

KPCOM CARES



KPCOM CARES FUND

**EMERGENCY MED CLUB
CARE PACKAGES**

**INTERNATIONAL MEDICAL
OUTREACH CLUB DONATION**

SGA COVID-19 INITIATIVE

AHEC TOBACCO PROGRAM

**RDN COHORT VIRTUAL
RESOURCE INITIATIVE**

**KPCOM STUDENT CREATES
MASK INITIATIVE FOR
OVERTOWN COMMUNITY**

KPCOM Faculty and Staff Members Raise More Than \$15,000 in Kindness Initiative

What started as a random act of kindness involving a woman paying it forward at a grocery store turned into a collaborative effort as the KPCOM showed heart and a willingness to help.

The initiative, led by the KPCOM's dean Elaine M. Wallace, D.O., M.S.⁴, occurred after a double encounter while putting groceries in her car. After a woman commented on the lovely flowers Wallace was buying, a second encounter occurred in the parking lot that same day when Wallace gave her a flower—much to the woman's delight.

"I am going to visit my 90-year-old mother. She will love this," the woman said. "You know, I was just in line, and I paid for the groceries of an elderly man after his credit card was denied twice. These are tough times for people."

That act of kindness led Wallace to look within and see how she could help in this time of need, resulting in the KPCOM COVID-19 Cares Fund. The money raised through pledges and contributions will benefit those in the KPCOM monetarily affected due to the COVID-19 pandemic. The collection became a success as the college came together in this time of uncertainty.

"I want to thank you all as you continue to contribute to the fund," Wallace said. "We have collected more than \$15,000 as of early April in pledges and contributions. It is refreshing to see us reach out to help one another."

Emergency Medicine Club Fuels Frontline Heroes



KCPOM students continue to aid the community during the COVID-19 pandemic by focusing on various initiatives, such as providing care packages for frontline heroes. In July, the KPCOM's American College of Osteopathic Emergency Physicians (ACOEP) club delivered items to six emergency rooms in South Florida, including Broward Health Medical Center, Kendall Regional, Mount Sinai, Memorial Regional, Memorial West, and Westside Regional.

The packages were meant to give back to emergency medicine physicians and ER staff members who have been serving various roles as mentors and educators during the pandemic. The packages included food items such as granola bars, energy drinks, and an assortment of snacks to fuel local ER teams during an especially demanding time.

The funding came from a joint effort between the ACOEP and the Society of Medical Oncology, with efforts in package organization, coordinating with hospitals, and package delivery provided by third-year students Patrick Anderson (the previous ACOEP president), Jillian Montague (the previous CPR coordinator), and second-year student Maria Rodriguez (current CPR coordinator).

"With the recent increase in COVID-19 cases, and the large demand once again being placed on our local health care system, we are interested in planning another care package drop-off in the future to continue to show support for our community," said second-year student Veronica Abello, the KPCOM's ACOEP president.

International Medical Outreach Club Donates \$5,000 to Broward Health Foundation

The KPCOM's International Medical Outreach Club (IMOC) Executive Board displayed its compassion by donating \$5,000 to the Broward Health Foundation. The funds were donated to provide COVID-19-related support in the Broward County community.

"Although our club is typically internationally minded, the IMOC Executive Board recognized the need to provide assistance right here in our community, and this was the best way we could think to make a difference," said second-year student Neil R. Sood, IMOC president. "This donation will be instrumental in protecting frontline health care providers, as well as making sure each patient gets the best care possible."

Pictured, from left, are the IMOC Executive Board members: Roger Mendez (treasurer), Nadia Anderson (first-year representative and vice president-elect), Neil Sood, Marianne Cortes (first-year representative and president-elect), Benjamin Smith (vice president), and Diana Chan (secretary). Photo taken before COVID-19.



KPCOM Takes Action in COVID-19 Aid



From left: First-year Executive Board members Minh Chung (mental health chair), Harsh Patel(vice president), Lexi Gabro (secretary), Aneil Tawakalzada, Aakangsha Jain (treasurer), and Heather Silverstein (programs chair) pose with the assembled care packages.

The KPCOM OMS-I Class Board and SGA Executive at the Fort Lauderdale/Davie and Tampa Bay Regional campuses raised more than \$16,000 to purchase FDA-approved personal protective equipment (PPE) for Florida hospitals in need. They also purchased supplies to make about 100 care packages for the families of health care workers affected by COVID-19. The care packages which were delivered to a local hospital, consisted of pasta, pasta sauce, popcorn, cough drops, tissues, playing cards, coffee, and thank-you cards.

“As soon as quarantine really began, we were all very eager to help out in any way we could,” said OMS-II Charles Bisbee, SGA president-elect. “I think as students in the field of medicine, we have an understanding of the hard work and tenacity that is required of the frontline health care providers in the fight against COVID-19.”

Part of what also made the project such a success was the involvement of students outside of the D.O. program. By including NSU’s Dr. Kiran C. Patel College of Allopathic Medicine, along with various clubs and organizations, the original goals of raising funds and creating care packages were quickly surpassed. Social media efforts with fun Tik Tok videos further boosted morale while raising awareness.

“Our KPCOM, alongside our M.D. school, collectively raised more than \$16,000 in our initiative to help provide PPE for health care providers, provide COVID-19-affected patients the funds for uncovered expenses, and to help provide care packages for the families of health care providers affected by COVID-19,” said OMS-I Aneil Tawakalzada, class of 2023 president. “This was an incredible accomplishment that truly helped illustrate how willing our student body is to get involved and to help make a difference. Our medical students at NSU are truly remarkable.”

AHEC Advice: Quitting Smoking Now Is More Important Than Ever



Most people are very vigilant about protecting themselves from the COVID-19 virus. Yet, tobacco smoking still remains the leading preventable cause of death and disease in our society.

There has never been a greater need for smokers to seek the help they need in quitting tobacco use or vaping than now during this COVID-19 pandemic. Medical experts from the Centers for Disease Control and Prevention, the World Health Organization, and the American Lung Association agree in highlighting this urgent need.

Quitting smoking tobacco or electronic cigarettes can reduce the risk of COVID-19 infection through less-frequent hand-to-mouth contact. It can also offer smokers the opportunity to build up their defenses in case they contract COVID-19, such as through improved lung function and removal of mucous buildup; reduced chronic inflammation and stronger immune system capacity; and improved circulatory and cardiac health—all of which are vital in overcoming COVID-19 disease.

The NSU-KPCOM Area Health Education Center (AHEC) Program now offers free, virtual, online group-smoking cessation classes at multiple times during the week using accessible, easy-to-use, web-based teleconferencing technology. These virtual classes are provided in the same interactive, friendly, respectful, and supportive atmosphere that has been a hallmark of AHEC's community tobacco cessation services for more than a decade. Eligible participants may receive free over-the-counter nicotine replacement therapy, such as patches, gums, and lozenges.

For specific details or to register, please call the AHEC Program at (954) 262-1580 or visit www.ahectobacco.com.

Initial RDN Cohort Creates Virtual Community Resource Page



Because the COVID-19 pandemic has created educational challenges, the first cohort of graduate student dietitians (RDNs) in the Dr. Kiran C. Patel College of Osteopathic Medicine's Master of Science in Nutrition program made use of online resources to produce a virtual community resource page.

The initiative began as a response to the suspended practice rotations where RDN students would be doing their first supervised practicum in community and population health in community sites. Rather than just doing readings and modules, faculty members looked at giving students intentional and relevant assignments to provide real-world experiences.

Currently, many health care and community nutrition organizations have utilized virtual options to serve their populations. As a result, creating a project that compiled a community nutrition resource web page made a lot of sense, with the goals of offering a variety of nutrition resources, including fact sheets, recipes, short videos, and links to community partners who provide nutrition services—all while using evidence-based references.

As mentors for the next cohort of students, the inaugural RDN class will provide support and guidance to maintain the web page. All students taking the Foundation of Community Nutrition course each fall, and the RDN students taking the Community and Population Health Practicums course in the winter, will continue to add to the content, as well as update and maintain the web page.

“This has been a great collaborative project for our RDN students, who have exceeded the expectations of faculty members and themselves,” said Melinda Luis, M.S., RDN, LDN, adjunct faculty member and community practicum coordinator.

To view the web page, visit osteopathic.nova.edu/ms-nutrition/community-nutrition-resources.html

KPCOM Student Creates Mask Initiative for Overtown Community



With COVID-19 being a hot spot in Miami, Florida, predominantly minority areas in the city lack the funds to keep up with sanitation and protective equipment for its residents. This was witnessed by second-year student Yara Khalifa as she assessed the historic Overtown community while working on a project in her NSU Master of Public Health degree program.

“What I found was that the government, on all levels, conspired to destroy this vibrant community,” Khalifa explained. “Due to prevailing racism, the government systematically persecuted and ruined Overtown by running a bunch of highways through it. President Dwight D. Eisenhower had purposely done that to African American homes and businesses in an attempt to disenfranchise and resegregate.”

As Khalifa learned more about the community along with her grocery drive volunteering at the Masjid Al-Ansar’s mosque—a pillar in the African American Muslim community in Overtown—she learned about the mask shortage and wanted to help. Resistance was met with many of the South Florida mosques due to colorism, which led Khalifa to follow her own life mantra of, “Well, I’m just going to do it myself.”

Through raising awareness in various channels, Khalifa surpassed her initial goal of 1,000 masks, and the mosque’s request of 200, by purchasing around 1,200 masks through monetary and shipped efforts. The masks are to be distributed on the second and fourth Saturday of each month at Masjid Al-Ansar’s grocery food drive in Overtown, with a second mask initiative to follow when the community runs out.