

Upstate Medical University





Undergraduate Medical Education Newsletter

www.upstate.edu/ume

Letter from the UME Office

Improve the health of the communities
We serve through education, biomedical
Research and health care

The Curriculum 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!

It's a new year, one in which we hope to have **2020 vision** when reviewing and renewing our **curriculum**. On this project (and many others), we welcome the

enthusiastic leadership of Dr. Larry Chin who has been appointed Dean of the COM effective January 30. Watch for more curriculum listening sessions this spring and feel free to share ideas with us by email or in person.

Shortly after our last newsletter, you heard from Dr. Chin that the LCME fully re-accredited our MD program for the maximum eight-year term. We are working on addressing areas in need of improvement including increasing diversity, enhancing pre-clinical preparation for clerkships, and providing quality formative feedback.

UME and Student Affairs are working together to provide you with comprehensive academic, career, financial and personal advising. Our next Career Development Day is Friday February 14. In the morning, MS1 and 2 students will have large group sessions on various topics; MS3 students will have one-on-one specialty advising meetings throughout the day. The rest of the day is free for students to pursue their own wellness activities.

Time off and visits with loved ones both tend to promote wellness. In order to give students more time to travel for Thanksgiving, COM will not have classes or clinical rotations the day before (Wednesday) Thanksgiving.

In the next month, MS2 students will be giving preferences for third year clerkship schedules, MS3 students will be making choices for the elective lottery, and MS4 students will be submitting their residency program rank lists. Contact us in the UME office with questions or concerns. If we cannot answer them, we will help you find someone who can!

Check inside this newsletter for more important announcements. Have a great week and I look forward to seeing many of you on February 14!

Sincerely, Leann Lesperance, MD PhD FAAP Interim Associate Dean for Undergraduate Medical Education

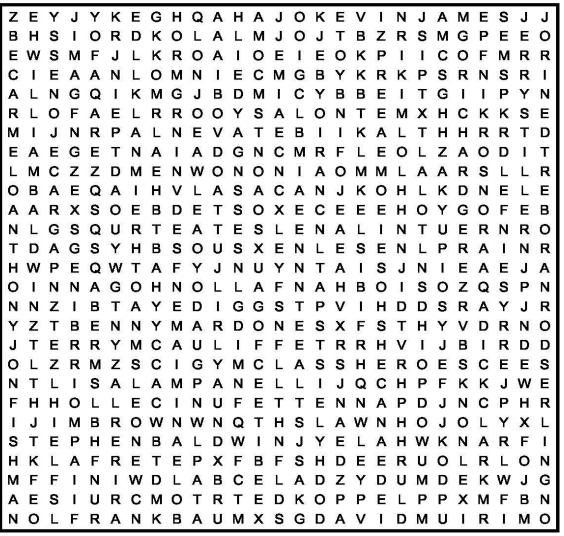




Syracuse Walk of Stars







AARON SORKIN AL ROKER **ALAN GRATZER ALEC BALDWIN** ANNETTE FUNICELLO **BENNY MARDONES BOB COSTAS BOBCAT GOLDTHWAIT BROKEN LIZARDS CARMELO ANTHONY DAVID MUIR DICK CLARK** FRANK WHALEY **GRACE JONES GYM CLASS HEROES JERRY SEINFELD JERRY STILLER**

JIM BROWN JIMMY VAN HEUSEN JOANNA CASSIDY JOE BIDEN JOE BONAMASSA JOEY BELLADONNA JOHN WALSH JON FISHMAN **KEITH B ALEXANDER KEVIN JAMES** L FRANK BAUM LISA LAMPANELLI **LOU REED MEGYN KELLY** MIKE TIRICO PETER FALK POST MALONE

RICHARD GERE ROBERT DE NIRO **ROD SERLING RONNIE JAMES DIO** SIOBHAN FALLON HOGAN STEPHEN BALDWIN STEVEN PAGE TAYE DIGGS **TED KOPPEL TERRY MCAULIFFE THOM FILICIA** TOM CRUISE TOM KENNY VANESSA WILLIAMS **WILLIAM BALDWIN**



Phase 1



It's great to have everyone back from Winter Break, as MS1s work through Unit 5 'Cardiovascular, Respiratory I' and MS2s take a deeper dive into the nervous system with Unit 5 'Nervous System II'.

MS2 students, we know the Step 1 exam is weighing on many of your minds. We have been working with the Academic Success office to help you through this process and we are working to establish even better predictors to help students earlier. Know that Course Directors and faculty are here to help you in any way possible to ensure your success. Please take advantage of the individual Step 1 advising appointments with faculty and staff that are available and can be found in a Sign Up Genius sent out by Mary Ann Grandinetta.

MS1 students, we hope that your first academic year has been successful and enjoyable and that you are thinking of the various options you have for the summer; clinical shadowing, research, spending time at home, or traveling the world, we encourage you to seek out these opportunities. As we close on the year, make sure you are planning ahead for assignments in your longitudinal courses and units. Spring can be a busy time of year.

We continue to find opportunities for more clinical relevance in Phase 1, as it is one of our most important goals. Drs. Zajdel, Johnson and Nicholas teamed up to bring ultrasound to the classroom in MS1 'Cardiovascular, Respiratory I' again this year, utilizing our standardized patients. Preliminary student feedback noted that this was very successful and enjoyable for our students.

We want to congratulate Dr. Zajdel on his recent Exceptional Teaching Award and all of our other wonderful educators who have received student compliments via this process. We see your efforts and thank you!

Updates/Reminders

- o Reach out to University support for study or wellness concerns we have many resources.
- o Course Annual Review continue on a rolling basis. Phase 1 Meetings hold annual reviews of your courses throughout the year. Peer Reviewers and Class Officers are able to provide additional feedback to each unit.
- The Undergraduate Medical Education Office (formerly 'Curriculum Office') is located in SET 4508. This includes POM, P2P & FRM administrative staff, Deans Lesperance & Poole and other UME Office Staff.
- Ocontinue attending course introductions so you don't miss something. Directors and Thread Leaders use this time to illustrate the expectations of each unit which are not all alike. At the very least, be sure to check out the 'Course Introduction' ppt uploaded to the 'Course Overview' section of each Blackboard site.

Phase 2

Dear Upstate students, faculty, and staff,

Our third-year medical students are now roughly halfway through their clerkships, and our fourth-year students are looking forward to match day on March 20, 2020. Congratulations to our fourth-year students who have already completed the early match!

The phase 2 curriculum just completed our annual review of all clerkships, considering multiple sources of information and feedback from faculty and students alike, and we look forward to ever-continuing improvements for next year!

We are also excited that on February 14, the MS3 students (in addition to the MS1 and MS2 students) will have a day of advising and personal wellness. The MS3 students are all being excused from clerkships to be able to meet one-on-one with an advisor from the speciality of their choice, to help them prepare for the next 7½ months leading up to the residency application on September 15.

As a continued reminder, anyone at Upstate can file a Gold Star report about anyone else (student, faculty, or staff) that they feel had a positive influence on the learning environment and/or professional standards. This can be found on the Upstate website by searching for "gold star", or you can scan the QR code below. Let's share our appreciation for one another!



Thanks everyone, and keep up the good work!

Matt Mason, MD Assistant Dean for Clinical Sciences

Testing Tidbits

Exam News

To the **MS3** class, you are wrapping up your last exams and things have been running smoothly. Keep up the great work. For any Binghamton **MS3s** that are considering Acting Internships (AIs) in Syracuse, please contact me to find out if any Hospital Credentialing is required.

MS2s are approaching their final unit before heading off for Step 1. With that you will have your last ExamSoft tests and start using solely the NBME platform. Please make sure that you have the ability to access the Upstate Wifi without going to Upstate Guest. If you need assistance, please contact EdComm or the Help Desk.

MS1s: You have passed the halfway mark for your first year. The Gateway exam is scheduled for May 20, 2020. The Gateway exam is administered in the NBME platform. I will be sending you instructions in May on how to test your computers for taking these exams.

Good luck with your studies and please stop by or email with any questions you may have.

Osmosis FAQs

This section every week will be to help you understand any concerns you have regarding Osmosis and how the Bonus system works. I will display a question that has come to me via students and answer them here:

Q: Where Can I see the number of questions I have completed?

A: Go to your Osmosis Dashboard by clicking on your Profile picture, then click on Analytics on your side menu. Change the "Group By" to Week. Adjust the Start Date and End Date to the dates you want to look at (I would suggest that you use the start and end date of the current unit). Scroll down to the "Case Questions" section. This will show you a graph of your progress to date. If you hover over the "dots" on the graph, you will see how many items you have completed for that week.

Q: I hear that the Osmosis Bonus is only give if you pass your unit exam. Is this true?

A: This is false. You get the bonus based on completing the minimum number of questions AND having items in the minimum number of weeks allowed. For example, in a 5 week course where Dr. Poole states you need to complete 10 items per week, you would be required to complete 50 items over the course of that 5 weeks. You would also have to have items completed in at least 4 out of the 5 weeks. You control how many items you do per week as long as you have items done in 4 of the 5 weeks and you reach the total needed of 50 items minimum.

Q: If we don't pass an exam and our overall course grade is a 68, will we be given 2 bonus points for completing all Osmosis items so that our course grade would be 70 and we get a "PASS" in the course?

A: Yes. Even if you do not pass the exam and you complete the Osmosis item as instructed, you will get the 2 percentage points towards your overall course grade and could potentially bring you to a pass.

Q: When is the cut off for submitting items?

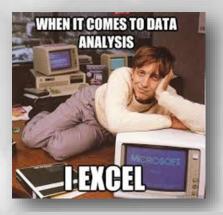
A: The cutoff for submitting items for Osmosis is 12 noon EST on Sundays.

Q: Is there a time when I cannot complete items?

A: Yes, between 12 noon and midnight on Sundays, the Osmosis server is processing all items completed. Any items completed during this time will not be collected towards your bonus.

If you have any other questions regarding the Osmosis bonus system, please contact Colleen via email at dennistc@upstate.edu and I will add to our FAQ list for you.

News from the Office of Evaluation, Assessment & Research Creatively increasing capacity & productivity

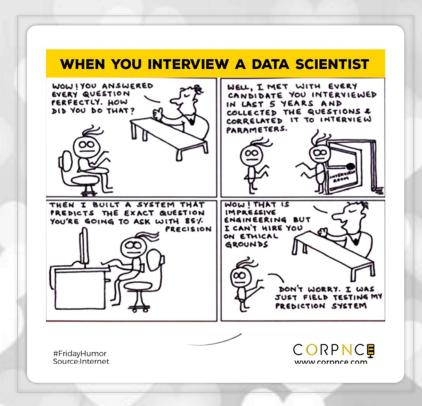


We are thrilled to finally announce that Josie Suser, who has already greatly impacted the productivity of the office over the past 2 years, has been promoted to Assistant Director of Institutional Research. Josie brings IR expertise and experience to Upstate and has already hit the ground running in her new role by leading a data hygiene and planning initiative.

We are in the process of hiring an Assistant Director of Evaluation, Assessment and Research to continue to build our capacity to innovate and serve our partners.

Major dataset build

We're excited to report that, in collaboration with the Office of Admissions, we are in the process of building a 10 year admissions and performance outcomes dataset. This dataset will include percentile ranks on all nationally normed exam scores so that 10 year aggregates and comparisons can be made. The building process will take significant resources, but the final product will serve Upstate well in making datadriven decisions.





Support for scholarship & innovation

Our office is always excited to support scholarship and innovation. This quarter, we presented on our institutional assessment work at a regional conference and partnered on several educational innovation projects. Let us know if you have an idea you would like to explore!



From the Office of Accreditation and Compliance



AAMC Graduation Questionnaire Reminder

On February 14, all MS4 students will be sent a link to the American Academy of Medical College's Graduation Questionnaire survey. This survey is a national questionnaire administered annually to all graduating medical students. This provides students the opportunity to give their feedback on all four years of the curriculum and their overall experience at Upstate. We value your feedback, and use the results to inform decision-making in the College of Medicine!

Dean Chin has authorized \$1,000 to be deposited into the Class of 2020 account if at least 75% of the MS4 class completes the GQ by March 6. When 90% have completed the survey by Match Day (March 20), an additional \$500 will be deposited into their account. This can be used to fund graduation related activities.

We hope you will take the time to complete the GQ!

Student Occupational Health Exposure policy

The Student Occupational Health Exposure Policy, *formerly known as the Blood/Body Fluid Exposure Follow-Up Policy*, has been revised to include information on student exposure to environmental hazards. This expanded policy has important information on what students should do immediately following exposure to infectious and environmental hazards, as well as information on financial reimbursement. For more information, you can review the policy here: https://upstate.ellucid.com/documents/view/3042/active



Elective Opportunities

Upstate offers over 200 elective opportunities to students throughout their four years. The Course Catalog lists all electives offered for students in the MD program, and can be found online (http://www.upstate.edu/ume/courses/electives.php).

Save the Date!

Spring COM Career Development Day Friday, February 14, 2020

The second College of Medicine Career Development Day will take place on Friday, February 14, 2020. Topics include the following:

MS1 students: Financial Aid information, academic planning, and advice from MS2s

MS2 students: Financial Aid information, specialty info and Step discussions, and advice from MS3s

MS3 students: Specialty advising and CV review

All Students will get time set aside for personal wellness!

Equal Opportunity, Non-Discrimination, Sexual Harassment & Title IX Policy

Key to the mission of the SUNY Upstate Medical University is to ensure the campus environment respects and values the diversity of all who work, learn, and receive care within its walls. The university's goal is to ensure that all staff, students, and faculty understand that discrimination of any form is not to be tolerated.

Please take the time to review the policy:

http://www.upstate.edu/currentstudents/document/equal opp title ix.pdf



Upstate Compliance Hotline

315 464-6444

The Office of Institutional Compliance has a hotline for anyone to call and report a suspected compliance concern at Upstate Hospital. More about this hotline and others at Upstate can be found here: http://www.upstate.edu/compliance/hotline.php





Gold Star and Commendation Form



Commendation Forms are accessible in MedHub for faculty interested in acknowledging students that go above and beyond the call of duty!

A "Gold Star" report can be filled out by students, faculty, or staff to nominate those who demonstrate exemplary professional behaviors or contribute to a positive learning environment. Nominations can be made here: http://www.upstate.edu/currentstudents/support/rights/mistreatment.php

Assistant Professor, Dr. Rebecca Greenblatt, in the Department of Microbiology & Immunology:

"Proctoring is one of the least liked duties among all of the faculty and staff. I normally have to beg, borrow and bribe people with coffee and treats to do it. Rebecca has always graciously signed up for every available slot she can to assist with no questions asked. She has been a blessing each and every day."

Staff Member, Wendi Burnette, in the Department of Neuroscience & Physiology:

"Wendi goes above and beyond always to help when needed. As I was having to manage a course of my own this year to help out our UME office, Wendi took it upon her self to take care of the testing items and update them in ExamSoft so I would have less of a burden when it came to creating and posting the assessments. Just this forethought was an amazing amount of work lessened on my plate when I needed it most. Wendi is a gem!!"

Instructor, Dr. Ali Khan, in the Department of Medicine:

"Dr. Khan consistently takes time every day to teach and answer questions. Despite being extremely busy he ALWAYS takes time each day to speak with me. Sometimes he will spend an hour or more teaching me. He also treats me as a member of the team and not just a student. I feel much more confident and comfortable going into patient rooms because of all he has taught me. I am also better prepared for the Shelf exam then I could ever hope to be."

Instructor, Dr. Michael Kuhn, in the Department of Medicine:

"One of the best attendings I have ever worked with. Dr. Kuhn treated us all as full members of the team and took time to mentor us not just about clinical medicine but also about leading happy and productive lives in medicine as a whole. He is extremely compassionate at the bedside and taught us at every opportunity despite his work-load and also being a new attending which I am sure has it's own stress."

Student, Adrian Rhodes, in the Class of 2021:

"Adrian always goes above and beyond in helping fellow students. I really appreciated him taking time after a busy day at the clinic to give me advice on how to study for step."

Clinical Assistant Professor, Dr. Sujita Das, in the Department of Pediatrics - Binghamton Campus:

"Dr. Das was an incredible pediatrician to work with during my outpatient experience. She created a stress-free environment to learn and was always personable. Made great teaching points when appropriate and was consistently an effective provider to her patients and her families. I looked forward to my time with Dr. Das each and every shift."

Associate Professor, Dr. Eduardo Solessio, in the Department of Ophthalmology and Neuroscience & Physiology:

"Dr. Solessio was one of the best teachers in the Neuroscience unit. His slides and notes were clear, well-organized, and comprehensive. His presentation style was confident, calm, and easy to listen to during and after lectures. He had high quality visuals, videos, and fair practice problems to supplement our learning. His summary slides during and after his presentations kept us engaged and was a great use of active recall. Dr. Solessio was very patient and attentive to students after class and during his review session. He was an excellent professor."

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COLLEGE OF MEDICINE

EXCEPTIONAL MOMENTS IN TEACHING



Nusrat Zaman, MD, is an Assistant Professor in the Department of Pediatrics. She is the December 2019 Recipient of the **Exceptional Moments in Teaching recognition.**

COMMENTS FROM DR. ZAMAN'S STUDENTS:

"Dr. Zaman was a model physician and attending. She allowed students to answer the family's questions and was also there for backup in case we said something wrong or inappropriate. She also challenged us to think critically about a case, beyond just textbook knowledge. Most importantly, she allowed us to see how fun it can be to take care of kids, and how much of a privilege it is."

"Dr. Zaman pushes her students intellectually, but interpersonally as well by having us discuss patients in front of their families. She is a very positive and funny person and it made our time on inpatient peds super enjoyable."

"Dr. Zaman's teaching style allows opportunity for her medical students to grow as providers, focusing on providing opportunities to counsel patients, discuss differentials during rounds as well as reflect on other barriers of health care a child may face while in the hospital. Concurrently, she maintains a level of excellence and empathy for all her patients. I've discussed Dr. Zaman with my peers, which consistently turns into a conversation on how she embodies the most esteemed aspects of a physician, educator and role model at Upstate."

The 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.

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January 2020

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Robert Zajdel, PhD is an Assistant Professor of Cell and Developmental Biology. He is the January 2020 Recipient of the **Exceptional Moments in Teaching recognition.**

COMMENTS FROM DR. Zajdel'S STUDENTS:

"Dr. Zajdel went above and beyond for us during MSK Gross Anatomy. He had office hours on weekends, made it clear that he cares about our learning and our success, taught effectively, highlighted important concepts for us, and walked around the lab asking us questions and teaching us. Perhaps most importantly, he took the time to get to know us and our interests, making us feel valued as students and as people, and help us in any way he could."

"Always willing to offer his time to help me learn (even on the weekends). I am thankful for the positive learning environment that he created."

"Dr. Zwent beyond teaching us what was important for step and cared about us personally as well. He would always tell us to ask him stuff and told us he believed in all of us. He would go around asking us things to quiz us."

"Anatomy could not have been possible without the sacrifices and extra time and availability that Dr. Zprovided."

www.upstate.edu/ugme/exceptionalteacher.php



Save the Date

Wednesday, April 22, 2020 | 1:30 - 6:00 PM | NAB 4414BC

STUDENT RESEARCH DAY

One student from each college will be selected to give a 10 min oral presentation and 5 min Q&A

Keynote Speaker:

Roeland Nusse Professor Stanford University ORAL PRESENTATION DEADLINE:
Wednesday, February 19 at 12:00 Noon

POSTER PRESENTATION DEADLINE: Wednesday, March 19 at 12:00 Noon

To submit please visit the following: http://www.upstate.edu/grad/students/srday/form.php









Alpha Omega Alpha "Drop In Hours"

The Alpha Omega Alpha (AOA) Gamma Chapter at Upstate Medical University is devoted to assisting students academically and personally. Constantly searching for efficient and effective ways to reach these students, members of the AOA class of 2020 have utilized "drop in hours" to achieve this goal.

Throughout the 2019 – 2020 academic year, AOA students provide scheduled time for assistance with student academic or personal issues. Once per week for a period of eight hours, students are able to "drop in" to ask anything and everything they need assistance with. These hours are scheduled to be accessible for first, second, and third year medical students. Topics covered range from basic sciences, clinical sciences, USMLE Step 1 and 2 examinations, and personal issues that accompany the demanding life of medical students. These hours have been emphasized to provide students reliable and easily accessible assistance from peer fourth year medical students, reducing the need for private long-term tutoring and the waiting period that typically occurs prior to receiving assistance.

AOA Drop In Hours are held every Wednesday from 11am to 7pm. The specific location is released to students in advance each week. Please spread awareness of this helpful resource.

Syracuse Walk of Stars



Find the Syracuse Stars



2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 EYJYKEGHQAHAJOKEVINJAMESJ BHSIORDKOLALMJOJTBZRSMGPEEO EWSMFJLKROAIOEIEOKPII COFMRR CIEAANLOMNIECMGBYKRKPSRNSR A L N G Q I K M G J B D M I C Y B B E I T G I RLOFAELRROOYSALONTEMXHCKKSE J N R P A L N E V A T E B I I K A L T H H R R T D EAEGETNAIADGNCMRFLEOLZAODI LMCZZDMENWONONIAOMMLAARSLLR O B A E Q A I H V L A S A C A N J K O H L K D N E L ARXSOEBDETSOXECEEEHOYGOFEB NLGSQURTEATESLENALINTUERNRO 12 13 T D A G S Y H B S O U S X E N L E S E N L P R A I N R H W P E Q W T A F Y J N U Y N T A I S J N I E A E J 15 INNAGOHNOLLAFNAHBOISOZQSPN N N Z I B T A Y E D I G G S T P V I H D D S R A Y J R 16 17 YZTBENNYMARDONESXFSTHYVDRNO TERRYMCAULIFFETRRHVI JBIRDD LZRMZSCIGYMCLASSHEROESCEES ISALAMPANELLIJQCHPFKKJWE 21 H H O L L E C I N U F E T T E N N A P D J N C P H R J I M B R O W N W N Q T H S L A W N H O J O L Y X L TEPHENBALDWINJYELAHWKNARFI H K L A F R E T E P X F B F S H D E E R U O L R L O N 24 25 M F F I N I W D L A B C E L A D Z Y D U M D E K W J G A E S I U R C M O T R T E D K O P P E L P P X M F B N NOLFRANKBAUMXSGDAVIDMUIRIMO 27

Word Search Answer/Hints

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JIM BROWN 22:2 JIMMY VAN HEUSEN 2:16 JOANNA CASSIDY 5:10 JOE BIDEN 14:11 JOE BONAMASSA 2:14 JOEY BELLADONNA 1:14 JOHN WALSH 22:22 JON FISHMAN 18:1 **KEITH B ALEXANDER 20:23 KEVIN JAMES 1:16** L FRANK BAUM 27:3 LISA LAMPANELLI 20:3 **LOU REED 24:23** MEGYN KELLY 2:13 MIKE TIRICO 2:22 PETER FALK 24:10

RICHARD GERE 4:23
ROBERT DE NIRO 13:27
ROD SERLING 16:27
RONNIE JAMES DIO 16:23
SIOBHAN FALLON HOGAN 15:21
STEPHEN BALDWIN 23:1
STEVEN PAGE 13:12
TAYE DIGGS 16:6
TED KOPPEL 26:12
TERRY MCAULIFFE 18:2
THOM FILICIA 12:21
TOM CRUISE 26:10
TOM KENNY 7:21
VANESSA WILLIAMS 16:17
WILLIAM BALDWIN 3:2

