

Summer  
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.*

Hope everyone is having a great summer!

We want to extend a BIG welcome to our new 1<sup>st</sup> year medical students. I had the opportunity to meet some of you earlier this summer during the MEDSET program, and look forward to meeting all of you. I hope you are as excited to be here as we are to welcome you. The Curriculum Office, Faculty, and staff has been busy preparing the courses for its 2017-18 academic year. Much of the spring and summer has been spent fine tuning the changes to the MS1 Units in the UP (Unified Pre-clerkship) Curriculum, as well as the brand new unit based structure in the MS2 UP Curriculum. I want to thank all of the faculty, staff, and students who made the first year of the MS1 UP Curriculum a success in 2016-17. From the cooperation in the MD/PhD Collaboration between Unit Directors in each organ based unit, to the novel teaching methodology in utilizing case based learning, problem based learning, team based Learning, and other forms of active Learning, we are definitely moving our medical education curriculum forward. We learned many lessons from our first iteration of the new pre-clerkship curriculum, and look forward to making more changes in version 2.0 this coming academic year!

There is a lot of energy with the arrival of our new Dean, Dr. Julio Licinio. He comes to us with an extremely impressive resume of prior experiences and expertise at many top institutes. I am sure we will benefit from that wealth of knowledge. Shortly after his arrival on campus, the educational faculty and administrators gathered together for a day long strategic planning retreat with Dr. Licinio. Utilizing the newly unveiled President's OUR UPSTATE Strategic Plan as our road map (with guidance from Dr. Ramesh Schdeva, Senior Vice President for Strategic Affairs and Renae Rokicki, Project and Strategic Planning Administrator), the faculty and administrative leadership mapped the academic missions for the College of Medicine to the institutional strategic plan. We linked the College of Medicine current activities to the strategic plan, as well as discussed aspirational goals and activities in relation to the institutional strategic objectives. Students, staff, and faculty will hear more about the exciting ideas that came out of this retreat shortly, and are welcome to engage in this process as we develop them further.

Lastly, we are embarking on an important process for the 2017-18 academic year as we begin our institutional self-study process in preparation for the LCME Accreditation. Students, staff, faculty, and residents will take part in this important year long process of self-examining the strengths and areas of improvement within the College of Medicine in relation to the specific accreditation standards set forth by the LCME. The students will be vital players in this process as you will be conducting your own Independent Student Analysis (ISA) looking at all aspects of the educational program here within the College of Medicine. Again, you will be hearing a lot more from us about this as the year progresses. Your input, participation, and availability will be key to our success!



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

Visit Our Website  
<http://www.upstate.edu/com/curriculum/>

## LCME Element 3.5

A medical school ensures that the learning environment of its medical education program is conducive to the ongoing development of explicit and appropriate professional behaviors in its medical students, faculty, and staff at all locations and is one in which all individuals are treated with respect. The medical school and its clinical affiliates share the responsibility for periodic evaluation of the learning environment in order to identify **positive** and negative influences on the maintenance of professional standards, develop and conduct appropriate strategies to enhance positive and mitigate negative influences, and identify and promptly correct violations of professional standards.

### Exceptional Faculty Noted from the MS4 March Into Residency Focus Group in March

Conducted by the Office of Evaluation, Assessment and Research

#### Cell & Developmental Biology

**Margaret Maimone** *She really helped me first year when I was struggling and she emailed me every couple of weeks to make sure I was doing well*

#### Emergency Medicine

**Vincent Calleo (3<sup>rd</sup> year resident, TA)** *I just think he's one of the best guys from a personality standpoint, someone you want to emulate, just a nice guy and very, very smart. One of the best doctors I've ever met.*

**William Eggleston (Clinical Toxicologist)** *Best lecturer Upstate has, he should give all the pharmacology lectures*

**Paul Ko** *He was really helpful to me for Emergency Medicine, I talked to him a lot. He gave me advice on my personal statement, where to apply, he made phone calls for me to different programs, he's very invested in students*

**Umair Sheikh (resident)** *He was one of the best residents I worked with, at the end of each shift he would ask the students what are three things you learned today and what are three things he could improve on and what are three things we could improve on. He would tell you how you could do better presenting patients.*

#### Family Medicine

**Joseph Augustine** *He fed me every day, made sure I ate; amazing guy to work with*

**Eugene Bailey** *He's genuinely interested in teaching; I didn't have many mentors that would just sit you down and have their own powerpoints to they would just go through with you; loves teaching; texted me on Match Day*

**Heather Finn** *She is the advisor for Family Medicine students, but she opens up the sessions to anyone and helps with residency applications, personal statements. She is huge in supporting her students. She would sit down and talk to me and at the end of year talked to me about specialty decisions. She's great, always a great resource for everyone*

**Marjorie Ketzak (Binghamton campus)** *She spent an hour after clinic every week to talk about the patients and talk about things in general, so she spent a lot of time teaching as there wasn't a lot of time during clinic*

**Thomas Laclair - Family Medicine** *He genuinely cared and really tried to help in any way he could*

#### Internal Medicine

**John Regan (VA)** *Really great at pointing things out on physical exam and making sure I heard them, I feel like I actually learned*

#### Hem/Onc

**Jonathan Wright** *He gives great feedback - constructive and it was appreciated*

#### OB-GYN

**Robert Silverman** *Great advocate, called programs that were their top choice and tell them were interested you are, critiqued letters and applications*

#### Neurology

**Melissa Ko (Ophthalmology)** *At the end of every rotation with students, she sits down and gives feedback*

#### Neurosurgery

**Michael Galgano** *-He's the most chill, laid back, very nice, made the atmosphere there really nice*

#### Pathology

**Karen Kelly** *She was very helpful when applying for residencies*

#### Psychiatry

**Gita Ramamurthy** *She's very interested in student education. She also really advocates for us - I can remember times we had really difficult patients that were giving the residents and the students a hard time and she actually came out and said they are part of our team you're going to give them the same respect that you give me... that meant a lot to me. She practiced motivational interviewing with me by pretending to be a cocaine addict.*

#### Student Affairs

**Dean White** *She goes above and beyond, she takes her work home - I'd get emails at night asking if I was OK, she seems invested and it was just nice knowing that she cared that much*

#### Surgery

**Silas Chikunguwo (Binghamton campus)** *Taught me a lot, not just about surgery, but life in general and he spent the time after surgery or clinic to talk things that happened during the day*

**Vivian Gahtan (Vascular)** *She's a faculty advisor in vascular surgery and American Women in Surgery - she really encourages women in surgery and she had a dinner at her house this year to try and get more people involved. And also research, she takes a lot of students into research.*

# LCME ANNOUNCEMENT



LIAISON COMMITTEE ON  
MEDICAL EDUCATION

## SAVE THE DATE - Town Hall and LCME Secretariat Visit

There will be a TOWN HALL on **October 24, 2017 at 4 p.m.** 1159 in Weiskotten Auditorium to kick-off Upstate's LCME Self-Study process. Robert Hash, MD, MBA, Assistant LCME Secretary will be here to provide a general orientation to the 2019 LCME full accreditation survey. All College of Medicine students, faculty, and staff are encouraged to attend. Dr. Hash will meet with individual Working Groups on Wednesday, October 25. The LCME is the official accrediting organization for educational programs leading to the M.D. degree in the United States and Canada. **The SITE VISIT is scheduled for March 24-27, 2019.**

### REMINDER ON PROCEDURES FOR EXPOSURE TO INFECTIONS AND ENVIRONMENTAL HAZARDS (Including needle stick/body fluid)

*In the event of exposure to blood or body fluids you should IMMEDIATELY:*

- Wash the affected area with soap and water.
- **On Campus:** Notify Employee/Student Health during weekday hours (7:30 am - 4:00 pm) at (315) 464-4260. After hours or on weekends, report to the Emergency Department and identify yourself as an Upstate employee, student or affiliate. Follow up with Employee/Student Health on the next business day.
- **Off Campus:** Follow that facility's exposure protocol. Follow up with Employee/Student Health as soon as possible to make them aware of the exposure (315) 464-4260.

*In any ED, inform them of your health insurance information as your insurance will be billed.*

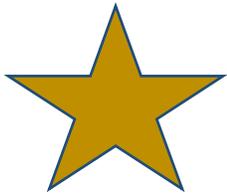
<http://www.upstate.edu/currentstudents/support/health/exposures.php>

2016-17 STUDENT END-OF-YEAR SURVEY	MS-1	MS-2	MS-3
Percentage of students who selected "YES" to the statement: <b><i>Are you familiar with the protocol following exposure to infectious and environmental hazards?</i></b>	73.6%	82.2%	90.8%
N=	87	90	98

### Graduation Competencies and Educational Program Objectives (EPOs)

As courses and clerkships begin this new academic year, coordinators will be sending all faculty and residents several documents and policies to review. Included in these documents will be the COM EPOs. The EPOs are used as the basis for all course and clerkship curricula. These objectives for the medical education program serve as statements of what students are expected to learn or accomplish during the course of medical school at Upstate. The EPOs can be found at the following website:

<http://www.upstate.edu/com/curriculum/objectives.php>



## Highlighting Upstate's "Gold Star" Faculty, Staff, and Students

Do you know a faculty, staff member or student that you feel has made a positive impact on your time at Upstate? In order to recognize these individuals, the Curriculum Office has the following methods of report:

1. **"Gold Star Report"** – This new mechanism to identify positive influences on professional standards and the learning environment can be found on the webpage on the Policy and Procedures on Learning Environment and Mistreatment. On this site is a link to "report a gold star" that will be sent to the Curriculum Office, so that the nominee will be contacted.
2. **"Commendation/Professionalism Report"** – Similarly, there is a Commendation/Concern report available via MedHub or paper copy from the Curriculum Office. This report allows faculty to document either a commendation on a student or a concern regarding professionalism.
3. **Shoutout in the Curriculum Office Newsletter** – Course and Clerkship directors and coordinators may submit examples of positive influences of their faculty and residents in a "Faculty Highlight" section of each seasonal Curriculum Newsletter. Please send any examples to Lisa Neerukonda at [KellyLi@upsate.edu](mailto:KellyLi@upsate.edu)

## Student in the Spotlight

The Curriculum Office would like to recognize student George Thatvihane for excellent patient care!

George, while working on the Internal Medicine Clerkship received high praise from a patient that he helped to care for. The patient wrote: "I would like to recognize George Thatvihane. He has kept me informed about my medical case, and has kept up on it, checking in on me like I am as important to him as one of his family members. As many times as I have been in an hospital environment, I don't recall anyone ever having the desire to keep me informed and like they truly care about a patient. I feel it's a valuable quality to see in a doctor, where one truly cares and it is not just about a position, not just a profession, but also about really caring about people. I always felt that George wanted to keep me informed with honesty, doctor to patient. What a great feeling to have from a medical staff member in such a fine hospital as SUNY University. Thank you."

# From The Office of Evaluation, Assessment and Research



## Welcome MS1 Students!

A warm welcome to the Class of 2021! We are glad to have you as part of the Upstate community. The mission of our office is to support educational programs at Upstate through effective and accurate student assessment, program evaluation and medical education scholarship. We welcome (and use) your feedback, so don't hesitate to contact us ([evaluate@upstate.edu](mailto:evaluate@upstate.edu)).

Want to know more about our evaluation system or the unit exam review process? Check out our YouTube videos:

<https://www.youtube.com/watch?v=zfZKSx4YT20>

<https://www.youtube.com/watch?v=NLp8N12Z-Ak&t=2s>

## PBLI in the MS3 year

Practice-Based Learning and Improvement, or PBLI, is one of the graduation competencies and Educational Program Objectives of the College of Medicine MD program. It is described as "*Demonstrate habits of self-directed learning and self-evaluation for acquisition of new knowledge, skills and behaviors to provide optimal patient care.*"

One new way this is being implemented in the 3<sup>rd</sup> year is through the [Mid-Clerkship Self-Evaluation form](#). The MS3 students reflect on their own performance and complete an evaluation of themselves. This is then reviewed with their preceptor or clerkship director at the mid-clerkship feedback meeting. Students have the opportunity to express their ideas about their own performance in the clerkships and where they might need additional exposure, experience or development.

We do not learn from  
experience... we learn  
from reflecting on  
experience.

- John Dewey



Data from the NMRP Match for 2017 shows that Upstate had a 97% match rate! 46% of our graduates were matched to their first choice hospital and 93% matched to their first choice specialty. Nineteen of our graduates are staying right here with us at Upstate and 96 (or 64%) of our graduates matched to hospitals in the Northeast. Congrats to the Class of 2017!

## Away Electives Survey Data

Have you ever wished you could know more about Away Electives? Your wish has come true thanks to MS4 students who completed a survey for us on away electives! Not only that, but we now have 3 years worth of data to share. The report can be viewed (on campus) here:

<http://www.upstate.edu/currentstudents/career/career-com/away-electives.php>

Look at the right hand column and scroll all the way down to the bottom, it's under the "Away Electives" heading

## Institutional Level Assessment

Thanks to our colleagues in the Student Data Systems Office, we have a draft of an **Institutional Factbook** that lists enrollment and outcomes data for the institution. We are working with Riley to refine this resource and look forward to rolling it out soon.

The **Student Achievement website** has been updated - the site shares important outcomes data for each college (<http://www.upstate.edu/prospective/about/consumerinformation.php>)

## Technology Tips

### 25Live!/Google Calendar

This calendar can easily be downloaded to a Google Calendar. Once in Google (must have a gmail account), you can export it in either an .ics or html format to be able to be brought into your GroupWise, iPhone or other calendars.

This year, each of the faculty members will be receiving a confirmation with an iCal attachment so that the item can be downloaded directly into their calendar. This will allow that faculty member to have the item directly imported into their calendar, if they wish.

Links for these calendars can be found on the Curriculum Website and Blackboard site as well as on your Blackboard Course sites.

Any questions on how to do this can be sent to [dennistc@upstate.edu](mailto:dennistc@upstate.edu). Tips and Tricks will be posted on the Curriculum Website as well.

### Exemplify Me!!

ExamSoft is changing. Exemplify is the next wave in the test taking software for students. For those that have used SofTest, this is a big step up. For those that have used other computerized testing software, I would love to hear your feedback on user friendliness and just to dish.

Faculty or anyone else interested, I will be doing a session for the students on 8/14/17 at 2 pm for anyone who would like to join in and see how Exemplify works for the students.

## The Testing Corner

# Phase 1

Welcome to Medical School to the MS1's and Welcome Back to MS2's! We are excited to get the 2017-2018 Academic Year started and are hoping that everyone enjoyed their summer. Fall in Upstate New York is beautiful so be sure to make some time to visit apple orchards like Beak and Skiff. You won't regret it.

The last few years have been busy with the design, planning and implementation phases of our new organ-based systems curriculum. This will be our first year with implementation of this curriculum in both years. We will continue to ask Directors from each unit to present their "lessons learned" on a throughout the year so we can continue to learn from one another in this time of change. Below are some updates for both the MS1 and MS2 Years.

- Both years:
  - It is very important for students to attend Course Introductions so they don't miss something. Directors and Thread Leaders use this time to illustrate the expectations of each unit – which are not all alike.
  - Time-management: exam and lecture schedules, as well as longitudinal course syllabi (FRM and POM) are given at the beginning of the year. Please plan ahead for assignments, etc. especially at busy times of the year.
  - Remember that this is a *new* curriculum so take advice from previous classes with thoughtfulness. Advising, especially within your Learning Communities, is always valuable, but know that courses and threads have changed or are changing - including where points are placed for credit. Innovation is happening, so remember to educate yourself for what *your* curriculum includes.
  - Unit Quizzes: Students should expect 1-2 summative quizzes per unit
- MS1:
  - MS1 students took an active role in curriculum development and evaluation as it was rolled out in 2016-2017. As part of this participation, we asked that the Class of 2020 vote on the following MS1 Course awards, modeled after important goals in the new curriculum:
    - **Innovation:** Unit 8/Endocrine & Reproductive
    - **Clinical Relevance:** Unit 4/Nervous System
    - **Basic Science and Clinician Director Collaboration:** Unit 5/Circulatory & Respiratory I, renamed 'Cardiovascular and Respiratory I'
    - **Organization:** Units 1&2/MCM
  - Unit Exams: POM1, FRM1 and Radiology questions are now on unit exams.
  - Students, keep your eyes peeled for an email regarding the Matriculating Student Questionnaire (MSQ) from the AAMC. This web-based questionnaire is sent annually to all first-year medical students to share their thoughts on a variety of topics. We utilize your feedback!
  - Nervous System Unit: Optional videos are now available, starting at the beginning of the year, for Unit 4/ Nervous System preparation.
- MS2:
  - Launch of MS2 UP Curriculum August 14
    - Retains its length but will start with a unit of foundations and cancer content
    - The five other organ-based systems units will follow a sequence similar to year 1, but with a greater emphasis on disease and the abnormal.
  - Unit Exams: POM2 questions now on unit exams

Molecules, Cells, Microbes (4 wks) 8/14-9/8	Molecules, Cells, Microbes (4 wks) 9/11-10/6	Musculoskeletal (5 weeks) 10/9-11/10	Nervous System (6 weeks) 11/13-12/22	WINTER BREAK 12/22-1/8	Cardiovascular, Respiratory I (5 weeks) 1/8-2/9	Urinary, Respiratory II (4 weeks) 2/12-3/9	SPRING BREAK 3/11-3/18	Gastrointestinal (5 weeks) 3/19-4/20	Endocrine, Reproductive (4 weeks) 4/23-5/18	GATEWAY EXAM
Foundations of Reasoning in Medicine (FRM) (19 weeks)					FRM (9 weeks)			FRM (9 weeks)		
Practice of Medicine (POM) - Clinical Skills (19 weeks)					POM - Clinical Skills (9 weeks)			POM - Clinical Skills (9 weeks)		
Foundations, Cancer (4 wks) 8/14/17-9/8/17	Blood, Immunity, Skin (5 wks) 9/11/17-10/13/17	Nervous System, Muscle (5 wks) 10/16/17-11/17/17	Cardiovascular & Respiratory (5 wks) 11/20/17-12/22/17	WINTER BREAK 12/22-1/8	Renal, Reproductive, Endocrine (5 wks) 1/8/18-2/9/18	POM CCE's 2/12-2/16/18	SUBJECT EXAMS	GI (5 wks) 2/19/18-3/23/18		
Foundations of Reasoning in Medicine (FRM) (19 weeks)					FRMII			FRMII		
Practice of Medicine (POM) II (19 weeks)					POMII			POMII		

**Thank you for your service**



UP Curriculum Appreciation Luncheon



UP Curriculum Appreciation Luncheon

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

<https://upstatemedicaluniversitymsicontent1617.wordpress.com/>



## What's New in Phase 2

We are close to completing our second five-week block at the Syracuse Campus and the first five-week block at the Binghamton Clinical Campus. We are moving ahead with both formative and summative SPE events in all clerkships, and a Practice-Based Learning Improvement self-assessment opportunity for students in each clerkship rotation. For the MS-4 year, we continue to set curriculum. In addition to one required Acting Internship and the March into Residency program, we are preparing course objectives and standards for AI courses that will be presented to the College of Medicine Curriculum Committee in the near future. We are also excited that the Department of Medicine has piloted and are now offering an Internal Medicine Bridge Elective in the MS-4 year, during the spring semester. The elective will be one week long, and is designed to be a “boot-camp” program for students who will be entering a categorical medicine internship. Shifts will be scheduled on an admitting service, ICU night coverage, and night float. Students will also attend lectures and gain experience dosing medications, coding and billing patient care encounters, discussing and documenting death and do-not-resuscitate status, professional and personal time management, and medical service hand-offs.

## Student Clinician Ceremony

The 16th Annual Student Clinician Ceremony was held on Tuesday, June 13, 2017, in the Medical Alumni Auditorium, Weiskotten Hall, and was videoconferenced to the Binghamton Clinical Campus. Dr. Amit Dhamoon, GHHS Faculty Advisor, provided opening remarks and welcomed everyone, including the Faculty Speaker, Dr. Mantosh Dewan, Interim Dean COM. Dr. Paul Ko, Associate Dean for Undergraduate Medical Education, announced awardees for the Humanism and Excellence in Teaching Award (HETA) to the teaching residents. Dr. Kaitlin Kyi and Dr. Alexandra Bachman, GHHS members from the Class of 2017, announced new members of Upstate's chapter of the Gold Humanism Honor Society, and presented each honoree with their award. A cocktail reception was held immediately following the ceremony. The Society is sponsored through the Arnold P. Gold Foundation, and honors senior medical students for 'demonstrated excellence in clinical care, leadership, compassion and dedication to service.' The Society was organized to elevate the values of humanism and professionalism within the field of medicine and its constituent institutions. New members are:

### Class of 2018 Student Recipients

Bushra Ahmad  
Sengal Alazar  
Jason Audlin  
Michelle Bernshteyn  
Vasilii Bushunow  
Kathryn Conway  
Adam Custer  
Kathleen Donovan  
Zachary French  
Aluko Gift  
Jordana Gilman  
Julie Henderson

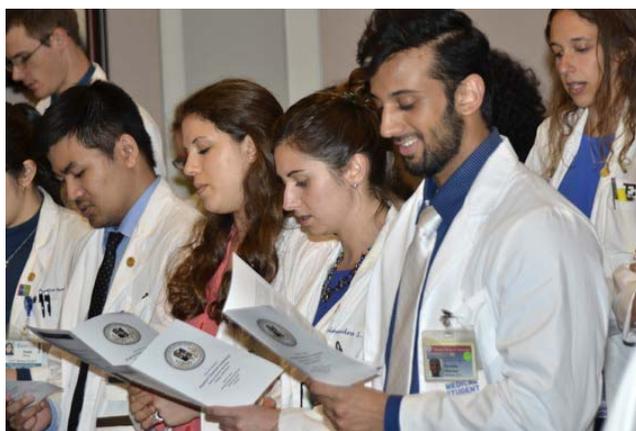
Kathleen Iles  
Gabriella Izzo  
Imran Javed  
Samantha La Qua  
Akiqul Miah  
Demetrio Munoz  
Gabrielle Ritaccio  
Christopher Robles  
Aneesa Thannickal  
Heitham Wady  
Emily Wanamaker

### Resident Recipients

Dr. Andy Beltran, Psychiatry, Syracuse  
Dr. Nabil Braiteh, Internal Medicine, Binghamton  
Dr. Vincent Calleo, Emergency Medicine, Syracuse  
Dr. Mario Fahed, Psychiatry, Syracuse  
Dr. Michael Galgano, Neurosurgery, Syracuse  
Dr. Tatum Kutzer, Psychiatry, Syracuse



Class of 2018 Student Recipients



Recitation of the Oath



Resident Recipients



## AΩA Gamma Chapter Induction Ceremony and Banquet Class of 2017

On May 19, the AΩA Gamma Chapter held the Annual Induction Ceremony and Banquet for the Class of 2017 at The Genesee Grande, at which time 27 students were inducted.

Dr. Kaushal Nanavati was chosen by the AΩA students to be the guest speaker. President Danielle Laraque-Arena, COM Interim Dean Mantosh Dewan, and AΩA Councilor Lynn Cleary took part in the induction ceremony.

It was a wonderful celebration to begin commencement weekend!



Seated (l to r): Elizabeth Porcellio, Caitlin Nicholson, Tara Brenner, Kimberly Cheng, Kathryn Leyens, Abigail Franco, Melanie Katz, Yuxin Liu, Olivia Yost, Emily Comnesso, Rosemarie Mastropolo, Emily Kellogg, Margaux McConn, Jillian Egan

Standing (l to r): Robert Stuver, Alexander Dragnich, James Kalmuk, Ian Kratzke, Aaron Iuppa, Patrick Kupiec, Joseph DeMari, Eric Bellinger, Bilal Butt, Michael Canfield, Anthony Puthumana, John Pyun, John Boyle

## Student-Well Being

As part of the College of Medicine's commitment to student well-being, we hope you enjoy Dr. Nanavati's (Medical Director, Integrative Medicine) talk on this important subject during MS1 Orientation. In addition to his chocolate meditation (you read that right!), he will review resources within the Upstate Community to help students maintain wellness while managing their busy schedules throughout the year. As a review, these resources are:

- Integrative Medicine club
- Tranquility Tuesdays 12-12:30, Setnor 3507/3508 - all welcome to meditate, reflect, learn deep breathing and the value of it
- Meditation/reflection/prayer room (downstairs, Library) and Cancer Center
- Campus Activities Building (CAB) [www.upstate.edu/currentstudents/campuslife/activities/cab.php](http://www.upstate.edu/currentstudents/campuslife/activities/cab.php)
  - Among others, activities include: yoga, tai chi, comedy events and trips for stress relief
- Student Counseling Center: [www.upstate.edu/currentstudents/support/health/index.php](http://www.upstate.edu/currentstudents/support/health/index.php)
- Student Health: [www.upstate.edu/currentstudents/support/health/index.php](http://www.upstate.edu/currentstudents/support/health/index.php)
- Academic Support Services: [www.upstate.edu/currentstudents/academic/support.php](http://www.upstate.edu/currentstudents/academic/support.php)
- Dr. Nanavati articles on 'one degree of change' (beneficial as students adapt to the pace of medical school) and "Core 4 Fundamentals of Wellness":
  - <http://www.awakeningscny.com/Natural-Awakenings-Central-NY/November-2016/Making-One-Degree-of-Change/>
  - <http://www.upstate.edu/fmed/pdf/core-four-nanavati.pdf>

Dr. Nanavati will also be introducing concepts of Integrative Medicine throughout the MS1 and MS2 years.

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.

## Upstate IPE Forum

To follow Upstate IPE Forum, please visit their blog at:  
<https://interprofessionalforumblog.wordpress.com/>

To contribute content to this blog, please contact Darren Carboni at [carbonid@upstate.edu](mailto:carbonid@upstate.edu)

## Contact Us

Remember to use our **Virtual Suggestion Box** to anonymously submit any questions or concerns. Simply send an e-mail to [evaluate@upstate.edu](mailto:evaluate@upstate.edu).

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on Facebook yet?*

