

March 2017

# 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



WE HAVE RUNG IN 2017 and have begun a new semester filled with exciting changes to NSU-COM. The first-year students are adapting to their new lifestyles, while the second-year students prepare for their first of many national licensing exams. Students whispering “boards are here”

can be heard echoing throughout the hallways.

Despite the rigors of our academic workload, the student body continues to shine in all aspects, from volunteering in the community to spending valuable moments with family and friends. Without their efforts, this publication would not be a reality. So first and foremost, I would like to thank all of those who contributed to this edition of *SGA Rounds*.

In this issue, you will find updates from the Executive Board Student Government Association. We welcomed John Gimpel, D.O., M.Ed., FACOFP, president and CEO of the National Board of Osteopathic Medical Examiners, and listened to his presentation about changes to the COMLEX and the single accreditation system. Additionally, we were able to speak to undergraduate students at the University of Florida about osteopathic medicine and medical student wellness.

OMS Day of Wellness was a wonderful chance for students to reflect on their strengths—an important facet to

mental health awareness. In addition to efforts by the SGA, members from SAACOFB, the Disaster Medicine Club, the Pediatrics Club, the Geriatrics Club, and GLMA participated in CommunityFest—one of the most anticipated annual fairs at Nova Southeastern University.

In December, students from the SNMA, IMOC, and IPOF also volunteered their time abroad in Jamaica, Ecuador, and India, respectively. Every year, these medical outreach trips serve as immersive learning tools for the students and help them realize their potential as future physicians.

As the editor in chief of *SGA Rounds*, I hope you continue to reach out to me with updates about your endeavors, achievements, and thoughts. The beauty of NSU-COM lies in the student body and in the students’ prioritization of family values, such as teamwork, compassion, respect, and dedication.

At times when I am struggling to learn information, balance studying for school and boards, or am overwhelmed by obligations, I think of my professors. Their ability to tackle the needs of more than 240 students, several hundred patients, commitments to academic societies, and the needs of their own families helps place my day into perspective.

Their relentless positivity and love for medicine help fuel my desire to learn as much as I can from mentors who have an undying love to teach. I hope all current and future NSU-COM students gain this perspective to keep their love for medicine alive.

Before I conclude, I would like to sincerely thank Traci-lynn Eisenberg, D.O., Scott Colton, and Debra Gibbs for their mentorship and compassion in helping make this publication a reality.

# EXECUTIVE BOARD SGA ENDEAVORS

## National OMS Day of Wellness



In 2016, the American Association of Colleges of Osteopathic Medicine's Council of Osteopathic Student Government Presidents (COSGP) conducted a landmark survey to take a snapshot of D.O. student mental health. Since then, students have been coming together to promote mental health across the osteopathic medical education continuum.

In support of this effort, the COSGP's Mental Health Awareness Task Force launched its inaugural OMS Day of Wellness in 2016 as an initiative to openly discuss awareness of medical student

mental health. Thirty-three colleges of osteopathic medicine across the country participated in events dedicated to osteopathic medical student well-being.

This year, the SGA Executive Board hosted its OMS Day of Wellness with a breakfast for the students, a card-signing activity, and a visit to Broward Health Medical Center. Students played live music and made Valentine's Day cards with the pediatric patients.



## NBOME President and CEO Visits NSU-COM

John Gimpel, D.O., M.Ed., FACOFP, president and CEO of the National Board of Osteopathic Medical Examiners, visited NSU-COM and gave a presentation to the class about COMLEX—the osteopathic national licensing exam.



## Medical College Forum

On February 4, Marleyn Medina, admissions counselor; Nelly Tejada, M.B.A., assistant director of student and alumni affairs, and OMS-II Viki-sha Hazariwala spoke to premed undergraduate students at the University of Florida about osteopathic medicine and life as a medical student.





# SGA Rounds

Volume 3, Number 1

SGA Rounds is produced by  
Nova Southeastern University  
College of Osteopathic Medicine  
3200 South University Drive  
Fort Lauderdale, FL 33328-2018  
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# Students, Faculty Members Participate in International Medical Outreach Trips

*In December, NSU-COM students, faculty members, and community advocates traveled to Ecuador, India, and Jamaica to provide medical care to patients in underserved areas of the world.*



## Destination: Jamaica

*By OMS-II Vikisha Hazariwala*

When she was 16 years old, Paula Anderson-Worts, D.O., M.P.H., associate professor of family medicine, had a vision to one day provide medical outreach to people in need. She had a vision to bring health care to the poorest and most underprivileged people who desperately needed a physician's touch, a pharmacist's medicines, a dentist's tools, and an optometrist's scopes to help them see their world more clearly.

Her vision grew over the years. It began to encompass more than God's message to help the needy. As Anderson-Worts pushed through every step of her medical training, she began to realize the importance of hands-on medical education. With the help of two of her students, along with long-standing connections she had made, she was able to take a group of medical

students with her to Jamaica and see her dream come to life.

For the 16th consecutive year, about 25 first- and second-year medical students traveled to Montego Bay and surrounding communities in Jamaica during the second week of December. On the first day of our arrival, we sorted our medical equipment and medications into large totes so each volunteer site could have the same resources each day. We were excited to begin our week and see patients, but we were also nervous to encounter unfamiliar clinical presentations. We were scared of what we did not know and eager to learn as much as we could.

Each day, we drove about 30 minutes to our respective sites and carried our totes filled with supplies and

medications into a small room, which would become our clinic for the day. We brainstormed ways to turn tables into examination beds and bedsheets into curtains to give our patients comfort and privacy. It required our physical labor to establish an organized clinic and our creativity to help it run effectively with limited resources.

Our mentors reminded us that being adaptable would be our biggest ally. By midmorning, people of all ages from the surrounding villages trickled into our makeshift clinic to have their chief complaints addressed, infections assessed, and eyes examined. We, as medical students, learned which questions to ask the patients, learned how to integrate their histories into an encounter form, and most importantly, learned how to interact with them.

Over the course of the week, we saw close to 600 patients, and each and every one thanked us for our care. What I loved most about the Jamaican people we met was one particularly respectful and kind gesture. Each time they greeted us or crossed paths with one another, they'd hold their right







hand over their heart, nod, and smile. We learned to mimic their gesture, and in response, we had created a bond from heart to heart and from human being to human being.

Each night, we talked about the intricacies of the Jamaican culture, patient cases, and the high and low points in our day. Several of us were able to use our training in osteopathic manipulation to help relieve musculoskeletal pain. A few of us were even able to navigate our patients' histories to find the cause of their pain.

OMS-II Suzie Park was able to hold hands and pray with her patient, who had metastatic cancer. "Despite countless sleepless hours and an unhealthy amount of caffeine intake, we never learn how to be the bearer of the bad news during the first two rigorous years of medical school," Park explained. "One hour of interaction with this patient reignited my passion for medicine and reminded me what truly matters at the end of the day—people and their spirit."

Our week in Jamaica was life altering. We will never forget the

patients we saw, their gratitude, and the experience to touch another human's life. Undoubtedly, as our pre-clerkship days come to an end, and as we approach rotations in the hospital,

we are more excited than ever to use the skills we have acquired and the knowledge we have gained to help our future patients.

On behalf of the students, we recognize that our medical education over the course of this week could not have been possible without the team of physicians, optometrists, occupational therapists, and pharmacists who volunteered a week out of their extremely busy lives and careers. They provided us with constructive feedback, helped guide discussions about common pathologies, and inspired us to find our vision. Just as Anderson-Worts had made her dream a reality, we, too, hope to find ours as we stand on the shoulders of giants who help us see the world a little more clearly.





# Destination: Ecuador

By OMS-II Lauren Muth, IMOC President



Last December, I was blessed with the opportunity to take on the role of trip leader for the medical outreach trip to Ecuador. I also had the pleasure of working with the wonderful NSU-COM administrators who tirelessly planned, coordinated, and helped execute a successful volunteer-abroad program.

The trip began with a flight to Quito, Ecuador, the day after we took our final exam of the fall 2016 semester. Fifteen students and five academic preceptors never took their eyes from the bus windows as we made our way from the airport up the mountain to our lodge—Hosteria San Jorge. Jorge Cruz, a retired veterinarian and our host for the week, welcomed us into three of his lodges during our time in the cities of Quito, Tandayapa, and Milpe.

While in Quito, we took a historic tour through the city and were lucky enough to enjoy a parade, local food, and live music in celebration of a local holiday. In Tandayapa and Milpe, we hiked to 10 waterfalls, where just about

everyone in the group braved the cold water for pictures amidst the scenery. We also had the opportunity to visit Intiñan Museum, which is considered the actual location of the equator.

Although the time we spent hiking, touring, and exploring was thrilling, many people in our group most enjoyed the days spent in clinic. The team converted a schoolhouse into a health care facility with the help of local volunteers. The room was separated into stations for triage, patient interviews, osteopathic manipulative treatment (OMT), and pharmacy. A private area was also set up to perform female pelvic exams.

We were fortunate to have one family medicine/sports medicine physician, one emergency medicine physician, one interventional radiologist, and two occupational therapists on the team of NSU faculty preceptors teaching the students. My classmates and I were responsible for taking patient histories, performing initial physical exams, presenting our notes to the attending preceptors with an assessment and plan, and providing medications,







OMT, and education to our patients with the help of translators.

Two students had the opportunity to administer trigger-point injections for a man with chronic back pain, while many others performed female pelvic exams with the assistance of the college's dean, Elaine M. Wallace, D.O., M.S., M.S., M.S., who served as our faculty leader. Additionally, the students had the exciting opportunity to treat their patients with OMT.

International medical outreach is one of the best ways to witness true pathology as a first- or second-year student. It is an excellent environment to step out of the didactic-style comfort zone and practice the patient interviewing, charting, OMT, and physical-exam skills we have learned thus far in our training.

One of my most memorable moments in Ecuador involved a shy young girl who exhibited the manifestations of fetal alcohol syndrome. After completing her chart, I and a few other student volunteers played hopscotch outside the clinic with her,

her sister, and some of their friends in the community. I can still hear the sound of their laughter when I look at the photo of the two sisters.

Memories like these remind me why I chose to dedicate my life to medicine. I am so thankful to have gained this experience as a medical volunteer.





# Destination: India

By OMS-II Arti Patel, IPOF President; OMS-II Adam Devine;  
and OMS-II Bhavik Upadhyay



In December, 42 NSU-COM students traveled halfway across the world to provide much-needed health care to villagers in Ahwa, India, along with 16 graduate students from the NSU College of Psychology and 7 medical students from the Alabama College of Osteopathic Medicine. Additionally, various physicians and preceptors were recruited to work with the students during the week-long trip, including a family medicine practitioner, a dermatologist, a psychologist, and a physician assistant.

Because the villagers of Ahwa suffer from a lack of resources, many of them are afflicted with ill health. The patients, who ranged in age from infants to elderly, presented with a range of clinical diseases, including skin infections, pelvic inflammatory disease, and psychiatric disorders. Using local and student translators, the medical outreach team performed clinical interviews with the patients, while medications were

prescribed for free. Additionally, osteopathic manipulative treatment provided crucial relief to those afflicted with musculoskeletal dysfunctions.

The trip was organized by the college's student chapter of the Indian Physicians of South Florida; Anthony

J. Silvagni, D.O., Pharm.D., M.Sc., FACOFP dist., FCPP, FAFPE, dean emeritus and director of international and interprofessional medicine; and Ashok Patel, D.D.S., who practices dentistry in Massachusetts. Patel established the Kantilal J. Patel Charitable Trust of India to create a free clinic in Ahwa, where the outreach team conducted more than 1,500 patient visits.

The participating students gained invaluable medical knowledge and cultural awareness during their time in India, which is why NSU-COM has been coordinating various international medical outreach opportunities for almost two decades. "I want to emphasize how compassionate and caring our students and faculty and staff members are," Silvagni said. "They make personal sacrifices to do this volunteer work while also increasing the breadth of their medical and cultural knowledge and experience."









# NSU-COM CLUBS AND ORGANIZATIONS

## Women in Medicine

By OMS-II Annabelle Alvarez, AMWA President



The American Medical Women's Association (AMWA) has already taken part in a few amazing events this year. A few weeks ago, we held a joint meeting with the Student Osteopathic Surgical Association, where the inspiring Robert Donoway, M.D., a surgical oncologist

and breast surgical oncologist, spoke to us about the advances and findings with breast cancer and the new future that awaits us as medical students.

We also had our first self-defense class in which students were able to learn valuable lifesaving techniques and quick maneuvers in case they ever need to defend themselves. In addition, we were able to raise funds for cervical cancer research by having a successful bake sale.

Most recently, we gained approval to work with the Susan B. Anthony Foundation in helping the organization collect medical and female hygienic supplies and in coordinating student volunteer visits. The AMWA is making great strides not only on campus and in the community, but also in representing women in medicine.

## CommunityFest 2017 Informs and Entertains

By OMS-II Urvi Patel, SAACOFPP President

The Student Association of the American College of Osteopathic Family Physicians (SAACOFPP) members participated in NSU's 14th Annual CommunityFest on February 11. Students played ring toss and the game Operation with children while also teaching them about healthy food choices and nutrition. SAACOFPP members also spoke to adult and elderly attendees about preventive health and nutrition.

Activities included teaching community members to "Rethink Their Drink" and how to demystify what the information on a nutrition label actually means. With almost 20 members working the event table throughout the day, the SAACOFPP made a significant impact at its very first CommunityFest.

In addition to participation by the SAACOFPP, members from the Student Government Association, Disaster Medicine Club, Pediatrics Club, Geriatrics Club, and Gay and Lesbian Medical Association showed their support for NSU and the community.

## ASA Coordinates Inaugural Health Professions Panel

By OMS-II Gee Yoon (Suzie) Park, HPD ASA President

On February 24, the HPD Asian Student Association invited students from the NSU colleges of Health Care Sciences, Optometry, Osteopathic Medicine, and Pharmacy to educate South Florida's pre-health professional students about their respective professions. The attendees ranged from college freshmen to master's students at Barry University, Florida Atlantic University, Florida International University, Nova Southeastern University, and the University of Miami.

The turnout was great, as was the feedback from not only the pre-health professional students, but from the current NSU Health Professions Division students. One of the college students said the event was "an eye-opening experience to get a feel of 10 different health professions in one sitting." Furthermore, one of the panelists noted that she attended to represent her profession and was surprised to learn so much about different health fields and meet great people.

It was encouraging to see future and current health professionals come together and share their passion for their future patients. The HPD ASA plans to coordinate the event again next spring.





# Valentine's Day, A Prom to Remember...and More

By OMS-II Christina Baxter, Pediatrics Club President

The Pediatrics Club has been very active during the first months of 2017. We helped the College of Dental Medicine with its annual Give Kids A Smile event. Hundreds of kids from throughout Broward County received free dental care, as well as happy moments of face painting and balloon animals that we got to share in with them.

In February, we participated in NSU's CommunityFest, painted more faces, and gave nutrition advice to hundreds of parents and kids. Our executive board went to NSU University School's Career Day and shared details with eager middle schoolers about our life in medical school and what inspired us to pursue this career path.

The Pediatrics Club also had numerous opportunities to partner with other clubs in early 2017. We hosted a meeting with the Student American Academy of Osteopathy and witnessed Doris Newman, D.O., FAAO, assistant dean of osteopathic clinical educa-



tion, perform osteopathic magic on a nine-month-old infant. We also joined with the Fine Arts Club and hosted a Valentine's Paint night. Several of our members painted beautiful canvases and donated \$200 for A Prom to Remember, which hosts proms for high schoolers affected by cancer.

In addition, we were able to partner with our very own SGA Executive Board during D.O. Day of Wellness and go to the Salah Foundation Children's Hospital at Broward Health, sing songs, and make Valentine's Day cards.

We also hosted a Valentine's Day meeting with a pediatric cardiologist over a dessert gathering filled with cardiac cases and sweet encouragement. We were especially honored to host the annual Arnold Melnick Child Advocacy Award ceremony and recog-

nize Patricia Rowe-King, M.D., FAAP, as an outstanding leader in service in Broward County.

We are looking forward to the rest of this year, as well as to our annual St. Baldrick's shave and 5k event on March 18.





# SAAO Coordinates, Participates in Multifaceted Activities

BY OMS-II Anna Roman-Pleschko, SAAO



The Student American Academy of Osteopathy (SAAO) and the Pediatrics Club teamed up with Doris Newman, D.O., FAAO, assistant dean of osteopathic clinical education, to host a demonstration on OMM techniques that are commonly used in the Pediatrics Clinic. Newman showed modified cranial techniques for complaints, such as otitis media, congested lacrimal ducts, and plagiocephaly.

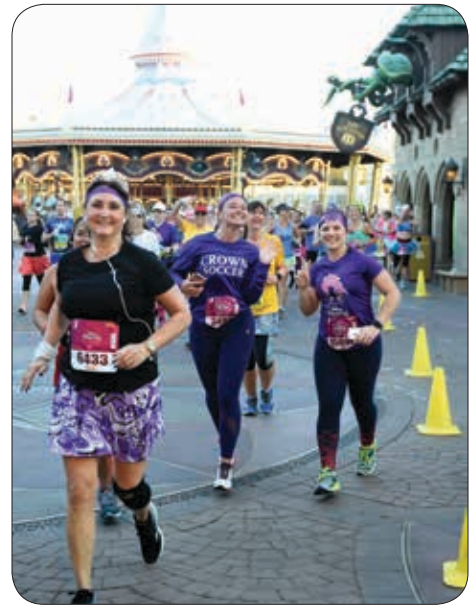
The Sports Medicine Club and the SAAO hosted Alessandra Posey, D.O., assistant professor of sports medicine, for a presentation on the application



of OMM for common sports injuries. We had a comprehensive demonstration of post-injury, side-court ankle assessment and management of chronic conditions like tendonitis.

The Student Osteopathic Medical Association hosted a Cardio for Cupid flag football tournament in benefit of the American Heart Association, where attendees came out to play on behalf of wellness and cardiovascular health.

I, along with Tiffany Sinclair, who serves as the Sports Medicine Club's vice president, ran a half marathon at Walt Disney World in Orlando, Florida. Somehow, after a week of difficult finals, we made it 13.1 miles. We were sleep deprived, hadn't fully trained, and were mentally and physically drained. Nevertheless, we finished our first half marathon in 3 hours.



Every day in medical school is proof of how amazing our bodies are and the things we are capable of if we just put our minds to it.





# Student Success at FOMA Poster Competition

During the 114th Annual Florida Osteopathic Medical Association Convention, held February 23–26 at the Bonaventure Resort and Spa in Weston, Florida, NSU-COM and its affiliated postgraduate programs were well represented at the association's Seventh Annual Student/Intern/Resident/Fellow Research Poster Competition.

Janet Hamstra, Ed.D., M.S., associate professor of internal medicine and assistant dean of osteopathic postgraduate education, served as the competition's head judge. Due to the overwhelming response to the competition, the FOMA instituted a review process and accepted only the top 60 entries for presentation.

Six NSU-COM faculty members judged the event along with two representatives from the Lake Erie College of Osteopathic Medicine-Bradenton. The NSU-COM judges were Tye Barber, D.O.; Cyril Blavo, D.O., M.S., M.P.H. and T.M., FACOP; Patrick Hardigan, Ph.D.; Guy Nehrenz, Ed.D.; Dennis Penzell, D.O.; and Kenya Rivas, M.D.

Entrants submitted abstracts, produced posters, and made poster presentations, all of which were included in the judging process. Prizes were awarded in three categories: Osteopathic Intern/Resident/Fellow Case Study or Experimental Research; Osteopathic Medical Student Case Study; and Experimental Research.

First-, second-, and third-place honorees received \$750, \$250, and \$100, respectively. Following are the winners in their respective categories. Only student poster winners are listed.



*From left: Darren Young, Kelly Hilton, Anita Singh, and Joseph Rizzi*

## RESIDENT RESEARCH (Second Place)

*“An Aberrant Case of Congestive Heart Failure: Rupture of a Sinus of Valsalva Aneurysm”*

Darren Young, D.O.  
OMS-III Michael Lin  
OMS-III Jeffrey Morris

Broward Health Medical Center  
Internal Medicine Residency Program

## STUDENT RESEARCH (First Place)

*“Life-Threatening Complications Arising from Preeclampsia: A Case of Hepatic Rupture”*

OMS-III Anita Singh and Renee Alexis, M.D., M.B.A., M.P.H., FACOG

## (Second Place)

*“Thymic Carcinoid Syndrome: The Unlikely Origin of Hypercatabolic Hypogammaglobulinemia”*

## OMS-III Kelly Hilton

Irina Rosenfeld, A.R.N.P.  
Maria Vera, M.D.  
Nancy Klimas, M.D.

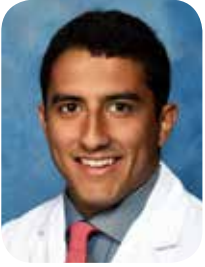
## (Third Place)

*“C3 Glomerulonephritis: A Unique Correlation with Kartagener Syndrome”*

OMS-III Kimberly Baran and Marc Richards, M.D.



# Student News Briefs



Abreut



Arutyunyan



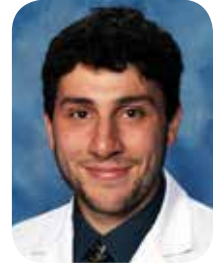
Fiore



Hazariwala



Jaswal



Melkonian

Four NSU-COM students—**George Abreut, Alixandria Fiore, Wilson Pfeiffer, and Austin Price**—were each awarded \$1,000 Florida Vascular Society’s Next Generation Student Scholarships through the Florida Vascular Foundation for their academic achievements and interest in vascular surgery. The scholarships were provided to defray costs associated with their participation in the 30th Annual Scientific Sessions held May 4–7 in Amelia Island, Florida.

OMS-IV **Sergey Arutyunyan, M.S.**, had his coauthored article, “Predictors of Sunburn Risk Among Florida Residents,” published in the March issue of the *Journal of the American Osteopathic Association*. He also was interviewed regarding the article’s findings for a piece titled, “Young Adults with Melanin-Rick Skin Are More Likely to Sunburn,” which was featured on the Yahoo! Beauty website.

OMS-II **Vikisha Hazariwala** was awarded a \$600 student scholarship for her abstract, “Zinc and S-Adenosylmethionine Mediates Lung Inflammatory Cytokines in Otherwise Healthy HIV-1 Infected Individuals,” which she presented at

the American Federation for Medical Research Southern Regional Meeting held February 11–13 in New Orleans, Louisiana. Her abstract also was published in the *Journal of Investigative Medicine*.

OMS-IIIs **Tejeshwer Jaswal, Vatche Melkonian, and Aadil Vora** will be presenting their emergency medicine research case posters at the Foundation for Osteopathic Emergency Medicine Case Study Poster Competition being held April 19 in Bonita Springs, Florida. Vora will present the topic, “Don’t Skip Leg Day, Bro: A Case of Unprecedented Exertional Rhabdomyolysis Without Acute Kidney Injury,” while Jaswal will discuss “Ovarian Vein Thrombosis Mimicking Acute Abdomen in a Pregnant Patient.” Melkonian’s project focuses on “Abdominal Cramps as the Earliest Warning Signs of Impending Anaphylactic Shock in a Patient with Indolent Systemic Mastocytosis.”

OMS-III **Vatche Melkonian** presented a poster, “Traumatic Epidural Hematoma: A Retrospective Review of Patient Characteristics and Management,” during the Southeastern Surgical Congress

Annual Scientific Meeting held February 25–28 in Nashville Tennessee.

OMS-III **Jeffrey B. Morris** had his coauthored article, “Dermascope Use by Osteopathic Primary Care Physicians,” published in the March issue of the *Journal of the American Osteopathic Association*.

## Students Advocate on Capitol Hill

On March 8, several NSU-COM students, along with a faculty member, attended the American Association of Colleges of Osteopathic Medicine annual lobby day called COM Day on Capitol Hill in Washington, D.C. Along with other osteopathic medical students from across the United States, the NSU-COM attendees met with Florida senators and representatives to discuss medical student debt reform and the future of the physician workforce.



Morris



Pfeiffer



Price



Vora