

# AΩA @ USU

## Thinking of Spring & New Beginnings



A street-side snow hut made after the Great Blizzard of 1888 in D.C.

Although many of us face several more weeks of winter before the first signs of spring, now is the time to start planning for the future. Here is a quick highlight of the exciting transitions underway in the Maryland Gamma Chapter of AOA. In late December, the fourth-year medical students of our chapter received their residency match results. Impressively, 97% of our members received their first choice of specialty and 93% received their first choice of location. While they may be permitted some respite after the challenging interview season, many members have taken advantage of the increased flexibility of fourth-year to tackle pet projects, ranging from clinical research to a student literary journal to international medical missions to a photo-essay of Operation Bushmaster. In his quarterly message, our AOA Councilor, COL O'Malley, reminds the fourth-years to take this time of respite to reflect on how their medical school accomplishments will help them to be "worthy to serve the suffering." As the fourth-year students move on to residency, we're excited to vote in a new class of AOA

### WINTER 2016

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*Learning to Care For Those In Harm's Way*

members in March from the third-year medical school class and from the crop of residents and faculty nominated by our Chapter members. For more details on the election process, the match results, the new resident and faculty awards, and the activities of our members, check out the Winter 2016 Newsletter.

## Message from the AOA President

The last three months have continued to bring exciting news, developments, and upcoming events for the USU AOA Gamma Chapter. December was an important time for the USU Class of 2016, which received their residency program match results. AOA members were represented well and the statistics are a testament to the outstanding achievement of our members. A few members are awaiting the results from the civilian match, but we expect nothing but great results as well. A complete list of the AOA Class of 2016 members match list and location is available in the newsletter.

I encourage our members that are already at those locations to welcome them in and continue to build the community of AOA members at our military medical training locations and strengthen new Alumni Associations and hopefully form associations where they are not already in development.

Our AOA chapter has a new website and many of you may already be aware and have visited it. For those that haven't seen it yet I would encourage you to visit the site at [www.usuaoa.org](http://www.usuaoa.org). A very special thanks goes out to the extraordinary efforts and vision of our Webmaster, Evan Baines, and his wife Amanda with her expertise in web development. The website is primarily an outlet to stay connected to all members by: communicating current and upcoming events, profiling our student members in leadership positions, AOA elections with ability to nominate and submit applications, new AOA chapter awards with the ability to nominate and submit applications, paying member chapter dues, annual banquet fees, and providing input of questions and comments. The new website is a tremendous leap

forward and I feel that it will be a great resource for us all.

Announcement of the AOA elections was sent out in mid-January for new Resident/Fellow, Faculty, and Alumni members. Packages are coming in and our deadline for nominations is 1 March 2016. You now have the ability to nominate directly online through the chapter website which lists complete details about the nomination for each category. The process for new student member elections is underway as well. Selection of new members will take place in late March/early April with announcement of new members to follow. New members will be invited to attend and be recognized at the AOA Chapter Banquet on 13 May 2016.

Our chapter is proud to announce the creation of the inaugural AOA Chapter Awards for Faculty Teacher of the Year, Faculty Mentor of the Year, and Resident Teacher of the Year. It is important to recognize the outstanding achievement of those doing great work throughout our military medical system and residency/fellowship programs. Deadline for nominations is 1 April 2016. Information and criteria for each award is available through the chapter website and you can nominate directly online as well. Award winners will be invited to attend and will be recognized at the AOA Chapter Banquet on 13 May 2016.

We greatly value the input and ideas of our members. Please let us know how to stay better connected. I'm excited about the upcoming events in the next three months and announcing our new members and award winners in the next edition.

*Jeremy Bolin, Class of 2016*

## Message from the AΩA Councilor

In this issue of the newsletter, we congratulate the Class of 2016 on their residency matches, and wish them the best of luck in their ongoing training. They will be taking the next few months to decompress a bit from their arduous training over the last three and a half years. This is a well-deserved period of downtime, but we all know that in our profession, training is a lifelong endeavor.

In keeping with the spirit of our profession, and in particular with the tradition of Alpha Omega Alpha, I would like to call the attention of the Class of 2016 to the wisdom of a recently deceased physician colleague (Richard C. Christenson) who called upon all physicians to keep the marginalized sick in their hearts and minds. He used these very simple words with which to approach each and every patient, every time: “I see you. I hear you”. Dr. Christenson was a community psychiatrist who devoted his career to the homeless sick in Gainesville, Florida. His words are more eloquently conveyed in the recent edition of the [Pharos \(Autumn, 2015\)](#). Dr. Christenson tragically died from a hit-and-run accident in Africa while participating in a Habitat for Humanity mission, reminding us of the brittle nature of life and the need to embrace each moment of every day.

“I see you.  
I hear you.”

Regardless of the profession each of our soon-to-be-graduates pursue, I wish that each take these words to heart for all their patients, every time: “I see you. I hear you”. If they start each encounter with these words in their mind and intentions of absolute positive regard in their heart for each and every patient encounter, I believe it will enrich their training, their care of patients, and their own development.

Accordingly, I can vouch for all USU educators that we will also be there to support our trainees in this regard. Always know that our faculty will see you, and hear you. This is the precious aspect of military medicine where the continuity of high quality training continues well beyond the walls of USU, and the care of the learner of medicine is as important as the care of the patient, especially those in harm’s way.

This is an exciting time of year for our fourth-year students, and a time to reflect on all they have accomplished, but also all they will accomplish as they continue to strive to be “worthy to serve the suffering” in their next stage of professional formation as physicians. As you encounter our fourth-years, reach out to them and acknowledge their accomplishments. See them, and hear their stories.

*Patrick G. O'Malley MD, MPH, FACP  
COL, MC, USA*

## Congratulations to our AΩA Members on their Match Results!

Jeremy Bolin - Vascular Surgery @ UC Davis/Travis AFB

Andy Haus - Orthopedic Surgery, ERAS pending

Brian Andrew - Internal Medicine @ NMCSO

Matthew Ward - Otolaryngology @ SAMMC

Haydn Roberts - Orthopedic Surgery; ERAS pending

Ross Canup - Family Medicine @ Fort Belvoir

Donovan Reed - Ophthalmology @ SAMMC

Alexander Nissen - General Surgery @ SAMMC

Jessica Rouse - Internal Medicine @ SAMMC

Karin Golob - Pediatrics @ MAMC

Grant Justin - Transitional Year @ TAMC

Susan Schultz - General Surgery @ WBAMC

Ethan Bernstein - Orthopedic Surgery @ NMCSO

Nicholas Szuflita - Neurosurgery @ WRNMC

Janette Noveras - Internal Medicine @ NMCSO

Meaghan Sledge - Pediatrics @ NMCSO

Charles Meyer - Otolaryngology @ NMCP

Raymond Meyer - Neurosurgery @ U of Washington

Evan Baines - Emergency Medicine @ Georgia Regents

Daniel Lammers - General Surgery @ MAMC

Benjamin Hoyt - Orthopedic Surgery @ WRNMMC

Alexandra Shams - Otolaryngology @ SAMMC

Joshua Krieger - Emergency Medicine @ MAMC

David Lin - Internal Medicine @ NMCSO

Teresa Gilbride - OB/GYN @ NMCSO

Piotr Wisniewski - Internal Medicine @ NMCSO

Mary Ford - Internal Medicine @ SAMMC

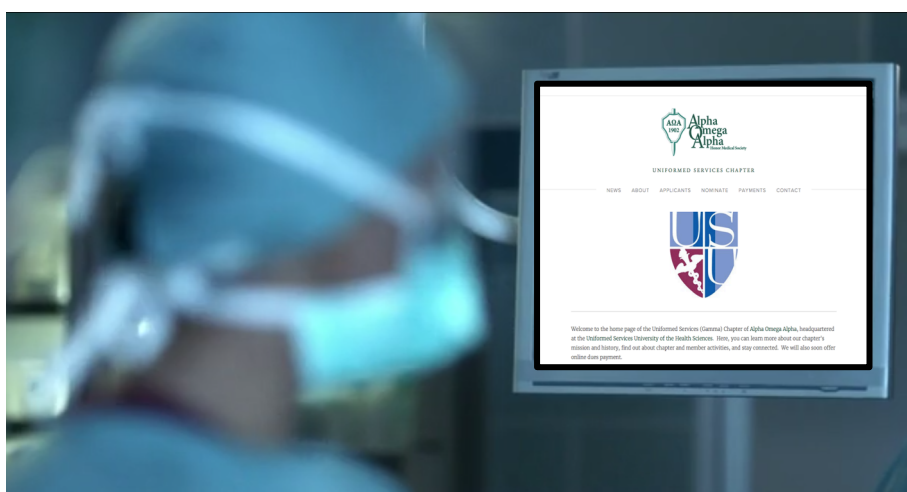
Thomas Deacy - General Surgery @ MAMC

Colin Smith - Combined Internal Medicine - Psychiatry;  
ERAS pending

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## The Uniformed Services AΩA Chapter has Gone Digital

We're proud to announce the launch of the Uniformed Services Chapter's new website ([www.usuaoa.org](http://www.usuaoa.org)). On the website, you can stay up-to-date on Chapter activities, contact our Chapter officers, read about upcoming Chapter events, nominate residents and staff for AOA membership or one of our annual awards, and pay your chapter dues.



The Chapter also recently launched Facebook and Twitter pages to keep our members abreast of Chapter news and events. You can visit our Facebook page at [www.facebook.com/usuaoa](http://www.facebook.com/usuaoa) or directly from the Chapter website.



## Nominate Residents, Faculty, or Alumni for AOA Membership

We welcome any program director, department chair, or active AOA member in the Federal Healthcare System to nominate a faculty member, resident, fellow, or USU alumnus for full AOA membership. Nominations may be made directly on our website ([www.usuaoa.org/nominate-aoa/](http://www.usuaoa.org/nominate-aoa/)). Once we receive your nomination, we will contact the applicant directly to help them complete their candidacy packet. You may only nominate one candidate per calendar year. You can use the "locate a member" option on the [national AOA website](#) to determine whether someone is already an AOA member (we recommend you select the "all members" option if your initial search yields no results). **Deadline for submission is 1 March 2016.**

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## Announcing the Inaugural Faculty and Resident Awards!

The Maryland Gamma Chapter of the Alpha Omega Alpha (AOA) Honor Society at USUHS is seeking faculty and resident applicants for the inaugural faculty and resident awards.

**USU AOA Faculty Teacher of the Year Award** - This award will recognize one outstanding attending physician directly involved in teaching at the graduate and/or undergraduate medical education level. Selection for this award will be evaluated based on contributions and impacts in teaching and those candidates continuing to exemplify the AOA ideals of scholarship, professionalism, and teaching.

**USU AOA Faculty Mentor of the Year Award** - This award will recognize one outstanding attending physician directly involved in mentoring that may encompass one or more of the following categories: medical students, residents, and/or faculty. Selection for this award will be evaluated based on contributions and impacts in mentoring and those candidates continuing to exemplify the AOA ideals of scholarship, professionalism, leadership and service.

**USU AOA Resident Teacher of the Year Award** - This award will recognize one outstanding resident/fellow physician for exceptional achievement related to teaching and mentoring that best exemplify the values of AOA.

Nominations for all of the awards can be submitted directly through our Chapter website (<http://www.usuaoa.org/>). More details on the awards are also available on the website. If you have any questions about the nomination process, contact [jeremy.bolin@usuhs.edu](mailto:jeremy.bolin@usuhs.edu) or [colin.smith@usuhs.edu](mailto:colin.smith@usuhs.edu). **Please return nominations by 1 April 2016.**

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## IN THE NEWS

Great to hear from Dr. James Bourgeois ('89) who is currently Clinical Professor and Vice Chair in the Department of Psychiatry at UCSF Medical Center. He is the author of over 170 peer-reviewed publications and 50 books or book chapters, most of which pertain to general adult psychiatry, psychopharmacology, and/or psychosomatic medicine. His wife is also a USU alum! Kathleen Ayers received her MS in medical psychology from USU in 1989.

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Congratulations to Evan Baines ('16) who was named the Bushmaster Honor Graduate of Alpha Company. Shortly after returning home, Baines again deployed to Pandakar, this time as a photojournalist embedded in the 2<sup>nd</sup> Platoon of Bravo Company. This spring, Baines will publish his inspired photo-essay in a book, which will also contain poems and essays written by fellow medical students, including Brian Andrew ('16). Contact Evan at [evan.baines@usuhs.edu](mailto:evan.baines@usuhs.edu) if interested in a copy.

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Janette Noveras ('16) recently founded USU's first film club, called *CineMed*, which will be sponsored by the newly formed chapter of the Gold Humanism Honor Society at USU. The first showing will be the Emmy-nominated Joanna Rudnick's independent documentary, *On Beauty*. It will take place on Wednesday, 24 February from 1800 – 2000 in Lecture Hall B in Building A at USU. The film's star and inspiration, photographer Rick Guidotti, will be at the screening to answer questions following the film.

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Best of luck to Mike Meyers ('16) and Nick Szuflita (16) who will present their research, *Early Venous Thromboembolism Chemoprophylaxis in Combat Related Penetrating Brain Injury*, at the 84<sup>th</sup> American Association of Neurological Surgeons Annual Scientific Meeting in Chicago, Illinois.

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In December, Haydn Roberts ('16) presented his Capstone project, *Being Prepared for the Next Conflict: A Case Analysis of a Military Level 1 Trauma Center*, at the Society of Military Orthopaedic Surgeons Annual Meeting in St. Petersburg, Florida.

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This month, Ross Canup ('16) is working at Travis AFB on a Capstone project: *Quantifying the Recovery Period After ACL Reconstruction*. He hopes to expand the project to Eglin AFB and USAFA in the future. All the more impressive is that he has been living in a 6x10 teardrop trailer at the Travis AFB fam camp for 5 months this year so that he can be close to his wife! Who ever said chivalry is dead?

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Alexandra Shams ('16) recently published her Capstone project examining how TeamSTEPPS affects OR efficiency. This is in addition to the three other publications she's published in journals since October!

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*Do you have news to share? Email [brian.andrew@usuhs.edu](mailto:brian.andrew@usuhs.edu) to be included in the next issue. We want to hear from our alumni! Photography & poetry are also welcome.*

## Photo of the Quarter



ENS Ethan Bernstein ('16) helps to place a knee-spanning external fixator during his surgery rotation in the Philippines

*In December 2015, Ethan Bernstein ('16, pictured in foreground of picture), Grant Justin ('16), and Teresa Gilbride ('16) traveled to the Philippines, along with three other USU students, to work at the Philippine General Hospital in Manila. They were exposed to a vast array of late-stage diseases, and they were very impressed with the Filipino residents and consultants, who they found to be dedicated, intelligent, and highly creative in the provision of quality surgical care in a low-resource environment.*