

November 2016

SGA Rounds

Executive Board Student Government Association

Nova Southeastern University College of Osteopathic Medicine

Letter from the Editor in Chief

By OMS-II Vikisha Hazariwala, Executive SGA Administrator of Public Affairs



THIS TIME OF YEAR is always one of my favorites. I am especially reminded of why it is an amazing thing to be both Indian and American as I celebrated Diwali and Halloween, with one being the festival of lights and the other a celebration of the dark, invisible spirits. While sweets and costumes

bring life to each, I think of home and of growing up lighting a candle before trick-or-treating.

While many of us are away from home during the holidays for work or school, we learn how to cope with new challenges every day. This semester has been particularly tough for my colleagues, who have faced a commingling of academic and personal challenges. We have supported one another through the difficult times and have celebrated each other's successes, from which we have discovered a friendship as true as family.

I have begun to realize that perhaps nothing is purely good or bad; it's how we see it. The celebrations of Diwali and Halloween remind me to search for light from darkness and to lead a bright life to carry those away from the dark.

In this edition of *SGA Rounds*, you will find stories of my compassionate classmates. For example, the Executive Board Student Government Association partnered with several clubs to make blankets for pediatric patients at Broward Health Medical Center. The Pediatrics Club danced with

autistic children and provided middle school students with cooking and nutrition classes to help lead healthier lives from a young age, while students from several clubs collaborated immediately after Hurricane Matthew to collect donations for Haiti. Finally, all of the academic societies came together for a competitive sporting match to celebrate the spirit of the 2016 Olympics.

I would also like to take this opportunity to highlight two recent historic moments in U.S. history. In October, the Chicago Cubs won the World Series for the first time since 1908. Surely, this win is a testament to the team's drive and dedication, which are incredibly inspiring.

Meanwhile, during this election season, we have witnessed each candidate deliver passionate manifestos. As a nation, we have participated in debate and have toiled with politics conflicting with good conscience. The elections are now over, and we have selected our 45th president of the United States.

But we have also elected our local leaders to form the policymaking body that shapes the hallmark of this country—a system of checks and balances. I hope that we, as a student body at NSU-COM, recognize that our voices are similarly valuable to our school and profession's success, and that this newsletter provides a forum for us to express ourselves.

With Thanksgiving on the horizon, I would like to conclude by extending my gratitude toward my family and friends, faculty members, and to the team that makes this newsletter a reality—Scott Colton, Debra Gibbs, and Traci-Lyn Eisenberg, D.O., who constantly reminds me to be an impartial voice for my class. I am thankful for their love, and I am thankful for the people who challenge me to become a smarter, stronger, and more empathetic individual every day.

I would like to wish everyone a happy holiday season and a Happy New Year from my heart to yours.

PEDIATRICS CLUB: The Happiest Club on Campus

By OMS-II Christina Baxter



THE PEDIATRICS CLUB, which has been very active the past few months, launched the new academic year in September with a lunch with Patricia Rowe-King, M.D., the pediatrics residency director at Broward Health. The club also partnered with the national honor society Sigma Sigma Phi for a Peds Pal event at Joe DiMaggio Children's Hospital, which allowed club members to interact with pediatric patients who needed reasons to smile.

On September 18, the club participated in NSU's annual A Day for



Children health fair. During the event, more than 30 Pediatrics Club members volunteered their time to provide access to diverse health care services, as well as nutrition and child safety education. Club members also made balloon animals, painted the children's faces, and allowed attendees to wear the club's famous organ vests.

On September 27, the club provided nutrition cooking classes at Indian Ridge Middle School, which will continue throughout the academic year. On September 30, Julia Kaplan, D.O., a pediatric resident at Chris Evert Children's Hospital, spoke to us about the hospital's Readers Are Leaders Program, which provides a volunteer opportunity for club members to read to the children and play games with them on a weekly basis.

In October, the club participated in the Spectrum Dance Therapy: Arts for Autism event and had a great time dancing with the autistic children. The club also hosted its annual St. Baldrick's shave event and invited Mark Gabay, D.O., the pediatrics residency program director at Nicklaus Children's Hospital in Miami, Florida, to speak about the program.

Later in October, several club members volunteered at the Expo Disability Fair, where they positively impacted children with various disabilities by painting their faces, offering nutrition advice, and making balloon animals. At the end of the month, the Pediatrics Club participated in a joint meeting with the Anesthesiology Club. During



the meeting, a local pediatric anesthesiologist spoke about his career and the journey he took to get there.

The Pediatrics Club enjoyed being involved in the community and looks forward to participating in many more community service opportunities.



SGA Rounds

Volume 2, Number 4

SGA Rounds is produced by
Nova Southeastern University
College of Osteopathic Medicine
3200 South University Drive
Fort Lauderdale, FL 33328-2018
osteopathic.nova.edu
[facebook.com/novaosteopathic/](https://www.facebook.com/novaosteopathic/)

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Night Out at the Ballpark Engages Attendees

By OMS-II Andrew Lelchuk



ON SEPTEMBER 23, the Student Association of the American College of Osteopathic Family Physicians (SAACOF) planned a fun event to celebrate the end of a rough week of studying with a night out at the ballpark. Club members had the opportunity to represent NSU-COM for College Night at the baseball game, which allowed first- and second-year students and faculty members to enjoy rooting for the Florida Marlins against the Atlanta Braves.

A large group of SAACOF members and their families, as well as residents from Palmetto General Hospital, were in attendance. The students were able to laugh and relax while learning invaluable information about the residency process, boards, and how to decide on what would be the best postgraduate path. NSU-COM faculty members Traci-lyn Eisenberg, D.O., and Pamela Moran-Walcutt, D.O., also participated, which offered students the opportunity to speak with them on a more personal level.

The SAACOF hopes to continue this well-received event in coming years, because it served as a much-needed stress reliever from studying and exams.

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NSU-COM Students Showcase Community Spirit at Local Health Fairs

NSU-COM students perpetually reach out to the South Florida community, which is evidenced by the various health fairs where the student clubs volunteered on October 1.



Nigerian Health Fair

October 1 is a date of significance to the Nigerian community as it is the day Nigeria gained its independence from British rule. This year, NSU-COM's Student National Medical Association (SNMA) chapter was invited to participate in a health fair geared toward the Nigerian community in South Florida.

The event, which took place from 8:00 a.m. until 3:00 p.m. at the Rolling Oaks Park in Miami Gardens, was led by Eileen Ramsaran M.D., Ph.D. Throughout the day, the SNMA performed a spectrum of screenings, such as checking blood pressures and glucose levels, and shared information about free health care programs available in South Florida. Beyond providing health care screenings and education, the health fair helped foster interprofessional relationships among health care professionals. – *OMS-II Enoemem (Michael) Okpokpo*

Chinese Free Health Clinic

The HPD Asian Student Association (ASA) took part in the Chinese Free Health Clinic with Soling Li, D.O., M.P.H., who serves as an NSU-COM clinical preceptor. During the health fair, about 30 medical students, along with students from other NSU Health Professions Division colleges, provided free health care.

To assist the patients, two OPP rooms were set up to treat those suffering from low back and shoulder pain, while two additional rooms were used for taking vitals and checking glucose levels. Li, a plastic surgeon and pharmacist, also gave a presentation about hepatitis B, common skin cancers, and prostate cancer. Another free health care clinic will be held in the spring of 2017. – *OMS-II Gee Yoon (Suzie) Park*

Cypress Bay High School Health Fair

The American Medical Student Association (AMSA) returned to Cypress Bay High School to do even more health screenings than previously offered. The club members evaluated blood glucose levels, performed comprehensive eye screenings, and assessed postural carriage and abnormalities. The students also practiced extraocular range of motion and visual

acuity assessments, calculated BMI, analyzed musculoskeletal discrepancies, and gave advice on physical activity and diet.

Community members were grateful for the screenings and information provided, while the students enjoyed the opportunity to practice their clinical skills. – *OMS-II George Abreut*

Nigerian Health Fair



Chinese Free Health Clinic



Cypress Bay High School Health Fair



GLMA Hosts Inaugural LGBTQI+ Health Fair

By OMS-II Hytham Rashid, OMS-II Edward Waseleski, and OMS-1 James O'Neil



THE NSU-COM GAY AND LESBIAN MEDICAL ASSOCIATION (GLMA) coordinated its inaugural Lesbian Gay Bisexual Transgender Questioning Intersex (LGBTQI+) Health Fair to kick off National Coming Out Week on October 10. Partnering with undergraduate members of the Pride Alliance Club, as well as local nonprofit organizations, the GLMA was able to coordinate a wide variety of events throughout the week.

The club hosted a sexual education workshop, a patient diversity panel, free rapid HIV testing, a tour of our own local “gayborhood” in Wilton Manors, and even a drag show on campus at the NSU University Center that was filmed by NSU’s television station—Channel 96 SUTV.

While we are quite proud of our work thus far, there is still so much more we can do for our community. Currently, there is no education of LGBTQI+ health care beyond our events here at the Health Professions Division. Our events seek to improve

the curriculum by providing LGBTQI+ workshops on patient care that foster interprofessional development as an HPD-wide club open to all NSU students and faculty members.

Working together across all professions is crucial to providing quality patient care. Expanded awareness also is especially important for a formerly unrecognized cross section of the population.

HIV infection is a tremendous problem in the LGBTQI+ community. Based on reports published by the South Florida AIDS Network in 2014 and 2015, Fort Lauderdale and Miami-Dade County outrank most areas of the United States in highest HIV infections per year. From data taken in 2012 and referenced in the 2014 report, the study showed that Miami-Dade County and Fort Lauderdale had the second and third highest rate for HIV infection per 100,000 people.

The data obtained from the 2013 study and referenced in the 2015 report ranks the rest of Florida and

Miami-Dade, Broward, and Palm Beach counties as the 5th and 6th highest rate for new HIV infections, respectively. Therefore, the GLMA encourages everyone to get involved in becoming more aware of the available resources for the LGBTQI+ patient in our medical community.

In 2017, we plan to hold the second LGBTQI+ Health Fair in conjunction with local pride festivals by hosting a table at their events under the supervision of medical providers. We also hope to bring our comprehensive sexual education workshop to local high schools. To further develop our community partnerships, we plan to bring free rapid HIV testing on campus more frequently. This will provide easier access to HIV testing for students and faculty members, as well as their family and friends.

If you have any questions or concerns, please feel free to contact Hytham Rashid at hr368@nova.edu or find us on Facebook for updates at [facebook.com/groups/nsuglma](https://www.facebook.com/groups/nsuglma).

SUICIDE PREVENTION: One Conversation Can Save A Life

By OMS-I Michelle Yousefzadeh



The STUDENT ASSOCIATION OF THE AMERICAN COLLEGE OF OSTEOPATHIC FAMILY PHYSICIANS (SAACOFPP) recognized the second week of September as Suicide Prevention and Awareness Week. According to the Centers for Disease Control and Prevention, one life is lost to suicide every 13 minutes. Suicide is the 10th leading cause of death for all ages and the 3rd leading cause of death among children ages 10–14 in the United States. Additionally, suicide is disproportionately prevalent among medical professionals, including students.

To address this disheartening trend, the SAACOFPP set up a table inside Health Professions Division during the entire week to raise awareness and funds for the cause. Students who donated to the cause received a tote bag that included a yellow ribbon pin, a small candle, and the number for the suicide prevention hotline.

Students were also encouraged to proudly display their

yellow ribbon, which is the national symbol for support of suicide prevention. All who received a candle were also asked to light it on October 15 at 8:00 p.m. to honor National Suicide Prevention Day, which commemorates all who have lost their lives to suicide.

Students were also given the option to sign a pledge to ban the stigma that shrouds the discussion of suicide. As future health care professionals, it is our obligation to be comfortable and prepared to speak about suicide with our patients. By addressing our society's stigma against suicide, we will be better equipped to talk about and recognize signs of suicide within our community as well. Please visit cdc.gov/violenceprevention/pdf/suicide-datasheet-a.pdf for more information.



SOSA Convention Overview

By OMS-II Gee Yoon (Suzie) Park

In September, I had the opportunity to travel with second-year student Tiffany Sinclair to Phoenix, Arizona, to attend the Fall Surgical Osteopathic Student Association (SOSA) Convention, which was a component of the 2016 Annual Clinical Assembly of Osteopathic Surgeons coordinated by the American College of Osteopathic Surgeons (ACOS). Officers from different schools across the country came together to discuss achievements, ideas, and future goals that will enhance holistic healing and health care in the United States.

The ACOS president spoke about the single accreditation system and the opportunity to have a speed mentoring session with residency program directors and surgeons who hold a position in the ACOS. The attendees also had a chance to challenge themselves with fun surgical activities such as suturing, making a negative vacuum wound care, and hand-tying surgical knots.

The convention was a great way to network with current surgeons and future colleagues who are studying and walking the same path. The spring symposium will be held at the Liberty University College of Osteopathic Medicine in Lynchburg, Virginia.

TOUCH Coordinates Blanket Donation Event

By OMS-II T. Adam Wichelmann



APPROXIMATELY 25 FLEECE BLANKETS were made and donated to Broward Health Medical Center during the college's TOUCH kickoff event, which was a collaboration between the Executive SGA, the Anesthesiology Club, and the college's Student Association of the American College of Osteopathic Family Physicians.

The blankets, which were donated to needy children, featured colorful, fun patterns that were decorated with sports themes, animals, and cartoon characters. The festive blankets were created to help brighten the dark atmosphere that often accompanies a child's hospital stay.



Miscellaneous Mentions

Hurricane Matthew Haiti Relief Efforts

Second-year NSU-COM students wasted no time supporting the We Stand with Haiti relief effort after the island nation suffered catastrophic damage from Hurricane Matthew in early October. On the first weekend after the storm, the students went to Miami and volunteered to help collect and organize donations for Haiti.

The collection site in Miami Gardens served the joint effort of more than 20 charitable organizations in accepting monetary, medical, first-aid, building, and construction donations, as well as clothing, shoes, and baby supplies.

In addition, the Disaster Medicine Club and the Student National Medical Association teamed up to collect goods and financial donations to help rebuild two medical clinics in Haiti that were damaged by the hurricane. All donations will go directly to help rebuild Dispensaire Ste. Rose de Lima de Maniche and Dispensaire communautaire and Bon Berge de Fonds de freres in Maniche, Haiti.

Walk to End Alzheimer's



The Geriatrics Club and Geriatrics Research Club represents NSU-COM at the Walk to End Alzheimer's in Hollywood, Florida, on October 22.

AMWA Celebrates Breast Cancer Awareness Month

During the month of October, The college's American Medical Women's Association student chapter sold pink ribbon pins for breast cancer awareness. In honor of defending women's health, the club also helped NSU sponsor a self-defense class that was led by Frank Anderson and Sensei Yaniv Rosenberg—an Israeli urban combat black belt in Krav Maga—which allowed the participating students to learn effective techniques on how to deal with real-life threats.



OPP Fellows Celebrate Halloween in Style



Hurricane Matthew Haiti Relief Efforts



COM Cup Hosts Olympics-Themed Competition

By OMS-II Anna Marie Roman

THIS YEAR'S COM CUP THEME focuses on recapturing the spirit of the 2016 Olympics. As a result, The COM Cup Committee has centered its activities on friendly competition and a chance to unite the societies and faculty members.

The first COM Cup event was our version of the Olympic Games. Each society participated in an egg toss, a three-legged race, and a spin-the-bat relay. The ultimate game was a tug-of-war match between academic societies, from which the Anderson Society emerged as the reigning champion.

To commemorate Halloween, the COM Cup event entailed a sports-themed costume competition along with a game of Olympics trivia. Even the faculty members joined us in their sumo gear. Everyone had a blast, especially when one student from each society did his or her best impression of a professor. At the end of the evening, the Silvagni Society was chosen as having the best costumes, with a killer ping-pong table dress.

The COM Cup is going to continue the competitive spirit in 2017 by bringing back the coin wars.

