

September 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



AS THE NEW EDITOR IN CHIEF of *SGA Rounds*, I would like to welcome and congratulate the first-year medical students on their acceptance into NSU-COM. You have worked very hard to achieve this milestone in your careers, and I wholeheartedly wish you the best in your journey ahead.

Less than two years ago, *SGA Rounds* was an idea that sprang into action thanks to OMS-III and second-year law student Saamia Shaikh—a dear friend and future colleague. This digital publication is released bimonthly and is unique for several reasons. Her vision for this newsletter was to focus on the student body and achievements, but most importantly on our voice.

It is with great honor that I assume the position as editor in chief. I hope to bring *SGA Rounds* to new heights and to help raise awareness of issues in the medical community. In this edition, we share articles from second-year medical students who have written about their experiences with the Student Government Association and various NSU-COM clubs and organizations.

Our NSU family is constantly reaching one hand back to serve the underprivileged and reaching one hand forward to our mentors for insight and guidance. Students from the Executive SGA board attended the Council of Osteopathic Student Government Presidents for the first quarterly meeting in Chicago, Illinois, where they were also able to lobby

for lower medical education debt and improved medical student mental health awareness at the AOA House of Delegates. Back on campus, first- and second-year medical students crafted gift bags with positive messages for displaced and abused children in South Florida.

Every new academic school year brings new leadership, new ideas, and a renewed sense of teamwork to this medical community. I was reminded of the spirit of medicine when I attended the White Coat Ceremony for first-year medical students. The white coat is a powerful symbol of the trust people invest in our training and of the respect we must have for all people, regardless of race, ethnicity, sexual orientation, or general appearance. Of utmost importance, the white coat is a reminder that we must first learn to care for ourselves, to acknowledge when we are feeling sad, anxious, or burned out, and to remember we, too, are a patient within every future physician.

I wish all of us the best in the upcoming year. Please do not hesitate to reach out to your faculty members and the Student Government Association with any questions, comments, or concerns.

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COSGP Update

By OMS II Natalie Negron, Executive Board SGA President-Elect



IN JULY, the Council of Osteopathic Student Government Presidents (COSGP) held its first quarterly meeting of the 2016–2017 academic year in Chicago, Illinois. The meeting was an incredible opportunity for the NSU-COM Executive SGA to learn how to enhance the college and our student experience.

We met with osteopathic medical students from all across the country who serve as representatives of their respective student governments. We learned about their programs through school reports and school discussions. These reports and discussions allowed us to hear about new and exciting ways to engage students and the local community, as well as provided us with the opportunity to share some of the wonderful projects taking place at NSU-COM.

During the meeting, we also heard from several prominent leaders from the AOA, AACOM, and the NBOME, who spoke about the single accreditation system, the opening of the second

NBOME National Center for Clinical Skills Testing (located in Chicago, Illinois), and the ED to MED Campaign targeting medical student debt.

The COSGP meeting also coincided with the 2016 AOA House of Delegates (HOD). The HOD is the legislative body of the AOA and speaks on behalf of the members of the association and the osteopathic profession. This body is made up of members of the board of trustees, the AOA, and various state societies. Once every year, the HOD convenes to discuss several resolutions brought forth to become part of AOA policy.

In preparation for the House of Delegates, the COSGP hosted the annual National Osteopathic Student Caucus (NOSC) where student government representatives, SOMA members, and students from across the nation gathered to speak on resolutions affecting osteopathic medical students. Issues of importance included ensuring transparency in the implementation of the single accreditation system,

expanding mental health initiatives, and guaranteeing equal eligibility for D.O.s applying for residency positions in Canada. Together, over 190 osteopathic medical students gathered and voted at the NOSC to create the national student position on these important resolutions.

At the HOD, representatives of the NSU-COM Executive SGA served as delegate and alternate delegate for the Florida Osteopathic Medical Association. We served in this capacity alongside the student government representatives from LECOM-Bradenton.

Overall, it was a jam-packed week filled with meetings, events, and tons of information. Your Executive SGA representatives have returned with some great ideas about initiatives we hope to establish on our campus. We are also looking forward to the next COSGP conference in just a few short weeks, which will coincide with AOA's OMED symposium in Anaheim, California. Please visit osteopathic.org/omed for more information regarding OMED.



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College of Osteopathic Medicine

Success Sums Up Club Week 2016

By OMS-II *Natalie Negron*, Executive Board SGA President-Elect



DURING THE SECOND WEEK of the fall semester, the Executive SGA hosted its annual Club Week to kick off the academic year. During the week of August 8, first-year students were able to meet with club officers during the lunch break and learn about the different NSU-COM and HPD-wide clubs and organizations. Club officers from over 45 organizations set up booths and displays outside the Steele and Hull auditoriums. Many clubs even coordinated activities to engage students as they went from booth to booth.

During the first two days of Club Week, the Executive SGA held a window-shopping period where students could learn about the various clubs available to them. On the final two days of Club Week, students could pay dues and join clubs.

Club Week is a cherished annual tradition and is one of the first opportunities for first-year students to meet upperclassmen and get to learn a little bit more about all the wonderful clubs and projects at NSU-COM. Overall, it was a huge success, and many students commented on how much they enjoyed getting to meet their upperclassmen.

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NSU-COM Students Take on Orlando

By OMS-II Urvi Patel, Family Medicine Club President



THE 2016 STUDENT ASSOCIATION of the Florida Society of the American College of Osteopathic Family Physicians (FSACOF) Convention was the perfect getaway after taking our pharmacology and pathology final exams. More than 23 students packed their bags and drove up to the Omni Orlando Resort on the morning of July 29 to spend their weekend among friends, peers, and the Florida Society of the ACOFP.

While at the conference, we had the opportunity to attend the Membership and Presidential Installation Luncheon, where we witnessed the installation of Susan Ledbetter, D.O., FACOF, as the new FSACOF president. We were also thrilled to see our very own professor and mentor, Traci-lyn Eisenberg, D.O., get elected as FSACOF secretary.

In addition, we attended a workshop called “OMT for Headaches” and sat in on guest lectures about celiac disease and exercise and fat burning, which included a discussion on wogging, which is a word used to describe a combination of walking and jogging or walking and running.

Four of our students—Andrew Lelchuk, Andres Rodriguez, Daniel Rubin, and Timothy Vollaro—were sponsored to play in the FSACOF golf tournament. In addition, students enjoyed an ice cream social and question-and-answer session with Ledbetter; Bruce Rankin, D.O., FACOF, immediate past president of the FSACOF; Nicole Bixler, D.O., FOMA president; and Ronald Burns, D.O., a past FOMA president.

While the guest lectures and workshops were an amazing learning

opportunity, we also had the beautiful and scenic Omni Orlando Resort at our fingertips. When we weren’t busy listening to guest lectures and networking with NSU-COM alumni and other family physicians, we were taking advantage of the hotel’s lazy river and pool. In the evening, we organized a group outing to explore the Disney resorts.

To conclude our fun weekend, all students were invited to the Presidential Wine and Cheese Reception. We enjoyed good food and music in the company of some of our amazing professors while we danced the night away. It truly was the best combination of networking and professional development—all in an environment that made NSU-COM students feel like family.

Student D.O.s Doing What They Know Best: Healing Through Service

By OMS-II Tsuneko Tokeshi



ON AUGUST 24, the college's Student Association of the ACOFP (SAA-COFP) hosted a kickoff community service event. The SAACOFP's goal for the 2016–2017 academic year is to have a year-long campaign for health promotion and disease prevention. As part of that agenda, we sought to identify the needs of the underserved populations in our community and to find ways to positively impact their lives.

To accomplish this, we partnered with 4 KIDS of South Florida, whose vision is to have "A Home for Every Child" and to provide a safe haven

for children who are displaced in South Florida. According to 4 KIDS of South Florida, seven children in South Florida are removed from their homes due to abuse or neglect every day.

The community service event had an amazing turnout from the student body. In all, 53 first- and second-year medical students donated close to \$600 in goods, ranging from toys and clothing to hygiene products and food cards. Students also displayed their artistic talents by decorating colorful, handmade greeting cards for the children with their initials, along



with a positive message inside. Above all, it was great to see the delight many students felt while participating in this event.

From a preventive health standpoint, providing for the basic needs of children can have a tremendous impact on their health and outlook on life. Through this SAACOFP initiative, it is our hope that these children smile again and know they are not forgotten. The success of this concerted effort reminds us of the reason we have chosen this profession—to continue to attend to the needs of our community in helping us become better doctors in the future.



SAA Welcomes Incoming Students

By OMS-II Christopher Larrimore, SAA President



THE STUDENT ADVOCATE ASSOCIATION (SAA) kicked off the year with a fun-filled evening held at the home of Anthony J. and Dianna

Silvagni. The association's goal is to offer support to students and their loved ones. As we all know, becoming a physician is very challenging and

stressful. But the strain is not limited to the students, as it can extend beyond to their loved ones. As such, the SAA seeks to create opportunities that can help ease this strain.

At the start of the academic year, the SAA held a networking event, sponsored by the Silvagnis, which allowed the students to meet community physicians and upperclassmen. While the event was a great opportunity for the students to socialize with their colleagues, it also provided family members in attendance the chance to become more involved and to meet others going through a similar experience.

Lights, Camera, Action: IPOF Featured on TV Asia

By OMS-II Mohid Mirza

IN JUNE, the TV Asia information and entertainment channel visited the college and conducted a special interview with members of the Indian Physicians of South Florida (IPOF) student organization. The popular TV channel broadcasts all over the United States in various languages for the South Asian community.

The interview was part of a series focused on providing college students with helpful tips and advice on gaining admission into a graduate school program. The featured participants were all second-year NSU-COM students. Their collective insights for successfully navigating the matriculation process into medical school were aired in a two-part segment.

During the interview, the students explained the tenets of the osteo-

pathic philosophy related to its focus on holistic medicine and the balance between structure and function. The interview's goal was to inspire those considering a health care career to learn more about the osteopathic field and the benefits of having the additional skill set offered by osteopathic manipulation—a concept unfamiliar

to many South Asian families.

Special thanks to Bindu Mayi, Ph.D., and Naushira Pandya, M.D., CMD, for participating in the interview. Their unique perspectives from an NSU-COM Admissions Committee standpoint provided great insight into what committees look for in medical school candidates.



Student Achievements



Abello



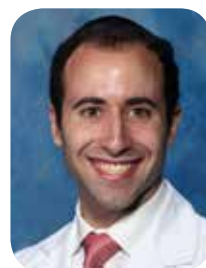
Barash



Collins



Corbitt



Fox



Grammenos

Third-year student **Ashley Barash** was the recipient of the 2015 *Journal of Forensic Nursing Education* Article of the Year Award for her coauthored article, “Sexual Assault Simulation Course for Health Care Providers: Enhancing Sexual Assault Education Using Simulation.”

Fourth-year student **Devin Collins** coauthored a paper with NSU-COM alumna Ashley Startzman, D.O. ('13), “A Systematic Literature Review of Synovial Chondromatosis and Pigmented Villonodular Synovitis of the Hip,” which was accepted for publication in the *Physician and Sportsmedicine* journal.

Fourth-year students **Alexandra Grammenos** and **Kelly Corbitt** and third-year students **Allen Abello** and **Jason Mammino** coauthored a paper, “Skin Indentation Firmness and Tissue Dielectric Constant (TDC) Assessed in Face, Neck, and

Arm Skin of Young Healthy Women,” which was accepted for publication in *Skin Research and Technology*. The students worked with Harvey Mayrovitz, Ph.D., M.S., professor of physiology in the College of Medical Sciences, utilizing the latest technology for assessing skin fibrosis and elastic properties.

Second-year student **Michelle King**, M.Sc., coauthored the article, “Autologous Platelet Rich Plasma (PRP) Intradermal Injections for the Treatment of Vulvar Lichen Sclerosus,” which will be published in an upcoming issue of the *Journal of the American Association of Dermatology*. She also served as coauthor of the article, “Ospemifene May Not Treat Vulvar Atrophy: A Report of Two Cases,” which was published in the June issue of *Sexual Medicine*, which is the official journal of the International Society for Sexual Medicine.

Second-year student **Christopher Larrimore**, M.Sc., served as lead author of the article, “Secondary (AA) Amyloidosis with Development of Nephrotic Syndrome,” which was published in a recent issue of *Clinical Laboratory Science*. Larrimore coauthored the article with first-year student **Ezra Fox**.

Third-year student **Timothy J. Nobles** coauthored the article, “Case Report of Osteopathic Treatment of Insomnia and Traumatic Anhidrosis,” which was accepted for publication in the *International Journal of Osteopathic Medicine*. In addition, Nobles, along with third-year student **Michelle Hojnicky** and 2015 alumnus Kevin Donohue, D.O., will be presenting their research poster, “An Enlarged Perspective of Cefazolin and its Potential Side Effects: A Case Report on Rapidly Developing Toxic Megacolon, Secondary to Cefazolin Prophylaxis,” at the American College



Hojnicky



King



Larrimore



Mammino



Nobles



Orna

Student Achievements



Panico



Ray



Riederman



Sarkar



Volosko

of Osteopathic Internists Annual Convention and Scientific Sessions to be held October 27–28 in Palm Desert, California.

Fourth-year student **Renata Orna** presented a poster, “Inflammasome Activation and Semen Quality in Men with and Without Spinal-Cord Injury,” at the Florida Medical Association Poster Symposium held July 30 in Orlando, Florida. Orna coauthored the research with individuals from the University of Miami Miller School of Medicine and the Miami Project to Cure Paralysis.

Third-year student **Leighann Panico** will be presenting her research project, “Traumatic Anterior Dislocation of the Hip: A Review of the Literature with Case Report,” at the American

Osteopathic Academy of Orthopedics Annual Meeting, which is being held October 13–15 in Washington, D.C.

Fourth-year student **Kristi Ray** was 1 of 21 medical students from across the United States selected to receive an American Society of Tropical Medicine and Hygiene Benjamin H. Kean Travel Fellowship in Tropical Medicine. The fellowship is the only U.S. medical student award dedicated to nurturing a career path for physician-scientists in tropical medicine. Selectees receive airfare and up to \$1,000 in living expenses for a clinical training or research project that takes place in an area where tropical diseases are endemic. Ray will travel to Manila, Philippines, from January through March 1, 2017, to work on her project, “Mapping and Eradication of

Soil-Transmitted Helminthiasis and Schistosomiasis in Rural Philippines.”

First-year student **Joshua Riederman** will present his abstract, “Effects of BMI on Clinical Outcomes in Adult Limb Lengthening with a Telescopic Intramedullary Rod,” at the American Osteopathic Academy of Orthopedics Annual Meeting, which will be held October 13–15 in Washington, D.C.

Fourth-year students **Bansari Sarkar** and **Irina Volosko** coauthored an article, “Arm, Leg, and Foot Skin Water in Persons with Diabetes Mellitus (DM) in Relation to HbA1c Assessed by Tissue Dielectric Constant (TDC) Technology Measured at 300 MHz,” which was published in the August issue of the *Journal of Diabetes Science and Technology*.

