

SEPTEMBER 2026

N M NEUROLOGY

WELLNESS

NEWSLETTER



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

KUDOS TO OUR RESIDENTS



"KUDOS TO SARITA (PGY2) FOR HELPING TAKE OVER CARE FOR A PATIENT WE TRANSFERRED FROM CONSULTS TO GENERAL AND DOING AN AWESOME JOB. SHE EXPERTLY PERFORMED A DIFFICULT LP INDEPENDENTLY, COORDINATED LINE PLACEMENT AND PLEX INITIATION ON A WEEKEND DAY, AND EXPEDITED CARE FOR A PATIENT WHO WAS ACUTELY ILL. SO PROUD OF HER!" - JASMINE (PGY4)



"DR. ANITA PUYEAR (PGY2) WAS THE MOST ATTENTIVE PHYSICIAN WE HAVE MET. SHE FOLLOWED THROUGH ON HER ACTIONS AND CAME BACK TO CHECK ON HOW I WAS DOING. PLEASE GIVE HER A BIG SHOUT OUT AND TELL HER SHE IS DOING AMAZING!" - NM NEUROLOGY PATIENT



"KUDOS TO LAUREL (PGY4) FOR STEPPING IN AT THE LAST MINUTE TO HELP TEACH MEDICAL STUDENTS HOW TO PERFORM LUMBAR PUNCTURES!" - DR. VANHAERENTS



"KUDOS TO MARIA (PGY4) FOR CREATING A HELPFUL NEUROBYTES VIDEO ON SCREENING FOR SLEEP DISORDERS IN NEUROLOGY PRACTICE! [HTTPS://LEARNING.AAN.COM/COURSES/261945](https://learning.aan.com/courses/261945)" - DR. FOKAS

The screenshot shows the AAN NeuroBytes video player interface. The video title is "Screening for Sleep Disorders in Neurology Practice". Below the video player, there are tabs for "Overview", "Resources", and "References". The "Overview" tab is selected. Under the "DESCRIPTION" section, there is a "CONTRIBUTORS" section listing two individuals: Maria Aristova, MD, PhD and Ronell Malkani, MD, FAAN, FAASM. Each name is accompanied by a small circular portrait photo.

KUDOS TO OUR RESIDENTS



"KUDOS TO ZACH (PGY2) FOR NAVIGATING A CHALLENGING GOALS-OF-CARE DISCUSSION IN THE ICU WITH SUCH TACT, COMPASSION, AND GRACE!" - MEGHANA (NEUROHOSPITALIST FELLOW)



"KUDOS TO PARIN (PGY2)! DURING AN EXTRAORDINARILY BUSY TWO WEEKS ON CONSULT SERVICE, PARIN WAS SINGLE JUNIOR AND SHE WAS AN ABSOLUTE SUPERSTAR! SHE HANDLED BACK-TO-BACK STROKE CODES WITH GRACE, SAW SO MANY CONSULTS WHILE STILL TAKING THE TIME TO REFINE HER EXCELLENT NEURO EXAM, GENERATE THOUGHTFUL DIFFERENTIALS AND WROTE AN INCREDIBLE NUMBER OF HIGH-QUALITY NOTES ALL WITH REMARKABLE EFFICIENCY! SHE HAD SUCH A GOOD ATTITUDE THROUGHOUT AND MADE A REALLY CHALLENGING TWO WEEKS A LOT OF FUN TOGETHER!" - STEVEN (PGY4)

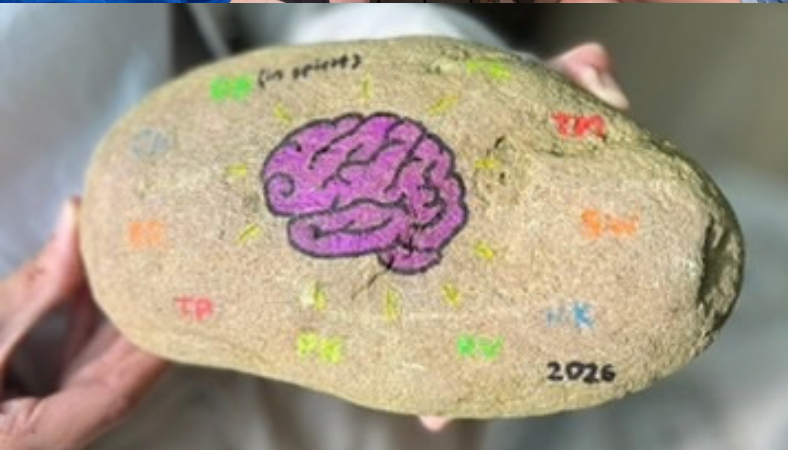


"KUDOS TO EMILY (PGY4) FOR BEING SELECTED FOR MEMBERSHIP IN THE GOLD HUMANISM HONOR SOCIETY!" - DR. BEGA



"KUDOS TO NICOLAS (PGY1) FOR GIVING AN EXCELLENT PITCH AT FAME'S MED ED DAY SHARK TANK EVENT! GREAT JOB AND COOL UNDER PRESSURE FROM THE MED SCHOOL'S 'SHARKS'" - DR. CHERAYIL





THE NEUROPHYSIOLOGY MONTH WAS A BLAST!



FUN IN AND OUTSIDE OF THE HOSPITAL



NYDIA AND ROLF (PGY3S), NAOMI (NEUROMUSCULAR FELLOW), MEGHANA (NEUROHOSPITALIST FELLOW) AND DR. SETH AT THE 2026 AANEM ANNUAL MEETING!



FUN IN AND OUTSIDE OF THE HOSPITAL



PET OF THE MONTH: MOOSE, ROUND 2

MOOSE LIVES WITH ROLF (PGY3)!



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

