

Upstate Medical University Undergraduate Medical Education Office NEWSLETTER

May
2023

*Improve the health of the communities we serve
through education, biomedical research and health care*

Letter from the UME Office

The UME Office is responsible for managing, coordinating and evaluating the medical School curriculum. In addition, we provide support to the students, faculty, and administration.



Dear Students & Faculty:

Greetings from the UME Office!

May is a busy time for the Norton College of Medicine—final year students are graduating and moving on to residencies or other pursuits; clerkship students are finishing up, taking Step 2, and doing electives; and second year students are taking Step 1 and starting clerkships. Please take a few minutes to read through the articles in this newsletter and hear about the latest developments.

Congratulations to the Class of 2023! If you couldn't attend Commencement on May 7, you can watch the recording online. In fact, you can watch a lot of terrific content on the Upstate Medical University YouTube Channel, including the Informed Patient podcast that features experts from Upstate discussing health, science, and medicine topics, Careers at Upstate videos, and Virtual Tours. Check it out @UpstateMedicalUniv. Type "match" into the search area if you want to view this year's Match Day video, along with ones from years past. The students always do a great job on these!

We will soon be welcoming the incoming Class of 2027. Note that they will start classes on July 24, which is a bit earlier than in years past. Be prepared to offer directions to anyone that might look lost.

This new class will follow our renewed curriculum, overseen by Phase 1 Co-Directors Drs. Rachel Hopkins and Rebecca Greenblatt while second year students continue with our current curriculum led by Dr. Tom Poole. Dr. Dana Mihaila is helping with Educational Innovation, and we have a host of dedicated faculty co-chairing Phase 1 units and courses and serving as thread leaders. The Phase 1 team is rounded out by Phase 1 Program Director Theresa Stowell and the Program Managers and Course Coordinators. They have put in countless hours getting ready for this year and we thank them profusely.

Big thanks also to the Phase 2 team, led by Dr Matt mason and Phase 2 Program Director Susan Anderson. The current clerkship year won't yet be finished when the next class starts their orientation. They have been discussing some curricular renewal as well, which will be phased in with the new class

We appreciate all the input from students, faculty and staff. Our curriculum will continue to evolve and grow. If you have questions or suggestions, please do not hesitate to contact me. Your participation and feedback are especially welcome!

Best wishes!

Sincerely,
Leann Lesperance, MD PhD FAAP

www.upstate.edu/ume

For questions regarding this publication, please contact:
Susan (Anderssu@upstate.edu)

Phase 1

Dear Students, Faculty, and Staff,

The MS2 students are finishing their dedicated period of studying for the Step 1 exam. This is the second Spring that Step 1 is taken Pass/Fail. We wish all of them well with their preparation and performance on Step 1. The future still remains unclear, but likely will place increased emphasis on Step 2 CK scores and an increased emphasis on what applicants can add to their CV.

The MS1 students are in their last systems-based unit (Endocrine and Reproductive) and will finish on May 23, 2023 with the Gateway exam. The Gateway exam is a selection of 100 questions from the NBME Custom Assessment Service that is our first diagnostic exam to identify students that may need more help with Step 1 style questions. Course directors have chosen questions that were covered in our MS1 year.

Finally, we are planning for the new school year that starts July 24, 2023 for incoming MS1 students in the new one pass curriculum in which the pre-clerkship portion finishes before winter break of the second year. MS2 students start class on August 14, 2023 in what is the last year of the UP curriculum. We hope everyone has a healthy and productive summer!

Thomas J. Poole, PhD
Assistant Dean for the Foundational Sciences

Phase 2

Dear students, faculty, and staff,

Congratulations to our new graduates! We are very proud of the work they have done over the past four years. We welcome them as colleagues and wish them the best of luck in their residency programs.

Our third-year students transition to the start of their fourth-year this month. Over the next few months they will be working on 4th-year level experiences before applying to residency, including taking the USMLE Step 2 exam and participating in fourth-year electives and acting internships. Many of our students will be participating in away rotations at other institutions.

Residency applications through the ERAS system will become available for residency programs to view at the end of September. This is our first class of students applying to residency who took the USMLE Step 1 exam as pass/fail without a numerical score, so the Step 2 exam will likely be of increased importance than previous years during their residency application.

The class of 2024 has been spending dedicated time studying for the USMLE Step 1 exam and will start orientation to the MS3 year on May 22. This week of orientation will include things like overview of clerkships and learning in the clinical setting, orientation to the OR and sterile environment, EMR use, ACLS training, physical examination skills, and education on how to function in the clinical environment. The new year of clerkships starts on May 30.

Thank you everyone for all your continued time and effort!

Matt Mason, MD
Assistant Dean for Clinical Sciences

Update from the Office of Evaluation, Assessment and Research

HIGHLIGHT - CLASS OF 2023

We are so proud and excited for all our graduates!! We are THRILLED to announce that 100% of our graduates were matched to residency spots for next year!! Additionally, 83% of our graduates matched into one of their top three programs!! That's an amazing accomplishment!!

CONSIDERING AWAY ELECTIVES?

Thanks to all who participated in the survey, we have information to share with you! If you are planning your away electives, check out the report from the survey, with information on away electives from the past several years in your class's Career Planning & Exploration folder on Brightspace.

A NOTE FOR RISING MS2 STUDENTS

Great job completing your first year of medical school!! As you plan your summer break, please consider your performance on the Gateway Exam. Our office works with Mary Ann Grandinetta and the Student Support Office to analyze Gateway Exam results. The exam is correlated with Step 1 performance so please reach out to either your advisor or Maryann if you are concerned with your performance.

ONE LAST REQUEST... FOR NOW

You will soon see a survey in your inbox called an 'end-of-year survey'. We've shortened them this year and they are focused on curriculum and services. They should only take a few minutes to complete and will be used widely by faculty and staff for planning and improvement.

PLEASE NOTE

Course and clerkship evaluation data are confidential and reported in aggregate. This includes both qualitative and quantitative data. Please contact our office if you have any questions about the confidentiality of evaluation data.

From the Office of Accreditation & Compliance

The College of Medicine Policy on Student Occupational Health Exposure outlines mechanisms for treatment after student exposure to infectious or environmental hazards, including mechanisms for reporting and guidelines for financial reimbursement.

Exposures happen! We care about your safety!


Total Number of Student Exposures	2020	2021	2022
	9	11	4

Exposures outlined in the policy:

- o Blood/body fluids examples: Human Immunodeficiency Virus (HIV), Hepatitis B (HBV), and Hepatitis C (HCV)
- o Environmental hazards examples: Chemical or radioactive exposures

Students receive education on prevention methods at orientations and through required online modules (i.e., “Safety at Work” and “Right to Know”).

Keep this card in your ID holders with reporting information!

Student Occupational Health Exposure	
I. For blood and body fluids, immediately treat exposure site:	
A. Wash the exposed skin with soap and water.	
B. Flush exposed mucus membranes with water.	
C. Flush eyes with at least 500 ml of water or normal saline for at least 3–5 minutes.	
D. Do not apply disinfectants, antibiotics, or caustic agents to the wound.	
E. Proceed to the Emergency Department if wound suturing or other first aid is needed.	
II. Initiate follow-up without delay	
A. Weekdays between 7:30 AM – 4:00 PM, call Employee/Student Health (ESH) at (315) 464-4260. Students will be instructed where to follow up.	
B. After hours, weekends, and holidays:	
1. Proceed to the Emergency Department at clinical site.	
2. Proceed to the closest Emergency Department if none at the facility.	
3. Notify ESH of the exposure by leaving a voicemail or calling the next day of business.	
III. For chemical or radioactive exposure, refer to the Student Occupational Health Exposure for treatment instructions: https://upstate.ellucid.com/documents/view/3042	

AAMC 2023 Graduation Questionnaire (GQ)

Thank you to the 108 students who completed the AAMC Graduate Questionnaire. We are excited to receive the feedback in August 2023. For those who have not yet made the time to take it, the questionnaire will remain open through the first week in June.

Congratulations to our giveaway winners!

College of Medicine iPad Giveaway
Deashia Mcalpine

Medical Alumni Foundation Giveaway
Avery Pellnat
Kelly Gao
Aylin Padir
Anthony Corsi
Winston Oliver

From the Office of Accreditation & Compliance

Upstate Medical University provides opportunities for, encourages, and supports medical student participation in service-learning and/or community service activities.

Employees and students may track community service information, including hours, types of volunteerism, awards, and special recognition.

- o Students log on to [MyUpstate](#), enter secure area, log in using your SUNY Upstate identification number (User ID) and your Personal Identification Number (PIN), click on Personal Information, then Community Service. Click on Add Entry to begin entering your community service hours.
- o Employees log in to [Self-Serve](#), enter your username and password, and select Add New Upstate Community Service Record or My Personal Volunteer Work to track your community service information.

Employees and students can learn more about Community Outreach opportunities [here](#).

Security, Student Safety, and Disaster Preparedness

A medical school ensures that adequate security systems are in place at all locations and publishes policies and procedures to ensure student safety and to address emergency and disaster preparedness.

[SUNY Upstate Campus Disaster Plan Link](#)

The following is a listing of the University's crime prevention programs and projects:

- o Escort Service: Available 24 hours a day, 7 days a week for anyone to any on campus location.
- o Personal Security: Crime prevention presentations are made available on a regular basis at new student and employee orientations. Custom presentations or surveys are made at the request of any group.
- o Emergency Telephone: Emergency telephones and call boxes, linked directly to the University Police, are located throughout the campus.
- o Architectural Design: The University Police Department has significant input into the design of all new and renovated campus facilities as related to physical and electronic security systems.
- o Facilities Surveys: The University Police Department and the Personal Safety Committee conduct periodic surveys of exterior lighting, exterior doors and campus grounds. Results of these surveys are forwarded to Physical Plant for prompt action.
- o Rape Awareness: Rape awareness education and prevention presentations are made annually to the campus community.
- o Organized participative Safety and Security committees also operate at the university for the benefit of all students, staff and visitors.

Further information may be found at the University Police Department [Website](#)



College of Medicine Gold Stars



In efforts to monitor positive influences on the learning environment within the College of Medicine, the Office of Undergraduate Medical Education provides several opportunities for students to provide feedback on faculty, residents, and staff to highlight individuals who have enhanced their experience on campus.

- Gold Star Nomination [link](#)
- MedHub Exceptional Teacher Nominations on end-of-course/clerkship evaluations ([website](#))
- MedHub Student Evaluations of Faculty & Residents

Briar Bertoch – MS2 Student:

Ms. Bertoch led a faculty development session with community preceptors from the Dept of Family Medicine. The session was focused on teaching and evaluating professionalism. This student-led session was highly rated among our participants. Ms. Bertoch was a key to this success. She showed a great deal of integrity, bravery and skill with this effort. Gold Star!

Elana Sitnik – MS3 Student:

Ms. Sitnik led a faculty development session with community preceptors from the Dept of Family Medicine. The session was focused on teaching and evaluating professionalism. This student-led session was highly rated among our participants. Ms. Sitnik was a key to this success. She showed a great deal of integrity, bravery and skill with this effort. Gold Star!

Kavi Shankar – MS4 Student:

Kavi did an outstanding job today running the Cerebrovascular Accident small-group session of our MSI Foundations of Reasoning in Medicine course. Normally he and I co-teach, but he had enough clinical experience with stroke patients, and was explaining it so well, that I just let him take over. Strong work!

Colleen Denniston – College of Medicine:

This is one of eight kajillion times that Colleen Denniston has offered me comfort, understanding and sound advice as I navigate my MD program. This time, I needed more time to prep for an exam, which caused me much anxiety and even shame! She put the kabosh on my negative thoughts, reassured me that I'm not the only one who needs extra time sometimes, and allowed me to reschedule an exam for a later time. She is always kind, professional, and has a great sense of humor. She is so supportive of us students and clearly is invested in our success. I cannot sing her praises enough!

Cory Emborski – MS4 Student:

Cory has been the best lab TA, always going out of his way to help us. He volunteers so much of his time, including late nights and weekends. Cory is in the lab even more than the students actually taking the class. On the weekends, you can find Cory in the lab for hours teaching different groups of us. He is always energetic and encouraging even if it has been 6+ hours of straight teaching. Cory is encouraging and patient, even when he is pointing out the same structure for the 3rd time. Thank you Cory for always being there to teach us!

This note is not specific for the date noted above, but rather is a testament to Cory's continued support of the MSI class through multiple units regarding Gross Anatomy material. Cory's dedication to teaching anatomy shines above and beyond the others. In the weeks leading up to our practical exams in which we are expected to label hundreds of potential muscles, vessels, and structures, Cory can be found in the Cadaver Lab working long hours, sometimes longer than the typical work day. His dedication to teaching is evident and clueless students will frequently flock to his exam table to see if he can help.



College of Medicine Gold Stars



Dr. Jeffrey Freedman – Neuroscience:

I really appreciate Dr. Freedman's engaging and informative lectures. He clearly works hard to make his slides easy to digest, and his explanations for each slide are very clear. He is an engaging speaker and spends much of his time looking at us and explaining what he knows rather than simply reading notes. I also think he has a gift for making difficult material easy to digest with good explanations and examples. I don't often learn much in lectures despite my best efforts to understand them, but Dr. Freedman's teaching is crystal clear. Thank you, Dr. Freedman, for being so cognizant of my needs and for teaching with students in mind.

Sunny Patel – MS1 Student:

A few days ago, Sunny spent at least an hour picking up the garbage outside of Geneva Tower. Everyone seems to remark about how much garbage is on the streets, but no one does anything about it. I thought it was amazing and inspirational that Sunny donated his free time, despite being a busy first year medical student, to picking up the garbage and actively working to better the local environment.

Rachael Ferraloro – MS2 Student:

Ms. Ferraloro is a rising third-year medical student who shines! She is an asset to the Rural Medicine program. This year, she created a session for first-year rural medicine students that focused on reproductive health, incorporating an IUD skills lab - the first of its kind. The discussion was really, well-received among her peers and highlighted her strong foundation in mentorship and teaching. WAHT A GEM!

Olivia Preston – MS2 Student:

Olivia Preston is a rising third-year medical student. She was determined to develop a session for first-year rural med students that focused on working with patients with disabilities. She spent a GREAT deal of time and energy creating this session. It was UNBELIEVEABLE! She incorporated a literature review with session overview, hands-on skills training with residents AND a panel discussion for those from the community to voice their experiences in the healthcare system. REALLY well done!

Dr. Amy Brady – Pathology Resident :

Dr. Brady received high praise in her mid-course feedback for being an excellent preceptor. She also leaves detailed feedback for each student after each session, which allows them the opportunity to learn and grow in their first years of medical school. A key comment given by students is "Amy is amazing! She is extremely understanding with students and helps us to understand from a student level and a physician aspect."



The AΩA junior elections for the Class of 2024 were held on April 13, 2023. Please join me in congratulating the newly elected members!

**Hannah Bender
Madhav Bhatt
Paul Capobianco
Evan Chernov
Kelly Crane
Amanda Craven
Adam Hatala
Sydney Klugman
Jacqueline Knapp
Maria Krisch
Gloria Munayco Muldonado
Hanish Polavarapu
Gavrielle Rood
Robert She**

STUDENT RESEARCH DAY

Student Research Day was held on April 6, 2022. The event highlighted research from students in the Colleges of Graduate Studies, Health Professions, and Medicine. There was a great deal of research done which represented the College of Medicine. It was the largest number of abstracts we have had in the past 10+ years - 57 abstracts were submitted!

The day featured a keynote presentation, oral presentations from students, and a poster/abstract session. Please join me in congratulating this year's awardees from the College of Medicine.

Oral Presentations

Amanda Craven
Annlynn Fernandes

Research Awards

Mark Derbyshire
Marissa Rice

Clinical Vignette Awards

Rachel Aber
Laura Szczesniak

Thank you to everyone who participated in this great annual event!

Patty Gooden
COM Student Research Day Liaison

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MEDICAL UNIVERSITY

ALAN AND MARLENE NORTON
COLLEGE OF MEDICINE

EXCEPTIONAL MOMENTS IN TEACHING



The Norton College of Medicine recognizes exceptional teachers with the monthly "Exceptional Moments in Teaching" program. Honorees are selected via student assessments from courses and clerkships. Recognized teachers—including medical faculty, residents, nurses and other educators—are those who challenge students and provide an exceptional learning experience.

Muslim Khan, MD, an assistant professor of Psychiatry and Behavioral Sciences at the Norton College of Medicine at Upstate Medical University, is the **April 2023** recipient of the **Exceptional Moments in Teaching** recognition.

COMMENTS FROM DR. KHAN'S STUDENTS:

"Dr. Khan has more than 30 years of experience and he threw me into the ocean and believed I could swim. I guess I swam, doggy-paddled at times but I did my best. I think I was given the advantage to interview almost every patient I saw during my clerkship, even new visits. It was an amazing experience for me, and Dr. Khan's feedback was essential for my improvement and growth of my interview skills. I learned an immense amount of information in just these short five weeks, and I was happy to come to work every day."

"Dr. Khan is a great teacher, leader, and clinician, and it has been an honor to watch him interact with patients suffering from a variety of mental illnesses. He is compassionate and always knows all of the right questions to ask patients and doesn't skip a beat. I got the opportunity to interview several patients, and he provided exceptional and essential feedback to improve my interview skills. Dr. Khan took time between appointments to discuss aspects of some disorders to help information stick with me from the experiences with patients and this was extremely helpful."

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Amit Dhamoon, MD, PhD, an associate professor of Medicine at Upstate Medical University, is the **March 2023** recipient of the **Exceptional Moments in Teaching recognition**.

COMMENTS FROM DR. DHAMOON'S STUDENTS:

"Dr. Dhamoon's lectures are truly special. Nowhere else can a student learn the cardiovascular system, see its direct applications to patient care, and be 100% sure that the presenter desperately wants his audience to succeed. I'm very grateful!"

"Dr. Dhamoon met with me several times throughout the unit, answered as many questions as I had, and encouraged me to keep working hard. His lectures focused on clinical cases and reminded us of why we are studying — to treat patients — which made the content even more meaningful. I appreciate him making the extra effort to hold review sessions in person so that he could really connect with the class."

"I really appreciate how Dr. Dhamoon is able to explain complicated physiology in a way that emphasizes key foundational concepts and keeps students engaged. Normally, I think lectures like vascular control I & II would be the bane of medical students' existence, but somehow Dr. Dhamoon made those lectures not only tolerable but enjoyable."

"Bravo, you are the first person who has explained the EKG to me in a way that made sense! A lot of professors just say, 'look for this,' but thank you for taking the time to actually explain why things look like they do so they can stick in my brain better!"

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Jennette Ball, DC, an assistant professor of Cell and Developmental Biology and CHP-Physical Therapy at Upstate Medical University is the **February 2023** recipient of the **Exceptional Moments in Teaching recognition.**

COMMENTS FROM DR. EDINGER'S STUDENTS:

"Dr. Ball is an excellent teacher and makes very complicated material simple to understand. I like how she reduces content to very basic levels and then builds it up to more complicated levels. I also appreciate that she frequently checks for understanding before moving in between topics, as it can be easy to lose students if there are not opportunities to ask questions."

"Dr. Ball was very accommodating about meeting with me outside of class and her regular office hours when I needed assistance. She took a lot of time to explain material to me, help me with study tips and resources, and overall was just an excellent educator who played a critical role in my understanding of course material."

"Dr. Ball makes medical school fun. I attend every session that she runs, and my knowledge grows because of her. Phenomenal professor!"

"She makes the topics so easy to understand. I love that she breaks down the lectures into shorter videos, making it easier to focus on the objectives separately. She is clear with her language, and I love that she includes the root words to help us better understand the structures and their functions."

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EXCEPTIONAL MOMENTS IN TEACHING



James Edinger, MD, an assistant clinical professor of Family Medicine at Upstate Medical University, is the **January 2023** recipient of the **Exceptional Moments in Teaching** recognition.

COMMENTS FROM DR. EDINGER'S STUDENTS:

"Dr. Edinger helped create a positive environment for me to confidently interview patients and ask for help when I was unsure about a physical exam. Until now all the patients I had seen were not in distress but at the clinic I began to see patients in distress with conditions such as late stages of Alzheimer's, acute pain, etc. I was able to obtain correct histories of these patients because of Dr. Edinger's frequent advice and encouragement."

"Dr. Edinger radiates an enthusiasm and passion for medicine that is contagious. He and his wife Loretta Edinger, who is the nurse practitioner in the practice, are both brilliant and extraordinarily caring healthcare providers, as well as teachers. They are funny, energetic and overall exemplary individuals. It was an honor to be their pupil. The staff in the office were some of the most wonderful people I have had the honor of meeting. I felt as though I had stepped into a caring family that truly loves the community it provides for. Dr. Edinger took the time to really get to know me as a student and pass on his wealth of knowledge to me, in addition to some hilarious stories. This experience has helped me to grow and develop as a medical student in ways I never imagined."

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