

# SGA **Rounds**

Summer 2015  
Volume 1, Issue 3

**ON PAGE 4...**  
**Pediatrics Club**  
**Raises Funds**  
**to Fight**  
**Childhood Cancer**



## Letter from the EDITOR IN CHIEF



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

Dear Fellow Future Physicians and Faculty/Staff Members,

I want to begin by congratulating all of you for making it through the year—we did it! Many of you just took your boards and are moving forward onto the clinical portion of medical school while the rest of you are progressing into the final year of your basic sciences. This is an exciting time for all of us. As future osteopathic physicians, we take an oath to do no harm, to be loyal to our profession and to the teachers of our art, to do always what is in the best interest of the students that are to enter the profession after us. It is in our osteopathic DNA to give back.

I am so happy to see that this is beginning here at the student level. In this issue of *SGA Rounds*, you will find an article from OMS-III Ricky Patel regarding the transition from boards to wards. Another interesting article was submitted by OMS-III Jason Fauchoux, who wrote about OMS-III Rita Zeidan and the academic reviews she holds for the first-year students, which benefit a different charity each time. In addition, a new sec-

tion was created to highlight student achievements, which includes items such as being elected or appointed to a national board position, presenting research at a conference, or being published.

In light of our expansion and new additions to the student newsletter, I have recently recruited Dr. Traci-lyn Eisenberg to serve as our faculty editor. We are so thrilled to have her on board. Not only is she an NSU-COM alumna, she also is one of the students' favorite professors. I am also excited to welcome the NSU Health Professions Division graphic designer, Brandee Evans, to the team. As you may have immediately noticed, we have a new look. As always, Scott Colton and Debra Gibbs from the Office of Medical Communications and Public Relations have helped with this issue tremendously.

I hope you enjoy this edition of *SGA Rounds*. Please do not hesitate to contact me at [shaikh@nova.edu](mailto:shaikh@nova.edu) should you have any concerns or suggestions.

## Faculty EDITOR'S MESSAGE



By Traci-lyn Eisenberg, D.O.  
Assistant Professor  
of Family Medicine

On May 15, I had the opportunity to attend the graduation ceremony of our fourth-year medical students, where 237 students graduated to become full osteopathic physicians, including one D.O./D.M.D. graduate. Remarkably, only four short years ago, I was one of those graduates looking out into a bright future. It is amazing how time flies. In those years, I have been through internship, residency, and now I sit here, as a faculty member of the same osteopathic medical school that trained me.

To the third years, congratulations! You are about to enter what was for me the most exciting time of medical school because third-year rotations were the most fun year for me. It is finally the opportunity to take what you have been taught and learned over the past two years and apply it. Those dis-

eases and conditions you have been reading about come to life in real patients and situations. You can hone your examination and interpersonal skills and take advantage of all of these opportunities afforded to you. It is a wonderful time in your medical career, and I know you all will be successful.

To the new second years, I look forward to another successful year with you all and hope we can continue to build the foundation toward you all becoming great doctors.

Lastly, I would like to thank you all for the honor of being the faculty editor of this newsletter. As a graduate of Nova Southeastern University College of Osteopathic Medicine, it is through student involvement that we thrive and grow—and this newsletter is one of the perfect examples of that growth.

# COSGP UPDATES

By OMS-II Lauren Boudreau, Executive SGA President



This past April, the Council of Osteopathic Student Government Presidents (COSGP) held its last quarterly meeting of the 2014-15 academic year in Fort Lauderdale, Florida, at the Marriott Harbor Beach Resort & Spa in conjunction with the joint AACOM/AODME annual meeting. Ravi Uppal (class of 2017 president) and I were in attendance as representatives of the NSU-COM student body.

This meeting had many great opportunities for collaboration, and we were able to ask our colleagues at the other osteopathic schools how they have overcome some of the adversities we face here at NSU-COM. Some of the topics we raised for discussion included COMLEX study time, a physical space at school for spiritual life/meditation/prayer, and how other schools promote diversity among their student body. Interestingly, when it came to COMLEX study time, many of the schools ranged from either more than four weeks to only one week, with MSU-COM having the greatest time available for COMLEX studying. Additional data can be found on the COSGP website at [www.cosgp.org](http://www.cosgp.org).

Another highlight from the meeting was hearing an update regarding the single accreditation system from John Dougherty, D.O., of the ACGME Osteopathic Principles Committee, which was created to develop a single set of requirements for osteopathic recognition of GME programs in the single accreditation system. For more information and updates regarding the single accreditation system, please visit [www.osteopathic.org/acgme](http://www.osteopathic.org/acgme).

The NSU-COM student leadership looks forward to the COSGP Summer Quarterly Meeting to be held in conjunction with the AOA House of Delegates, which will take place July 14-19 in Chicago, Illinois.

## EXECUTIVE BOARD SGA National Osteopathic Medicine Week

By OMS-I Bhavik Gupta, Executive SGA Secretary

During the week of April 19-25, NSU-COM students as well as faculty and staff members celebrated National Osteopathic Medicine (NOM) Week 2015 with a variety of events, all to celebrate the traditions of osteopathic medicine and help raise awareness of the profession.

Following a kickoff breakfast on Monday, the college hosted the M1/M2 Awards as well as the final COM Cup event. Awards were given in recognition of student achievement and faculty excellence, and it was inspiring to see all the wonderful things students and faculty members have accomplished at NSU-COM.

On Tuesday, the college had the privilege of hosting Joshua Courtney, D.O., founder and CEO of COMBANK—a question bank widely used by osteopathic medical students in preparation for the COMLEX-USA exams. To date, more than 35,000 osteopathic medical students have utilized the test items and analytics within COMBANK, and Dr. Courtney was able to provide invaluable insight to students. He truly believes in his mission of serving the osteopathic community by helping all individuals to realize their own learning potential.

The highlight of NOM Week 2015 was the much-anticipated “Nuts and Bolts Residency Talk,” which took place on Wednesday. The event brought first- and second-year medical students together with a panel of recently matched fourth-year medical students and resident physicians. The evening began with a presentation by Traci-lyn Eisenberg, D.O., who spoke at length about how to manage third- and fourth-year rotations. She provided vital tips on how to be proactive in those crucial years and

shared some of her experiences with working medical students as an attending physician.

Following Dr. Eisenberg's presentation, audience members were able to interact with the panelists, who reflected on their successes as well as the mistakes they made during their years at NSU-COM. The evening was capped off with a “Speed Professional” event modeled after speed dating, which took place at the newly renovated Flight Deck at the NSU University Center. First- and second-year students rotated through tables representing different specialties and were able to interact with fourth-year students and residents on a more personal level.

On Thursday, another highly anticipated event—“OPP Clinic”—was run by David Boesler, D.O., and the OPP fellows to showcase their favorite OMT techniques—many of which are not part of the standard curriculum. This event had the largest attendance by the students, as well as some guest appearances by distinguished faculty members. The event allowed students to witness OMT in a different light, and our dean, Dr. Elaine Wallace, even made an appearance to showcase some of her own favorite techniques.

The final day of NOM Week was capped off with a lunch barbeque on the Terry Patio where everyone could wind down and reflect upon the weeklong activities. NOM Week at NSU-COM brings together student doctors with practicing osteopathic physicians to celebrate osteopathic medicine and the opportunities it provides. It not only raises awareness, but also fosters camaraderie—leading to a student experience that transcends a fine education.

# STUDENT ORGANIZATION UPDATES

On March 15, the Pediatrics Club successfully hosted NSU-COM's inaugural St. Baldrick's event, which consisted of students who shaved their heads in order to raise awareness and money for childhood cancer. The St. Baldrick's Foundation is a volunteer-driven charity committed to funding the most promising research to find cures for childhood cancers and give survivors long, healthy lives.

Since January, the Pediatrics Club had been promoting the event, asking people to fund-raise and form teams centered on those willing to shave their heads. The OPP fellows even graciously agreed to have their heads shaved if the goal of \$2,500 was reached by the event date. The Pediatrics Club also partnered with an undergraduate club called Locks for Cause and its For Hair's Sake event, which involved ponytails being chopped off to benefit Locks of Love.

The day of the event, we had more than 30 participants who either shaved their heads or donated their ponytails to our joint cause, all while listening to the entertainment provided by Locks for Cause and enjoying the pizza both organizations had provided for the event. The Pediatrics Club had also invited NSU's Photography Club to take pictures of the event—as well as before-and-after photos—and to display some of the work they had done for their Photography in Medicine project.

Thanks to the unified effort that also involved NSU's dental and pharmacy programs, more than \$8,000 was raised for the St. Baldrick's Foundation—three times the amount of our original goal.

## THE PEDIATRICS CLUB SHAVES FOR THE CURE

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



# STUDENT ORGANIZATION UPDATES

## AMWA WOMEN IN MEDICINE Panel and Dinner

By OMS-I Anna Galvis, OMS-1 Representative

On the evening of April 20, the NSU-COM chapter of the American Medical Women's Association (AMWA) held its annual Women in Medicine Panel and Dinner. The event was held in the HPD Chancellor's Dining Room and was attended by 50 female medical students and 14 NSU-COM-affiliated female physicians, including Dr. Elaine Wallace. The event included dinner and a panel discussion during which the students were able to ask the physicians candid questions about their experiences as women in medicine.

The event's goal was to allow the students and faculty members to get to know each other on a more-personal level and to allow open conversation about life as a female physician. The highlight of the evening was an address given by the daughter of Dr. Elaine Wallace and Dr. Jill Wallace-Ross about her love of having mothers who are doctors.

AMWA's executive board would like to thank all the students who attended and the physicians who generously donated their time. The club is looking forward to growing this tradition in the years to come.



## PHOTOGRAPHY CLUB RAISES \$6,000 FOR CHARITABLE CAUSES

By OMS-II Julian Zorrilla

During the last five months of 2014, the NSU Photography Club collected monies for the Leukemia & Lymphoma Society through its neuroanatomy packet fund-raiser. The authors, who included OMS-II Ana Castro, OMS-I Anurag Katyal, OMS-II Olivia Parry, OMS-II Adam Rosenblum, OMS-II Jeffrey Wessel, and OMS-II Julian Zorrilla, worked diligently under the guidance of Nicholas Lutfi, D.P.M., M.S., professor of anatomy, to create a quality study aid for students in the various HPD programs for their Medical Neuroanatomy course. The study guide is the first of its kind to contain high-resolution pictures of brain specimens and helpful text to facilitate the learning of the structure and function of the different parts of the nervous system.

Thanks to the monetary contributions the NSU Photography Club received in return for the neuroanatomy packet, the club was able to donate \$5,000 to the Leukemia & Lymphoma Society on April 2. "This packet was a unique way for me to use my skills in photography to go toward such a great cause to help the community," said Katyal.

The money will go toward the research and community support efforts of the Leukemia & Lymphoma Society. Earlier this year, the club also donated \$1,000 to Chris Evert Children's Hospital at Broward Health Medical Center through its portrait fund-raiser.



# STUDENT SPOTLIGHT



## RITA ZEIDAN: A CARING CONCERN AND A PASSION TO SPREAD KNOWLEDGE

By OMS-III Jason Faucheux

A caring concern for the students to see them succeed and a love to help others and pass on the knowledge she has gained to the students that follow. That is the description of third-year student and OPP fellow Rita Zeidan.

Microbiology, a course that offers a challenge to most medical students, was an area Rita wanted to assist the class of 2018 with because she knew of the struggles that come with absorbing the vast amount of information presented in this class and the challenge to organize the material. During the spring semester, she held four separate review sessions before each exam for Micro I and II to review the most important information presented and assist the class with how to organize the material to do well with tips she had gathered.

With a passion to help others in her day-to-day life, Rita decided to make this an opportunity to give back to not only the students of NSU-COM, but to also reach out to the community. During each review session, she gathered donations from the students who attended her reviews and sponsored a different organization that either had a special meaning to her, a close friend or family member, or to the class. With many great groups seeking donations, she researched the organizations that utilize their funds to assist the recipients in need, instead of supporting staff or organizational costs.

The Wounded Warriors Project, St. Jude Leukemia Research Foundation, and Mike Rosenberg's Smiles for Life Foundation were the chosen organizations. Lastly, a donation was made to the class of 2018.

Rita recently became an American citizen, so between studying for the citizenship exam, showing her pride for our soldiers, and having

a close friend who was personally involved with the Wounded Warriors Project, she knew the organization was the perfect fit to receive funds from the first review session. In planning for the second session—and thanks to the strong support from NSU-COM students to support the St. Baldrick's Foundation—Rita knew the St. Jude Leukemia Research Foundation was a perfect fit to receive the donations from her second review.

For the third review session, a special donation was made. Mike Rosenberg, a first-year student who had a close connection with many of the students and faculty members on campus, recently passed away due to brain cancer. He was a loving and caring soul with a true dedication and passion for osteopathic medicine and NSU-COM. Many saw him as a positive, caring person who always smiled and had the best attitude in life that spread to his fellow classmates, and news of his death hit the class hard. Continuing the legacy of Mike Rosenberg and the love that he had for others, his family created the Smiles for Life Foundation—where the funds raised from the third review session were contributed.

In the final review session of the year, Rita's compassion and dedication to the students honored the class of 2018. More than \$3,300 was collected from all the review sessions. Thank you, Rita, for your time and for showing that knowledge is best spent shared with others. Offering your knowledge not only helps the people that it is shared with, but it also has the potential to help so many more. Together, we will become the next generation of compassionate osteopathic physicians who share knowledge to help others.

# ADVICE FROM UPPERCLASSMEN

## BOARDS TO WARDS: Preparing for Clerkship

By OMS-III Ricky D. Patel, Class of 2016 President



This is the time of the year when many second-year medical students transition from the most challenging part of medical school—studying for boards—to the best part of medical school—rotations. This is it, right—the moment everyone has been waiting for, when you leave the classroom and finally enter the world of patient care?

### What Is the Best Way to Prepare for Rotations?

Much like everything else in medical school, there is never a straightforward answer to any question. You are probably wondering what it will be like to finally “put everything together” that you learned in the classroom. First off, you will be fresh out of studying for boards, so right now you will be the most prepared when it comes to the basic sciences, including the pathophysiology of disease processes and the nitty-gritty pharmacology of the many drugs you have just memorized.

Case files are great to read while on the wards—a way to think about all of the disease processes you already know by incorporating them into clinical vignettes. You will feel excited and proud when you see in real life the many things you have read in books. From a COMAT and studying perspective as well, keep doing UWORLD and any COMLEX question bank of your choice while on the rotation.

### What to Expect While on a Rotation

Each rotation will be very different from the next. It will all depend on how your residents are—if you have any—and how much your attending likes to teach. Talk to other students who have had the same rotation to find out the expectations, since you may or may not get an orientation for each rotation. Regardless of how busy you are or have spare time while in the clinical setting, you should always keep up with your own reading. Up-to-date and other resources provided by NSU will be useful and will become crucial to further your medical knowledge.

For each patient you see, read up on his or her condition and how to manage it. You will soon realize the focus will shift from the epidemiology and pathophysiology of diseases to management and treatment. You will need that strong foundation in basic sciences you have right now to under-

stand why certain management decisions are made. Keeping up with your reading will also help you with “pimp” questions by the residents and attendings. Don’t worry if you get questions wrong; they are meant to motivate you to look up things and learn. You will be asked to look up and present certain topics, so be sure you are prepared for that. The presentation format will vary from PowerPoints to informal group discussions, and much like everything else, this will differ from rotation to rotation.

### The Take-Home Message

This is it! This is your chance to put to use all the information you learned during the first two years of medical school and to expand your knowledge base and gain firsthand practical experience. You will have the opportunity to perform or assist in procedures under supervision, so be proactive in your own learning and don’t slack off.

At times, you will feel burnt out depending on your rotation schedule and the hours you have to put in. But remember, after these last few years, you will enter in your chosen field of medicine and may not see the things in practice you will see on rotations. If you are not thinking of becoming an OB/GYN, you may never deliver a baby again, and if you are not thinking about becoming a surgeon, you may never be first-assist on a gunshot wound trauma case again.

Ask your nurses for help putting in IVs and doing small procedures in the ER. Learn about the human condition, because this is why you came to medical school. Do not forget the humanity of each experience or develop a one-track mind, which is easy to do. Students will tend to focus on their specialty of interest and will not realize that it is important to learn about medicine from all angles in order to deliver care in a patient-centered approach.

Always remember, learn to learn—not to just pass exams and obtain numbers. If you are friendly to everyone there, regardless of how you are treated, and enjoy learning about all of your patients for the sake of learning, I guarantee you will become the best medical student and physician you can be.

If you have any specific questions, please do not hesitate to email me at [rp915@nova.edu](mailto:rp915@nova.edu).

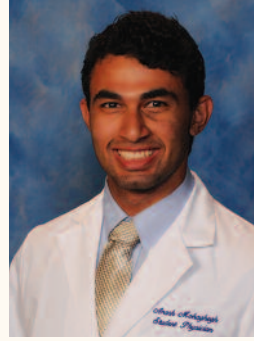
# STUDENT ACHIEVEMENTS



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Mohaghegh



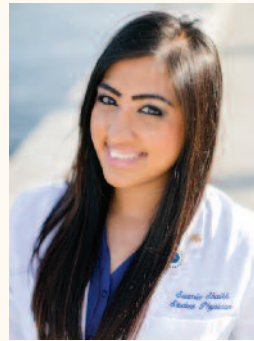
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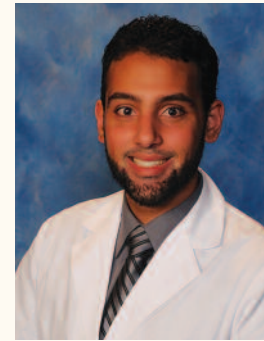
Palestro



Sarkar



Shaikh



Syed

**OMS-II Devin Collins** presented his coauthored research poster entitled “Serious Complications of Shoulder Hardware Migration: A Systematic Review of the Literature” at the Southern Orthopaedic Association’s 32nd Annual Meeting that took place July 15-18 in Asheville, North Carolina.

Following an editorial he wrote for *in-Training.org* entitled “Empathy Decline in Medical Education,” **OMS-IV Will Jaffee** was asked to be the featured expert for a *New England Journal of Medicine* online forum on teaching empathy in medicine that was held in late April.

**OMS-III Arash Mohaghegh** and **Erica Eiring**, along with Janet Hamstra, Ed.D., M.S., director of preclinical education and associate professor of internal medicine, presented a clinical research project entitled “A Study of Seasonal Impacts on Reactivation of Ocular Toxoplasmosis” at

the Florida Academy of Family Physicians Family Medicine Spring Conference held March 24-26 in Orlando, Florida.

**OMS-IV Andrea Palestro** was honored as a hero for making a difference in health care at the Palm Beach County Medical Society Services 12th Annual Heroes in Medicine Awards luncheon on April 16, which was held at the Kravis Center’s Cohen Pavilion in West Palm Beach, Florida. The awards recognize individuals and organizations throughout Palm Beach County that use their skills and resources in the field of health care to provide outstanding services to people residing in local, national, and global communities.

**OMS-II Bansari Sarkar** received a second-place award for her research project entitled “Skin-to-Fat Water in Diabetes Mellitus Assessed by Tissue Dielectric Constant (TDC): Variations with Respect to Depth, Anatomical Site, and HbA1C.” She

presented her research at the American College of Physicians Florida Chapter Associates Meeting held March 28-29 in Orlando, Florida.

**OMS-II Saamia Shaikh** was elected to serve as the national membership chair for Omega Beta Iota (OBI)—the national osteopathic political action honor society. Shaikh accepted the honor on March 5 in Washington, D.C., during D.O. Day on Capitol Hill events. OBI, which was established in 2007, emphasizes the importance of the work medical students do for the political system. Induction into OBI is an honorary recognition for politically active medical students and professional mentors that demonstrate excellence in health care politics.

**OMS-III Khasimuddin Syed** presented a research poster entitled “Structural and Functional Retinal Changes in a Patient with Prior Chemotherapy for Lymphoma” at the





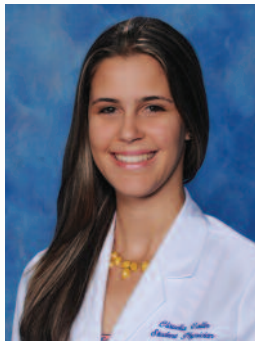
Taheri



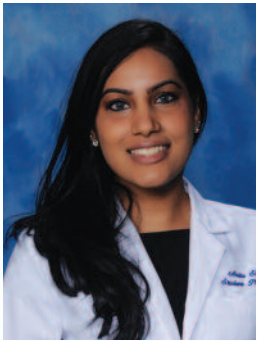
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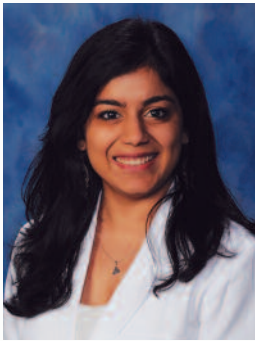
Thornley



Vallin



Singh



Akolkar



Anita Singh receiving congratulations at the preceptorship ceremony.

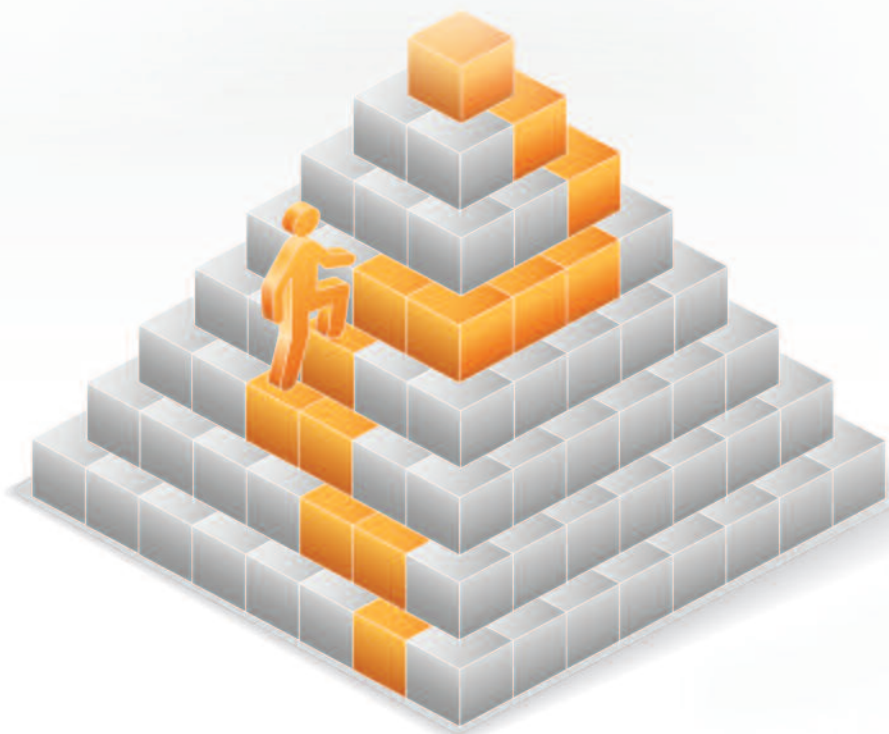
American Osteopathic Colleges of Ophthalmology and Otolaryngology 99th Annual Clinical Assembly held May 6-10 in Orlando, Florida.

**OMS-IIs Nergess Taheri and Rebecca Liberty** were two of three students accepted to participate in the two-week International Children's Heart Foundation medical outreach trip to Guayaquil, Ecuador, that took place last December and allowed the duo to assist the medical team in completing 18 surgeries to repair congenital heart defects in children. Because they were profoundly impacted by the Ecuador medical outreach endeavor, Taheri and Liberty presented a poster on April 30 about the experience entitled "Medical Mission Trip to Repair Congenital Heart Defects in Children" at the American College of Osteopathic Pediatricians Conference in Fort Lauderdale.

**OMS-III Erin Thornley** was elected as a student trustee of the American College of Osteopathic Pediatricians' Board of Directors.

**OMS-I Claudia Vallin** coauthored an article entitled "Increased Yolk Progesterone Interferes with Prenatal Auditory Learning and Elevates Emotional Reactivity in Bobwhite Quail (*Collins virginianus*) Chicks" that was published in the March 2015 issue of the *Developmental Psychobiology Journal*.

**OMS-II Anita Singh and OMS-III Shalaka Akolkar** coauthored an article entitled "Age-Related Differences in Tissue Dielectric Constant Values of Female Forearm Skin Measured Noninvasively at 300 MHz" that was published in the June issue of the *Journal of Skin Research and Technology*. In addition, Singh was one of three South Florida medical students to receive a paid summer preceptorship at a Humana-owned primary care medical center. Humana presented the Terry G. Smith, M.D., Memorial Primary Care Medicine Preceptorships at a reception held March 31. Singh, who was chosen based on recommendations and her interest in primary care medicine, will complete a four- to six-week paid summer preceptorship at a Humana-owned primary care medical center in South Florida.





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