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Letter from the Editor in Chief

Saamia Shaikh

Fellow future osteopathic physicians, faculty, and staff members,

As Editor in Chief of *SGA Rounds*, I would like to welcome you to this new endeavor intended at keeping all COM students and faculty informed about organization and club activities, while simultaneously highlighting the successes of our students. Each year, the number of organizations, clubs, and interest groups at the COM continues to grow, making it harder to keep track of all the events. The purpose of this newsletter is to keep the students informed of all the various activities taking place on campus and in the community that have been organized by the NSU-COM clubs and organizations in a concise manner. We also hope to spread awareness of our activities to staff and faculty members as well as promote upcoming events.

SGA Rounds is a digital publication released bimonthly, and features articles about health fairs, student trips to medical conferences, and local community involvement and is written from a student perspective. *SGA Rounds* is unique in that it is a student run newsletter primarily for students.

I would like to draw your attention in this inaugural edition to some of our sections that will run throughout future publications, such as "COSGP Updates" which will highlight the activities, important events and success stories that are carried out by COSGP delegates nationally, or 'Academic Societies', which will provide updates with the peer mentors and their activities. Another key aspect of each issue, which will make each edition distinct, is the clubs and organization updates.

I would like to thank our colleagues that helped with various aspects of this newsletter including Lauren Boudreau, the individuals on the Public Affairs Committee, and the rest of the Executive Board Student Government Association. I would also like to thank Scott Colton and Debra Gibbs for their support and guidance in making this publication a reality. We hope you enjoy our inaugural edition, and we look forward to bringing you even greater issues in the future!

As always, we are open to new ideas, suggestions and contributions. Do not hesitate to contact me at Shaikh@nova.edu

Sincerely,
Saamia Shaikh
Editor in Chief



COSGP UPDATES

Lauren Boudreau

The Fall 2014 Council of Osteopathic Student Government Presidents (COSGP) meeting was a great opportunity for the Executive Student Government of NSU-COM to learn how to improve NSU-COM and our student experience. This was a jam packed conference that coincided with OMED in Seattle, WA from October 24-29, 2014. Some of the highlights from this meeting included hearing from several leaders from the AACOM, AOA and NBOME to discuss updates regarding the Single Accreditation System and future of Osteopathic Medicine. We learned from other schools during school reports and school discussions to help troubleshoot concerns of other osteopathic medical schools and learn new ways to engage our students and

community at NSUCOM. Interestingly, they had many sessions relating to health policy such as introduction to the Training in Policy Studies (TIPS) program which educates residents on healthcare issues and policies and Grassroots Osteopathic Alliance Link (GOAL) which communicates health policies between government and physicians. There are many ways to be involved in the Osteopathic profession and we encourage our students to find what interests them to help propel our profession to greater heights. We are looking forward to the next COSGP conference which will take place in Raleigh, NC at Campbell University School of Osteopathic Medicine January 16-18, 2015.



Council of Osteopathic Student Government Presidents Delegates represented from each of the 31 osteopathic medical colleges in 40 locations nationwide. Pictured in Seattle, Washington at the Pike Place Market.



Movember

By: Parth Gandhi, OMS-I, NSU-COM Class of 2018 SGA *President*

In the recent years the movement known as Movember (Moustache November) has been growing at an exponential rate. The organization that sponsors the national movement has not only been trying to spread awareness about men's health but also about how to educate the public on basic practices that they should be following. These practices include, but are not limited to, routine check-ups at local clinics, testicular self-checks, following certain lifestyle changes, and being well informed about the risks of certain more common male-directed illnesses and diseases.

Nova Southeastern University College of Osteopathic Medicine has taken a keen interest over the past two years in this movement. This year the M1 and M2 Classes were focused on making a visible and profound statement. A month-long initiative was set up which included a number of different facets:

- 1) Each person willing to take part if Movember will be allowed to team up with a person of the opposite sex so that they can promote both men's and women's health (or as we like to call them - MoBros and MoChicks)
- 2) Each person was strongly encouraged to attend multiple talks throughout the month which would be given by members of the local community. I.e. a Urologist, a personal life coach, and a fellow classmate who is a testicular cancer survivor.
- 3) Each person taking part in the initiative will go out into the local community and educate/inform people on the importance of health awareness. They will collect signatures to provide proof of their efforts.

4) Each person is urged to donate and raise funds to be collected via a single NSU Medical Moustaches team which was set up through the Movember National Organization online.

5) Each male taking part in the initiative was required to grow a super awesome Medical Moustache/Beard.

These events all took place throughout the month of November and every member of the NSU-COM Community made the earnest effort to accomplish all tasks even though they had juggle personal, professional, and academic life. I am proud to say that our efforts were able to raise a total of over \$3,000 for the movement in just 30 days. A grueling, stressful, straining and exhausting month turned out to be the most rewarding, satisfying, enlightening, and inspirational times that I have ever been a part of. We hope to continue this tradition at NSU and can promise that it will only be bigger and better with each passing year!



Academic Societies

NSU College of Medicine Students Participate in Step Out: Walk to Stop Diabetes

By: Tiffany Crider, OMS-II, Executive Peer Mentor



This year the College of Medicine worked with the American Diabetes Association, to raise money and create awareness in the community about diabetes. The medical students attended a lunch where a representative from the ADA Fort Lauderdale branch spoke about the effects of diabetes in South Florida. She also discussed ways the students can make an impact in Fort Lauderdale. Many students helped to fundraise.

The academic societies within COM participated in Penny Wars, where donations were made as part of a fun competition against one another. Also, many students made

donations when registering for the Step Out Walk. In total the students raised \$2,589.93 for the ADA. Sixty-five medical students participated in the Step Out Walk, and were able to rally support from family and friends by having them join the walk too. Overall, this was an excellent learning opportunity, as well as a chance for the students to represent COM in the community while making an impact where they live and go to school.



Special Olympics Florida Fall Games 2014: A chance for Medical Students to share their knowledge about Healthy Life Style Choices with the Special Needs Community of Florida.

By: Neha Mahajan, OMS-II, AMSA President



During the weekend of November 14th, fifty-five medical students set out to share their knowledge of health, nutrition, and physical activity with the special needs community of Florida. This year the Special Olympics Fall Games took place at ESPN's Wide World of Sports in Orlando, Florida. The American Medical Student Association (AMSA), has had a strong affiliation with local Special Olympics events throughout the years, however for the first time, COM students were given the opportunity to work with Special Olympics athletes from throughout the state of Florida. The student volunteers staffed the Health Promotion discipline, which is part of Special Olympics Healthy Athletes program at the Fall Games.

While at the Special Olympics Fall Games the volunteers were placed at various Health Promotion stations where they informed the Special Olympics athletes about various ways to improve their health by making good lifestyle choices. The topic of the



stations included nutrition, calcium intake, tobacco avoidance, hand washing techniques, sun safety, hydration, and physical activity. In addition to the informational stations the medical students also provided various health screenings for the athletes, including, height and weight measurement, BMI screening, Derma Scan sun damage screening, Bonemineral density screening, and blood pressure screening. While providing these screenings the medical students additionally offered advice to improve any poor measurements.

Being able to impact the lives of so many special needs children and adults was an extremely rewarding experience. The best part of this event was seeing how joyous and appreciative the athletes and family were towards the resources the medical students had to offer. Being able to play a role in the Special Olympics inspired us as students to continue our pursuit in medicine and helped to further solidify the importance of humanism.

Fine Arts Club (MSCFAC)

A Glance into NSU-COM's New Fine Arts Club

By: Ariel Lee, OMS-II, MSCFAC Art Chair

Art in its many forms has endless purpose; to communicate, to enlighten, to inspire, to heal. As medical students charged with all these responsibilities on a daily basis, founding the Fine Arts Club was a new avenue to both reach out, and introspectively reach in.



The goal of MSCFAC has been to create an outlet for the creativity of our students while at the same time using these skills to benefit our medical and non-medical community. One of the best features of the Fine Arts club is that we are not limited by one population or demographic; we have made a large and concerted effort to help people from many walks of life.

During our "Holiday Cards for Heroes" event, we fashioned hand-crafted cards which were distributed to both active service members and veterans to keep up good cheer during the Holiday Season. We reached out to those receiving end-of-life care with our "Butterflies" event. We aided children with autism through helping hands-on with dance to improve socialization and motor skills. We sang our hearts out to for the some of our young patients at Joe DiMaggio children's hospital. We've even set up open studios that allowed our members the space to express themselves with their own unique visions in oil paint, drawing and ceramics. There are no bounds to creativity, and



similarly, no boundaries when helping our fellow human beings. That is one reason why the Fine Arts club is such a unique entity, and one that truly embodies the humanistic experience of what it means



Fine Arts Club (MSCFAC)

A Glance into NSU-COM's New Fine Arts Club

to be a student physician.

Our planned end of the year show will be a reflection with the overarching theme of the doctor-patient and doctor-community relationship. Students have created pieces individually and as a group, that communicate the strength of the two-way relationship between the public understanding of who we are, and our willingness to interact with, learn from, and help our community.

To find out more or to join the Fine Arts club, contact president Britney Gibby. The initial fee is only \$20, and that covers 1st and 2nd year. Dance, Music, Fine Art, Crafts, and Theater are just a few of the channels for talent we provide.

Email: bg662@nova.edu.



Pediatrics Club

STUDENTS PARTICIPATE IN A DAY FOR CHILDREN

By: Patricia Camino, OMS-II, *Pediatrics Club President*

A Day for Children is a community wide event with several sponsors that allows parents to come bring their children in order to take advantage of the many sponsored tables at the event. Several organizations participated in the event such as Hungry Howie's and the police department, who provided ID cards for any kids who went to their table. In addition to these sponsored tables, a variety of clubs from Nova Southeastern University attended the event like NSU - COM's Pediatrics Club.

The Pediatrics Club had more than 30 students volunteer and had several things set up at their table for the benefit of the children who stopped by. Among those were balloon animals and face painting, the most popular, and also to keep with the health fair theme there were blood pressure checks and growth chart stations. The Pediatrics Club also had pediatricians on

hand, including Dr. Edward Packer, in case parents had any questions. In addition to these stations, there were also volunteers wearing organ vests that had detachable organs that the children could take off and place that the volunteers used as teaching tools. Several people stopped by the tables to participate in the fun and learning experiences provided by the volunteers.

The members of the Pediatrics Club also reached out to students at the FAU Medical School who are just starting out with a Pediatrics Special Interest Group. It was a great collaborative effort between the two programs, as well as a nice way to foster DO and MD bonding. They had five students come and volunteer with balloon animals, face painting, and organ vests.

With everyone's help, the event was an overwhelming success.



NSU College of Osteopathic Medicine and FAU College of Medicine students come together at A Day for Children.



SGA Rounds

NSU-COM Executive Board Student Government Association

Student Advocate Association (SAA)

Supporting our medical students and families one advocate at a time

TitBy: Jason Faucheux, OMS-III, SAA Treasurer

The SAA is one of the longest active COM student organizations on campus dedicated to advocating for the students and as a fun networking opportunity for students and their significant others. We meet at least once per month with fun activities and events for the significant others or couples events as an opportunity to meet others in the same situation. Being in a relationship and moving away from home to medical school can be a challenge. This is what SAA strives to be the center of its mission is to reach out to those students and significant others as a SAA family bringing the classes together.

Some of our recent events this semester have been a Beach BBQ. We had about 25 students and significant others attend at North Hollywood Beach Park for a Saturday BBQ at the beach. It was a beautiful South Florida day and a great opportunity to get out and

enjoy the weather and a much needed study break, especially when food and the beach were involved!

SAA also hosted a Girl's Night where the ladies of the SAA got together to hang out and to get to know other spouses and significant others in a similar situation. SAA President Britney stated, "We pampered ourselves with facials and manicures and enjoyed dinner while we spent the whole night chatting!"

SAA also provided breakfast for the M1's during finals week for two of their more challenging exams. We know how stressful the morning of a final exam can be and wanted to be there to support our students with a nutritious breakfast and smile of encouragement before the exam. We look forward to next semester and continuing to advocate for our students and their significant others.



SOMA Raised Funds for Breast Cancer Awareness, Networks with BCOMA and FOMA, Mentors Pre-SOMA Students and Sends Members to OMED.

By: Catalina Rodriguez, OMS-II; *President* and Rachel Gershaw, OMS-II; *Secretary*

As you are all aware, October is Breast Cancer Awareness month. In efforts to raise awareness for the cause, SOMA and AMWA teamed up the week of Oct. 6-10th to raise awareness and fundraise during lunch. Pink ribbon pins and black and pink sports bras were sold. With every purchase, students received an informative pamphlet on self-breast exams. We also signed students up to volunteer for the Making Strides walk on Saturday, Oct. 11th. Over \$400 was raised and donated to the Breast Cancer Research Foundation.

On October 16th, SOMA joined forces with NSU's FOMA to welcome the Broward County Osteopathic Medical Association (BCOMA) and the state led FOMA to our campus to host a Crepe Party Networking Event with residents, attendings, and local program directors. Dr. Luna, the President of FOMA and Dr.

Hernandez, the President of BCOMA welcomed M1 and M2 students along with other prominent DO board members from South Florida. The night was filled with crepes, music and valuable conversations with professionals in the field. We hope to establish a mentorship program in the near future.

On October 18th, SOMA sent 20 first and second year medical students to mentor and teach pre-medical students at Nova's Pre-SOMA Vitals Workshop how to properly take and document vital signs, patient history, health care proxy forms and more. They will have the opportunity to formally begin mentoring them during the upcoming months and received community service hours for their commitment.

The Osteopathic Medical Conference and Exposition, otherwise known as OMED was held on October 25th-29th in Seattle, Washington. SOMA sponsored the hotel costs for 32 members to attend OMED, the largest annual AOA conference where over 5,000 DOs and medical students from all over the country will be in attendance. This is one of the greatest turnouts NSUCOM has had for OMED and we are excited to have helped make this possible.

We also wanted to extend a warm welcome to our new M1 Representatives (who are already rock stars): Khadeeja Ashai, Michelle Hojnicky, Marien Yanes, Scott Nettboy and Aadil Vora. Finally, a big congratulations to our M1 Representative, Aadil Vora, for being a recipient of the \$500 New Membership Scholarship! Aadil was one of five students selected nationwide to receive this award provided for by the SOMA Foundation. Keep up the awesome work!



OMS-II Students Participate in Back To School Fair

By: Charanpreet Khangura, OMS-II

School is back in session for the Miami-Dade county students and to help them prepare for the new school year, the city of Opa Locka Comission held a “Back 2 School Fair” at the Sherbondy Village Park. The fair provided attendees with an opportunity to obtain free school supplies, vision exams and health screenings as well as food and games. Several second year medical students from Nova Southeastern University College of Osteopathic Medicine volunteered their time to assist the Mercy Mobile Van in health outreach for the community. Community outreach is extremely important to this area as the Opa Locka school district has the second highest poverty rate in the state of Florida.

Under the supervision of Dr. Eileen Ramsaran, MD, an internist that practices in Miami, OMS-II students Ryan Brooks, Jon Whan Cha, Ronald Chan, Charanpreet Khangura, Rajeswari Murugan, Shay Nimjareansuk, Saamia Shaikh and Ean Shi, performed vision exams and blood pressure screenings. The students also had the opportunity to present information on vaccinations and nutrition to the fair attendees. The health fair was an enormous success; the volunteers truly enjoyed interacting with and serving the Opa Locka community.





SGA Rounds

NSU-COM Executive Board Student Government Association

