENTS (AND MORE)!



"KUDOS TO ROLF (PGY3) FOR STAYING LATE TO HELP OUT THE CONSULT SERVICE WITH AN LP, ALLOWING THE PATIENT TO LEAVE THE HOSPITAL SOONER!" - EMMANUEL (PGY4)



"KUDOS TO ROLF (PGY3) FOR HAVING AN ICEPACK IN HIS NEURO BAG, ALLOWING US TO PERFORM AN ICEPACK TEST AT THE BEDSIDE!" - DR. SHAH



"KUDOS TO SARAH (PGY4) AND KEVIN (PGY4) FOR TAKING A LOAD OFF MY SHOULDERS AND HELPING ME SEE CONSULTS ON A BUSY SATURDAY CALL. I HAVE THE BEST CO-RESIDENTS!" - JASMINE (PGY4)



"KUDOS TO LAUREN RYBKA (APP) FOR BEING THE BEST SUPPORT SYSTEM ON GENERAL. HER PATIENCE, DEDICATION TO PATIENT CARE, HUMOR AND POSITIVITY ARE ADMIRABLE. WE'RE SO LUCKY TO HAVE HER ON OUR TEAM!" - JASMINE (PGY4)



"KUDOS TO PARIN (PGY2) FOR JUMPING IN AT THE DEEP END ON A BUSY STROKE SERVICE. SHE HANDLED ALL KINDS OF SITUATIONS WITH GRACE AND POISE WHILE STILL KEEPING UP WITH A LOT OF PATIENTS (AND EVEN GOT TWO LPS IN)!" - MARIA (PGY4)



"KUDOS TO ANITA (PGY2) FOR HER EXCELLENT HANDLING OF A LATE-BREAKING DIRECT TO IR TRANSFER ON HER VERY FIRST DAY OF STROKE!" - MARIA (PGY4)



"KUDOS TO EMMA (PGY3) FOR BEING A DISPO QUEEN. ON TWO CONSECUTIVE FRIDAYS ON STROKE SERVICE, HER FORETHOUGHT AND ORGANIZATION GOT PATIENTS WHERE THEY NEEDED TO BE!" - MARIA (PGY4)



"KUDOS TO SARITA (PGY2) FOR ABSOLUTELY CRUSHING AN INCREDIBLY CHALLENGING FIRST WEEK OF NIGHTS!" - ALLISON (PGY4)



"KUDOS TO TRISH (PGY3) FOR SUBMITTING OUR FOSPHENYTOIN CASE REPORT AND FOR ALL OF HER WORK ON THE NEW MIGRAINE ORDER SET!" - ALLISON (PGY4)

KUDOS TO OUR RESIDENTS, FROM OUR PATIENTS!



"BUSY DEPARTMENT! ALL THE MORE REASON TO ACKNOWLEDGE THE PROFESSIONALISM AND PLEASANTNESS OF EVERY PERSON I DEALT WITH INCLUDING DR. MARIA ARISTOVA (PGY4)!" - NM NEUROLOGY PATIENT



"DR. MARIA ARISTOVA (PGY4) IS WONDERFUL. SHE'S VERY DOWN TO EARTH, LISTENS CAREFULLY, ASKS QUESTIONS, AND ANSWERS QUESTIONS. I TRUST HER!" - NM NEUROLOGY PATIENT



"DR. EMILY CASALETTO (PGY4) WAS VERY HELPFUL, AND WILLING TO PURSUE FUTURE CARE." - NM NEUROLOGY PATIENT



"DR. EMILY CASALETTO (PGY4) WAS WILLING TO MOVE FORWARD WITH POSITIVE OUTCOMES WITH MY CARE. VERY TRUSTWORTHY." - NM NEUROLOGY PATIENT



"DR. CASSANDRA HELFER (PGY3) WAS KNOWLEDGEABLE AND FRIENDLY. PROVIDED A THOROUGH EXAM AND SPOKE IN PLAIN, UNDERSTANDABLE LANGUAGE. VERY HELPFUL." - NM NEUROLOGY PATIENT



"DR. CASSANDRA HELFER (PGY3) HAD VERY RESPONSIVE SERVICE AND THE LEVEL OF CARE IS EXCEPTIONAL." - NM NEUROLOGY PATIENT



"DR. CASSANDRA HELFER (PGY3) WAS FRIENDLY, THOROUGH, AND SHOWS SINCERE CARE FOR PATIENT'S NEEDS." - NM NEUROLOGY PATIENT

KUDOS TO OUR RESIDENTS, FROM OUR PATIENTS!



"DR. NYDIA KUNG (PGY3) WAS VERY COMPASSIONATE." - NM NEUROLOGY PATIENT



"DR. NYDIA KUNG (PGY3) WAS PROFESSIONAL AND KNEW MY HISTORY. OFFERED SOME NEW SOLUTIONS FOR MY PROBLEM." - NM NEUROLOGY PATIENT



"DR. DERRICK BARNAGIAN'S (PGY3) ATTENTION WAS OUTSTANDING." - NM NEUROLOGY PATIENT



"DR. DERRICK BARNAGIAN (PGY3) IS OBVIOUSLY COMMITTED TO NEUROLOGY. AND NEVER HAVE I HAD MY PHYSICIAN CARETAKER MEET ME AT THE DOOR!" - NM NEUROLOGY PATIENT



"MAY DR. DERRICK BARNAGIAN (PGY3) STAY WITH THE VALUES HE HAS BEEN TAUGHT ALONG THE WAY." - NM NEUROLOGY PATIENT



"I WAS IMPRESSED WITH THE OFFICE EXPERIENCE AND IMPRESSED WITH THE THOROUGHNESS OF DR. DERRICK BARNAGIAN'S (PGY3) EXAMINATION AND ATTENTION TO MY ISSUES." - NM NEUROLOGY PATIENT



"DR. NADIA AZAD (PGY4) WAS THOROUGH AND PROFESSIONAL AND FRIENDLY." - NM NEUROLOGY PATIENT

A GREAT START TO THE NEW ACADEMIC YEAR



MANY
SUCCESSFUL
LUMBAR
PUNCTURES!



A GREAT START TO THE NEW ACADEMIC YEAR

OUR SUNNY RESIDENCY PICNIC



FUN, LEARNING AND EXCELLENT PATIENT CARE AT CHC!



ADVENTURES AROUND CHICAGO



ADVENTURES AROUND CHICAGO



PET OF THE MONTH: MEET TILLY

TILLY LIVES WITH ANITA (PGY2)!



DONATIONS AND SUPPORT

LOVE FOLLOWING ALONG OUR WELLNESS ADVENTURES?

CONSIDER MAKING A TAX-DEDUCTIBLE GIFT TO SUPPORT ADDITIONAL EVENTS LIKE THE ONES HIGHLIGHTED HERE!

GO TO [HTTPS://GIVE.NORTHWESTERN.EDU](https://give.northwestern.edu) AND SELECT "MAKE A GIFT." ENTER "NEUROLOGY RESIDENT WELLNESS FUND" IN THE DESIGNATION BAR

