

Spring 2017

Upstate Medical University

*To improve the health of the
communities we serve through
education, biomedical research and
health care.*



Curriculum Office

Letter from Dean Ko

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.

“No matter how long the winter, spring is sure to follow.”

—Old Proverb

Whether this was your first winter in Syracuse or you’ve grown up here your whole life, the above saying is something that anyone who lives in central NY can gladly attest to. For some students it is the end of a long academic year, for others it’s the beginning of the next phase (clerkships for newly rising MS3s or Acting Internships for rising MS4s).

I want to take an opportunity to thank and congratulate the class of 2017 during this graduation season. From your awesome match day video, your commitment to serving the community, your dedication to becoming the best doctor you can be has now resulted in this great day called graduation!

I can say on behalf of all the faculty and educators who have had the privilege to teach you, we are all so proud of you and excited for your next phase and the doctors you will become. The process of becoming a physician is not an instantaneous process. From all the hours of dedicated studying in the library, practicing your skills in the standardized patient center, to the hours of rounding on the wards, we know you are ready!

Sincerely,

Dr. Paul Ko

Associate Dean for Undergraduate Medical Education





and Canada.

LCME ANNOUNCEMENT

March 24-27, 2019 the Upstate Medical University College of Medicine will host a visit by an ad hoc team representing the Liaison Committee on Medical Education (LCME), the official accrediting organization for educational programs leading to the M.D. degree in the United States

LCME review preparations are comprehensive and will require a sustained and focused effort over the next 2 years. The process leading up to the LCME site visit involves an extensive data collection effort. Several committees will be formed with an estimated 100+ faculty, students, administration, staff, and alumni.

In the fall of 2017, medical students will be organizing an Independent Student Analysis (ISA). Student engagement is a key cornerstone of LCME review. The ISA will independently review LCME compliance from students' perspectives, and make recommendations for improvement that LCME Committees will need to address in our review.

The LCME accreditation process provides an excellent opportunity for the members of this medical school community to deepen our understanding of all aspects of our M.D. degree program and to implement quality improvements through our formal self-study process. As you are aware, Upstate's most recent site visit resulted in probation, and we must learn from that experience and seriously focus efforts to address any compliance gaps identified in the self-study. In addition, we will highlight our strengths and accomplishments and build upon our history of excellence and highlight our new curriculum in medical education to maintain full accreditation of our outstanding M.D. program. www.lcme.org



MIDDLE STATES ANNOUNCEMENT

In the **fall of 2018**, Upstate Medical University will host a visit by an ad hoc team representing the Middle States Commission on Higher Education (MSCHE).

The MSCHE comprehensive review process, which began in January, will be based on a self-study report that Upstate will prepare during 2017-18, followed by a site visit of evaluators who report to the MSCHE. During the self-study process, working groups will address our compliance with each accreditation standard and our process of continuous evaluation, planning, budgeting and improvement. A broad cross-section of the Upstate community is expected to participate in each component of the self-study process as part of the Steering Committee, the Working Groups, and campus-wide discussions.

Accreditation is intended to strengthen and sustain higher education, making it worthy of public confidence and minimizing the scope of external control. Regional accreditation, a means of self-regulation adopted by the higher education community, has evolved to support these goals.

Upstate Medical University was most recently reviewed by the Middle States Commission on Higher Education (MSCHE) for its Periodic Review Report (PRR) in 2014 at which time we were reaffirmed for accreditation and commended for the quality of the PRR. Upstate's last decennial comprehensive evaluation and reaffirmation of accreditation status occurred in the spring of 2009. <https://www.msche.org/>

MS-3 Advising Week!

Student affairs and the Learning Communities hosted an advising week for all MS3 students to help discuss and plan their 4th year. This event has been well received, and student feedback about their interactions with their clinical advisors has been so positive. The event was streamlined so that students were released from clerkships on a given day for a 2.5 hour block for each learning community. We look forward to continuing to host this advising week next year.

Graduation Questionnaire for MS4s

The AAMC's Graduation Questionnaire (GQ) should have arrived in your inboxes on February 14th. Dean Dewan has authorized \$300 to be deposited into your Class of 2017 account if at least 80% of your class completes the GQ by March 10. When 90% have completed the survey by Match Day, an additional \$200 will be deposited into your account. This can be used to fund graduation and Match Day related activities. Your completion rates as of February 23, 2017.

SUNY Upstate		
	Graduation Questionnaire	
	Total	Percent
Complete	59	38.56%
In Progress	24	15.69%
Not Started	70	45.75%
Total Graduates	153	100.00%

AMERICA'S MEDICAL SCHOOLS AND TEACHING HOSPITALS

WE ARE THE FUTURE OF HEALTH CARE



We **educate and train** tomorrow's doctors.

We **pioneer cures** and bring them to patients.

We **provide care** not available elsewhere.



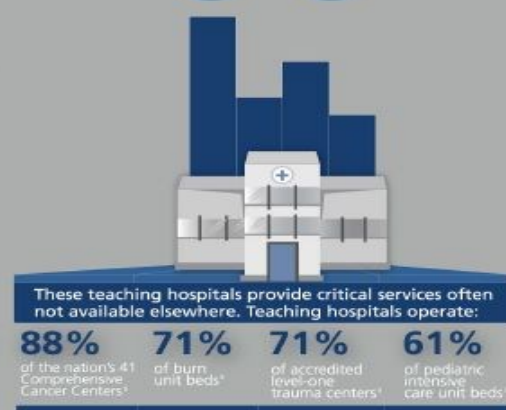
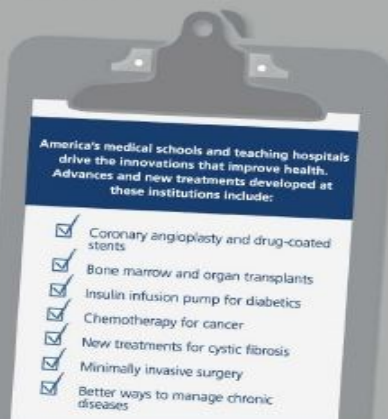
92% of all medical schools require their students learn to practice team-based care with nurses, pharmacists, social workers, and other health professionals.²



88% of residency programs train residents in non-hospital settings, such as community health centers, private physicians' offices, VA ambulatory services, and ambulatory surgical centers.³



50% of all external research funded by the National Institutes of Health is performed by scientists at medical schools and teaching hospitals.⁴



Phase 1

This remains such an exciting and critical time for Phase 1 and the new curriculum. Currently, we are wrapping up the first year of the "UP" (Unified Preclerkship) Curriculum in the MS1 year and are in the design phase and implementation phase of the MS2 year (Class of 2020). Much like our holiday party at the "Mystery Room"/Destiny USA (highly recommended), the Curriculum Office, Course Directors, Thread Leaders, Coordinators and basic science departments are learning that collaborative efforts are key in this process. We continue to find opportunities for more clinical relevance in Phase 1 as it is one of our most important goals.

We continue to celebrate the successes we have had implementing the first year of the "UP" curriculum as well as learning from any set-backs. Each Unit has been asked to present "lessons learned" after execution of their unit and it's been incredibly helpful sharing these ideas with all the co-directors and thread leaders in Phase 1, for the ultimate success of the curriculum as a whole. Dr. Greenwald's Peer Review Process and Dr. Greenblatt's "If It Has to be a Lecture, Make it a Good One" talk are wonderful examples. Our MS1 Unit Co-Directors and Thread Leaders continue to work hard to restructure our new courses and we applaud and celebrate their efforts. POM and FRM, our longitudinal courses have both held very beneficial faculty development sessions as well as holding feedback sessions with students. Some positive changes are already in the works as a result for all courses. MS1 faculty had an opportunity to review the Gateway Exam and learn more about vignette-

style writing, another goal of the new curriculum. We continue to hold MS1 Rolling Unit Reviews after each unit is completed and are almost done collecting inventory for the curriculum mapping process! We have used that data to track where each course stands in terms of hot topics given by the LCME as well as where threads are being fully covered in the curriculum throughout all four years.

In the MS2 year, we are wrapping up the year and onboarding MS2 Directors for AY 2017-2018. There will again be collaboration between Basic Scientists and Clinicians in the new MS2 "UP" Curriculum, as well as some Unit Director overlap between years, which is wonderful. New Directors are in the process of final selection of content for the launch of the MS2 "UP" Curriculum and meeting regularly in preparation of their units. The Foundations of Reasoning in Medicine (FRM) course, for the MS2 year, is also well into its planning stage. FRM2 will continue with clinical case small groups, now looking for a differential diagnosis, and will also incorporate Evidence Based Medicine (EBM).

UPcoming Events: On June 6, 2017 the Curriculum Office will hold an awards ceremony for the following categories, where specific MSI units successfully stood out during 2016/2017 AY:
* Innovation * Clinical Relevance * Collaboration (Basic Science and Clinical Co-Directors)
* Organization.

Please check out our weekly blog/newsflash to follow the content of the new curriculum!

<https://upstatemedicaluniversitymscontent1617.wordpress.com/>



Visit our
Blog

What's New in Phase 2

Congratulations to all of our graduating MS4 students. When you started medical school, graduation seemed far away and now match week is right around the corner. We wish you the very best as you move forward with this new chapter of your career.

As we are approaching the end of Academic Year 2016-2017, the Phase 2 Subcommittee is busy preparing for AY 2017-2018. MS 3 year will have an exciting orientation that is now five full days. The orientation will be held from May 22 to May 26. It will include ACLS training, Epic training, learning to gown and glove, and many more things that will serve students well in their MS3 year.

Students will also have an opportunity to meet with clerkship coordinators and clerkship directors. Our required clerkships and courses feature; norm referenced criterion grading where clerkship teams examined previous student performance data, and used them to determine appropriate cut offs for Pass, High Pass and Honors. These cut points are set and students informed of these cut points.

MS4 year will feature a required acting internship (AI) course so that all MS4 students will be well-prepared for residency training.



Welcome Erica Gough!

The Department of Neurology would like to welcome Erica Gough as the new Neuroscience Clerkship Coordinator.

Erica received a Bachelor of Science degree in Community and Human Services from Empire State College. For the last few years she has been working as a Pharmacist Technician.

Erica started her new position on February 3, 2017.

Curriculum Committee

As a medical school we are constantly looking at how we can better train our students. Whether it be better integration of clinical and basic science in our UP Curriculum, more opportunities for service learning and volunteering in the community, or more innovative approaches to patient centered, interprofessional team based care, we want our students to be well equipped.

The curriculum committee has been looking at these areas as we review each MS1/2 courses and units, and each individual clerkships. Specific topics related to societal problems, social determinants of health, health disparities, and cultural humility are areas that span the entire curriculum that we are paying specifically close attention to.

As part of our upcoming LCME accreditation process (scheduled for 2019), we will be embarking on an important self-study process. The self-study opportunity will be an opportunity for faculty, staff, students, and residents to self-assess where we are as a medical school, our strengths as well as our areas to improve on. You will be getting more information, but a strong participation from the entire community will make this process even more meaningful.

The Curriculum Committee is also excited to integrate the new President's Strategic Plan into what the College of Medicine its curriculum will be focusing on in the upcoming years.



Dr. Mark Pearlman was this year's AOA Visiting Professor. He visited Upstate on February 16 and 17, 2017 and presented at many events including OB/GYN Grand Rounds and a noontime lecture for all of the Upstate Community titled, Shared Decision Making: Providing Expert Clinical Guidance when "Experts" Don't Agree. He is an active clinician, surgeon and teacher with clinical expertise in the gynecologic management of women with breast cancer and BRCA gene mutations and advanced endoscopic surgery. He is



Founder and Director of the only Breast Health Fellowship in Obstetrics and Gynecology in the United States. His research focuses on breast cancer risk assessment and management, early diagnosis of cancer in women with BRCA mutation. All of his presentations were very well received, and it was great to have him at Upstate. Many of the AOA students, Dr. Cleary, and faculty from OB/GYN had dinner together while he was here and a great time was had by all!

**The AOA junior elections were held on April 25, 2017.
Please join me in congratulating the newly elected
members from the Class of 2018:**

Timothy Bussert (B)
Adam Custer (B)
Victoria Fairchild
Melanie Hundt
Kathleen Iles
Nicole Nagrani
Robert Reynolds

Noella Richman
Matthew Ringer
Dillon Sedaghatapour
Michael Tonzi
Frederick Varone (B)
Robert Ziechmann

(B) – Binghamton Campus

Patty Gooden
AOA Administrator, Gamma Chapter

STUDENT RESEARCH DAY

April 26, 2017

Student Research Day was held on April 26, 2017 and highlighted student research from all four Upstate Colleges: Graduate Studies, Health Professions, Medicine and Nursing. The Day featured a keynote presentation, four student talks, and an early evening poster session and reception. This was a wonderful day with 130+ posters presented. Congratulations to this year's awardees from the College of Medicine:

Oral presentation: Matthew Gumbleton (Class of 2018)

Research Project: Fatmata Bah, 1st Place (Class of 2019) and Joshua Senter, 2nd Place (Class of 2019)

Clinical Vignette: Ming Wu, 1st Place (Class of 2018)

Winner of the Student Research Day President's Award was given to Ogochukwu Ezeoke (Class of 2019). Her research explored race, ethnicity and enrollment in cancer research trials.

This is an annual event, and we look forward to more COM students participating again next year!

Patty Gooden
COM Student Research Day Liaison



Class of 2018: Save the Date for the Clinical Skills Exam (CSE)

The Upstate Clinical Skills Exam (CSE) will be offered over a number of dates in May and June, 2017 (see list below). Taking and passing the CSE during one of these scheduled times is a graduation requirement for the College of Medicine.

Enrollment for this exam is available using MyUpstate (also known as Banner) (<https://bannerweb.upstate.edu>); you will sign up for a date to take your exam just as you would sign up for an elective course. Enrollment for the CSE begins on Wednesday, March 8, 2017 at 12:01 AM. We will send you more details in February about how to enroll for your preferred CSE date. The deadline to enroll for the CSE is Sunday, April 16, 2017 at 11:59 PM. The deadline for add/drop is also Sunday, April 16. Any student who does not enroll by April 16 will be assigned a date.

We have attempted to provide dates for the exam which stretch across two different periods. You are required to take the examination on one of these dates and should arrange your schedule to participate. Students who will be out of town for both periods should plan to return to Syracuse for a day during this time to take the exam.

All sessions for students at both the Syracuse campus and Binghamton Clinical Campus will occur in the Clinical Skills Center, on the basement level of the Setnor Academic Building, attached to Weiskotten Hall, on the Syracuse campus.

If you have any questions regarding the Clinical Skills Exam, please feel free to contact Amber Walton, SP Program Trainer/Coordinator, at waltona@upstate.edu, or 315-464-2644. She will appear as "Instructor" when you register using MyUpstate.

Good luck!

CSE 2017:

Friday, May 12, 2017	8:30 AM - 3:00 PM
Monday, May 15, 2017	8:30 AM - 3:00 PM
Tuesday, May 16, 2017	8:30 AM - 3:00 PM
Wednesday, May 17, 2017	8:30 AM - 3:00 PM
Thursday, May 18, 2017	8:30 AM - 3:00 PM
Friday, May 19, 2017	8:30 AM - 3:00 PM
Wednesday, May 31, 2017	8:30 AM - 3:00 PM
Thursday, June 1, 2017	8:30 AM - 3:00 PM
Friday, June 2, 2017	8:30 AM - 3:00 PM

Exercise means less burn-out among medical students



Recently, a Journal of the Association of American Medical Colleges study explored the impact of healthy exercise habits among U.S. medical students. The study revealed that students whose exercise habits are consistent with CDC guidelines (see article for guidelines) appear less likely to experience burnout and have higher quality of life. Think you don't have time for exercise because you're a busy medical student? Why not try to incorporate it into your day to help yourself out? What about taking the

stairs instead of the elevator (7 flights of opportunity from the hospital to Weiskotten!) or taking a walk/doing squats when you need a study break? Maybe bring healthier lunches or walk further than you normally would to buy lunch. You only get out of it what you put in and when a healthier diet and regular exercise routinely play a significant role in your physical and mental health, it's definitely worth the few extra minutes/efforts. In addition to reducing the risk of many medical conditions, diseases and some cancers, exercise relieves stress, boosts overall mood, and has positive impact on depression, anxiety and more. Who doesn't love endorphins?

Article: ["Healthy Exercise Habits Are Associated With Lower Risk of Burnout and Higher Quality of Life Among U.S. Medical Students"](#)

All matriculated Upstate Medical University students have access to Campus Activities Building (CAB). CAB offers a variety of athletic programs and has excellent facilities. You may also be interested in participating in some of these group fitness classes offered by CAB:

Yoga: Monday at 5:30 PM

Bootcamp: Tuesday and Thursday at 5:30 PM

Bootcamp Express: Wednesday at 6:45 AM

H.I.I.T: Wednesday at 5:30 PM

Campus Activities Building (CAB) website: <http://www.upstate.edu/currentstudents/campuslife/activities/cab.php>

Upstate Medical University services for your well-being:

Student Counseling Center:

<http://www.upstate.edu/currentstudents/support/scc/index.php>

Student Health:

<http://www.upstate.edu/currentstudents/support/health/index.php>

Academic Support Services:

<http://www.upstate.edu/currentstudents/academic/support.php>

You can also talk to your Basic Science Advisor or Clinical Advisor in your Learning Community.

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