

September 2018

# SGA Rounds

## Student Government Association Newsletter

NSU Dr. Kiran C. Patel College of Osteopathic Medicine

### Letter from the Editor in Chief

*By OMS-III Brandon Hanai, SGA Administrator of Public Affairs*



Welcome back to NSU! And to the new class of 2022, I say congratulations.

I'd also like to congratulate my classmates on getting through a grueling summer of endless hours of studying and sleepless nights—all in

the effort of passing our first licensing exam(s). Many of us didn't get much of a break, as we went straight into clinical rotations. Some attendings understand this and ease you into your roles, while some are less forgiving than others.

My first rotation began with OB/GYN at Mount Sinai Hospital, filled with early morning pre-rounding—I didn't even know what "pre-rounding" meant—and uncertain hours. But that's the fun part about third year. You think you've learned so much, but then you come to realize you don't really know much at all.

Your attendings don't necessarily expect you to know everything, but they expect you to know everything at the same time. We are constantly learning, and it's okay to not know something, but be prepared to put in the effort

to learn that subject for the next time, because it will not go unnoticed.

To the second-year students, you have already gone through the summer of path and pharm and hopefully have come to realize how much more studying will be expected of you this year. Keep studying hard, but please be sure to take a few breaks here and there when you feel necessary.

Burnout is real, and you don't want to experience it during your next semester when studying for boards kicks into high gear. Stay passionate, remember why you are here, and be there for your classmates as well as the first-year students who look up to you for advice and support.

This edition of *SGA Rounds* features several great pieces to kick off the new academic year. OMS-III Lauren Cuenant tells us about her transition into the real world of clinical medicine. We also get an SGA update from OMS-II Regina Zambrano, president-elect, who discusses her COSGP trip to Chicago this summer. Additionally, OMS-II students Zachary Burns and Mark Vinicky, who pioneered a new movement at the KPCOM, discuss their goals moving forward.

I'm excited for the year we have ahead of us and the stories we will have to share. If you have any questions, comments, or would like to share your story, feel free to reach out to me at [bh974@mynsu.nova.edu](mailto:bh974@mynsu.nova.edu).

# Student Government Association Update

By OMS-II Regina Zambrano, SGA President-Elect



Hello everyone! I am the KPCOM's SGA president-elect, which means I will be your president next year. In July, the Council of Osteopathic Student Government Presidents (COSGP) held its first quarterly meeting of the 2018-19 academic year in Chicago, Illinois, in conjunction with the annual business meeting of the American Osteopathic Association (AOA)—the AOA House of Delegates (HOD).

I attended this meeting along with OMS-III Michael Goldstein, executive SGA president (pictured above). The gathering provided many great opportunities for collaboration with colleagues and physicians at the other D.O. schools.

The HOD is the legislative body of the AOA and speaks

on behalf of the association members and the osteopathic profession. This body consists of members of the board of trustees, the AOA, and various state societies. Each July, more than 500 D.O.s and medical students convene to discuss resolutions brought forth to become part of AOA policy, elect officers, and celebrate the osteopathic profession.

The House of Delegates meeting had many highlights, as important resolutions and hard-hitting topics were brought to the floor. Specifically, many osteopathic medical students defended their stance on Resolution 634—"Recognizing Sexual Assault Survivors' Rights"—which was passed. This resolution called for the AOA to advocate for the legal protection of sexual-assault survivors' rights as defined by the Survivors' Bill of Rights Act of 2016.

Also passed was Resolution 630—"Comprehensive Gun Violence Reform"—which called for the AOA to label gun violence as a national public health issue and to fund research on gun violence. Another highlight was being

able to witness the induction of the 122nd AOA president, William S. Mayo, D.O., who is a board-certified ophthalmologist from Mississippi.

In preparation for the House of Delegates meeting, the COSGP hosted the annual National Osteopathic Student Caucus (NOSC), where student government representatives, Student Osteopathic Medical Association members, and students from across the nation gathered to speak on resolutions created by osteopathic medical students.

Some of the many topics discussed included the single accreditation system, cannabis reclassification, and access to health care and Medicare for all. More than 190 osteopathic medical students gathered and voted at the NOSC to create the national student position on these important resolutions.

Michael and I look forward to attending the COSGP Fall Quarterly Meeting being held during OMED, which will take place October 5-7 in San Diego, California. We encourage you to attend OMED. For more information regarding OMED, please visit [osteopathic.org/omed](http://osteopathic.org/omed).



## SGA Rounds

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## Dual D.O./M.D. White Coat Ceremony Makes History

On July 28, NSU made history as it welcomed approximately 300 incoming medical students during the first combined D.O./M.D. White Coat Ceremony in the United States. NSU is one of only three universities in the country with two medical colleges. Additionally, NSU's medical colleges both bear the name of university benefactor, Dr. Kiran C. Patel, M.D.—the only person in the United States to have two medical schools named in his honor.

The White Coat Ceremony served as the official welcome for the charter class of 53 M.D. students and for the more than 240 D.O. students enrolled in NSU's two medical schools. NSU is home to the only D.O. and M.D. programs in Broward County. The Dr. Kiran C. Patel College of Osteopathic Medicine (KPCOM), which is the largest medical school in Florida, offers one of two D.O. programs in the state and is one of the 34 accredited colleges of osteopathic medicine in the United States. The 34 osteopathic colleges are accredited to deliver instruction at 51 teaching locations in 32 states.

The White Coat Ceremony was highlighted by keynote addresses from medical leaders Tyler Cymet, D.O., FACP, FACOFP—a 1988 KPCOM alumnus who serves as chief of clinical education for the American Association of Colleges of Osteopathic Medicine—and Darrell G. Kirch, M.D., president and CEO of the Association of American Medical Colleges.



# Clinical Rotations: Learning to Practice

By OMS-III Lauren Michelle Jean Cuenant



After two years of academics, I am happy to have exited the library and entered the real world. As a third-year medical student, I started my psychiatry rotation at a Veteran Affairs hospital. I went from studying to pass exams to being face-to-face with patients in need.

Each morning, I slipped my heavily secured ID through the magnetic reader. Double doors opened. I would do this three times to gain access into a locked-down ward. One patient addressed me as the singer Ariana Grande, while another yelled obscenities at me. I heard a woman cry in the background that she wanted to leave. It was 8:00 a.m.—a typical Monday.

It was a floor full of addicts, schizophrenics, and suicidal patients. It was a dark place swallowed by lost souls. It was unfamiliar territory, and I was left with my academic knowledge and reasoning to navigate the way.

I heard the soldiers who lost their friends, lost their limbs, lost their significant others, and lost

themselves. Their physical and mental pain intertwined tightly into an impossible knot, and here I was trying to find each string. I had forgotten what all the studying was for, and now I felt I remembered.

Medical school is not a bland pilgrimage. Rather, it is a humbling adventure. I have seen fear, violence, and lost reality. Yet, behind the fog, human hope remains. The exhaustion of parenthood and an endless education continues, but something has changed. The sense of responsibility has returned—not just to me or the teams I work with—but to the patients and their families.

Academics allowed me to see the mountain ahead. Rotations, however, have given me the opportunity to climb it.

## KPCOM Student Achievements

**Sheikh Ali**, class of 2020, served as second author of the article “The Use of Dehydrated Amniotic Membrane Allograft for Augmentation of Dural Closure in Craniotomies and Endoscopic Endonasal Transphenoidal Surgeries,” which was accepted for publication in an upcoming issue of the *British Journal of Neurosurgery*.

Second-year students **Evelina Arzanova**, M.S., **Samar Eisa**, M.S., and **Scarlett Somarriba**, M.S., had their coauthored article “Reference Values for Assessing Local-

ized Hand Lymphedema Using Interhand Tissue Dielectric Constant Ratios” published in the June issue of *Lymphatic Research and Biology* under the mentorship of Harvey N. Mayrovitz, Ph.D.

**Alexis Damish**, class of 2020, coauthored the article “ERCC2 Helicase Domain Mutations Confer Nucleotide Excision Repair Deficiency and Drive Cisplatin Sensitivity in Muscle-Invasive Bladder Cancer” in the July issue of the peer-reviewed journal *Clinical Cancer Research*. Damish initiated

her research at the Dana-Farber Cancer Institute two years before enrolling at the KPCOM and has continued to pursue it during her summer breaks.

**Natalie Negron**, class of 2019, was appointed student adviser to the American Osteopathic Association Board of Trustees, serving as one of only two osteopathic students nationwide on this governing board.

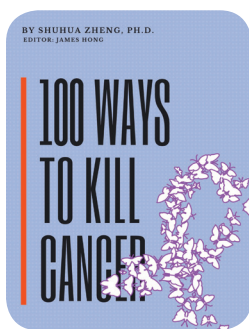
Fourth-year student **Christopher Mancuso**, M.H.S., and third-year



## Achievements (continued)

student **Megan Hemmrich** had their coauthored article “The Use of Xenografts in the Reconstruction of the Ear Following Keloid Excision” accepted for publication in an upcoming issue of the *Journal of Clinical & Experimental Dermatology Research*.

**Hytham Rashid**, class of 2019, had his coauthored poster “Where Comfort and Confidence Diverge: Missed Opportunities for Sexual and Gender Minority Competency in Osteopathic Education” accepted for submission at the Bureau of International Osteopathic Medicine (BIOM) Poster Exhibit at the American Osteopathic Medicine’s OMED symposium being held October 5–9 in San Diego, California. He also had his medical narrative “Khalas, as in Ashamed,” accepted into the BIOM exhibit.



Second-year students

**Shuhua Zheng**, Ph.D., and **James Hong** published the book *100*

*Ways to Kill Cancer*. Zheng authored the book; Hong served as editor. For additional details, please visit [amazon.com/dp/B07GXBDM8W/ref=sr\\_1\\_1?ie=UTF8&qid=1535563607&sr=8-1&keywords=100+ways+to+kill+cancer.1&keywords=100+ways+to+kill+cancer](https://amazon.com/dp/B07GXBDM8W/ref=sr_1_1?ie=UTF8&qid=1535563607&sr=8-1&keywords=100+ways+to+kill+cancer.1&keywords=100+ways+to+kill+cancer).

## Vision Loss in Medical Students

By OMS-II Jackleen M. Glodener



As you make your way through medical school, you might eventually notice that your vision is beginning to deteriorate. During my first year, I heard quite a few second-year students say their vision had progressively worsened in medical school, and now I am personally experiencing this. We spend

countless hours forcing our eyes to accommodate as we read notes. Can our daily studying be permanently affecting our eyesight?

Even though you are more likely to have a stronger impact on your vision during your developmental years, you can still suffer a mild-to-moderate work-related myopia (nearsightedness) in adulthood. Myopia is painless, progressive, and somewhat preventable. Prevalence of myopia is increasing around the world, referred to as the myopia boom. And, while genetics plays a role, close reading and higher education are strongly associated with myopia in adulthood.<sup>1</sup>

During accommodation, our eyes focus from far objects to near objects—eyes converge while pupils constrict. And, yes, prolonged accommodation, such as during close reading, has been proven to cause mild myopia. As your farsightedness deteriorates due to excessive focusing, the axial length of your eye increases, causing far objects to become blurry. A well-known association exists between nearsighted work and a loss in farsighted vision.<sup>2</sup>

How can you prevent or delay myopia? Give your eyes a break! Take frequent breaks from the forced accommodation, look up from your laptop or your notes, and focus on distant objects or rest by closing your eyes.

If you already have myopia, you can prevent further progression of myopia by using corrective lenses. Pay attention to how your vision is changing. Use your vision exam cards included in our PDX materials to give yourself an idea if you need to have a vision exam by a professional.

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# 24 KPCOM Student Groups Commit to Reducing Meat at Lunch Meetings

*By OMS-II Zach Burns and OMS-II Mark Vinicky*



I met fellow D.O./M.P.H. student Mark Vinicky while dissecting the body of an overweight gentleman who had been a victim of the standard American diet. Transitioning from cardiac anatomy to nutritional policy, Mark and I discussed the overwhelming evidence within health care literature that plant-based diets help prevent, and even reverse, cardiovascular disease—our nation's leading killer. The power of food to reduce chronic illness drove us to start a student organization called Plant-Based Healthcare.

Early meetings fostered conversation around the environmental, ethical, and health benefits of consuming fewer animal products. Some students were motivated by the medically established role of plant-based diets in preventing and managing chronic disease. Others were particularly excited about plant-based eating as a means to mitigate climate

change. Still others took interest in reducing meat, dairy, and egg consumption because of the rampant mistreatment of animals on industrial farms.

M.P.H. classes have highlighted the interconnectedness of these issues for Mark and me. Large-scale animal agriculture is inherently inefficient and contributes greatly to climate change. In turn, climate change has devastating public health consequences. Animal agriculture on this scale also condemns animals to unimaginably poor living conditions. We consider this inconsistent with our obligation, as future osteopathic physicians, to avoid harm and practice compassion.

With the added leadership of Serra Saad, Hayley Wernon, and Nathan Widboom, D.O., the Dr. Kiran C. Patel College of Osteopathic Medicine officially recognized Plant-Based Healthcare. Students, faculty members, and administrators have been incredibly receptive to our mission “to engage future doctors around the plant-based diet and its central role in health care, environmental protection, and animal welfare.”

The KPCOM also welcomed our efforts to increase tasty, plant-based food on campus and in our affiliated hospitals and to

increase plant-based nutrition in the medical curriculum.

Our latest initiative challenges other student organizations to offer food that is more nutritious, and less meat. Student leaders were sent a plant-based menu and encouraged to make a commitment, such as holding one all-vegetarian meeting, offering a vegan option at every meeting, avoiding serving red meat at every meeting, and avoiding serving all meat at every meeting.

In exchange for one or multiple commitments, Plant-Based Healthcare will help participating student groups advertise their events.

Within just a few weeks, 24 of 44 student groups have signed on to our plant-based menu. Nineteen groups are serving vegetarian-only lunches; 18 groups are offering vegan options; 12 groups are going red-meat free; and 1 group is going completely vegetarian. Using an online vegetarian calculator, we estimate that those 19 vegetarian-only meetings alone will save 1,340 pounds of carbon dioxide and 170 animals. The red-meat-free commitments, which apply to every lunch meeting, will have an even greater environmental benefit.

The Plant-Based Healthcare team is ecstatic about these re-

sults. In the coming months, we will continue to educate fellow students about the resounding benefits of a plant-based diet. Widespread club participation in our plant-based menu sends a clear message that NSU-KPCOM students are eager to prevent another generation of chronically ill Americans.

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## “Dey” Dreaming of Graduation

By OMS-II Courtney Hundzinski



To be honest, adding dog ownership to an incredibly demanding first-year schedule during finals seemed like it will end in catastrophic failure. However, bringing a furry, affectionate golden retriever into my life proved to be just what the doctor ordered.

I grew up being terrified of dogs. I would even cross streets to avoid their gaze and hide behind my mom. Naturally, veterinary school was tabled and medical school prevailed. With age and exposure to my sister’s golden retriever, I grew to like

dogs, and even started to love them. Entering medical school, I never thought I would be one to adopt a dog, especially not one from hurricane-ravaged Puerto Rico.

Whether it was my loneliness or her sweet picture that popped up on the Facebook Rescue Page, I was on my way to the Miami International Airport shortly before Christmas 2017 to pick up Deya—the sweetest seven-year-old golden retriever. Deya and I were sitting in the back of my SUV, both extremely anxious and wondering what our futures held. She was exhausted from the flight, scared from the uncertainty, and wary of who I was. I had no idea what I had just gotten myself into by adopting Deya.

The first week, I swear I slept with one eye open. As an instinct from living outside, she slept in corners to keep watch. All she had been through saddened me. I remember the first time she slept on her side, her belly exposed, showing her trust toward me. We began to bond over our love of cheese sticks and carrots.

She learned that couches and beds were now hers and that her sad puppy-dog eyes could get her any treat she wanted. I clearly was a pushover. She shows her gratitude in face licks and snuggles and reminds me when it’s time to get exercise or to have a snack. She loves children, and her tail wags twice as fast when we see any. We share that same passion for children.

Adopting Deya has shown me I am capable of balancing the demands of first aid and class PowerPoints, along with daily dog walks and “puppaccinos.” She equipped me to be a better pediatrician in intangible ways. I can sense her feelings and can communicate better. She reminds me to always have a watchful eye and to always give positive reinforcement.

Deya has taught me the sincerest form of friendship, how to think of others’ feelings, and the importance of self-care throughout this journey. She is my best friend, my study buddy, and my furriest supporter. I hope it’s the best time of her life, because it’s been the best time of mine.



# 25 Shades of Blue: Any Color They Choose

By OMS-II Kayla Brown



We are all guilty of walking down the hallways in our Ceil Blue scrubs as D.O. students with our heads buried in notes, passing through a sea of unrecognizable faces. As leaders in the health care field, and advocates of our patients' lives, it's our obligation to provide quality service with the strength of an entire team.

Now is the time to form inter-professional relationships with these "strangers" with whom we share the hallway and dig deeper to find the values, objectives, and specialties of these students uniformed in various shades of blue scrubs. This first in a series of articles is meant to shed light on the differences and similarities among the professional students and future colleagues of NSU.

The D.O. and pharmacy class boards aimed to address this lack of interprofessional connection. One-hundred students eagerly reserved tickets within the hour to attend the inaugural semiformal mixer to break the ice between the delineation of professions. Students were given topic cards to facilitate conversations about their respective professions, though it

took only minutes for the curiosities of participants to delve into the intricacies of each profession. Future events will include longer duration, larger student volume, and lucrative in-depth case studies to simulate real-life professional interactions with patients in the health care setting.

The path of a pharmacist is reminiscent of the multifaceted process of entering medical school and becoming a physician. Though not required, most pre-pharmacy students hold a bachelor's degree before entrance into Pharm.D. programs. Students submit transcripts, three or more letters of recommendation, PCAT scores, and interview for a Pharm.D. seat.

Once accepted, students enroll in four years of combined academic coursework and clinical rotations before earning their doctorate degrees. Finally, pharmacy students must pass the North American Pharmacist Licensure Examination (NAPLEX), as well as a law examination to become licensed pharmacists.

Beyond academics, specialization is common in areas such as

independent community, pharmaceutical, hospital-based, clinic-based, nursing and long-term care, and managed care pharmacy. Health care has progressed rapidly, including pharmacist-patient relationships. As such, pharmacists have the ability to play a major role in increasing the safety of patients, as well as helping to reduce costs associated with health care delivery.

*"Like physicians, pharmacists are able to specialize in industry or clinical work. Students generally apply to competitive residency spots midway through their fourth year and interview in the spring. This route parallels that of medical students." -OMS-II Akash Patel*

*"Patients often don't see pharmacists in the light of having extensive education like physicians, when in reality, they more often than not know a lot more about medications, including adverse side effects and potent drug interactions that often can mean life or death for a patient" -OMS-II Crystal Acosta*

*"When I started the pharmacy program, I was inspired to be involved and take on leadership roles. I didn't expect the program to be so rigorous, however, so I challenged myself to manage my role as a leader and as a student." -second-year pharmacy student Diep Tran*



# 2018–2019 Predoctoral Osteopathic Fellows Share Their Stories and Insights



Pictured (from left) are David Boseler, D.O., M.S., chair of the Department of Osteopathic Principles and Practice; Sara Rodriguez; Robin Mana; Mike Goldstein; Nick Wawrzyniak; Gaby Teixeira; and Belle McDermott.

## **OMS-III Mike Goldstein**

I was born and raised in Scotch Plains, New Jersey, and graduated from Rutgers University in 2015 with a bachelor's degree in exercise science in 2015 and a Master of Business and Science concentrating in kinesiology and applied physiology in 2016.

During graduate school, I worked in the Center for Health and Human Performance laboratory, where I assisted in exercise physiology research. I have had the pleasure of working with Rutgers men's

and women's soccer teams, field hockey, and exercise testing the New Jersey Devils hockey team.

Much of my education is rooted in exercise performance from an endocrine and bioenergetics standpoint. Having an educational background in exercise physiology, as well as human health and performance, I realized I wanted to extend my education beyond the basic medical training allopathic physicians receive. I decided that striving to become an osteopathic physician was the right fit for me.

Even though I have yet to decide on what specialty I would

like to pursue, I would like to incorporate OMM into my practice. I have only been in the OPP fellowship for two months, and the value of OMM is beyond evident.

## **OMS-III Robin Mana**

Before attending NSU, I received my Bachelor of Science in Microbiology at the University of Central Florida. After graduation, I spent four years working and traveling. During this time, I worked with undocumented immigrants and spent time in third-world countries in Latin America.

I repeatedly noticed that most people weren't seeking medical attention for their health concerns because of lack of insurance or means of paying. On other occasions, the resources simply weren't available. These disparities inspired me to pursue medicine to be able to enact a change.

I learned more about osteopathic medicine throughout the process of applying to medical school. The tenets of osteopathic medicine resonated with my personal beliefs. Upon learning techniques in the OPP Lab, I became enthusiastic about being able to use my hands to improve people's health.

With frequent practice, and from training with my peers and professors, I grew more con-



fident in my skills and applied to the fellowship to further my palpatory skills and techniques. In the future, I hope to be able to combine my OMT skills and medical knowledge to empower disadvantaged communities to become autonomous in managing their health care.

### **OMS-III Belle McDermott**

I'm from Hagerstown, Maryland. I went to school at Saint Francis University in Pennsylvania and graduated in 2015 with a B.A. in English Literature and a B.S. in Biology. Before attending medical school, I worked as an outpatient scribe for several doctors' offices, including two gynecology offices, an endocrinology clinic, and a family medicine practice.

I first heard about NSU when I was interning in Jupiter, Florida, at The Scripps Research Institute. I became passionate about OMT as a first-year medical student because I loved being able to treat my family and heal their hurts with my hands.

I am currently interested in going into physical medicine and rehabilitation, pediatrics, or both. I participated in the Jamaica medical outreach trip last December and realized that I truly enjoyed treating kids. Helping them in even the smallest ways is so worthwhile. As a kid who was in and out of doctors' offices and the hospital quite a bit due to

kidney problems, I know how important it is to treat mind, body, and spirit when it comes to even the youngest of patients.

I applied to the Predoctoral OPP Fellowship because I wanted to grow even more in my OMT skills. Whatever field I choose, I want to use OMT every day, and on as many patients as I am able. I also love the teaching aspect of the fellowship. My mom is a teacher, and several of my extended family members teach as well. I know that a teacher's passion can have such an impact on students.

My goal this year is to emphasize the osteopathic approach to care to every first- and second-year student I teach. This is something I hope all OMS-I's and OMS-II's learn to use, even if they do not treat every single future patient with OMT, although it would be awesome if they did.

### **OMS-III Sara Rodriguez**

I was born and raised in Pembroke Pines, Florida, and attended NSU for my undergraduate studies as part of the dual-admission program. I graduated in 2016 with bachelor's degrees in biology and chemistry and began my medical school journey with visions of emergency and sports medicine swirling in my head.

Before matriculating into the D.O. program, I had a long history of doing math and science tutoring to make money while I was in col-

lege, and it was always a gratifying experience. Working with students and seeing the progression from the brink of failure to B's and A's in their least-favorite classes always put a smile on my face.

My favorite part of tutoring was watching the evolution of their thought processes from memorization for mere survival to higher-level problem-solving abilities and an improved capacity to manipulate information. I'm a firm believer that memorizing is a waste of time, while the understanding of key concepts will get you through almost any situation.

This is part of why I fell in love with osteopathic manipulative medicine. The mechanical aspects of treatment make perfect sense because of their basis in nature—which, of course, is logical—leaving almost no need to memorize laundry lists of facts and bullet points. During this year as an OPP fellow, I hope to combine my loves for teaching and OMM to build others' abilities and enthusiasm within this field.

### **OMS-III Gaby Teixeira**

I was born in Brazil and have been a Floridian for about half my life. I majored in biology while I was an NSU undergraduate student and am dually enrolled in the osteopathic medicine and Master of Public Health programs.

At the end of my first year in medical school, I was exposed to



the power of OMT for children and have been hooked ever since. I applied to the Predoctoral OPP Fellowship because I wanted to continue to develop my skills by learning from the wonderful physicians at NSU, while sharing my love for OMT with first- and second-year students. So far, these first two months have been incredible, and I am looking forward to everything that is to come.

After graduating in 2021, I hope to be accepted into a pediatric residency program with an osteopathic manipulative medicine focus. I hope to become a pediatrician who treats kids in a practice, but also develop sustainable preventative and primary care programs in underdeveloped countries for children by empowering communities to take care of themselves from within. This is an inherently osteopathic mindset, and I look forward to developing ways in which I can bring OMM and global medicine together.

### **OMS-III Nick Wawrzyniak**

I have been involved with athletics since I first learned to walk. I became interested in medicine after suffering a few severe athletic injuries in high school and having the privilege of shadowing my orthopedist.

I carried this passion for sports and exercise with me throughout my collegiate years at the University of Florida, where I earned B.S.

and M.S. degrees in applied physiology and kinesiology with a concentration in exercise physiology. I accomplished all this while keeping my focus on the goal of becoming a physician specializing in pediatric orthopedic sports medicine.

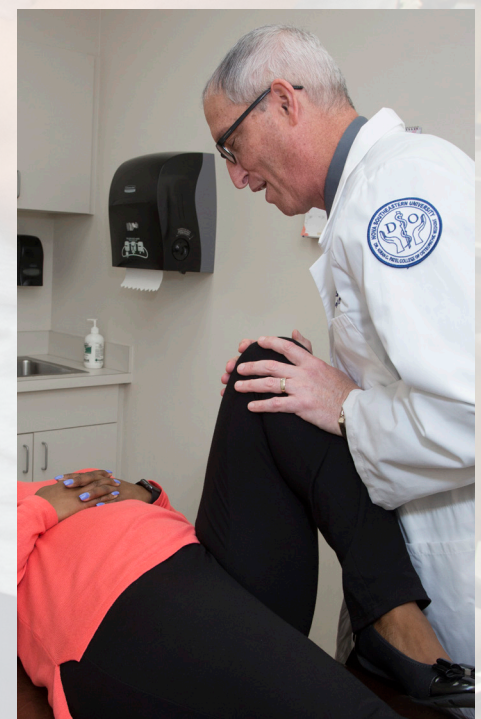
All of these experiences contributed to my perception of health and belief that “exercise is medicine,” along with the understanding that such physical modalities as exercise, stretching, and myofascial release via foam-rolling all were modalities I wanted to use or encourage my patients to employ to promote health.

I also completely ascribe to the notion that if someone has a physical complaint (e.g., back pain), then the only logical means to treat that complaint would be with a physical modality, such as manual therapy. Then, during the application cycle, I discovered osteopathic medicine and saw that there were two schools here in Florida. I visited the NSU website and tried to learn as much as I could about what it meant to practice OMM, which is where I found Dr. Boesler’s introduction video. That’s when I decided I was going to apply to NSU and become an OPP fellow.

Fast-forward two years to the winter of OMS-II year when I open a letter from Dr. Boesler and the OPP faculty members, with the first words being, “Congratulations!” My pre-application goal

for medical school had become a reality. After finishing our OMS-II year strong, enduring a grueling 2-month dedicated boards study period of nonstop 14-hour days, and passing USMLE Step 1 and COMLEX Level 1 in the span of 3 days, I hit the ground running for the Predoctoral OPP Fellowship.

The fellowship has already far exceeded what I had expected or hoped for. For the year ahead, I am looking forward to teaching the first- and second-year students, because I love teaching and helping others grow and learn. My goals for this year are to hone not only my manipulation skills, but also my patient interviews, clinical organizational skills, and to start studying early for Step 2/Level 2 so I don’t have to put myself through the same amount of stress I went through for Step 1/Level 1.





# Dr. Kiran C. Patel College of Osteopathic Medicine NOVA SOUTHEASTERN UNIVERSITY

# NSU Florida

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