

September-October 2015

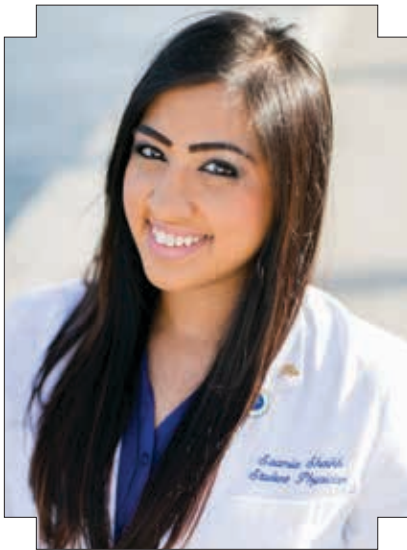
SGA Rounds

Executive Board Student Government Association

Nova Southeastern University College of Osteopathic Medicine

Letter from the Editor in Chief

By Saamia Shaikh, OMS-III and First-Year Law Student



I want to begin by welcoming the class of 2019 to NSU-COM. By now, I hope you are feeling settled in and adapted to the nuances and rigors of medical school. For those of you unfamiliar with this publication, *SGA Rounds* is a bimonthly e-newsletter that is

run by, and is primarily for, the students. In this issue, we share several interesting topics such as the TOUCH kickoff event, a student's first-day experience during his third-year rotations, and highlights from some of our student organizations.

At the Council of Osteopathic Student Government Presidents (COSGP) spring quarterly meeting that took place in Fort Lauderdale in April, D.O. students from around the nation got together and crafted fleece-tie blankets. For our NSU-COM TOUCH kickoff event, we were able to complete the project and donate 33 blankets to the Chris Evert Children's Hospital at Broward Health Medical Center. OMS-II Sruti Aiyaswamy and I were there to drop off the blankets, which are used to decorate a child's room before the pediatric patient is admitted to the hospital. You can read more about this project in an article featured in this newsletter.

Another article you may find interesting is authored by OMS-III Marco Casanova, who documents what occurred during the first day of his third-year clinical rota-

tions. We hope that sharing his story will help you to live vicariously through his experiences and look forward to the road ahead. If you are in your clinical years, we hope you can see that you were not alone in feeling those first-day emotions.

In the meantime, don't forget that each class is a unit. You will all go through a very transitional and demanding time during your preclinical years and will become stronger as a result of it. Always keep in mind that you are not each other's competition, but each other's future colleagues. Respect one another, lend a helping hand, and most importantly, cherish your time as a medical student. The years will go by quickly, and you don't want to forget to take time to smell the roses. After completing my first two years, I can tell you that I look back and truly miss them.

Inspiration is the key to perseverance. I encourage you to keep your personal statement handy and read it from time to time to remind yourself of what inspired you to work hard to be in the place you are today. Don't let yourself get bogged down in the studying and forget to have a personal life either. It is important to do something for yourself like going to the gym, calling your parents, or taking a break to go to a movie. You have made it this far for a reason. You may feel overwhelmed at times, but just remember this is a process – and you know much more than you think.

Finally, I would like to take a moment to welcome OMS-I Natalie Negron to the Executive Board Student Government Association as its new executive secretary. The Executive Board Student Government Association is looking forward to having you on the team and can't wait to start working with you.

COSGP Updates

By OMS-III Lauren Boudreau, Executive SGA President



Bhavik Gupta and Lauren Boudreau

In July, the Council of Osteopathic Student Government Presidents (COSGP) held its first quarterly meeting of the 2015-16 academic year in Chicago, Illinois, in conjunction with the annual business meeting of the American Osteopathic Association (AOA)—the AOA House of Delegates. In attendance as representatives of the NSU-COM student body were OMS-III Lauren Boudreau, executive SGA president, and OMS-II Bhavik Gupta, executive SGA president elect.

As always, this meeting had many great opportunities for collaboration with our colleagues at the other osteopathic medical schools. This year, NSU-COM has been assigned to the National Medical Education Committee, which is coming off a great year of conducting research on COMLEX studying and providing suggestions for study resources and advice for all osteopathic medical students. Additional data on these projects can be found on the COSGP website at www.cosgp.org under the Resources and Advice tab.

The meeting highlight was having the opportunity to form the official student opinion on AOA legislation through our participation in the National Osteopathic Student Caucus (NOSC). During the NOSC, students from several national organizations debated a number of selected pieces of legislation on topics such as osteopathic-recognized residencies, prevention of osteopathic student discrimination in AC-GME training programs, removing the FDA ban on anonymous sperm donation from men who have sex with men, and many more.

Excitingly, while on the floor of the AOA House of Delegates, the students were able to use this debate to defend our stance on Resolution 646—Osteopathic Medical Student,

Resident, and Physician Mental Health—which was passed. This resolution called for the AOA to promote mental health awareness, work to reduce stigma associated with mental illness, and increase resources to help the osteopathic community identify mental health issues. Another highlight was being able to witness the induction of the 119th AOA president, John W. Becher, D.O., who is an emergency physician from Pennsylvania. Be on the lookout for his visit to NSU-COM this coming February.

The student leadership also looks forward to the COSGP Fall Quarterly Meeting being held during OMED, which will take place October 16–October 18 in Orlando, Florida. For more information regarding OMED, please visit www.osteopathic.org/omed.

Peer Mentor Updates

By OMS-II Daniel Bral, Executive Peer Mentor



The Excellence in Peer Mentoring Program has been very well received and appreciated by both the class of 2019 and class of 2018. We welcomed all the incoming first-year medical students on the first day of school and introduced them to their society peer mentors and faculty advisers. On the following Sunday, the peer mentors joined the class of 2019 at its White Coat Ceremony to officially welcome them to NSU-COM, inaugurate the start of their careers as doctors, and to pin and welcome them into their respective societies. Throughout the semester, members of both classes have been expressing the bonding, invaluable support, and feeling of family that the Excellence in Peer Mentoring Program has given the class of 2019 students as they begin to create their legacy as members of the NSU-COM family.

SGA Rounds

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TOUCH Kickoff Event

By OMS-II Sruti Aiyaswamy, SGA Class of 2018 Representative



Numerous children at Chris Evert Children's Hospital at Broward Health Medical Center will have new handmade tie blankets thanks to this year's NSU-COM TOUCH kickoff held on August 14. Twenty-two students came together in the HPD cafeteria to devote a few hours of their time toward making these priceless blankets.

The tie blanket consists of any two 1¼-yard pieces of fleece, carefully cut and tied together around the edges. In addition to using the already-existing pile of fleece available to choose from, the majority of students bought and brought their own pieces to contribute to the cause. Vibrant and colorful, from Disney-themed to sports-themed, there was no lack of variety for the volunteers to make their custom blankets, always keeping the children in mind. Most of the students lacked any experience in making these types of blankets, but that didn't matter. The

skilled few happily taught others step-by-step until everyone there was comfortably and efficiently creating their pieces.

While enjoying this relaxing and engaging event, the students were making a considerable contribution to community health. Through the simple act of making tie blankets, they will be bringing warmth and comfort to children who are constantly subject to the sometimes daunting environment of a hospital setting. The TOUCH program strives to encourage more osteopathic medical students to engage in activities such as this one, for the root of our profession stems from making a significant difference in people's lives in the community. The tie blanket kickoff event was a great start to another year of exemplary community service displayed by the students of NSU-COM.

National Youth Leadership Forum

By OMS-III Saamia Shaikh, Executive SGA Administrator of Public Affairs



On June 25, approximately 50 high school students from all over the United States and Puerto Rico came to NSU's College of Osteopathic Medicine to get a glimpse of what medical school is like. I had the honor of serving as the medical student coordinator for the National Youth Leadership Forum: Careers in Medicine program for the second year in a row. The day began with a welcome from me and Delfina Wilson, Ph.D., the college's assistant dean of student and alumni affairs, followed by brief overviews from representatives of HPD programs such as osteopathic medicine, pharmacy, optometry, biomedical informatics, and public health.

Following the presentations, 10 NSU-COM students held a medical student panel during which students could ask any questions they liked. Questions regarding time management, the significance of volunteering while in high school, and study tips were answered. Later in the day, second-year students gave the high school students a tour of the medical

school, showing them the auditoriums, labs, library, and study rooms. The students were then divided into groups and attended educational sessions in the simulation, OPP, and anatomy labs.

In the Simulation Lab, the high school students were taught how to take basic vitals such as pulse, respirations, and blood pressure. They also had the opportunity to experience the simulated mannequins in terms of basic heart and lung sounds.



In the OPP Lab, David Boesler, D.O., began by teaching the students the difference between medical doctors (M.D.s), Doctors of Osteopathic Medicine (D.O.s), and chiropractors. To my surprise, a few students raised their hands when Boesler asked if D.O.s were chiropractors.

In the anatomy lab, medical students participating in the anatomy fellowship taught the high school students by using anatomy models. They also learned basic suture techniques such as the simple interrupted suture and the simple uninterrupted suture on pig's feet—an experience that usually students do not get to experience until their later years of undergraduate study or even medical school.

The OMS-II volunteers who helped make this day possible were Daniel Bral, Kristina Gemayel, Katherine Joseph, Christopher Mancuso, Joseph Palmer, Ashley Van Putten, Kristopher Schock, Brittany Siegel, and Jaclyn Siegel.

FSACOFP Convention Recap

By OMS-II Zachary Smith, NSU-COM SAACOFP Chapter President

Prior to the start of the fall semester, the Florida Society of the American College of Osteopathic Family Physicians (FSACOFP) held its 35th annual convention at the Hilton Bonnet Creek in Orlando from July 29 through August 2. Eight students from NSU-COM's Student Association of the American College of Osteopathic Family Physicians (SAACOFP) traveled to the convention, where they were able to attend presentations and discussions alongside practicing family physicians.

Outside the lecture hall, the convention offered students many occasions to interact with peers and practicing physicians. The NSU-

COM Office of Student and Alumni Affairs hosted a reception for alumni, students, and preceptors at the House of Blues at the beginning of the weekend and sponsored a hole for the FSACOFP golf tournament. The FSACOFP also welcomed students to its Membership and Presidential Installation Luncheon and Presidential Reception.

In addition to the scheduled presentations and events, the students had the rare opportunity to meet with delegates from the American Osteopathic Association (AOA), American College of Osteopathic Family Physicians (ACOFP), Florida Osteopathic Medical As-

sociation (FOMA), and FSACOFP. In attendance were Ronald Burns, D.O. (AOA), Carol Henwood, D.O. (ACOFP), William Stager, D.O. (FOMA), William Silverman, D.O. (FSACOFP), Bruce Rankin, D.O. (ACOFP), Joseph De Gaetano, D.O., Barbara Arcos, D.O., Victor Jaffe, D.O., and Traci-lyn Eisenberg, D.O.

This invaluable experience allowed students to discuss their questions and concerns with the delegates in an informal atmosphere. Much of the forum was focused on the single GME accreditation system and how the system will affect students as they plan for their board examinations and start applying for residency positions.



Students were able to talk with delegates from the AOA, ACOFP, FOMA, and FSACOFP during a student panel at the FSACOFP Annual Convention on August 1. Pictured (from left) are: William Silverman (FSACOFP); Ashley Gabriel (OMS-III, LECOM-Bradenton); Heather Kligfeld (OMS-II); Jason Faucheux (OMS-III); William Stager (FOMA); Michael Smith (OMS-II); Zachary Smith (OMS-II); Barbara Arcos (FSACOFP); Terry Parsons (OMS-III); Nicholas Arcos (OMS-IV); and Joseph De Gaetano (FOMA, FSACOFP).

Pediatrics Club Update: Anatomy Academy

By OMS-II Ashley Van Putten, Pediatrics Club President



On July 17, a large contingent of first- and second-year NSU-COM students visited the Museum of Discovery and Science Anatomy Academy in Fort Lauderdale to teach more than 60 children about topics such as nutrition, anatomy, and what to ex-

pect when they have an appointment go to their physicians.

To make the learning experience fun, the students brought organ vests, which provided the children with a visual on where exactly the organs in the body are located. They also coordinated racing competitions among groups to see who could stick all the organs back on the vests properly. At another station, the children were able to “play doctor” by putting on small white coats and stethoscopes to listen to each other’s heartbeats.

They were also able to see how height and weight are used to measure if they are growing properly. There were also fruits and vegetables available to show the students healthy options to eat, as well as a discussion about essential vitamins and what foods contained certain vitamins.

The last station featured bone boxes and X-rays for the children to

learn about all the different bones in the body. They were taught about the different spinal segments and how the spine protects all the nerves in the body. They really enjoyed the X-rays, and most of them were well aware that milk gives you lots of vitamin D.



By OMS-III Marco A. Casanova



As I get ready to walk out of my apartment for the first day of rotations, I look down and run through a mental checklist of things I'll need: dress shirt, tie, white coat, pens, notepad, and a stethoscope. I have no idea what to expect, but at least I will look the part. Even though my first rotation is at a familiar place—the internal medicine clinic at NSU's Sanford L. Ziff Health Care Center—the experience that awaits me is all too foreign.

During my first two years of medical school, I learned many of the key traits I will exemplify, such as how to take a good history, patient empathy, and always maintaining an osteopathic approach to patient care. The harsh reality, however, is that the third year of medical school means you know enough to have an opinion, but it is possible you are incorrect in your train of thought. There is a huge gap between book knowledge and clinical knowledge, so these next few months are critical in my evolution as a medical student.

The walk into the clinic, which normally takes a few minutes, felt

like an eternity. I found myself falling into an all-too-familiar routine of running through high-yield facts in my head as if I was walking into an examination. Shortly after entering the office and introducing myself to the medical assistants at the front desk, I was sitting in a vacant room with six computers. This room is where the physicians chart their electronic medical records and conduct the majority of their work between patients.

After a very brief wait, I was greeted by two of the physicians I would be working with for the month, and soon thereafter, another two walked in. To my relief, most of these physicians were professors I had during my coursework in the first two years of medical school. Having already built somewhat of a rapport with them, the stress level was immediately lifted. I was educated on their electronic medical record system and instructed to brief myself on the first patient of the day. It's safe to say that at this point, the stress had now returned in full force. I took out my notepad and vigorously began writing down key points of the patients past medical history, medications, and their recent lab work. After a few minutes, and a full notepad, I walked into the room to see MY FIRST PATIENT.

To be honest, the initial patient encounter started out somewhat rusty, but after a few moments, I fell into my familiar routine—one that was built and honed by my professors over the first two years of medical school. This familiarity reassured all of the confidence that

my previous instructors displayed in me. It was almost as if their belief and support were with me the entire time. Walking out with a big smile and thanking the patient for his time and patience, I felt somewhat accomplished. My first patient encounter as a third-year medical student was a success. Throughout the rest of the day, and later in the week, I continued to build self confidence in my history taking and physical-exam skills and truly felt like I was progressing to a level my preceptors would appreciate.

Over the next few weeks, I began to assert myself as a hardworking and knowledge-hungry medical student. When I didn't know the answer to a question, I looked it up. Whenever possible, I offered to aid the physicians or medical assistants in any way. No job was too routine. These are the small details students often overlook when beginning their clinical rotations, and I made sure to not make that mistake.

NSU-COM has truly given me a great foundation in which I can continue to build my clinical knowledge upon. No single course can prepare you for what to expect when interacting with patients, but the atmosphere amongst my peers, faculty members, and administration has instilled a certain character inside of me that I will carry for the duration of my clinical career and with all of my patients. I couldn't be more eager to continue down this path of knowledge—and in a field that impacts the lives of so many people. It truly is a blessing.

Carisa Champion-Lippmann Named to AOA Board of Trustees



In July, OMS-IV Carisa Champion-Lippmann, J.D., received the loftiest of honors when she was named to the American Osteopathic Association (AOA) Board of Trustees as its sole student representative at the AOA 95th Annual House of

Delegates meeting held July 17-19 in Chicago, Illinois.

“Carisa is an ideal representative for her fellow osteopathic medicine students throughout the United States as a member of the AOA Board of Trustees,” said Elaine M. Wallace, D.O., M.S., M.S., M.S., NSU-COM dean. “She has a good understanding of issues facing the field and has achieved so much at such a young age. We can only imagine the possibilities Carisa has in store for her future.”

The AOA Board of Trustees, which is the association’s administrative body, has authority to conduct all business when the House of Delegates is not in session, and

when such policies are essential to the management of the AOA. These duties include administration of the association’s finances, appointments to bureaus, councils, and committees, decisions on all questions of ethical/judicial issues, and review and approval of amendments to the constitution, bylaws, and regulations of affiliated organizations.

Champion-Lippmann, a class of 2016 NSU-COM student and master of public health candidate, was the inaugural student in NSU’s pilot parallel D.O./J.D. program and received her Juris Doctor degree from NSU’s Shepard Broad College of Law in May 2015.

Kristina Gemayel and Ashley Van Putten Provide Medical Care in Panama



Ashley Van Putten (left) and Kristina Gemayel provide comfort to a postoperative pediatric patient in Panama.

In June, second-year students Kristina Gemayel, M.S., and Ashley Van Putten, M.S., accompanied the Children’s Heart Center of Nevada

on a medical outreach trip to Panama City, Panama. Over the course of 10 days, the student duo was able to participate in cardiac catheterizations and pre-screenings of children being considered for heart repairs, as well as being present in the operating room during open-heart surgeries.

Following the surgical procedures, Gemayel and Van Putten assisted the physicians in translating the children’s words for the health care staff and comforted the children as they recovered from their surgeries. “Having the ability to apply our knowledge from the

classroom, and seeing the amount of care involved in pediatric postoperative intensive care units, has made us passionate about the importance of caring for our future patients,” Gemayel stated.

Van Putten serves as president of the college’s Pediatrics Club, while Gemayel is the club’s health fair chair. Because they are committed to combining their passion for community service and pediatrics, they frequently volunteer at local health fairs and at various Broward County schools, where they promote the importance of proper nutrition and exercise.

White Coat Ceremony Welcomes the Class of 2019

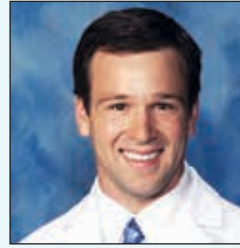


On August 9, the class of 2019 was officially welcomed into the osteopathic profession at the 35th Annual White Coat Ceremony, which was held at NSU’s Don Taft University Center Arena. For the 248 students comprising the class of 2019, the White Coat Ceremony served as an auspicious experience that officially marked their 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 and ceremonially cloaked with their white coats. By establishing this meaningful ritual at the beginning of medical school, the intent is to make students aware of their responsibilities from the first day of training and convey the message that doctors should care as well as cure.



In August, **OMS-III Sofia A. Funes** (top left) and **OMS-I Samantha Stewart** were recipients of the American Association of Colleges of Osteopathic Medicine (AACOM) 2015 Sherry R. Arnstein Minority Student Scholarship. Awardees are selected based on a rigorous evaluation of their credentials, applications, and personal essays. Of the more than 80 applications submitted to the program this year, 9 outstanding osteopathic medical students were selected to receive scholarships. Named after former AACOM executive director and minority civil rights leader Sherry R. Arnstein, this scholarship program aims to recognize and support underrepresented minority students at AACOM’s member colleges of osteopathic medicine.



OMS-III Devin Collins (left) and **OMS-II Oliver Fowler** had their video project entitled “Iliopsoas Tendon Release Following Total Hip Arthroplasty: Surgical Technique”

accepted for presentation at the American Academy of Orthopaedic Surgeons 83rd Annual Meeting, which will be held March 1–5, 2016, in Orlando, Florida. The video will be presented as part of the symposium’s Orthopaedic Video Theater.



OMS-III Hassan Iqbal, M.S., who began his one-year NSU-COM Predoctoral Research Fellowship studies in July, received a \$4,910 Health Professions

Division Research Grant for his project entitled “Osteopathic Medical Students’ Knowledge, Attitudes, and Behaviors Toward Health Information Technology.” **OMS-III Zaid Rana** is serving as the grant’s coinvestigator.



OMS-IV Daniel F. Leiva, M.S., was awarded a \$1,500 scholarship to attend the National Outdoor Leadership School Wilderness Medicine

Institute’s Medicine in the Wild wilderness medicine elective—a 26-day expedition focusing on effective medical education and leadership in wilderness medicine and expedition skills.



OMS-III Kristi Ray was selected as a Paul Ambrose Scholar by the Association for Prevention Teaching and Research during the 2015 Student Leadership Symposium

held June 26-28 in Washington, D.C. The program prepares students to address population health challenges at the national and community level.



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