

Scripps Clinic Rheumatology Fellowship Fellow's Portfolio:

Smitha Chiniga Reddy M.D.

General

Goals: Practice of Clinical Rheumatology and practicing ultrasound guided procedures

Rotations: Dr. Pischel, Dr. Williams, Dr. Shikhman, Dr. Skol, Dr. Kozin, Dr. Schulman, Dr. Resnick (Radiology); Dr. Silverman and Dr. Kumar Elective rotations with Dr. Szer (Pediatric Rheumatology) Dr. Leopold and Dr. Bonadkar in Integrative Medicine . Dr. Nakadate in Podiatry and Dr. Pacelli in Ortho- Hand Surgery. Dr. Shikhman Ultrasound based research on GCA. Practiced DEXA scan report generation with Dr. Gary Williams and Caudal Epidurals with Dr. Aurther Silverman

Administrative Matters

- Duty Hours: <80 hours/week
- On-Call schedule: Every other week for one week

Medical Knowledge

First year Fellowship:

- In-service tests taken bi-annually
- Peripheral MRI Workshop - ACR Nov. 2006
- Attended Clinical Focus Course –ACR Nov.2006
- Attended Rheumatology Board Review Course Sep 2006 –San Francisco
- Attended B-Cell Targeted Therapies in Autoimmune Rheumatic Diseases: in Feb 2007 by Dr. Marc Cohen and Gregg Silverman
- Attended Mentoring in Rheumatology by Author Kavanaugh on April 27, 2007

Second Year Fellowship:

- Successfully completed In-service test taken in July
- Attended Rheumatology Board review Course in Sep 2007 – San Francisco
- Attended a formal basic and advanced musculoskeletal ultrasound courses at ACR in Nov 2007 conducted by Drs Amy Evangelisto and Dr. Gurjith Kealey
- Represented United States fellows at a Musculoskeletal Ultrasound Focus group chaired by Dr. Gurjith Kealey in Nov 2007 while at the ACR 2007.
- Certified in Bone Densitometry in Dec 2007 valid until Dec 2012
- Attended an intensive Fundamentals in Musculoskeletal Doppler Ultrasound Course with CME credits

Memberships and Certificates:

- American College of Rheumatology (ACR) member since June 2006 (No. 79564)
- American Institute of Ultrasound in Medicine (AIUM) member (No. 161674)
- Certified Clinical Bone Densitometry: Dec 2007.
- Hold 27.5 AMA PMR credits in Musculoskeletal Ultrasonography.
- Represented United States Rheumatology Fellows in Musculoskeletal Ultrasound Focus Group meeting held in Boston during the ACR meeting in Nov 2007.

Procedure Log:

- List of Approximately 229 procedures (7/01/2008) (See Log for details)
 - Knee Joint aspiration and Intra-Articular Steroid Injection Approx -110
 - Hyalgan Injections mostly Knee Joint -29
 - Wrist Joint Aspiration and Steroid Injection -15
 - Shoulder Joint/Subacromial -10
 - Small Joints of the Hand (MCP, PIP, CMC) - 29
 - Ankle Joint Aspiration and Steroid Injection- 12
 - Elbow joint aspiration -3
 - Bursa Injections- 20
 - Trigger Finger Injections- 6
 - Caudal Epidurals -6
- Crystal analysis by Light Microscopy
- Nailfold Capillaroscopy
- Lab Observation: Anticipate Observational Rounds at TSRI and LSR

Research:

- “Doppler Ultrasound Evaluation of Temporal arterial velocity changes in therapeutic monitoring in patients with GCA”
- Research protocol approved by Scripps IRB in Nov 2007. Research performed at the Scripps Clinic Vascular lab and funding for the study was provided by Dr. Shirley Otis (Head of Neurology and Vascular Lab at Scripps Clinic La Jolla)
- Results of the Study presented at The Scripps Clinic Grand Rounds Conference

Publications:

- Disseminated Histoplasmosis in a patient with Rheumatoid Arthritis on Anti-TNF therapy: A Case Report And Literature Review
- Color Doppler Ultrasound Imaging in Giant Cell Arthritis: 2008 ACR poster presentation
- Anticipate writing and publishing a Review article on “Use of imaging modalities in Rheumatoid Arthritis in a private clinical practice setting.”

Practice-Based Learning and Improvement:

Case-based, clinical conferences given on:

- Anti- Synthetase Syndrome
- Morphea- Limited Scleroderma
- Alopecia Areata
- Amyloidosis
- Polyarthritis Nodosa
- Post- Streptococcal arthritis
- Anti –TNF agents
- GCA –imaging modalities
- Resnick Radiology conferences on Rheumatoid Arthritis,
- Resnick Radiology conference on Spondyloarthropathy,
- Endocrine Arthropathies
- New Imaging Modalities in GCA

Developed Scripps Clinic Rheumatoid Arthritis Flow Sheet incorporating RAPID3,4,5, DAS28 and HAQ scores for routine monitoring of patients in daily clinical practice.

Journal Club Review Topics included:

- Rituximab in RA patient's refractory to TNF therapy
- Rituximab in RA with Methotrexate
- Zoledronic Acid in Early RA
- Acupuncture in patients with OA of the Knee/Hip
- Diacerin in Osteoarthritis\
- 3D Ultrasound in comparison to MRI, Radiography and Clinical exam
- 3D Doppler Ultrasound in comparison to Conventional Radiography
- Infliximab for maintenance of Glucocorticoids – Induced remission of GCA
- Infliximab for maintenance of Glucocorticoids induced remission in PMR
- Anti- TNF and risk of serious bacterial infections in Elderly patients with RA
- The effect of MTX and Anti-TNF and risk of Lymphoma in RA
- SLE – Significance of Thrombocytopenia as a prognostic Factor
- Auto antibodies to RNA Helicase A – A new serological Marker of Early Lupus
- BeST Trial: MTX and infliximab induction therapy in patients with early RA
- Vitamin D metabolite levels and Disease Activity in patients with Early RA
- IMPACT-II: Radiographic progression and Infliximab in patients with Psoriatic Arthritis
- IMPACT –II: Clinical efficacy and safety of infliximab in active Psoriatic Arthritis
- SAMURAI Trial and use of B-cell therapy in SLE
- Methotrexate in GCA

ACR 2007 abstract session – discussed US guided research studies and other GCA studies presented at the ACR

- Safety and efficacy of additional doses of Rituximab in RA
- Outcomes after switching from one Anti-TNF agent to a second in RA
- B-cell therapy is more efficacious than alternative anti-TNF therapy in RA
- 3 year results of TEMPO trial (combination Mtx and Embrel in early RA)
- Discussed DAS and EULAR response criteria

- Immunohistochemical analysis as a means to predict responsiveness to Rituximab therapy in RA

Classic Journal Review with our Program Director DR. Pischel on the following topics

- RA
- SLE
- Antiphospholipid Syndrome
- MCTD
- Statistics

Board Review Conferences, which are now topic based on, varies topics related to Rheumatology.

Participated in M&M Conferences and Zebra conferences

Professionalism & Interpersonal and Communication Skills:

- Fellow Rounds (for internal medicine residents): Lab Guide, Amyloidosis, Morphea, Joint Injections
- Participated in Internal Medicine Morning Report during Rheumatology week with teaching points provided to the Internal Medicine Residents on various topics pertaining to Rheumatology
- Prepared and conducted Rheumatology conferences during my Senior year with prominent and well recognized speakers in Rheumatology like Drs Wallace, Schiff, Defatoes, Andrews, Calabrese, Gary Hoffman talk on varies topics during weekly Rheumatology Rounds.
- Arranged Hand musculoskeletal ultrasound Demonstration by Dr. Ralph Thiele from the University of Rochester, Rochester NY.
- Orchestrated Resnick- Rheumatology State of the art Radiology conferences and prepared power point presentations on those various Rheum topics like Rheumatoid Arthritis, Spondyloarthropathy, OA, DISH, CPPD, Avascular Necrosis, and systemic Rheumatic diseases like SLE, Sarcoidosis, Scleroderma, Paget's disease of the bone to facilitate Dr. Resnick's discussions.