

October 2017

# SGA Rounds

Student Government Association Newsletter

NSU Dr. Kiran C. Patel College of Osteopathic Medicine

## Letter from the Editor in Chief

By OMS-III Vikisha Hazariwala, SGA Administrator of Public Affairs



It was 3:00 a.m. on the labor and delivery floor at Broward Health Medical Center as I sat at the nurse's station trying to comprehend the words in the obstetrics and gynecology review book I was reading. The only audible noise on the floor was the sound of me turning the pages and my paper-thin surgical scrubs crinkling as I did so.

As I lifted my head to perform my routine assessment of the floor patient monitor, I began to hear loud voices and doors opening across the walls of a room down the hall. A pregnant woman had begun to deliver a miniscule, 34-week-young fetus, and all hands were on deck. I immediately rushed over to assist.

As time went on, the patient started to become hemodynamically unstable. Her platelets were dropping at an alarming rate, her white blood cell count was increasing, and her liver function tests were rising to levels 30 times the upper limit of normal. She was bleeding everywhere. She even bled through her underlying sheets and through the bag underneath her legs.

The obstetrician rushed into the patient's room with more midwives, who were holding nearly 10 units of blood. After many rapid transfusions, her blood pressure and pulse had somewhat stabilized. This woman was experiencing an uncommon, but often fatal, peripartum disorder known as HELLP Syndrome. I could not believe that what I was seeing was a manifestation of the lectures I had studied during my preclinical years of medical school.

To say the least, I was terrified, but the experience was motivating and transformative.

This narrative brings me to you—the first- and second-year medical student who craves clinical exposure, my third-year classmate who can relate to this experience and feel the same awe and disbelief I had felt that day, and to all those in years ahead who can recall the first time they bore witness to moments as transformative as this one. It was a reminder to continue my pursuit of knowledge, critical thinking, and kindness—the most potent triad of every successful therapy in medicine.

I was also reminded of my first two years of medical school, where I built upon the relationships I had with my professors and classmates. My friends and I would study for more hours in the day than our contact lenses could handle. Through all the good times and the bad, we got through it together, as a team.

So, to those at our newly renamed Dr. Kiran C. Patel College of Osteopathic Medicine, I urge you to find your copilots and flight attendants and help this plane fly. Practice loving each grueling moment in the library, practice kindness, and push one another to know more.

I leave you with a few humbling words from the student body. The Mental Health Awareness Task Force column continues with a poem from an anonymous author; a new editorial on third-year clinical rotations has been implemented with words from OMS-III Ian Singer, J.D. You will also find updates from your SGA, clubs and organizations, and OMT fellows.

Thank you to everyone who has contributed to this edition of *SGA Rounds*. Most importantly, thank you to Traci-lynn Eisenberg, D.O., Scott Colton, Debra Gibbs, and assistant editor Dana Kajan for your time and mentorship.

*If you have any questions or would like to learn how you can submit information to SGA Rounds, please contact Vikisha Hazariwala at [vh350@mynsu.nova.edu](mailto:vh350@mynsu.nova.edu) or Dana Kajan at [dk761@mynsu.nova.edu](mailto:dk761@mynsu.nova.edu). Your voice will be heard!*

# Student Government Association Update

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The Council of Student Government Presidents (COSGP) National Executive Board selected NSU's Dr. Kiran C. Patel College of Osteopathic Medicine (KPCOM) to host the winter business meeting, which will take place January 11–14, 2018. We will be inviting two student government representatives from every osteopathic medical school in the nation to participate in this event.

As part of this conference, we will also be hosting a national research symposium in which our students will be able to participate and present their research. The announcement of our selection was made official at the national OMED conference in Philadelphia, Pennsylvania, in October. Your SGA will be working closely with all of you to make this a memorable event.

## Predoctoral OPP Fellows Take the Reins

The college's Predoctoral Osteopathic Principles and Practice (OPP) Fellowship is a yearlong apprenticeship for six second-year students who apply, interview, and are ranked based on their academic excellence and interpersonal skills. They spend an additional year in medical school between their preclinical and clinical years in the OMM Clinic and in the classroom, where they have the privilege of teaching first- and second-year students in the OMM Lab.

Their experience goes beyond manipulating skeletal and muscular disorders because they have the unique ability to grow as a family of colleagues and friends with one another, as well as with the physicians who mentor them every day. The six students selected to participate in the 2017–2018 predoctoral fellowship are Stephany Giraldo, Paul Kim, Anna Marie, Urvi Patel, Rajinder Persaud, and Anna Maria Roman.

*"This fellowship has served to enhance our experiences and love for osteopathic manipulative medicine. We feel more prepared when seeing and treating patients. We have all become more proficient facilitators in the lab, which has helped us all refine our osteopathic and anatomical knowledge of the human body and the vast interrelationships between structure and function. Our preceptors work by our side as friends and colleagues rather than as just professors. This bond has already helped catapult our clinical skills, along with our teaching abilities, to a new atmosphere of excellence. This fellowship is a blessing for all of us as humanistic, future osteopathic physicians."—Rajinder Persaud*



## SGA Rounds

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**COLLEGE OF OSTEOPATHIC MEDICINE**

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**Dr. Kiran C. Patel College of  
Osteopathic Medicine**

# White Coat Ceremony Welcomes the Class of 2021

On September 23, the class of 2021 was officially welcomed into the osteopathic profession at the 37th annual White Coat Ceremony, which was held in the Rick Case Arena at NSU's Don Taft University Center. The 230-plus students comprising the class of 2021 represent the first of the newly named Dr. Kiran C. Patel College of Osteopathic Medicine. The ceremony served as an auspicious occasion that officially marked the students' entry into the medical vocation.

In the presence of family, guests, and faculty members, the students were welcomed into the medical community by leaders of the osteopathic profession, as well as the university's newest benefactors—cardiologist Kiran C. Patel, M.D., and his wife, pediatrician Pallavi Patel, M.D.—and were ceremonially cloaked with the white coats they will wear throughout their medical school experience.



### NOTICE OF ACCREDITATION

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**DR. KIRAN C. PATEL  
COLLEGE OF  
OSTEOPATHIC MEDICINE**

*Pictured (from left): Ronald G. Assaf, chair, NSU Board of Trustees; Elaine M. Wallace, D.O., M.S., M.S., M.S., dean, Dr. Kiran C. Patel College of Osteopathic Medicine; Kiran C. Patel, M.D.; and George L. Hanbury II, Ph.D., NSU president and chief executive officer*

**Historic Financial Gift Generates  
Exciting Transformations**

*By Scott Colton, B.A., APR  
COM/HPD Director of Medical Communications and Public Relations*

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*“Dr. Kiran Patel has stated many times that education is the central driving force that can create change in the world,” said Elaine M. Wallace, D.O., M.S., M.S., M.S., who serves as KPCOM dean. “With this donation, the Patels have given our college the opportunity to expand what we do best, which is educate physicians who are dedicated to serving the underserved in the United States and internationally.”*

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**O**n September 25, an exciting new chapter in the college’s rich history was written due to the benevolence of the Patel Family Foundation and its benefactors—Tampa-area cardiologist Kiran C. Patel, M.D., and his wife, pediatrician Pallavi Patel, M.D. Thanks to a \$200-million commitment from the Patels, who are renowned in Florida for their philanthropy, community service, and entrepreneurship, NSU will be significantly expanding its osteopathic medicine program.

The financial commitment, which includes a \$50-million gift and an additional \$150-million real estate and facility investment, will be used to develop a new 27-acre, 325,000-square-foot medical education complex that will be part of NSU’s new Tampa Bay Regional Campus in Clearwater. The campus will house an additional site for the renamed Dr. Kiran C. Patel College of Osteopathic Medicine (KPCOM), as well as NSU’s existing programs in the Tampa area. The college has applied to and is awaiting official approval of the additional site from the AOA’s Commission on Osteopathic College Accreditation.

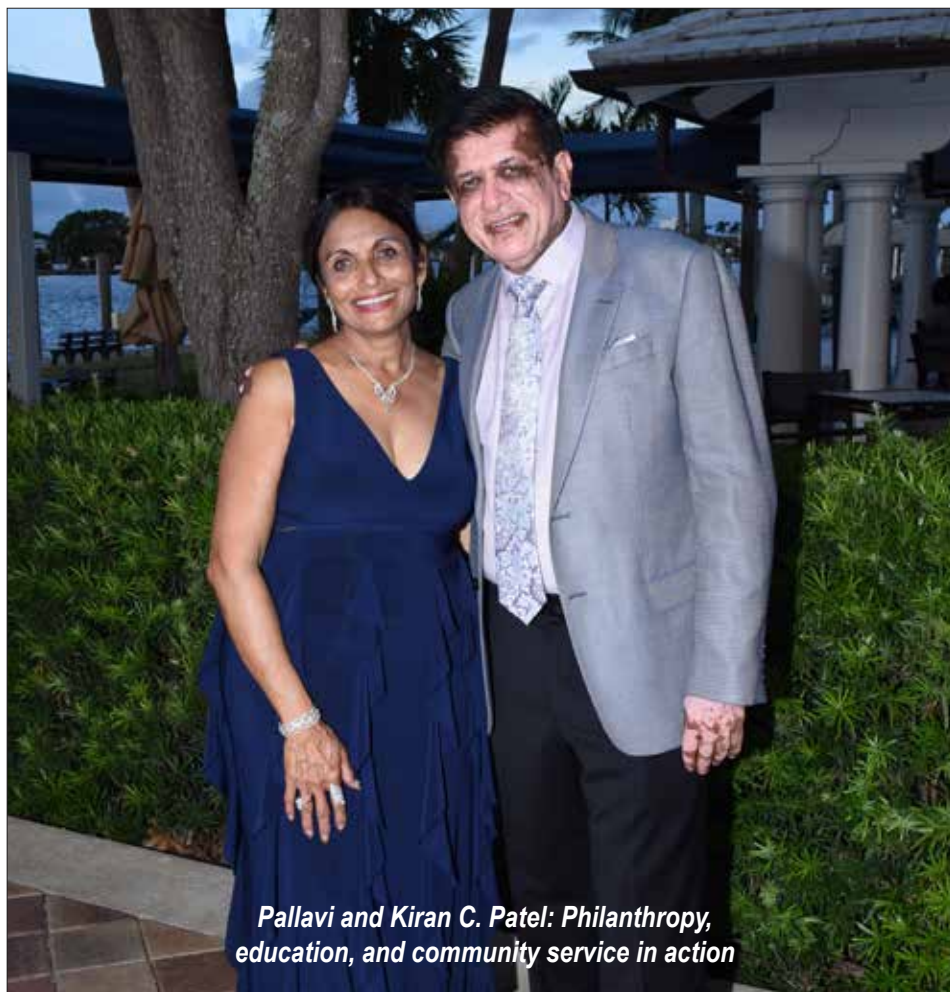
The \$50-million gift—one of the seven-largest in history to any Florida university, catapults NSU to more than 84 percent of its goal to raise \$250 million by 2020 for its Realizing Potential

philanthropic campaign. The Patels’ benevolence, which will benefit the university and its students for many decades to come, has already resulted in several significant developments.

For example, NSU’s osteopathic medical college was officially renamed the Dr. Kiran C. Patel College of Osteopathic Medicine on September 25 and will receive financial support for equipment and the hiring of additional faculty and staff members in the Tampa Bay area, as well as an

endowment to sustain the operation of the college’s new location in perpetuity. The new osteopathic medicine site will increase the number of NSU’s graduating D.O. physicians from 230 to approximately 380 annually.

In the week following the renaming ceremony, the college announced the establishment of several endowed scholarships, including the Dr. Kiran C. Patel Endowed Scholarship for Rural and Underserved Medical Education. Kiran Patel created the



*Pallavi and Kiran C. Patel: Philanthropy, education, and community service in action*

scholarship with the intent of soliciting donors to contribute \$1 million. Each year, interest from the endowed scholarship will allow 48 KPCOM students to complete a two-month, all-expenses-paid rural and underserved medicine clinical rotation in India.

“Dr. Kiran Patel has stated many times that education is the central driving force that can create change in the world,” said Elaine M. Wallace, D.O., M.S., M.S., M.S., who serves as KPCOM dean. “With this donation, the Patels have given our college the opportunity to expand what we do best, which is educate physicians who are dedicated to serving the underserved in the United States and internationally.”

Another major modification was the renaming of NSU’s health care sciences college. It is now called the Dr. Pallavi Patel College of Health Care Sciences and is receiving an endowed scholarship fund for its students.

Additionally, the former site of Clearwater Christian College was acquired by the Patel Family Founda-

tion. It will be developed into the new NSU Tampa Bay Regional Campus, which will house a new osteopathic medicine site, as well as the existing programs offered by NSU in Tampa, by August 2019. NSU’s current Tampa Campus, which comprises 1,100 students and 90 faculty members, includes several program offerings from the newly named Dr. Pallavi Patel College of Health Care Sciences, including physical therapy, occupational therapy, and anesthesiologist assistant.

NSU is already the top provider of doctors and physician assistants in the state, with more than 40 percent of its D.O. graduates electing to practice in Florida. Sixty percent of these Florida-based physicians practice and treat patients in medically underserved areas, which was a key factor in the Patels’ decision to enthusiastically support NSU’s osteopathic medicine and health care sciences colleges. Their goal is to be involved in the training and education of generations of physicians and other health care providers who will serve in

areas with the greatest need throughout the United States and worldwide.

As a result of the Patel Family Foundation’s generous commitment, NSU has applied for a class of 150 osteopathic medicine (D.O.) students to be taught on Florida’s west coast at the new NSU Tampa Bay Regional Campus in Clearwater beginning in August 2019, while approximately 230 new osteopathic medicine students will continue to launch their studies each year at NSU’s Fort Lauderdale/Davie campus.

When the KPCOM site at the Tampa Bay Regional Campus opens, Kenneth Johnson, D.O., FACOOG, who is the college’s current assistant dean of faculty, will serve as the on-site executive associate dean and oversee the day-to-day operations. Cyril Blavo, D.O., M.S., M.P.H. and T.M., FACOP, current director of the college’s Master of Public Health Program, will assume the position of assistant dean of preclinical academics, while Elaine M. Wallace will serve as dean of both locations.

*Pictured is a conceptual rendering of the future Dr. Kiran C. Patel College of Osteopathic Medicine site at NSU’s Tampa Bay Regional Campus.*



# Clinical Rotations: Thoughts from a Third-Year Student—“Rounding at the Hospital”

By OMS-III Ian Singer, J.D.



Since the turn of the 20th century, rounding has been the primary method of educating medical students during their clinical years in the hospital. Medical students present patients' histories, hospital courses, physical examination findings, and plans of care to attending physicians.

During these presentations, some attendings like to “pimp” medical students. “Pimping” describes the practice of an attending asking a student a rapid series of questions during patient presentation. More broadly, it is a teaching tool designed to push medical students to take what was learned in the classroom during the first two years of medical school and apply it to the management and treatment of actual patients in the hospital.

Though pimping can be stressful, it can also be a valuable technique to teach students to think critically and on-the-spot about patient care on a macro scale and case-by-case basis. In my opinion, it can make for entertaining water cooler conversation.

One day during my first month of rotations as a third-year medical student, I presented a patient who had undergone surgery after sustaining a leg injury. It started out great. I described the patient's emergency room course, labs, imaging, and my physical exam findings. The attending seemed pleased, and I felt my confidence grow. I felt like a freight train of medical acumen that could not be stopped.

But, my unjustified self-belief was quickly brought to a screeching halt when I discussed the patient's medications. I began, “The patient is currently taking docusate...” The attending interrupted and said, “Why is the patient taking docusate?” Without hesitation, I responded, “The patient has opiate-induced constipation post-surgery and was therefore given docusate because it's an effective... ummmm...”

This was an easy question—the equivalent of a layup in basketball. But, at this moment, I was having a “brain fart.” I knew what type of drug docusate was, but I couldn't spit out the correct words. So, rather than pass to one of my classmates for assistance, I threw a Hail Mary and blurted out, “Well, doctor, docusate is an ANTI-CONSTIPATOR!”

At this moment, the attending must have thought to herself, “Did this medical student really just say what I thought he said?” Although she would have been justified in chastising me for my improvised response, the clouds parted. She asked, “Did you mean to

say that docusate is a stool softener?” I coolly replied, “Exactly.”

The attending laughed and told me to continue. I wiped the sweat from my brow and finished presenting the patient. I had dodged the pimping of a lifetime.

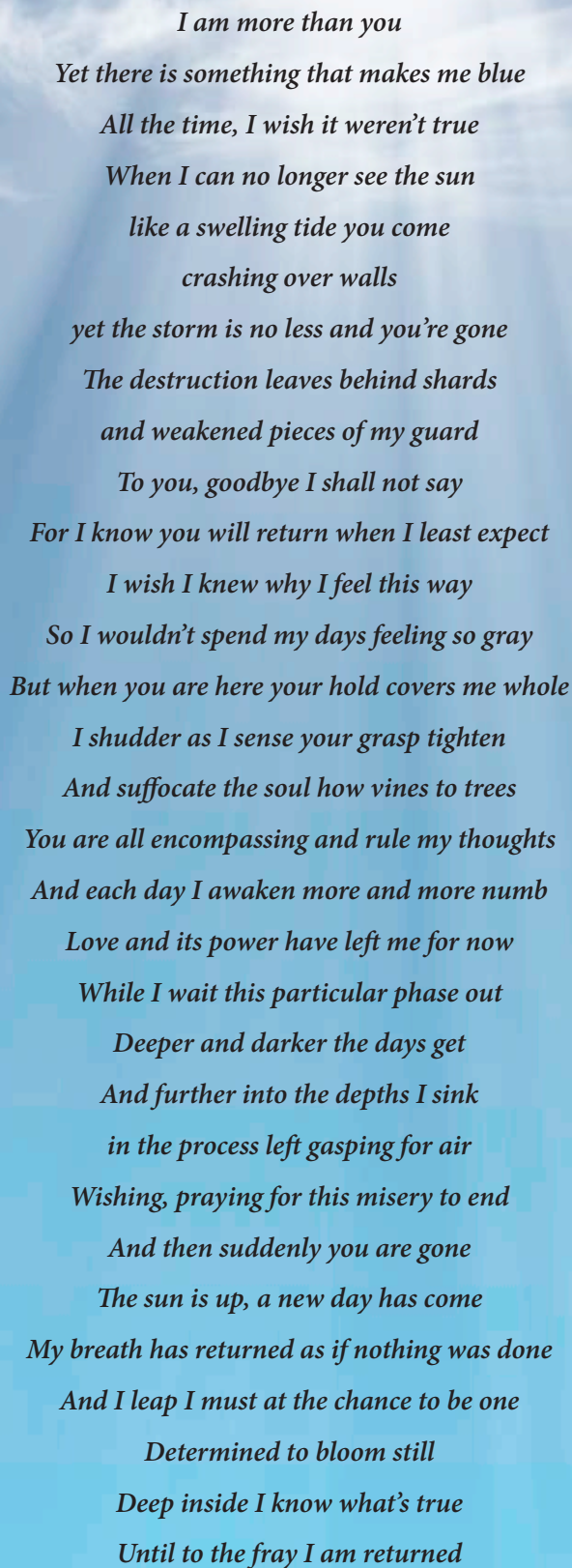
## KPCOM Students Attend OMED 2017

During the American Osteopathic Association's OMED 2017 symposium held October 7–10 in Philadelphia, Pennsylvania, NSU's Dr. Kiran C. Patel College of Osteopathic Medicine (NSU-KPCOM) featured participation from a number of students, alumni, and faculty and staff members.



# Mental Health Awareness Task Force: “Depth”

By OMS-II (Anonymous)



*I am more than you  
Yet there is something that makes me blue  
All the time, I wish it weren't true  
When I can no longer see the sun  
like a swelling tide you come  
crashing over walls  
yet the storm is no less and you're gone  
The destruction leaves behind shards  
and weakened pieces of my guard  
To you, goodbye I shall not say  
For I know you will return when I least expect  
I wish I knew why I feel this way  
So I wouldn't spend my days feeling so gray  
But when you are here your hold covers me whole  
I shudder as I sense your grasp tighten  
And suffocate the soul how vines to trees  
You are all encompassing and rule my thoughts  
And each day I awaken more and more numb  
Love and its power have left me for now  
While I wait this particular phase out  
Deeper and darker the days get  
And further into the depths I sink  
in the process left gasping for air  
Wishing, praying for this misery to end  
And then suddenly you are gone  
The sun is up, a new day has come  
My breath has returned as if nothing was done  
And I leap I must at the chance to be one  
Determined to bloom still  
Deep inside I know what's true  
Until to the fray I am returned*

## Student Achievements

**Sheikh Ali**, class of 2020, coauthored the article “Intradermal Scalp Closure Using Barbed Suture in Cranial Tumor Surgeries: A Technical Note,” which was accepted for publication in an upcoming issue of *Operative Neurosurgery*.

**Mohga Behairy**, class of 2018, had her coauthored case study “Simpson-Golabi-Behmel Syndrome Type 1: A Review and Report of Case with Suspected Celiac Disease” published in the summer edition of the American College of Osteopathic Pediatricians electronic journal.

**Mary Goodyear**, M.S., class of 2019, and **Annabeth Johnson**, class of 2020, presented their poster “Relation of Subjective Social Status, Physical Activity, and Health Literacy on Health-Related Quality of Life” at the International Conference on Communication in Healthcare and Health Literacy Annual Research Conference held October 8–11 in Baltimore, Maryland.

**Christopher Mancuso**, M.H.S., class of 2019, was awarded a PanSGA Professional Development Grant for his study investigating the surgical treatment for recurrent keloids. He presented his project “The Use of Xenografts in the Reconstruction of the Ear Following Keloid Excision” at the 9th Clinical Dermatology Congress on October 16–18 in New York.

**Jeffrey B. Morris**, class of 2018, and **Christopher Mancuso**, M.H.S., class of 2019, had their coauthored article “Chronic Vulvar Herpetic Ulcer in a Woman Living with HIV: A Case Report” published in the April issue of *Global Dermatology*. They also had their coauthored article “Standard Surgical Excision and Mohs Micrographic Surgery to Treat Basal Cell Carcinoma: A Study on Osteopathic Medical Students” accepted for publication in the *Journal of the American Osteopathic Association*.



# CLUBS AND ORGANIZATIONS UPDATE

## The SOUPinators Success Story

By OMS-II Daniel Arias, President of the Student American Osteopathic Academy of Orthopedics  
and Treasurer of the Sigma Sigma Phi National Honor Society

Being part of a food service assembly line in a ramshackle building in the Florida heat may not be the kind of glamour students envision when dreaming of becoming doctors and saving lives. Being at this soup kitchen, however, holds more importance than memorizing the never-ending list of scientific names categorizing bacterial vectors.

SOUPinators is a volunteer event held as part of the national osteopathic service fraternity Sigma Sigma Phi and is hosted through the Jubilee Center in Hollywood, Florida. As volunteers serving food and preparing meal kits, students engage and assist the local populations that are most at need in our community. Oftentimes, when thinking of philanthropy, we think of people across the world who are in need, forgetting about our own neighbors who may be resulting to sleeping under bridges and scrounging through garbage to obtain their next meal.

As guests enter the cafeteria, they greet the staff members and medical students, offering their thanks for the meal preparation and for serving the food. In turn, they tell us about their lives and their eclectic experiences.

One particularly eccentric man arrived dressed in a black, double-breasted blazer, no shirt underneath, with faded purple slacks and leopard print shoes, carrying a large instrument that looked something like a

standup bass with a gourd-like body. He made a unique impression with stories of playing with famous musicians and discussions on philosophy and the intricacies of medical ethics.

Another guest was a vibrant woman in a tattered black dress who radiated joy, wanting nothing more than to make those around her happy, whether through compliments or pleasant conversation. Visitors to the Jubilee Center come from myriad backgrounds. Some are well-educated wanderers, while others are heads of households in need of help to support their families.

Observing these people interact in such a setting reminds us of the importance of withholding preconceived notions about people who have gone through difficult circumstances. In our current medical sys-

tem, I believe these are the people we are encouraged to leave our mark on as medical professionals. Being part of opportunities like this reminds us that these people deserve our utmost care and consideration.

As the push for health care accessibility for all becomes increasingly prominent in our country, encouraging physicians to engage with the less fortunate through volunteer experiences like this will provide avenues for the advancement of their care. The Jubilee Center is always appreciative of donations in the form of clothes, food, and other items that make life easier for those in need.

If you are interested in donating, please email me at [da1062@mysu.nova.edu](mailto:da1062@mysu.nova.edu) or contact the Jubilee Center directly.



# CLUBS AND ORGANIZATIONS UPDATE

## Project Downtown Assists the Homeless

By OMS-II Zaeem Qureshi



For years, the service organization Project Downtown has been making meals for those who need them. It has come to a point now where those experiencing less-fortunate circum-



stances, such as homelessness, have come to rely on Project Downtown every Saturday at around 1:00 p.m. to get a peanut butter and jelly sandwich, a slice of pizza, some homemade pasta, or even a catered lunch from a local restaurant.

None of our textbooks have a section about experiencing homelessness, and we have never been given a lecture about the etiology or treatment for it. That is because being homeless is not a disease; it is a human condition with a multitude of variables. For this reason, when I heard that the Fine Arts Club was doing an event with Project Downtown to have a stall alongside the food service to enjoy arts, crafts, and music, I did not hesitate to volunteer my afternoon.

It seemed like any ordinary Saturday to the folks in line, who thought we were just setting up our table to help distribute more food. These people live day to day and usually meal to meal. From the conversations I had with them, it seemed as though the time of their next meal was their entire life, which left no time to reflect and think about how to improve their circumstances.

So, the moment when they stuck out their plates and we handed them a paintbrush, their faces almost immediately changed from initial bewilderment to pure joy. For these five minutes, they forgot about their

homelessness and appreciated art—a place in which they discovered home.

They listened to live music while they ate their lunch and even took the instruments into their own hands to provide a show for their friends. If that short time we spent could have taken them away from their everyday lives for even a couple of seconds, I would be satisfied. In the same way, I hope this opportunity allowed these people to reflect on their own lives, appreciate, and use this reflection as a chance to heal their mind-set to get back into society.

By the end of the afternoon, we had a canvas full of paint, a street full of music, and hopefully a moment in which we had given these folks an opportunity to get back on track.



# Dealing with Your Third Year of Medical School

By Ravi Uppal, D.O., Class of 2017 Alumnus



*(Below is the third of a four-part informal and personal series that will be presented throughout the next few issues of SGA Rounds.)*

**OMS-III:** Yay, no more class! You get to play doctor now (or so you think).

## **Don't do the following:**

Don't do the obvious, really stupid mistakes, which should be common sense, yet you see people do them all the time. Don't be late, don't ask to go home early, don't blow off your rotation, don't show an attitude, and don't be on your phone all the time. When you're at the rotation, be present, ask questions when appropriate, read up on things you don't know, and be helpful to the residents—yes, this sometimes means scut work.

Be disinterested. Even if the rotation you are on isn't the specialty you plan on going into, try to learn as much as you can from it. You don't need to lie and tell everyone that you are going into a certain field just so they think you care. It's okay to share what you are going into even if it's very different from the rotation you are on. I'm going into pediatrics, and when my attending

asked me what I was interested in, I was honest about it. I still did my readings, showed interest in whatever service I was on, and worked hard.

Say "Are you sure?" when your resident says you can go home early. What you need to do is say "thank you" and immediately start packing up your stuff. Do not make eye contact in case they remember something else, then get your butt out of there. Residents that let you out early remember what it was like to be a student, so you must take advantage when you have cool residents who realize that you have done all your useful learning for the day and don't need to be waiting in the resident room for hours doing nothing. So just go home.

## **Do the following:**

Bring treats for your resident team on your last day. This means cookies, brownies, etc. Don't spend crazy amounts of money and try to buy everyone fancy coffee. As a future resident, I think I would really appreciate a small gesture like this. Is this going to get you honors on your evaluation? NOPE. You have to earn that stuff, but it does show that you appreciate your team for the month and helps keep us residents from dying of hypoglycemia.

Show initiative. Don't be annoying, but don't just sit there doing the bare minimum. Sure, you will get by doing the minimum. But, if you truly want to get the most out of your rotations, take initiative, show interest, and you will

get to do much more. If you want to learn procedures, let your team know and ask to draw labs and put in IVs or catheters for practice.

During your surgery rotation, ask the technicians if they have expired sutures in the back or extra sutures they opened during the cases you can have for practice. If you want to do posters or research papers, ask your residents if they need a hand with any projects they are working on. Bring an interesting case to their attention and ask if you can write it up with them. You will likely be doing a big chunk of the work and not be first author, but it's worth it for the experience you'll gain.

Start thinking about what you want to be when you grow up. If you have no idea what you want to do, now is the time to figure it out. Third year goes by quickly, and in the last half of third year, you need an inkling of what you want to do so you can set up your elective rotations and residency applications. Ask yourself if you can see yourself doing this field for your entire life. Consider the lifestyle and nonmedical aspects of that particular field as well. This is tough to do for many, and it can be confusing as to what field you like and are suited for. Ask friends, family, and faculty members for guidance.

Finally, start asking for letters of recommendation. Get these in as soon as you can, because it's always a struggle to get a hold of your letter writers and have them upload their letters to ERAS. You want to be ready on day one to submit all your applications.

## **CLUB OF THE MONTH**

**Congratulations to the Disaster  
Medicine Club for winning the vote  
for Club of the Month. We thank you  
for assisting the victims who have  
suffered during the recent wave of  
devastating natural disasters.**



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Osteopathic Medicine**