

THE PULSE

AAMC Conference

By Sarina Amin

Four UCF COM students attended the National AAMC Conference in Washington, D.C. on November 7, 2010. The students went as members of the Association of American Medical Colleges Organization of Student Representatives (AAMC OSR). Several sessions highlighted topics such as Board study preparation, matching into residences, and technology in medical education. The students came back to UCF COM and reported to the student body about their experiences at the conference.

The four students (Sarina Amin, Jennifer Bazemore, Paul Mahle, and Elona Rrapo) had the unique opportunity of meeting students from other medical schools and comparing curricula, extracurricular programs, and other topics concerning academics. Many students from other schools were impressed by UCF COM and the programs already in place for students, such as Peer Mentoring, technology incorporation into medical education, and many others.



ISSUE

Featured Articles:

AAMC Conference.....	1
A Student's Reflection of White Coat Ceremony.....	2
The Life and Times of the UCF COM Girls IM Basketball Team.....	3
Staying Balanced in Medical School.....	4
My First Patient Experience.....	5
UCF COM Athletics.....	6
Scrubs Basketball Team Caps a Fine Season.....	8
AMA/FMA Medical Student Section Update.....	9
AMA Conference in San Diego.....	10
Women's Health Interest Group Updates.....	11
American Medical Student Association Updates.....	12

A Student's Reflection on the White Coat Ceremony

By Nicole Armstrong

Today was my first official day as a medical student. And I've got the coat to prove it.

The whole day was a little surreal. Whether that was because I got up at 5:30 a.m. or because I have worked toward this day almost my entire life, I am not quite sure. I got to meet all of my classmates, and a goodly number of my professors today. My classmates all agreed not much sleep was to be had last night. We were all too excited/nervous.

So for those of you wondering exactly what a White Coat Ceremony is, this is basically what happened.

The dean of the College of Medicine, Deborah German, M.D. (a Harvard graduate) talked briefly about the school and introduced UCF's president who gave a nice address. He also talked about the school and its accomplishments, and the new building, which we were also celebrating today. Dean German took the wheel again and talked a little about our class, which is pretty amazing on paper. (And after meeting them, even better in person!)

Dean German then had a little lesson with the students (US!) and we helped her describe a "good doctor." The list of characteristics was 42 items long. It was a long list to live up to, but one that UCF COM is dedicated to helping us embody.

Then, each of us got "coated" individually by Dean German herself (except for those students who received private scholarships. Their donors had the honor of coating them.) We shook hands, had our pictures taken, and walked off the stage with our heads held high, and the weight of our potential in our new white pockets.

One of our professors commented to the dean after the ceremony, "Don't they look nice in their coats?" To which Dean German replied, "Yes, they look like bright young doctors." Wow. I hadn't thought of myself as a young doctor yet. Maybe a kid, just pretending. But this is really happening.

I don't know how to say it other than that. There is so much responsibility, honor, and pride in that statement. *They look like bright young doctors.*

This coat means a lot of things. It marks you as a student of medicine. It tells people where you're from, what your name is. But most importantly it means, this is it. I'm really doing this. I may be young, inexperienced, and wet behind the ears when it comes to medicine, but I'm doing it.

One day, in four years, I'll walk that stage again, and get a longer coat, another handshake, and an even greater charge. And I couldn't be more excited to get there. One day, one step, one class/lecture/case/lab/exam at a time.

So this is it. The first day in Med School for the Future Dr. A.

The Life and Times of the UCF COM Girls IM Basketball Team

By Dennrik Abraham

It was them, it wasn't me!
To prove it, the final score was 99 to 53!
Their parasympathetic system was quite a flutter,
Bigger players they played without a shudder,
Learned defense and offense, oh yes they did!

Go lateral! Go medial! Run, run, run!
Their BP, RR, and HR had fun, fun, fun,
Dribble, pass, fire that synapse!
They're tired, oh please don't collapse!
but if they fall and hit the ground
"Hey you, get the AED!"



"To hold this ball what nerves do I use?"
"C5, C6, C7, C8 - I'm quite confused!"
"and Coach...can I play?"

These were questions asked since the very first day,
From then till now, those embryos did grow,
After six weeks, the ultrasound had lots to show.

You'll get your oxygen rest assured;
the Globins were here this night,
The game made my heart go through a ventricular fibrillation more than once, what a sight!

They jumped for joy and yelled hooray
99 to 53, don't ever forget this day!



They played and stood their ground,
though sometimes points could not be found.
They stood standing with lots of pride
so well they played, I almost cried...
but no, I am a man,
just happy to be the coach and a fan!

Staying Balanced in Medical School

By Casey deDeugd

Although I have only been a medical student for about 14 weeks (+/- a few days), I have already enacted my secret weapon several times. In my life before medical school, this secret was sort of like a reflex arc; it happened automatically without conscious intent. Although, as the days get longer, power point lectures pile up, and the size of my bookbag makes me look like a human turtle, I have found myself increasingly aware of the need for it.

To be honest, it is actually not a secret at all. In fact, I can (and do) tell everyone who will listen about the key to help them conquer any insurmountable challenge. However, the magical mystery of its success is solely dependent on the ability of the listener to understand. Just to build up a little more anticipation before I give it away, I wrote a little poem to decode the mystery.

The Secret

I learned a little secret,
that you might already know.
It's a simple one word key
that's in the ocean down below.

To you it may seem simple,
but do you really understand
that nature's equilibrium
is always in our hands.



Simple enough? It is not outlined in a board review book or study guide or covered in our lectures, but it works. Integrating the principle of balance can be tricky if you feel like you don't have enough time to do the "necessary" tasks like studying, eating, sleeping (maybe not so necessary), but it is still possible. It is difficult to choose the things to spend time on, and to enjoy that time without feeling uneasy about the amount of studying you have or the number of tasks on your to-do list. However, the beautiful part of this strategy is that it can be adapted specifically for the user. Just try to be aware of your life outside of the classroom, give priority to the things that make you the happiest, and make time for them. ☺

My First Patient Experience

By Abinaya Chari

“Go ahead and take a full history of the patient and report back any abnormalities as well as what you think is wrong,” my preceptor states on my first day at the office. It is August 26, 2010 - I am officially 19 days into medical school and eight days into learning about biochemistry at UCF College of Medicine. Certain I have heard her incorrectly, I ask my preceptor to repeat the assigned task and question whether she will be there to monitor my progress.

“No, it’s OK. I have full confidence in you. Go ahead and see your patient and report your findings back to me.”

At this point, it is starting to occur to me that this is not, in fact, a joke: I will be seeing my first patient in medical school by myself. My mind spins back to all my prior contacts with patients: multiple shadowing experiences, and hours on the couch watching *Grey’s Anatomy*. I decide: “Hey, if the actors could make it seem believable, I can too. Right?”

Wrong.

Taking a deep breath, and questioning my preceptor’s sanity, I walk into the room thinking that the patient will laugh at me, or ask to see the *real* doctor. “My name is Abi Chari and I’m a first year medical student,” I manage to squeak out. That’s when it hits me - I am a first year *medical student*, learning to become a *doctor*. As I run through the basic chief complaint and patient history, I become more confident and eventually get into a rhythm. “Thank you so much for your patience; my preceptor will be here shortly to examine you,” I gush as I leave the room thirty minutes later, carrying three pages of notes on my first patient.

Upon walking into my preceptor’s office, she asks me how my examination went and requests I present my patient. After another flashback to *Grey’s Anatomy*, I regurgitate the entire interview. “You did a great job,” she confides (*‘Really?’* I wonder.). “Your presentation is rusty, but we will be working on it throughout the year and you shouldn’t worry about it. I also want you to know that there is no pressure during these encounters - if there is something critical to ask or examine, I will question them to make sure all the information is correct.” (*‘NOW she tells me?’*)

After we walk into the patient examination room, I observe as my preceptor conducts my same history in three minutes and extracts all the relevant material. She also includes questions I never even thought to ask, but which in retrospect, seem obvious. By the end of my session that day, I had seen seven patients with completely different medical issues, and had conducted seven exceedingly long histories. As I walked out of the office, I felt as if I had been hit by a truck. My thoughts ranged from complete desolation to elation that if this was the worst I could do, then things could only improve.

And they did.

Continued on page 8...

UCF COM Athletics

By J.J. Hightower

<u>Men's 7-on-7 Flag Football</u> <u>UCF COM Scrubs</u>	<u>Men's 5-on-5 Basketball</u> <u>UCF COM Scrubs</u>	<u>Women's Basketball</u> <u>UCF COM Globintrotters</u>
Jonathan Beilan	Andrew Bonett	Mabel Avilas
Andrew Bonett	Steven Bright	Abinaya Chari
Steven Bright (C)	Christopher Cooper	Ashley Curry
Christopher Cooper	Matt Dean	Mikaela Devaux
Eric Gelman	Will Kang (C)	Gosia Krzyszcak
Ricardo Molero-Bravo	Mihail Stojanovski	Racha Khalaf
Mihail Stojanovski	Rafik Zarifa	Brittany Moscato
Rafik Zarifa		Lena Ning
		Lauren Richter
		Alexa Rodriguez (C)
		Renata Shraybman
		Arshia Soleimani
		Ruth Strakosha

UCF College of Medicine students put their athletic skills on display this fall as both men's and women's teams competed in intramural sports on UCF's main campus. The men left it all on the football field and basketball court while the women also showed up to compete in basketball. In a valiant effort, the women put up 37 points on the season and finished the season at a mediocre 0-7. Who scored more points, the girls' basketball team or Greg Oden over the span of his 4-year NBA career? It's impossible to know. On a brighter note, when considering the courage and unremarkable valor displayed by these heroic women, they fall second only to the UConn women's NCAA basketball team. Did the British give up after the Germans bombed Normandy? No! And neither did the girls basketball team. Led by 6'1" starting point guard, Alexa "the Handle" Rodriguez, the girls did all they could each and every week to pull out the W. But to no avail they ended the season with the ultimate goose egg in the record books. Nevertheless, these champion-caliber women continue to make a difference off the court day in and day out. *Continued on page 7...*



UCF COM Athletics continued...

The men's football and basketball teams also got off to slow starts, finishing the regular season with records of 2-3 and 0-6, respectively. The UCF COM Basketball Scrubs, captained by Will "Sweet Stroke" Kang, found the will to win during the first round of the playoffs. Led by Rafik "Get your cameras ready" Zarifa and Mihail "I hope you wrapped your ankles" Stojanovski, the men pulled off the upset against a heavily favored Alpha Tau Omega team. Most of the game was back and forth with about twenty lead changes, but in the end a couple of clutch free throws from Chris "Get me the ball" Cooper and a buzzer-beating tip-in from Matt "The Tree" Dean propelled the Scrubs through the first round. Coming off a big victory, the basketball team surged through the second round of the playoffs with a 23-point dominating win to advance to the quarterfinals.

In the next round, the men would face the top-seeded and undefeated team "All Day." It would be a rematch of their regular season game in which All Day took care of business by more than 20 points. Playing on little rest and down a player due to an ankle injury, the COM Scrubs turned in a memorable performance, coming up just 3 points shy after a game-tying shot attempt fell short. The basketball team's impressive playoff run should provide plenty of positives to build on during the off-season.

After a sluggish 0-3 start for the UCF COM Football Scrubs, the men had to look in the mirror and ask themselves one question. The team finally ignited and steamrolled their way into the playoffs. "I can't take all the credit, but these things don't just happen," explained Captain Steven "Don't forget your ID" Bright. With the talent from the charter class in mind, it was a lot of hard work to find the missing ingredients and bring these particular rookies to UCF from four different universities in Florida and Georgia. I must have visited fifteen schools to find this recruiting class." Led by receiver-turned-quarterback rookie Andrew "I hope they don't rush 2" Bonett, center Rafik "Ocho Ocho" Zarifa, wide receiver Eric "The Big Hype" Gelman, and rusher Jon "Sack Lunch" Beilan, the Scrubs hit their stride at the perfect time. They won 3 playoff games, including an impressive 33-6 third round victory, to advance to their bracket's finals and the league's overall quarterfinals.

Unfortunately, several injuries plagued the Scrubs late in the playoffs and proved to be insurmountable. The season ended with a 6-13 crushing defeat in the bracket finals, but these men have a lot to be proud of and quite a promising future.

Next year all eight players will return, along with a new recruiting class, and will accept nothing but a championship. The 8th man award goes to the incredible fan base composed of both first and second-year students who made their presence known on the sidelines during the playoffs.

Stay tuned for an update on UCF COM Athletics. Men's and Women's soccer teams, as well as our first Co-ed volleyball team, have just kicked off their seasons.

Scrubs Basketball Team Caps a Fine Season

By Will Kang

The men's intramural basketball team completed a stirring run through the UCF Competitive League Playoffs. After a hard fought regular season, the Scrubs scored a miraculous upset of the #8 team at UCF, ATO. The future doctors faced a hostile crowd of fraternity brothers and sorority sisters, but Matt Dean's tip in as time expired catapulted the Scrubs to a 57-55 victory. "This was a total team effort!" said an exhausted but thrilled Rafik Zarifa.

In the second round, the Scrubs dominated the 9th ranked Make it Rain 49-28, setting up a showdown with the top ranked and undefeated juggernaut, All Day. The smaller and more stressed Scrubs gave All Day everything they could handle, but eventually fell 60-57. With such a strong performance late in the season, the future looks bright for the basketball program at the UCF COM.

SCRUBS 2010 Basketball Roster

<i>Position</i>	<i>Name</i>	<i>Ht</i>
PG	Will Kang	5'9"
SG	Mihail Stojanovski	6'2"
SF	Rafik Zarifa	6'1"
PF	Chris Cooper	6'6"
C	Matt Dean	6'7"
PF	Andrew Bonett	6'4"
SG	Steven Bright	6'2"

My First Patient Experience (Continued from page 5)

Six preceptor experiences later, I can conduct a focused history on a patient without looking at my cheat sheet (and it only takes 10 minutes!). I still forget the most obvious questions; however, my thought process is starting to integrate how certain symptoms can affect a patient diagnosis. Upon patient presentations to my preceptor, she is encouraging to the point where I think I'm doing wonderfully (until, of course, I watch her re-examine my patient and realize the 15,000 things I left out of my questioning and examination).

Eighty-eight days into medical school, my classmates and I still have a long way to go; however, it's amazing to look back on the time we saw our first patient. Although still inexperienced and lacking knowledge, we have now acquired the preliminary skills that we need to become budding physicians.

We're also definitely better at pretending to be doctors than the characters on *Grey's Anatomy*!

AMA/FMA Medical Student Section Update

By Briana Gapsis

The AMA/FMA-MSS at the UCF College of Medicine has had a very busy and exciting fall. They started the year with a social co-hosted by the AMSA at UCF chapter to welcome (and welcome back) the classes of 2014 and 2013. The following week, a number of chapter members and students interested in the AMA/FMA attended the 2010 FMA Annual Meeting, this year at the Hilton Bonnet Creek in Orlando. This meeting was monumental in that the FMA at UCF chapter was officially chartered. What is more, elections were held for the FMA-MSS Governing Council, and the UCF chapter president, Matt Dean, was elected to serve as the Governing Council Secretary.

One of the missions of this chapter is to give back to the community, and the Annual Meeting was soon followed by the AMA/FMA at UCF's first service project of the year. Twelve students from the UCF chapter coordinated with Orlando Habitat for Humanity to help the construction of Stag Horn Villas, a set of townhomes that will ultimately provide affordable housing for nearly 60 local families. From caulking to cutting and placing siding, it was a good day and a great way to help the community.

Another of the missions of the AMA-FMA at UCF chapter is to encourage student participation in medical policy locally and nationally, so they promoted voter registration in September, providing applications and delivering them for members of the UCF COM community who wished to register as Florida voters.

Near the end of October, the AMA/FMA at UCF held their next major service project, an organ donation drive for the entire College of Medicine. Matt Dean, Aura Fuentes, Racha Khalaf, and Briana Gapsis manned the table, educating people about the organ donation process, dispelling myths, and facilitating the registration of new organ donors.

Following this, three of the M-1 Chapter members, Michelle Lipton (the acting legislative representative), Deepthi Sudhakar, and Racha Khalaf, flew to San Diego for the AMA Interim Meeting. They had a great trip and learned a great deal about medical practice and policy (see **page 10** for details).

On November 9th, the AMA/FMA at UCF hosted their first Succeeding in Medical School (SIMS) event. For this, Matt Dean coordinated a discussion and Q&A session with several students from FSU, two third-years and one fourth-year. This was particularly valuable for the students at the UCF College of Medicine since there are not any upperclassmen to turn to for advice at this school, and the FSU students were very generous with their time and knowledge.

Their final project for the first half of the year is a Holiday Gift Drive. Deepthi Sudhakar is organizing this initiative, coordinating with the Orlando area Salvation Army in order allow the COM community to stuff stockings for 101 local students, one for each medical student in the College of Medicine.

This chapter has many more events and initiatives planned for the remainder of the year, so stay tuned for further news from the AMA/FMA-MSS at the UCF College of Medicine!

AMA Conference in San Diego

By Michelle Lipton

Three first year medical students, Deepthi Sudhakar, Michelle Lipton, and Racha Khalaf, joined more than 650 medical students from around the country at the American Medical Association Medical Student Section interim meeting in San Diego, California held on November 4-6.

The AMA promotes organized medicine, which is an outlet for physicians and medical students to have a voice about health care issues. The purpose of the meeting was to discuss and vote on 48 resolutions written by medical students, three of which were written by students from the state of Florida. Additionally, 25 educational programs were offered on topics ranging from AMA MSS membership recruitment to health care disparities in minorities. Racha's favorite session was on "electronic medical records" which she feels "is the future of medicine." Overall, the girls agree that attending the conference was an invaluable experience. "This was an incredible educational opportunity allowing us to network with other medical students while learning about pertinent issues in health care that will not only affect us, but will greatly impact patients, hopefully for the better," says Michelle.



The AMA has given Deepthi "the tools to be an advocate for fellow students and patients." Following the meeting, Deepthi was motivated to start a school-wide service project. Students and Faculty will be working in conjunction with the Salvation Army in order to stuff stockings for local children in the greater Orlando area. "The goal is to create 101 stockings to represent the number of medical students in the first two classes," says Deepthi. "We hope to start a school-wide tradition of giving back to the community not just during the holidays, but throughout the year."

In addition to service project opportunities, the AMA inspired the students to take action in shaping health care reform. White Coat Wednesday, held on November 16, gave AMA members a venue to speak with their respective senators and express their opinion to stop Medicare cuts. "The grass roots hotline gave me a voice," says Michelle, "and I am excited to know that my call made a difference." Due to the overwhelming calls received, cuts were delayed, which Racha considers to be "a step in the right direction." In many tangible ways, the AMA is providing an outlet for students to be advocates for fellow physicians and patients, while promoting leadership in a proactive and democratic fashion.

Women's Health Interest Group Updates

By Tiffany Chen

The Women's Health Interest Group has had a busy fall 2010! We've kicked off our MOMS program (Medical Students Outreach to Mothers-to-be) and have so far paired 4 second-year students with pregnant women. Students will follow the women through the prenatal period, attending prenatal visits, ultrasounds, fetal testing, and even newborn visits, with the goal of serving as advocates to the women through the pregnancy, delivery and postpartum periods. We hope to gain some valuable insight about the women and understand what the healthcare experience is like for them.



In September, our group participated in the Susan G. Komen Race for the Cure and raised \$1355! Kristine Smith coordinated the UCF College of Medicine team: "Every year, I participate in Susan G. Komen Race for The Cure in celebration of my mother, Johanne Smith, and grandmother, Huguette Gauy. They are both breast cancer survivors and are my inspiration. I know that the reason my mom and grandma were both able to receive such effective treatment was because of the research done before their diagnosis - research that was funded by the dollars raised by people who walked before me. I can only hope that every man or woman diagnosed with breast cancer has the same happy outcome."

For October, 11 members of WHIG cooked and served dinner at a local shelter for victims of domestic violence. The menu included shepherd's pie, green bean casserole, macaroni & cheese, garlic bread, cream of broccoli soup, and chocolate chip cookies. Elona Rrapo, M2, led the effort: "During the module of Psychosocial Issues in Healthcare in the first year of medical school, we learned about domestic violence, its impact on health, the importance of a good medical interview and how the physician can help a patient experiencing domestic violence. It was shocking to me when I learned that in the U.S. 1 in 4 women will experience intimate partner violence during her lifetime and that made me think that it is important to advocate for these women. October is National Domestic Violence Awareness month, so this year WHIG members planned, organized and cooked a special dinner for the women, men, and children living in a domestic violence shelter. It was our simple way of saying that we are committed to improving the lives of people in Central Florida. The shelter offers a domestic violence prevention program and provides safe shelter, counseling, case management, information and referral, court advocacy and a 24 hour crisis line. It was very rewarding to hear that the women 'enjoyed the meal and had the best time.' The interaction with the women in the shelter brought a real life aspect to what I learned in Psychosocial Issues in Healthcare and made me even more aware as well as more understanding about the health issues that these women and children have."

American Medical Student Association Updates

By Will Kang

Members of AMSA at the UCF COM continue our quest to engage the community, spice up our education, and inspire and train leaders.

COMMUNITY ENGAGEMENT

Adopt a Senior – In conjunction with the Osceola Council on Aging, **Mitch Popovetsky** has piloted a new program called “Adopt a Senior.” UCF medical students visit home-bound senior citizens and help advocate for their healthcare.

St. Thomas Free Clinic – VP of Community Engagement Tiffany Chen set up a relationship with the Osceola Council on Aging free clinic at St. Thomas in Kissimmee. On Wednesday nights, two medical students volunteered their time at the clinic. So far, COM students have contributed over 50 hours at the clinic. Thank you to all the medical students who have so enthusiastically answered the call.

EDUCATION

Alternative Integrative Medicine Scholar – This summer, AMSA member Susan Salganik was awarded a spot in the Alternative/Integrative medicine AMSA Academy in Massachusetts. She had an amazing experience and, with the help of funding from national AMSA, has started her own interest group.

Our newest Academy Scholars! – AMSA members Sarina Amin, Ashley Curry, and Brittany Moscato were selected to attend the 2011 Global Health Scholars AMSA Academy in San Francisco. All their tuition was covered by our local AMSA chapter treasury (Thank you, Uche!).

Health Policy Webinar – Jon Beilan, Will Kang, Renata Shraybman, and Bobby Palmer tuned in for an interactive Health Policy Webinar.

IFMSA International Exchanges – VP of Education, Katherine Ferstadt continues to work to set up clinical exchanges in any of 109 countries in the world.

DEVELOPING LEADERS

AMSA Region V Officer Training Conference – Officers from AMSA chapters around the state of Florida congregated here at the UCF COM for two days of leadership training, highlighted by sessions with Dr. German and Dr. Verduin. All our visitors were impressed by the school and the inspiring words of our deans.

2nd Annual Coffee with the COM – With VP of Social Affairs Jon Beilan at the helm, UCF COM AMSA hosted premedical students from three of the major pre-medical clubs on main campus – premed AMSA, PPMS, and MAPS. Some 100 undergraduates flooded our school for a tour, question and answer sessions with our medical students, and of course coffee and donuts. “This is the greatest experience of my life!” proclaimed one pre-med.

AMSA National Conference – We are making plans to attend the national conference in Washington, D.C. to present research, further our education, and represent UCF on a national scale.

FUNDRAISING

Doctor’s Bags – Led by VP of Fundraising Uche Anumudu, we delivered 57 doctor’s bags to the class of 2014. Because of AMSA’s national partnerships, we are able to provide top quality instruments at discounted rates, and at the same time support our projects.

AMSA continues to be a great resource for medical students around the country and around the world, and we are thrilled that the students here have already benefited from it. We are committed to pursuing meaningful projects that help our medical students, help our community, and help those students who are striving to get into medical school themselves.