

State University of New York



Upstate
Medical
University

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TO: Class of 2013
Upstate Medical University
College of Medicine

FROM: Shelly Revette
Practice of Medicine Course Administrator

DATE: May 22, 2009

RE: Medical Diagnostic Equipment for Practice of Medicine Course

Welcome to SUNY Upstate College of Medicine!! When classes start in late August, you will begin the Practice of Medicine (POM) Course. This two-year course will introduce you to the context of clinical medicine that includes physical diagnosis, communication skills, diagnostic reasoning, ethics, preventive medicine and evidence-based medicine components.

The POM course will start with the Clinical Skills component. During your weekly small group sessions you will practice physical exam skills. **You are required to purchase your own stethoscope and you will use it during your small group session the first week of school.** You are also encouraged to purchase your own oto/ophthalmoscope and blood pressure cuff so you can practice your skills outside of the small group setting. (A detailed list of the recommended medical equipment is attached for your reference.)

If you wish to purchase your medical equipment before arriving at school, we recommend that you order your equipment through Steele Supply Company (<http://www.steeles.com/group/sunyupstate>). The link will be active effective **Monday, June 1st thru Friday, July 31st.** Orders placed during this time period will be available for pick-up on campus during orientation on Friday, August 21, 2009. More information on the time and location will be available at orientation.

Orders can also be placed after August 1st. Those orders, however, will be shipped directly to the POM course office for pick-up and might not necessarily be available to you the first week of classes. You are welcome to use any other medical supply vendor

on-line. (Please note that if you order from a different on-line vendor you will need to make arrangements for the equipment to be mailed directly to your personal address.)

In addition, the bookstore on campus (Follett at the Campus Activities Building) will stock everything you need **except** the oto/ophthalmoscope. If you choose to purchase one, you can order the oto/ophthalmoscope through Steele Supply Company (<http://www.steeles.com>) or through any other vendor you prefer.

You are required to complete a Basic Life Support (BLS) training course as part of the POM course. This will be offered in the fall semester of 2009. You might, however, choose to complete this course on your own before the school year begins. This option might be very advantageous to you as you will be exempt from the BLS course and will, thus, have some free time that you otherwise would not have. If you do take the course on your own or if you already have a current certification card, please bring your card to the POM office as proof of course completion in order to receive credit for this course.

Proof of certification is mandatory to be exempt from this course component.

A majority of the POM course content will be delivered in the small group sessions. If there are specific religious or cultural issues that you feel are important for us to consider in placing you in a particular small group, please feel free to share them with us. For example, let us know if you need to have a small group faculty tutor that is of your gender. You can either contact the Practice of Medicine Course directly at 315-464-2641 or e-mail us at pom@upstate.edu.

Please feel free to contact us if you have any questions. You can either contact the Practice of Medicine Course directly at 315-464-2641 or e-mail us at pom@upstate.edu. Enjoy your summer break. We look forward to seeing you in the fall.

Required medical equipment for SUNY Upstate Medical students (all these items will be available at the on campus bookstore):

- Stethoscope: 3M Littmann Cardiology III is recommended (available in numerous colors). **Do not purchase an electronic stethoscope or one with three heads.**
- Sphygmomanometer (BP cuff): any non digital BP cuff will suffice. I suggest any model from the Basic Aneroid Sphygmomanometer to the Welch Allyn Tycos Classic Hand Aneroid Sphygmomanometer.
- A 128 Tuning fork (for vibration testing)
- A 512 tuning fork (for auditory testing)
- Tape measure
- Penlight
- Disposable wooden tongue depressors
- Reflex hammer
- Watch (digital or with a second hand) for assessing pulse and respiratory rates
- Pocket Eye Chart/Ruler

Recommended medical equipment for SUNY Upstate Medical students:

- Oto-ophthalmoscope Diagnostic set - to examine the eyes, ears, nose and throat; I recommend any of the Welch Allyn Macroview sets (97200-MC, 97200-MS). **The campus bookstore is not stocking the oto-ophthalmoscopes.** You can purchase through an online vendor like Steele Supply (<http://www.steeles.com>).
- Medical “doctor’s” bag. It is recommended that you purchase this online or at a discount apparel store like Marshalls or TJ Maxx.

The following items will be provided to you during orientation:

- Short white coat (will be given to you at orientation for the White Coat ceremony)
- A patient gown for use during POM small group sessions