

Upstate Medical University Undergraduate Medical Education Office NEWSLETTER



*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, and Staff,

Greetings from the UME Office!

It's February already and I haven't yet made any New Year's resolutions. On the plus side, that means I haven't broken any! On the minus side, I've missed some opportunities for self-improvement. But it's never too late to work on that, so I am going to set aside time for it this week!

I may draw some inspiration from the terrific [Upstate Pathway to Wellness](#) offerings coordinated by Suzanne Brisk. Be sure to read her monthly emails. February's challenge is to create a Bucket List or Vision Board. A bucket list is a number of experiences or achievements a person hopes to have or accomplish during their lifetime, while a vision board is a visual collage of their goals and dreams. Creating either would complement my resolutions nicely!

Did you know that Upstate Pathway to Wellness is celebrating their tenth anniversary? Their programs are open to all Upstate students, staff, and faculty. In addition, Chief Wellness Officer Dr. Leslie Kohman promotes wellness among physicians and Assistant Dean of Wellness Dr. Kaushal Nanavati works with students, residents, and fellows.

At baseline, life has its share of stressors. The pandemic has increased that stress by orders of magnitude, especially for those involved in healthcare. Everyone needs to pay attention to their well-being and practice self-care. Getting enough sleep, exercising regularly, staying hydrated, and eating fruits, veggies, and whole grains do help! Maybe some of you had one or more of those on your list of New Year's resolutions.

In this edition of the UME newsletter, you'll meet some new members of our team and hear about various happenings. Our biggest news is that Dean Chin submitted our curriculum modification proposals to the LCME in November for their review. He will get feedback from them in April. In the meantime, we have much work to do on developing various aspects of the revised curriculum. Many hands make light work. If you are interested in helping, please feel free to contact Katie Stuenzi, Project Manager (StuenziK@upstate.edu).

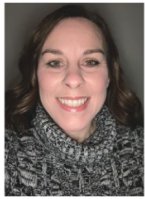
Be well! Please do not hesitate to contact me with any questions or concerns.

Sincerely,
Leann Lesperance, MD, PhD, FAAP
Associate Dean for UME

www.upstate.edu/ume

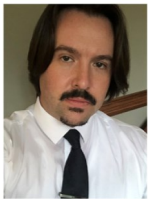
For questions regarding this publication, please contact:
Susan (Anderssu@upstate.edu)

Welcome to the UME Office!



Hello! My name is Tanya Twarozek.

I am excited to be starting a new adventure here at Upstate Medical University. I am coming here from the secondary school system, so I may not be familiar with the material, but I am familiar with virtual learning. I worked with students with disabilities for the past 7 years and before that I owned a daycare business for 10 years. While I am from the Upstate NY area, I went to college at Bradley University in Peoria, IL, earning a BA in Spanish. I also lived in Sevilla, Spain for a semester during college and attended the Universidad de Sevilla. I moved back a few years after graduating and have been in the area since. I am married and have 2 children. In my free time, I enjoy reading and being outside as much as I can during the warm months- not so much when it's cold! We have multiple food allergies in my family so I spend a lot of time cooking and trying to recreate old favorites. I look forward to meeting everyone when we are, hopefully, back in person!



My name is Dustin Tuttle.

I am very excited to be a part of the UME team! I would like to share a little about myself. I graduated Columbia College with a Bachelors in General Studies. My emphasis were in Psychology and Business. My work experience is in healthcare and banking. During that time I worked as a barista for a second job as well. I enjoy all music, but I really enjoy jazz, specifically piano and trumpet. I have two dogs. Their names are Blair and Bruno and they are terrier mixes. I enjoy good coffee and good food. I like to travel and try out different venues with live music. Two of my favorites are Birdland Jazz Club and the Carlyle. I'm very excited to learn more about my role and happy to be working with you all.



**NEW
MICRO-CREDENTIAL!**

Medical Student Research Micro-Credential

The purpose of the Medical Student Research Micro-credential is to recognize medical students who gain research experience or participate in research with a faculty member during medical school. Students are expected to produce a final report summarizing their research. Students are required to produce a scholarly work and must apply to present their research at an annual institutional, national, or international meeting.

Eligibility: This microcredential is not offered to medical students who are concurrently enrolled in a dual degree that requires doing research as part of completing the second degree (e.g. MD/PhD).

Duration: Minimum time required is 240 hours of effort. This includes research activities the student will undertake that are essential for meaningful and successful completions or their research project including hands-on research as well as participation in departmental, mentor-student meetings, or courses. We would expect an average of 40 hours per week (min 6 weeks of continuous research) up to an average minimum effort of 4 hours per week for 12 months during the period of 1-2 years).

How to apply: Applications will be made available online by March 1, 2022, details will be sent to students directly. Inquiries may be sent to Katie Stuenzi at stuenzik@upstate.edu.

Phase 1

We are happy to again have MS1 and 2 students back on campus after winter break and a 4 week extension of remote learning due to the Omicron variant. The MS1s are returning to exam week for the “Cardiovascular, Respiratory I” and about to start the “Urinary, Respiratory II” unit. The respiratory system is split over two units in the MS1 year emphasizing different aspects of respiratory physiology. MS2 students are in the last two weeks of the “Nervous System II” unit which includes psychiatry and the pharmacology and pathology of neurology.

MS2 students, we know the Step 1 exam is weighing on many of your minds as you go into the last unit of the MS2 year (Gastrointestinal II). We hope taking the CBSE in January was helpful in seeing the knowledge and stamina necessary to sit for Step 1 even as it goes pass/fail. Know that course directors and faculty are available to help with your preparation and that Step 1 Advising appointments with MaryAnn Grandinetta are still available via the SignUp Genius link sent earlier.

MS1 students, we hope that your first year has been successful and enjoyable despite modifications dictated by the pandemic. You should be considering options for how to spend your summer. As we close out the year, make sure you are planning ahead for assignments in your longitudinal courses.

Updates/Reminders

- We have two new course coordinators that have recently joined the UME office – Tanya Twarozak and Dustin Tuttle. Stop by our 4508 Setnor offices and say Hi!
- Theresa Stowell will be on parental leave for about 6 weeks, likely mid-February through early April. Please be sure to include Dr. Poole on any Phase 1 correspondence in her absence.
- Course Annual Reviews are taking place at Phase 1 meetings so please take the time to fill out end of course and individual faculty evaluations in MedHub. Student opinions and experience play important roles in faculty promotion and curriculum evolution.



Phase 2

Dear students, faculty, and staff,

Congratulations to the fourth-year students for finishing up a busy residency interview season, and we wish you all a successful match day. Most of our fourth-year students are still actively participating in clinical electives over the next month, and we are happy to have you around taking care of patients and getting your skills brushed up before residency in just a few months! All of our fourth-year students will complete the Transition into Residency course (formerly called March into Residency) in March, learning skills critical to starting residency in just a few months! Thank you to all of our faculty who have signed up to teach our students, and thank you to Dr. Risa Farber-Heath and Ms. Susan Anderson for leading and orchestrating this phenomenal course for the students!

In clerkships, our third-year students are now about two thirds of the way through their clerkships. PPE remains plentiful for everyone, including our students. Certainly, the nature of patient care has been altered by the pandemic, but there remain numerous learning opportunities for the students. I continue to be inspired by our educators and students, as throughout the continued challenges of the pandemic, they remain eager to teach and learn. The Phase 2 curriculum subcommittee is in the process of the annual review of all clerkships to evaluate and adjust our required clinical experiences as needed.

We know this is a challenging time, and we again thank you all for your continued flexibility, adaptation, and motivation!

Matt Mason, MD
Assistant Dean for Clinical Sciences





Tech Corner

Testing

Welcome to the Spring Semester 2022! Happy New Year everyone! Let's see what this semester has in store for us.

MS4's: Congratulations on your accomplishments and I look forward to hearing from you in the future. You have been a wonderful class to work with. Full on MD in a few short months!! See you at the finish line!!

MS3's: Only a few more clerkship subject exams to complete and you will be planning your AI's and interview trail. Best of luck to you all. See you for your last few exams. Look at you go. The meter is almost 3/4 MD.

MS2's: Only 1 more course left, 2 comprehensive exams in Path and Micro/Immuno and then off for Step Prep. You are almost 50% Doctor. Keep up the great work!!

Student Access


Please remember that all student access requests must be approved by the UME office. You can learn out how to gain access to Epic, PACS/Synapse, Remote Access, Haiku, Canto and much more. Please note that access will only be granted to those that have a valid request. https://www.upstate.edu/ume/com_students.php

Please also see the Research Portal for logging your research projects, awards and publications. <https://www.upstate.edu/comorms/intra/index.php>

If you are having issues and need to book an appointment, click here: <https://www.upstate.edu/id/healthcare/his/index.php>

Compliance

Please make sure that you are up-to-date on all of your compliance items for Upstate and any of our affiliated hospitals (VA, Crouse). This includes but is not limited to: Annual Health Assessments, Vaccinations (Flu, Covid, Tetanus, etc.), Trainings (RTK, SAW, etc). If you have any questions regarding whether you are required to be compliant in any of these areas, please contact Colleen Denniston in the UME office at 315-464-5190 or at dennistc@upstate.edu.



Evaluation, Assessment and Research

2022 Updates

The Office of Evaluation Assessment & Research is having a busy beginning to 2022!

In January Dr. Lauren Germain welcomed the newest member of her family – congratulations on your little one, Lauren! She will be on maternity leave this spring, so in the meantime please reach out to Josie Suser for matters related to [assessment of student learning](#) and Jeremy French-Lawyer with matters related to [program evaluation](#).

We are gearing up for evaluation in the spring semester, including the end of year surveys and focus groups for the graduating fourth-year students. Please continue completing your MedHub evaluations, your feedback is an invaluable part of our CQI process. Having a high number of responses helps to ensure that we address concerns appropriately and are able to apply the information from the evaluation to make meaningful changes. Please take some time to log in to MedHub and complete any outstanding evaluations.

We would like to extend a huge congratulations to the MSII class for completing the CBSE! We encourage you to use the results of your exam to guide your studying as you move into your dedicated study period. Scores on the CBSE correlate to Step 1 and to your MSIII shelf exams. If you have concerns about your performance on the CBSE, please reach out to Maryann Grandinetta, grandinM@upstate.edu.

We are excited to welcome the MSIV back to campus in a few weeks for Transition into Residency. We have been working with Dr. Farber-Health and Ms. Anderson as they create a strong curriculum for the course. We will be sending out assessments and evaluations and will be meeting with some of you for a focus group. We are so excited to get to see you all again before you head into your residencies!

Brain Break

By now we are sure that you are all experts in completing 5-point scale evaluation questions! As a fun brain break, we have created a silly scale that we encourage you to think of a fun use for.

Today's *Use That Scale!* activity is based on the following scale:



Submit a question that this scale could be used to answer, and we will select a submission to send out in the next newsletter. The question might be related to your field or an idea you have had, or it might be a silly question, just for fun!

Please submit your question via email to frenchlj@upstate.edu using the subject line "Use That Scale." We look forward to reading your creative ideas!

As always, please contact us with any evaluation or assessment questions you may have. Or, just to say hi!

Jeremy French-Lawyer frenchlj@upstate.edu

Josie Suser Suserj@upstate.edu

From the Office of Accreditation & Compliance

AAMC 2021 Year Two Questionnaire (Y2Q)

ANDREA PRICE is the winner of the iPad from the Y2Q Raffle – CONGRATUATIONS!!

Eighty (51%) of the 2nd year students completed the Y2Q student survey.



AAMC 2021 Graduation Questionnaire (GQ)

On **February 14**, all MS4 students will be sent a link to the AAMC GQ survey. This survey 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!



Graduation Questionnaire (GQ)



- **What is the GQ?**
 - National questionnaire administered annually by the AAMC to all graduating students.
 - Includes questions related to curriculum, learning environment, support services, and career planning
- **Why is it important?**
 - Your responses will be analyzed and aggregated by the AAMC and provided back to Upstate for quality improvement purposes
- **How do I access the GQ?**
 - To complete the GQ: Please look for your email from the AAMC sent on February 14th with the link to the survey. Questions: contact the AAMC at GQ@aamc.org.
- **How to access raffle?**
 - Once you complete the GQ, look for the **GQ Attestation in MedHub** to confirm you have completed the GQ and submit your name into the raffle for your chance to win an iPad.

Incentive to complete the Y2Q...

On Match Day, Dean Chin will raffle off one iPad to the students who have completed the GQ.

Once you complete the GQ, complete the MedHub GQ Attestation to submit your name into the raffle to win an iPad.



American Academy of Medical Colleges

Wonder what happens to all the data from the numerous surveys the AAMC sends out? The AAMC regularly releases current, authenticated data on the most important topics in academic medicine. Check out the [website](#)!

Elective Opportunities



The College of Medicine offers more than 200 electives: everything from classes taken on campus, to several weeks abroad working in a clinic. Students may take electives throughout the four years of medical school. Electives can be found in the Course Selection Book or you can create your own elective through the Unique Elective process. For more information, check out the [website](#).

UPSTATE INSTITUTIONAL COMPLIANCE ANONYMOUS HOTLINE

(315) 464-6444

The Office of Institutional Compliance & Ethics has been established to preserve the ethical and honest practice of all faculty and staff at Upstate. The hotline is available for anyone to report a suspected compliance and ethics concern. More about this hotline and other important numbers can be found on the [website](#).

IMPORTANT POLICIES FOR YOUR REVIEW

- Equal Opportunity, Non-Discrimination, Sexual Harassment and Title IX Policy [Link](#)
- Non-Discrimination and Equal Opportunity Policy [Link](#)
- Harassment Prevention Policy [Link](#)

Note: If the MCN Policy system requests a username and password, it is the same as your Novell account.

Upstate's Office of Institutional Equity

The Office of Institutional Equity is responsible for overseeing all investigations of discrimination, harassment and Title IX complaints, and ensuring compliance with SUNY policies related to sexual harassment prevention training. In order to have questions answered relating to discrimination concerns or to arrange an appointment, contact the Office of Institutional Equity at (315) 464-9590.

[Link](#) to report Incidents or concerns of discrimination, harassment, or retaliation that you believe to be based on actual or perceived race, color, national origin, religion, age, disability, sex, gender, pregnancy, gender identity, gender expression, sexual orientation, transgender status, predisposing genetic characteristics, marital status, familial status, veteran status, military status, domestic violence victim status, criminal conviction record, or other legally protected category.

Your Financial Aid Team encourages all students in the College of Medicine to visit the **Financial Wellness** section of Blackboard to explore the many resources available to help you manage your student loan debt and understand your finances. You will also find information on our workshops and specific timelines for classes that are designed to help you navigate your finances. Please check out Blackboard, our [website](#), or reach out to us at finaid@upstate.edu if you have any questions or concerns about your finances – **we are here to help!**

The COM Educational and Career Success Office provides resources to help you on your path from medical school student to resident (and beyond). In addition to the new Learning Community structure, we hope these resources will help you to make good connections, develop good strategies and find answers to you most pressing career related questions.

- Check out the Advising and Career Development [Website](#). It now not only includes information and resources for career planning, it also folds in academic support so that you can work on being competitive for your future chosen specialty.
- There are Blackboard sites for your class. These individual Organizations (Career Planning and Exploration) will “grow with you” and be personalized to meet your cohort “where you are.”



Please reach out to Mary Ann Grandinetta GrandinM@upstate.edu if you have questions!



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

Students, Claudia Heritage and Sara Vukojevic, in MS2 Unit 4 Cardiovascular & Respiratory

Claudia Heritage and Sara Vukojevic were extremely helpful in our classrooms this Fall. They greeted all of our guest instructors with friendly smiles and answered their questions about what MS2 students did and didn't already know. They also went well above-and-beyond by learning how to start the lecture recording system, and actually starting it a few times when the Unit coDirectors were delayed. It is always great for teachers to have such reliable young adults on hand. Thank you!

Teaching Assistant, James Lyon, in MS1 Foundations of Reasoning in Medicine 1

James is a truly outstanding TA for Foundations of Reasoning in Medicine 1. The first-year students are learning online right now because of the Omicron surge, which is unsettling and frustrating for them. In that context, his clear explanations of tricky cardiac concepts and his recent experience with the Step 1 exam were particularly valuable. He even stayed after class to answer a student's questions about applying for Internal Medicine residency.

Faculty, Kathleen Terrence, MD, Pediatrics Clerkship

Dr. Terrence was one of the best preceptors I have worked with throughout my time in medical school. She always took time out of her busy schedule every day to answer my questions, explain important concepts, and ensure my educational experience was worthwhile. She would routinely engage me in all her patient's care and pushed me as a student to develop my thought process and plans for our patients. One thing that stood out to me from the beginning was her professionalism. Every time we walking into a patient's room, she would ask if they were comfortable having a medical student and then would proceed to introduce me. This seems like a small detail, however, having been in situations where this does not always happen, it made me feel so comfortable. She made me feel welcome and like I was critical part of her team. It is also obvious she has a great relationship with her patients. She would go above and beyond by seeing patients even when they arrived after office hours, or would check on her patients in the hospital even when she was not on call. I learned so much from Dr. Terrence over the last few weeks and I think any student that has the pleasure of working with her in the future would benefit greatly.



STATE UNIVERSITY OF NEW YORK

UPSTATE
MEDICAL UNIVERSITY

COLLEGE OF MEDICINE

December
2021

EXCEPTIONAL MOMENTS

IN TEACHING



Asalim Thabet, MD, is assistant professor of Emergency Medicine and clinical assistant professor of Pediatrics at Upstate Medical University and the **December 2021** Recipient of the **Exceptional Moments in Teaching Recognition**.

COMMENTS FROM DR. THABET'S STUDENTS:

“Dr. Thabet went above and beyond to provide meaningful learning experiences. Prior to seeing a patient with a rare condition, she had me review the pathophysiology and then reviewed key points during and after the patient interview. She had a positively contagious personality and seemed to be a magician when it came to dealing with kids. I truly hope I can embody some of the behaviors I saw her carry out during my career as a physician.”

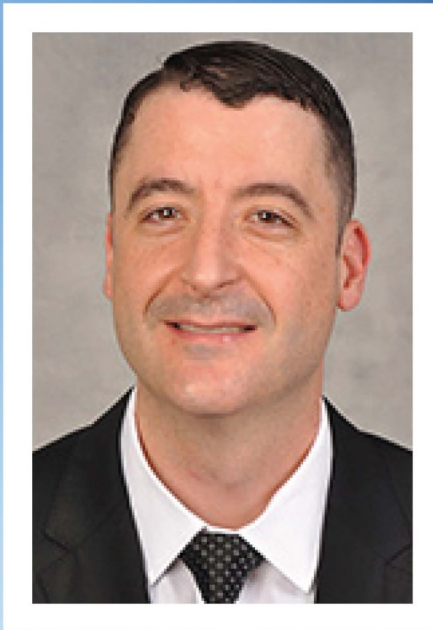
“A teacher is the core of who Asalim is. She is patient, kind and understanding. She aims to put into practice all her values and beliefs surrounding being a good humane, being. It is inspiring and delightful to be around someone like Asalim who has such a zest for life. Staff, patients, nurses, and co-workers alike can all agree and attest to the beautiful character Asalim has. This makes teaching very easy for her to do and very easy as a learner to receive. As a visual teacher and learner, Asalim makes sure to reach different learners where they are most comfortable to get them the knowledge. Thank you Dr. Thabet, I have learned more from you than you will ever know!”

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.



EXCEPTIONAL MOMENTS

IN TEACHING



Ian Dargon, MD, is assistant professor of Medicine and Pediatrics at Upstate Medical University and the **January 2022** Recipient of the **Exceptional Moments in Teaching Recognition**.

COMMENTS FROM DR. DARGON'S STUDENTS:

"The most incredible teacher I have ever had and probably the smartest person I have met. Dr. Dargon was always exceptionally respectful to students presenting, even though he clearly knew all of the information. He made sure to teach with every single patient, and did not make you feel inadequate or dumb if you didn't know the answer or didn't understand. He took the time to show me how to change a diaper when I had said that I hadn't changed one. I was amazed an attending would spend their time helping me in that way. Really just an exceptional teacher and fantastic role model."

"During my clerkship, I had an unfortunate encounter with a patient's family member in which they said harmful things regarding my race. Dr. Dargon checked in on me before and after this occurred, and he also said that I didn't need to go back into that patient's room. He made it clear to all students that he would not tolerate abuse towards any of us. Dr. Dargon made me feel safe and alleviated my anxieties regarding the work environment many of us third-year medical students fear."

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.

STATE UNIVERSITY OF NEW YORK

UPSTATE

MEDICAL UNIVERSITY

ALAN AND MARLENE NORTON
COLLEGE OF MEDICINE

February
2022

EXCEPTIONAL MOMENTS

IN TEACHING



Corey McGraw, MD, is assistant professor of Neurology at Upstate Medical University and the **February 2022** recipient of the **Exceptional Moments in Teaching Recognition**.

COMMENTS FROM DR. MCGRAW'S STUDENTS:

“Dr. McGraw teaches by example on how to be an excellent leader, physician and educator. He fosters teamwork amongst healthcare professionals as he would actively thank and include residents, students, PTs/OTs and RNs during rounds. He made sure that there was something to learn from each of the patients. He stressed the importance of working effectively with other departments in order to advocate for our patients. Dr. McGraw is a great example of the hidden curriculum in medical school, teaching us not only the medical knowledge but also the art and humanity in medicine.”

“Dr. McGraw is one of the best attendings I’ve ever had the pleasure to work with. His dedication to teaching medical students is unrivaled. Not only does he pass on his incredible depth of knowledge whenever he can, but he has the best bedside manner I’ve ever seen. His example sets a clear vision of something I aspire to be.”

“I really enjoy Dr. McGraw’s personality and the way he interacts with people! He is very respectful, funny and really a great person. He is fantastic at teaching, explains things well, and is super nice. He also has an amazing bedside manner, and patients really love him.”

The Alan and Marlene 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.



The Class of 2022 GHHS students have been keeping themselves inspired and committed, and carrying out the exemplars of the society which include compassionate patient care, and serving as role models and mentors.

"A Tiny Home for Good" Experience

Students have worked with "A Tiny Home for Good" group, which involves helping to finish work on a home that will go to a person facing homelessness in Syracuse. They plan to do more volunteer days in February and March.

Samaritan Center Experience

Students spent an afternoon volunteering with the Samaritan Center serving meals to the homeless, and plan to continue to provide assistance as needed.

No One Dies Alone Experience

This experience involves volunteers spending time with palliative care patients in the hospital whenever a family member needs a break, or if hospital staff thinks that a patient would benefit from human connection for an extended period of time. They have successfully recruited 6-7 volunteers for this experience in the hospital, and everyone has been trained. Emails will be sent from the hospital contacts whenever volunteers are needed. The GHHS students are looking forward to when this initiative gets popular among the medical school student body, and believe this would be a great introduction to palliative care for students.

"Let your good
deeds be like rain.
Drop a little
everywhere."

SAVE *the* DATE

Charles R. Ross Memorial

STUDENT RESEARCH DAY

Virtually Featuring the Research
of Upstate Students

Keynote Speaker: Prachee Avasthi, PhD

Associate Professor of Biochemistry & Cell Biology
Geisel School of Medicine at Dartmouth
Dartmouth, MA

Oral Abstract Submission Deadline:

Wednesday, February 23, 2022 • 12:00 pm

Poster Abstract Submission Deadline:

Wednesday, March 9, 2022 • 12:00 pm

To submit abstract, please visit:

<https://www.upstate.edu/grad/students/srd-day-form.php>

Wednesday • April 6, 2022

Student Talks: 1:30 pm - 3:00 pm

Poster Session: 4:00 pm - 5:30 pm

Sessions will be held via Webex:

<https://www.upstate.edu/grad/students/srd/event-details.php>

UPSTATE
MEDICAL UNIVERSITY
COLLEGE OF GRADUATE STUDIES