

March 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 Vikisha Hazariwala, SGA Administrator of Public Affairs



I would like to introduce you to an action-packed newsletter that features updates from your Student Government Association and KP-COM student organizations, thoughts from our third-year medical students on clinical rotations, and student accomplishments.

In January, the SGA welcomed more than 100 students from around the country to participate in the quarterly COSGP meeting led by SGA President Natalie Negrón. It would not have been successful without her leadership and organization, as well as without the efforts from the SGA board and KP-COM student body.

We also saw breast cancer walks, papaya sexual education classes, and the Fine Arts Club organize incredible gatherings, which amalgamated NSU students with the community at large. The Surgical Osteopathic Student Association held its annual suture clinic and is preparing for its national conference on March 17–18 at NSU. It has been a privilege to represent our college for student government presidents and surgery hopefuls across the nation this year.

Before I conclude, I would like to take a moment to honor the lives of the 17 students and teachers who were tragically killed at Stoneman Douglas High School on February 14. The effects of this shooting were felt near and far and generated a worldwide reaction to, yet again, push for

gun and mental health reform.

I felt true sadness after learning of this event. After all, this was yet another U.S. school shooting that hit too close to home for many of us. But I also felt honored and humbled to be a medical student at Broward Health Medical Center—the level-one trauma center that accepted the injured—and the hospital in which I have received all my clinical training thus far.

I also began to reflect on my own university, Nova Southeastern University, and the campaign at the KP-COM to encourage our awareness about mental health. Nearly 400 medical students and physicians are lost to suicide each year. I would like to remind all of you reading this article to reach out to our counselors at Henderson, or to a mentor you trust, to let them know how you are doing.

First- and second-year students face the stress of serial examinations, while third-year students contend with the frenzy of applying to residencies and fourth-year students deal with the anxiety of matching into residencies after years of hard work. Fortunately, all this stress will one day fade.

I implore each of you to speak with a professional counselor if this recent event, or the pressure of succeeding, leaves you feeling hopeless or sad. It is okay to seek help. It is okay to talk.

Lastly, thank you to Traci-lyn Eisenberg, D.O., Scott Colton, and Debra Gibbs for their editorial expertise, creative insight, and passion toward making *SGA Rounds* a reality. I would also like to thank assistant editor and OMS-II Dana Kajan for her help in reaching out to the student body.

If you have any questions or would like to learn how you can submit information to SGA Rounds, please contact Vikisha Hazariwala at vh350@mysu.nova.edu or Dana Kajan at dk761@mysu.nova.edu. Your voice will be heard!

Student Government Association Update

NSU-KPCOM Hosts COSGP Winter Meeting

The Council of Student Government Presidents (COSGP) national executive board selected NSU-KPCOM to host its winter business meeting in Fort Lauderdale, which took place January 11–14 at NSU’s Fort Lauderdale/Davie Campus. Two student government representatives from every osteopathic medical school in the nation participated in the winter meeting.

During the four-day meeting, a national research symposium allowed nearly 50 students to present their research or a clinical case. Additionally, at the end of the weekend, COSGP members and NSU-KPCOM students teamed up to participate in a Fort Lauderdale Beach cleanup while enjoying the sun.

Interest Groups Gain Unanimous Vote by SGA Council

Every year, the Student Government Association invites students from the first- and second-year classes to form an interest group and present their ideas at the monthly SGA Council meetings, at which time a vote is held among one member of each existing club. Last semester, the SGA welcomed three new interest groups—the Medical Technology Club, the NSU Cooking Club, and the Society of Medical Oncology.

COSGP Meeting Memories



SGA Rounds

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Movember Efforts Raise More Than \$5,000

In November, class of 2021 students raised \$5,272 for the Movember Foundation, which supports transformational prostate cancer research that accelerates progress toward the reduction of death and suffering due to recurrent or advanced prostate cancer. The class held multiple events each week to raise awareness, such as selling T-shirts, throwing pies at professors, coordinating a kickball tournament, and selling baked goods. The class also coordinated a Mr. Movember event, where individuals made a donation to vote for the OMS-I with the best mustache.



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Dealing with Your Fourth Year of Medical School



*By Ravi Uppal, D.O., Class of 2017 Alumnus
(This is the final piece of a four-part informal and personal series.)*

OMS-III and IV Years

It's the home stretch! You're almost there. Your fourth year is the best year of medical school. You still have the stress of residency applications and all that jazz; however, you are a grown up now. You are doing more on rotations and gaining the confidence of managing your patients.

Don't Do This!

Apply to just a few residency programs. Even if your stats are great, be wise and apply broadly. You can always turn down interviews or not rank programs later, but it's better to have more options initially. Make sure all your letters are in and any documents you need are submitted. Make sure your scores are released to each program. You do this by selecting each box for every program to release your score to them.

Check out completely after match. Yes, your motivation has disappeared. It's okay to let off the throttle now. But don't blow off your rotations or do anything stupid that can jeopardize your graduation. Make sure all your evaluations are in for the year and your patient logs and modules are completed.

Do This!

Be prepared for your interviews. Depending on your specialty and your program, interviews can be very different. Surgery friends told me they were asked pimp questions on their interviews, while at some of my pediatrics interviews, we just talked about *Harry Potter* and favorite ice-cream flavors. The big question at every interview is WHY. Don't be

robotic about it, show them why you want to go into whatever you applied to, and back it up with examples of how you demonstrated that interest. Be courteous to all staff members and interviewees on the big day.

Have a backup, especially if you are applying to a competitive specialty. Have a contingency plan so you are prepared if you don't match. Will you scramble into a different specialty? Will you do a transitional year? It's okay to be confident in what you are going for, but there are no guarantees in this field. Even if a program director loves you and says you will be ranked to match in its program, it's not done until you get that match email and it says you are there. In other words, hope for the best, prepare for the worst.

Sign up for airline loyalty programs, which are free, or get a travel credit card. Your fourth year gets expensive since most people are applying broadly, so there might be lots of travel for interviews, auditions, rental cars, and flights. Rack up the travel rewards and air miles for free upgrades, cash-back deals, and free checked bags.

Travel. After Match Day is a great time to travel. Hopefully, you have your independent study time saved up, or do an international rotation for a month. Go enjoy yourself. Residency is coming.

Final Words

Congrats and good luck to you all. Before you know it, you will be in my shoes, because I am now a pediatric resident in New York. You will make amazing memories in medical school, as well as some of the closest friends

you will ever meet. Medical school will test your endurance and mental fortitude, so the most important thing is to manage your stress and have a solid support system.

I hope these articles were helpful. Please refer to the previous three editions of *SGA Rounds* for more insights.

Students Claim Burnell Awards

First-year students **Evelina Arzanova**, **Samar Eisa**, and **Scarlett Somarriba** were the recipients of the Kenneth Burnell Student Research Award for their research project "Assessing the Dependence of Skin Properties on Handedness as a Potential Aid for the Early Detection of Breast Cancer Related Lymphedema (BCRL)." The award is presented to NSU-KPCOM students who conduct outstanding research in clinical medicine or biomedical science.

Additionally, class of 2021 students **Andrea Alvarez** and **Maria Labra** were recipients of the Burnell Student Research Award for their project "Method and Reference Values for Early Detection of Lower Extremity Edema."



MHATF Members Share Key Insights

Compiled by OMS-I Michael Lai, Mental Health Chair



“Mental health is of the utmost importance, especially for those in the medical field who often neglect their own health and wellness in the process of helping others achieve their best quality of health and wellness. As medical students, we have willingly thrown ourselves into a competitive and grueling environment filled with constant stressors.” – Natalie Negron

Mission Statement

The mission of the Dr. Kiran C. Patel College of Osteopathic Medicine Mental Health Awareness Task Force (MHATF) is to promote a healthy social and emotional environment for students and faculty members. The MHATF champions initiatives focused on the education, empowerment, and encouragement of community mental health resources, awareness, and engagement. The MHATF will continue to foster an environment within NSU-KPCOM that respects, openly acknowledges, and alleviates mental health to support student academic and personal growth.

Daniel E. Shaw, Ph.D., Ed.S., M.Ed. (MHATF Faculty Adviser)

I’ve lived in South Florida since I was 3 and grew up 15 minutes south of where our college began. I first dreamed of being a psychologist in the 12th grade. I earned all my degrees from the University of Florida (UF), concentrating in humanistic psychotherapy and educational psychology.

My first postgraduate position was as director of the University of Tampa Student Counseling Center. I’ve been married to the same wonderful woman for 45 years and have 2 sons I’m so proud of. I have a multitude of interests, but paramount for me is being an avid road cyclist with

approximately 90,000 miles on the saddle. I consider myself fortunate to be working alongside the extremely talented and dedicated students on this task force.

One of my UF mentors firmly believes the motivation for all human behavior is the “maintenance and enhancement of one’s self-concept.” Staying mentally and physically well has always taken great effort for me. One of the products/benefits of working at staying mentally and physically well is an increase in the quality of performance at whatever you do.

Simply put for students, good mental health and physical wellness equal better grades and evaluations from your teachers. I learn something new about mental health and wellness every day, especially from all of you—my students.

Natalie Negron (SGA President)

I’m originally from Dallas, Texas, but have lived in South Florida most of my life. I graduated from NSU in 2015 with a degree in biology with minors in history and behavioral neuroscience.

To me, mental health and wellness are about balance—finding a balance between school, work, and your personal life. It’s about surrounding yourself with a positive, supportive system of encouragement and motivation. It’s about taking the time you need for self-care, and even recognizing that sometimes it’s okay to not be okay.

Mental health is of the utmost importance, especially for those in the medical field who often neglect their own health and wellness in the process of helping others achieve their best quality of health and wellness. As medi-

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OMS-III STUDENT PERSPECTIVE

From the Classroom to Clinicals

By OMS-III Anthony Najib

The first day I walked into my first rotation was the day after my USMLE Step 1. I walked into a geriatric office and met my attendings, ready to put my knowledge from preclinical years into practice. When most medical students start rotations, they think, “It’s time to be a real doctor.”

I was no different in my thinking, but after the first few weeks of rotating, I realized it was much easier said than done. The knowledge we obtained from the first two years of medical school is known as the preclinical years, while the third year opens a new door of challenges and learning opportunities.

I quickly realized I actually knew a tiny fraction—the mere building blocks—of the practice of medicine.

It may be frustrating to adjust at first, after studying harder than ever for Level 1 or Step 1 of board exams and feeling saturated with knowledge. But if you are aware of this challenge from day one and keep up with your readings, medical literature, and studying for shelf exams, you will find rotations to be both a humbling and very enjoyable experience.

Two of the major differences between the classroom and the hospital are the independent studying and the more individualized teaching. No longer is someone lecturing to you and handing you the material on a silver plate. You must take it upon yourself to study and read medical literature on your own. Sure, your attending may assign you a topic to

read and prepare for the next day, but that is the bare minimum you should be doing that night.

Your independent studying is what will determine your shelf exam scores, your Level 2 or Step 2 scores, and, most importantly, the type of physician you will be. In the classroom, you may have been able to skip class since you had not made yourself known to the professor. Those days are long gone, because your attending knows exactly who you are and expects you to show up on time (which means early), see your assigned patients, and keep up with the material daily.

You are held accountable on a daily basis, so become a well-rounded physician no matter the specialty you chose.



OMS-II STUDENT PERSPECTIVE

In a Heartbeat

By OMS-II Dana Kajan, Assistant Editor of SGA Rounds

It wasn't that long ago when my heart skipped a beat walking through the glass doors of the Terry Building, on my way to a formal interview in hopes of working toward a D.O. degree. I said my prayers and counted my blessings amidst the friendly camaraderie and loud chattering, all the while thanking God for the mere opportunity to live out my dream.

With Dean Wallace's acceptance video following one week later, the dream became a reality, and another took its place. Sometimes, we are lucky enough to meet people in our lives who change our paths for the better, and often, open new doors and intellectual trains of thought.

If I could rewind the last five years of my life and replay the summer of my sophomore year in undergraduate school, it would be worth remember-

ing Dr. Walter Ramirez. The summer I spent shadowing Dr. Ramirez was the summer I realized cardiology would always strike a chord with me.

There is something dynamic about the human heart, its inner workings, and its subtle framework that fascinates me. It is constantly in action, vigorously beating and working overtime to supply the rest of the body with its needs. It is the overworked and underpaid hero, making sure the remaining organs are well fed and nourished. Without its beating power, we cease to be.

When I wasn't shadowing Dr. Ramirez, I was researching more information about the heart and associated diseases on his desktop computer. He did his best to instill as much of his own knowledge into an undergraduate premedical student as

time allowed. When I bid him farewell at the end of that June, I realized I left a piece of myself behind at Kendall Regional Hospital. I promised him I would come back again, even if only to visit, and would consider applying for an internal medicine residency in the future.

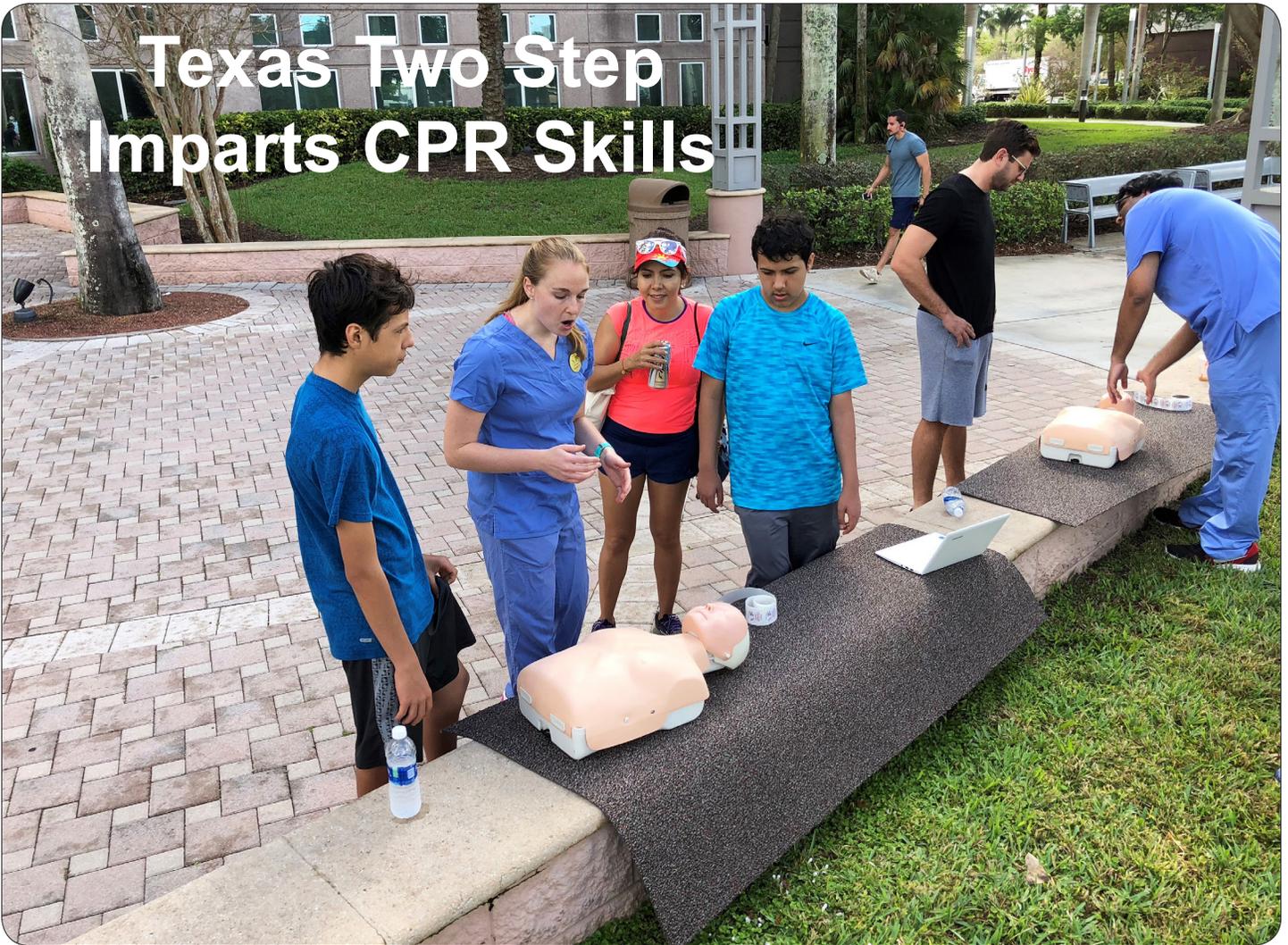
Fast forward to my second year of medical school, fall semester. I have the privilege of working with Dr. Kayvan Amini as part of the IGC curriculum, and I find myself back in the realm of cardiology, in the land of arrhythmias and coronary arteriosclerosis. Only with Dr. Amini, my role is different. Instead of observing, I am an active learner, engaged with patients while simultaneously being tested on my knowledge.

Dr. Ramirez laid the foundation by teaching me the basic pathophysiology of the heart, while Dr. Amini challenged what I learned as it related to his patients. It's more than what you know when dealing with patients with heart problems, it's about the one-on-one conversation you share without the slightest hint of uncertainty in your voice that something seen or heard may be of concern.

You call the shots, you intervene with a patient's consent in times of urgency, and you carry out what needs to be done in a timely manner. You function like a heart engorged with blood excited to release its ejection fraction, and you need to act quick enough before it's too late—in a heartbeat.



Texas Two Step Imparts CPR Skills



On February 25, about 100 people gathered at NSU to learn the Texas Two Step and receive lifesaving CPR training. The Texas Two Step lessons, which were introduced by a group of Texas medical students in 2015, have spread to dozens of cities in six states across the United States, including Florida.

Demonstrations of the five-minute, hands-only CPR technique were held simultaneously at several South Florida sites, including NSU. Research indicates that 70 percent of cardiac arrests that occur outside of hospitals happen in homes, and less than 46 percent of these people receive CPR before help arrives.

Third-year student Parth Gandhi, the NSU Texas Two Step co-organizer who was interviewed by the *Sun Sentinel* about the CPR event, had this to say about the vital training. “The first step is you have to remember to call 911, even if it’s a false alarm,” he said. “The second step is teaching them where to put their hands, how to do the technique, and how fast to do chest compressions.”



Clubs and Organizations Update

SAOG Focuses on Breast Cancer Awareness

By OMS-II Alexandra Lenox

Throughout the month of October, the Student Association of Obstetrics and Gynecology (SAOG) collaborated with the NSU community to raise breast cancer awareness. The SAOG aimed to incorporate themes of creativity, unity, and fun to get the NSU community involved in this cause.

To accomplish this, the SAOG hosted a monthlong bake sale in which women's health-themed baked goods were sold during OMS-I and II clinical class breaks. Not only did a majority of the KPCOM enjoy delicious baked items, but the club also was able to raise more than \$600, which was donated to the American Cancer Society (ACS).

Additionally, The SAOG participated in the Fort Lauderdale ACS Strides Against Breast Cancer Walk on October 28. The NSU-KPCOM team walked with the Broward Community and Family Health Care team for the Breast Cancer Walk and raised generous donations for the ACS while having a blast doing it. It was a wonderful opportunity to be a part of a community effort to support breast cancer victims, and to promote awareness about screenings.

We also hosted our inaugural bra-bedazzling event, which allowed Dr. Kiran C. Patel College of Osteopathic Medicine students to get creative and decorate 25 colorful bras. We hope to display the bras within the Health Professions Division as a lasting reminder of the importance of regular self-breast exams.

Participating students posted fun pictures of themselves with the bedazzled bras on social media to share with their families and friends. The photos were paired with the CDC What You Need to Know Fact Sheet on Breast Cancer. These posts allowed friends and family members to learn about breast cancer statistics and the measures every woman should take to prevent it.

The SAOG appreciates the spirit and support of the entire KPCOM community and will continue these traditions for years to come. As the SAOG reflects on the action-packed month of October, its members are eager to continue the challenging journey of medical school with excitement and purpose throughout the year.

MSFC Hosts Annual Papaya Workshop

By OMS-II Elizabeth Weirich

In November, 50 first- and second-year students participated in the Medical Students for Choice (MSC) annual Papaya Workshop. Students began the workshop with a brief introduction on the types of abortion procedures offered to women in the United States.

Students learned that manual vacuum aspiration (MVA) is a safe and easy method of providing early surgical abortion. The procedure can also be used in miscarriage management, treatment of failed medical abortion, or endometrial biopsy. Students were then taught the MVA procedure by removing pulp and seeds from papayas to simulate suctioning the products of conception out of the uterus.

Statistically, one in three women will undergo an abor-

tion procedure in their lifetime, so the likelihood of a physician encountering a patient who has had, is considering, or will have an abortion is high. Having knowledge on the safety and efficacy of the procedure allows physicians, no matter what specialty they choose, to have a better understanding of their patients.

Medical Students for Choice, along with many other clubs, will be heading Reproductive Health Week this semester from April 2–6. The event's goal will be to educate future health care workers on how to discuss sexual health with their patients in a knowledgeable, judgment-free zone. The week-long event will include events like the IUD workshop, a values clarification discussion, and a sex education trivia night.

KPCOM Student Achievements



Gandhi



Hazariwala



Iqbal



Mancuso



Morris



Rashid

Parth Gandhi, class of 2019, received the Medical Student Professionalism and Service Award from the American College of Emergency Physicians at its annual Scientific Assembly, which was held October 29–November 1 in Washington, D.C. The award recognizes students who excel in the compassionate care of patients, professional behavior, and service to the community and/or specialty.

Vikisha Hazariwala, class of 2019, earned first-place honors in the experimental research category in the college's Consortium for Excellence in Medical Education Ninth Annual Scientific Research Poster Competition held November 3 in the NSU Don Taft University Center. Hazariwala served as first author of the winning poster "Zinc and S-Adenosylmethionine Mediate Lung Inflammatory Cytokines in Otherwise Healthy HIV-1-Infected Individuals."

Hassan Iqbal, class of 2018, coauthored a paper titled Predictors of Osteopathic Medical Students' Readiness to Use Health Information Technology" with Zaid Rana, D.O. ('17), and Arif M. Rana, Ph.D., Ed.S., M.S., M.P.H., director of the

college's Biomedical Informatics Program, which was published in the December issue of the *Journal of the American Osteopathic Association*.

Christopher Mancuso, M.H.S., class of 2019, presented his project "The Use of Xenografts in the Reconstruction of the Ear Following Keloid Excision" at the 2018 ODAC Aesthetic and Clinical Conference on January 12 in Miami, Florida. He also received a \$1,260 scholarship from the Food for Health Foundation to participate in the T. Colin Campbell Center for Nutrition Studies eCornell Plant-Based Nutrition Certificate Program. The scholarship provides full tuition for the online, plant-based nutrition course offered through Cornell University. Additionally, Mancuso and class of 2020 student **Megan Hemmrich** had their coauthored article "Utilization of Ovine Collagen Extracellular Matrix in Surgical Excision of Recurrent Keloids" accepted for publication in an upcoming issue of the *Journal of the American Osteopathic College of Dermatology*.

Jeffrey B. Morris, class of 2018, had his coauthored article "Examining

the Factors Associated with Past and Present Dermoscopy Use Among Family Physicians" published in the October issue of *Dermatology Practical & Conceptual*, which is an international, peer-reviewed, open-access journal that publishes articles covering practical and conceptual aspects of all fields related to dermatology, including diagnosis, therapy, prevention, and epidemiology.

Hytham Rashid, class of 2019, was selected as a 2018 Paul Ambrose Scholar. He was 1 of 40 U.S. health professions students who earned this honor. As a Paul Ambrose Scholar, he will be presenting the work he's doing to lower the disproportionate incidence of HIV/HCV coinfection among the LGBTQI+ community by incorporating needle exchange services into HIV test counseling in South Florida. The Paul Ambrose Scholars Program is planned and implemented by the Association for Prevention Teaching and Research—the professional organization representing accredited and emerging graduate public health programs, medical and health professions faculty members, and students dedicated to interprofessional prevention education and research.



Reddy



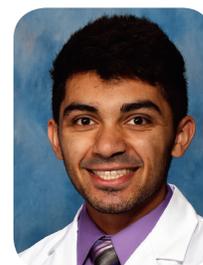
Richards



Shaikh



Strzepka



Syed



Zheng

KPCOM Student Achievements (continued)

Abhinay Reddy, class of 2018, won the first-place award at the student poster competition at the Florida Chapter of the American College of Physicians' annual scientific meeting held December 9 in Palm Beach Gardens, Florida. His winning entry was titled "A Curious Case of COP: Cryptogenic Organizing Pneumonia Presenting as a Solitary Lung Mass."

Chad Richards, class of 2021, presented his coauthored poster project "Systematic Review and Meta-Analysis of Antibiotic Resistance in Pakistan" at the University of Central Florida annual Global Health Conference held January 20 in Orlando.

Saamia Shaikh, J.D., class of 2019, recently published two articles. The first, "The Heightened Duty of the Pharmacist Amid the Opioid Epidemic in Florida," appeared in the October issue of *Florida Medical Business*. The second, "Florida Vs. Oxycodone, et. al.," was published in the winter 2017 issue of *The Florida Bar Health Law Section Newsletter*.

Arthur Strzepka, class of 2020, coauthored the article "Repeated Measures of Blood and Breath Ammonia in Response to Control, Moderate, and High Protein Dose in Healthy Men," which was published in the February issue of *Scientific Reports–Nature*.

Moizz Syed, class of 2019, was the first-place winner at the annual Council of Osteopathic Student Government Presidents Winter Research Symposium Case Presentation Poster Competition held January 12 at Nova Southeastern University. His winning poster was titled "Complete Bladder Herniation into Inguinal Hernia with Open Repair."

Shuhua (Steve) Zheng, Ph.D., class of 2021, first-authored the article "Inhibition of the NEDD8 Conjugation Pathway Induces Calcium-Dependent Compensatory Activation of the Pro-Survival MEK/ERK Pathway in Acute Lymphoblastic Leukemia," which was published as a priority research paper in the December issue of *Oncotarget*.

