

AΩA @USU

The Newsletter of the Maryland Gamma Chapter of Alpha Omega Alpha



Operation Bushmaster:

Learning to care for those in harm's way

This October, the Class of 2018 deployed to the notional country of Pandakar for Operation Bushmaster. This operational experience is shared among all USU alumni and represents the best training military medicine has to offer globally. Bonds were formed between medical student classmates, nurses, and international medical personnel with the common mission to save lives and practice leadership within platoons in austere settings.

Fall 2017

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Save the Date!

Specialty Night

28 Nov 17

Join us in the USU cafeteria to meet with residency directors from many military programs.

Match Results

13 Dec 17

The Class of 2018 will learn their match results for residency.

N Street Village

15 Dec 17

The next volunteer opportunity is teaching a class focusing on Ob/Gyn topics and reproductive health.



Message from the AΩA President

Recently our class of 2018 came together at USU for Bushmaster, the culmination of our military training while in medical school. It was the first time we were all together since elections last spring. I took the opportunity to talk to my AΩA classmates to find out what they had been up to over the last six months and was humbled by the breadth and magnitude of their accomplishments. Since we were elected to AΩA we have had three children born, one house purchased, three publications, six poster presentations (including one presented internationally in Thailand to the Princess of Thailand, HRH Princess Sirindhorn), two podium presentations, seventeen hours of service at the N Street Women's Shelter in Washington, D.C., and numerous other service projects completed around the country. Amazingly, this was all accomplished while completing interview rotations over the summer and preparing for Bushmaster. My classmates truly embody the lasting commitment to scholarship, leadership, professionalism, and service that AΩA champions.

We now enter the busiest time of the year for the Gamma chapter. We have the AΩA Residency Specialty Night occurring on the 28th of November. I'd like to thank 2LT Danielle Cummings, 2LT Andrew Lopez, and Dr. Joseph Lopreiato for all their work on preparing for this event. Every year, program directors and representatives from residency programs of all three services from across the country converge on USU. They provide HPSP and USU medical students the opportunity to meet and learn about their options after medical school. If you belong to a residency program and are unaware if yours will be represented, I implore you to inquire with your program director and emphasize the opportunity this represents to meet your future colleagues. Please feel free to contact Danielle (danielle.cummings@usuhs.edu) or myself (todd.heig@usuhs.edu) if you have questions or are interested in attending this event.

I'd also like to mention a new program, Medical Education Elective, that ENS Morgan Harvey and ENS Holly Berkley have created. This elective, open to all 4th years, involves the study of theory and methods of medical education and the development of skills as educators while participating in the underclass pre-clerkship curriculum. The intent is to help us develop a foundation of medical education knowledge before we embark on careers that require participation in education at all levels of training. It will also foster an esprit de corps with our younger medical students, something that is often difficult with rotations located around the country.

In the same vein of mentorship, if you find yourself in the Washington, D.C. area and would like to participate in events or to pass on some of your experience and knowledge to our current chapter members, please contact 2LT Michael Polmear (michael.polmear@usuhs.edu).

I would like to remind you about the chapter elections. Please look out for individuals who have demonstrated that they are "worthy to serve the suffering." We anticipate a full student class, but we also have the opportunity to induct several Residents, Fellows, Faculty, and Alumni. However, we cannot induct new members without nominations! More information will be forthcoming with nominations likely due by February or early March. Check the website for additional details: www.usuaoa.org. If you have questions, or have someone you just cannot wait to nominate, please feel free to contact me or our Resident Elections Officer, 2LT Agnes Sibilski (agnes.sibilski@usuhs.edu).

We also have many chapter and national awards with nomination deadlines that are soon approaching. Look to the website for a list of available awards and further information. For nominations, please feel free to contact myself or our Awards Officer 2d Lt Michael Noller (michael.noller@usuhs.edu).

Finally, I'd like to bring attention to the new alumni contact page on our website. It is still under construction, but our hope is to make it a clearinghouse for active and alumni contact information. Under the tab contact there is a link to "Alumni and Current Members." It is password protected, so please email our webmaster 2d Lt Thomas Gerhardt (thomas.gerhardt@usuhs.edu) or me for access and to send us your contact information.

The last six months have flown by, and my admiration for the accomplishments of my classmates has only increased. We only have six more months before we graduate and pass the baton to the class of 2019 at our May banquet. I look forward to seeing everything we accomplish between now and then. Many thanks to our two newsletter coordinators, 2d Lt Afsoon Anvari and 2d Lt Robert Brooks, who have compiled a short summary of the many notable achievements and celebrations within the chapter. Please continue to share your stories with us either through the website or by contacting Afsoon or Bobby directly (afsoon.anvari@usuhs.edu and robert.brooks@usuhs.edu).

*Todd Heig
Class of 2018 AΩA President*

AΩA Members Pioneer Medical Education Elective

In an effort to provide the opportunity for senior medical students to develop their skills as medical educators and to promote the integration of classes, AΩA Underclass Outreach Officers ENS Holly Berkley and ENS Morgan Harvey have co-founded the Medical Education Elective at USU with the preceptorship of COL Patrick O'Malley. The elective provides MS4s with the opportunity to study the theory and methods of medical education and to practice learned skills as educators in the underclass pre-clerkship curriculum.

This course will help students build a foundation of medical education knowledge before they embark on careers that require participation in education at all levels of training. Additionally, a secondary goal of this course is to foster increased integration of classes as senior students will be available on campus to serve as mentors for the underclasses. MS4s will play an important role at USU by creating a continual connection between the upper and lower classes.

The USU AΩA Chapter can be accessed digitally!

The USU AΩA website has been updated for the AΩA class of 2018 in the "About" tab where you can meet our wonderful new officers. Additionally, a new password-protected functionality has been built in under the "Contact" tab where you can view the current list of both our current members and alumni, their contact information, and where they are currently stationed (email info@usuaoa.org to request password). The office of webmaster will continue working with each of the current AΩA offices to ensure optimal visibility of our chapter through our website and Facebook while improving usability of the website.

Please contact 2d Lt Thomas Gerhardt, our Webmaster, at thomas.gerhardt@usuhs.edu for any questions or concerns regarding the website.

Nominations for Membership Ongoing

The Resident, Faculty, Fellow, and Alumni (RFFA) Elections Committee continues to receive impressive nominations for the 2018 elections. Keep an eye out for submission deadlines. Nominations will likely be due late February/early March. Contact 2LT Aggie Sibilski at agnes.sibilski@usuhs.edu with any questions.

Research Activities

Our AΩA student body is actively involved in research – presenting work at conferences and writing manuscripts for publication.



Pictured above: ENS Holly Berkley and 2LT Michael Porambo presented a poster on simulation throughout the USU curriculum at the International Conference of Military Medical Schools in Bangkok, Thailand. This presentation was particularly addressed to the princess of Thailand, Her Royal Highness Princess Sirindhorn.

Research Activities cont'd

Look out for the following research projects led by our AΩA members while completing their last stretch of medical school:

- 2d Lt Afsoon Anvari continues her research in childhood psychosis. She was invited to write a book chapter titled, "Childhood-Onset Schizophrenia," in a pediatric textbook of psychiatric disorders and presented this information at USU Founder's Day.
- 2LT Chelsea Ausman contributed to a study, "Systematic Review of Live Tissue Versus Simulation Education for Prehospital Trauma Providers," with classmate 2d Lt Jason David and AΩA alumni Capt Andrew Branting published in *Military Medicine*.
- ENS Holly Berkley presented a podium abstract, "Unintended Pregnancy: Findings in a Military Walk-In Contraception Clinic," at the American Congress of Obstetricians and Gynecologists 2017 Armed Forces District Meeting in San Antonio. She received the Chairman's Award for Best Scientific Paper from a Teaching Hospital.
- 2d Lt Adam Dulberger worked with Dr. Lichtenberger in the radiology department to write an article titled "MR Imaging of Cardiac Masses," which has been accepted for publication in the journal *Topics in Magnetic Resonance Imaging*.
- ENS Adam Fehringer published an article titled, "Renal Tumors of Childhood: Radiologic-Pathologic Correlation Part 2. The 2nd Decade: From the Radiologic Pathology Archives" in the Sep-Oct edition of *Radiographics*.
- 2d Lt Thomas Gerhardt directed a healthcare fair for a refugee community where he designed and organized the inaugural event to include basic screenings, health education, follow-up care, and basic dental treatments. He presented the healthcare fair as a poster for Founder's Day at USU in September and submitted an abstract for consideration for AAMC's Learn, Serve, Lead conference. He is currently working on a manuscript to reflect on this event to aid in development of similar service projects for refugee communities in the future.
- ENS Morgan Harvey conducted research with the Walter Reed sleep medicine department on specialty differences in prescribing sedative hypnotics and delivered lectures on insomnia treatment options at Walter Reed academics to approximately 100 psychiatry and internal medicine residents. Her research was included in a poster at the 31st Annual Meeting of the Associated Professional Sleep Societies in June 2017.
- 2LT Kelly Ivins-O'Keefe has continued research on antibiotic pharmacokinetics and pharmacodynamics at the US Army Institute of Surgical Research, with plans to submit a manuscript for publication this winter. She also drafted a case report on a cerebral air embolism that occurred after an improperly removed central venous catheter.
- ENS Kevin Taniguchi focuses his research on orthopedic surgery. He recently performed a podium presentation titled, "Incidence of Squeaking in Total Hip Arthroplasty Using Ceramic on Ceramic Bearing Surfaces" at the 8th Annual NMCSD/UCSD Resident Research Day. He also presented a poster titled, "The Effect of Whipstitch Suture on Pullout Strength for Tibial Interference Fixation of Anterior Cruciate Ligament Soft Tissue Grafts" at USU Founder's Day.

Service Projects

AΩA members are all involved in volunteer activities. 2LT Chelsea Ausman and 2LT Kelly Ivins-O'Keefe work to expand the volunteering opportunities available to our membership and continue our ongoing relationship with N Street Village, a local woman's shelter in Washington, D.C. We have hosted several successful events at the shelter, with positive feedback from both our members and from the shelter staff.



Todd Heig leads USU Team to educate "How Your Body Works" health session at the N Street Village Shelter (Isaac McCool, Paul Gonzales, and Todd Heig pictured)



Our members are working in a variety of community service projects since induction into AΩA, to include volunteering at local historical events and sporting events. Here are some highlights!

- Representation at the Marine Corps Marathon – 2d Lt Afsoon Anvari, 2LT Danielle Cummings, and 2LT Kelly Ivins-O'Keefe were among the USU volunteers assisting in medical aid at the finish line.
- Refugee healthcare fair – 2d Lt Thomas Gerhardt directed a health fair in September serving 200 adults and children who are refugees from across the globe.
- Boy Scouts – ENS Adam Fehringer helped teach first aid to a Boy Scout troop.
- Tropical medicine mission – 2d Lt Alexis Aust is orchestrating an overseas mission to deliver birthing simulators and conduct introductory intrapartum training. She also volunteered for the National Triathlon Medical Team in Omaha, NE.

Service Projects cont'd

N Street Village

Events are held bi-monthly at the N Street Village in Washington, D.C. The next class will be held on December 15, 2017. Members will have the opportunity to teach the women at the shelter about Obstetric/Gynecologic health with teaching regarding reproductive health. Keep a lookout in your inbox for upcoming dates and future opportunities!

Capital Area Food Bank

- Sign up at <https://capitalareafoodbank.volunteermatrix.com/>
- Indicate that you are a member of USU AΩA when asked
- Times are available both in the DC and NoVA locations
 - DC: Monday-Saturday 0900-1200 or 1300-1600
 - NoVA: Tuesday-Friday 1200-1600, Tuesday 1800-2000, Saturday 0800-1200
 - Additional special event times can be found on their site

San Antonio Animal Care Services

- For those of you spending lots of time in San Antonio, this is a great option! There is a minimum commitment to an orientation event and an initial block of 3 months volunteering, but there are lots of options for various ways to help.
- <http://www.sanantonio.gov/Animal-Care/How-You-Can-Help/Volunteer-Get-Involved>
- Brief Application found on the website

Record any volunteer activities on this survey:

<https://goo.gl/forms/mhyNhTndKsvFoMAa2>.

Doing so helps us report how our chapter has done with community service.

Please contact 2LT Chelsea Ausman and 2LT Kelly Ivins-O'Keefe for any questions or opportunities regarding service activities at: chelsea.ausman@usuhs.edu and kelly.ivins-okeefe@usuhs.edu. They will be sending out information with more opportunities as they find them!

AΩA Award Opportunities

The Alpha Omega Alpha (AΩA) Honor Society is accepting submissions for various awards, writing competitions, fellowships and grants. Most of these are open to both AΩA and non-AΩA members. Awards are valued anywhere from \$200 to \$25,000! Detailed instructions on due date, eligibility, submission procedure and additional programs can be found here: <https://alphaomegaalpha.org/programs.html>. Four of fourteen award opportunities are highlighted below.

Pharos Poetry Competition

Purpose

To encourage medical students to write effective poetry.

Prizes

Cash awards of \$600 for first place, \$350 for second place, and \$200 for third place will be given out to three students. The three selected entries will be published in *The Pharos*.

Entries due

January 5, 2018

Carolyn L. Kuckein Student Research Fellowship

Purpose

To foster the development of the next generation of medical researchers.

The Opportunity

Research support for a continual period of a minimum of 8 to 10 weeks, 30 hours or more per week, or an average of 4 hours per week for 12 months over 1 to 2 years, for clinical investigation, basic laboratory research, epidemiology, social science/health services research, leadership, or professionalism. Funds from the fellowship are expected to be the major source of support for the student. Only one candidate from each school may be nominated.

The Award

\$5,000, one-half paid on announcement of the award, and one-half on receipt and approval by AΩA of a final report of the research. Up to \$1,000 can be reimbursed for travel to present fellowship research results at a national meeting within one year of distribution of the final award check.

Application due

January 31, 2018

Medical Student Service Leadership Project Award

Purpose

To support leadership development for medical students. Alpha Omega Alpha is committed to preparing future leaders in medicine and health care. Leadership is about making a positive difference and can be learned through education, observation, and experience, and working with leader mentors. Service learning may provide an excellent opportunity for students to develop as servant leaders. Only one team from each school may be nominated.

Amount of Award

\$5,000 for the first year, \$3,000 for the second year, \$1,000 for the third year. The award will be paid to the sponsoring institution.

Application due

February 1, 2018

Helen H. Glaser Student Essay Award

Purpose

This competition encourages medical students to write creative narratives or scholarly essays relevant to medicine. Publication of prize winners in *The Pharos* aids the student with the ever-important process of getting articles published.

Prizes

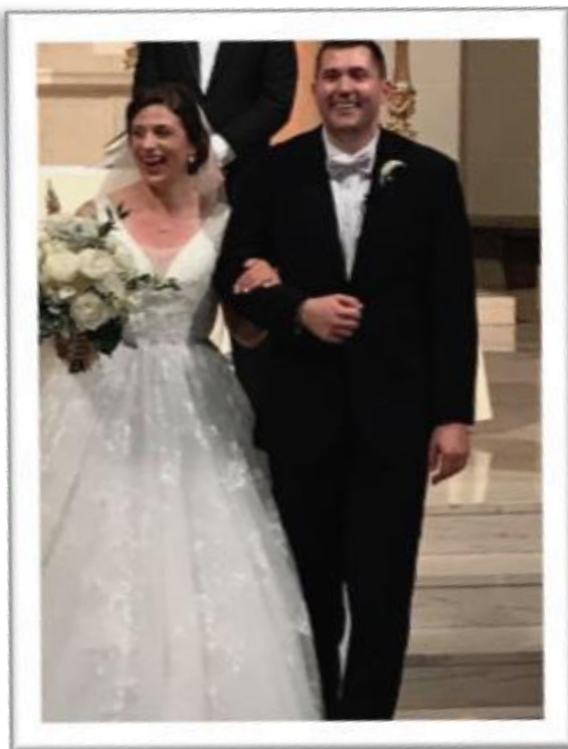
Cash awards of \$2,000 for first place, \$800 for second place, and \$550 for third place. Winning essays will be published in *The Pharos*.

Entries due

May 1, 2018

Take note that some submissions need to be approved locally and some are submitted directly on the AΩA website. For submission instructions that state to send to the local "councillor and/or selection committee," please direct those to 2d Lt Michael Noller (michael.noller@usuhs.edu) and 2LT Thomas J. Peterson (thomas.peterson@usuhs.edu).

Class of 2018 Life Updates



Our very own 2LT Michael Porambo and ENS Alexandra Osgood got married in September 2017. They had a beautiful ceremony at the College of the Holy Cross in Worcester, MA.

Congratulations!



There's nothing more happy, exciting, and adorable than welcoming a newborn into the family.

Congratulations to 2LT Michael Polmear (pictured left) and 2d Lt Thomas Gerhardt (pictured right) with their kiddos!



Class of 2018 Life Updates cont'd



2LT Rachel Bridwell attended and graduated Airborne School for an operational rotation experience.

LCDR Mathew Bridwell is pictured to the right, assisting in pinning her Airborne insignia.

She has earned her 3rd scoop of hooah after learning to love gravity; Newton was not joking.



2LT Rachel Bridwell plans to finish her memoir, *To Pandakar and Back Again, a Skittle's Tail of LARPing*.

Additional congratulations to ENS Morgan Harvey passing the American Academy of Sleep Medicine Inter-scorer Reliability Exam, enabling her to read and interpret polysomnography (i.e. sleep studies).

As time brings us closer to graduation, we are getting more settled to where we anticipate being – 2LT Chelsea Ausman and 2d Lt Alexis Aust have purchased homes! Chelsea has a place in Texas with husband (USU graduate) CPT Jason Ausman, who is an EM resident at Fort Hood. Alexis purchased a house in Florida near the beach – her husband was recently stationed at Eglin Air Force Base.

The Conclusion of Bushmaster: One Step Closer to Achieving the Coveted M.D.



Please look forward to our Winter Newsletter Update regarding Class of 2018 match results.
Good luck!