



An Update from: **Larry R. Kaiser, MD, FACS**
Dean, Lewis Katz School of Medicine
President and CEO, Temple University Health System
Senior Executive Vice President for Health Affairs, Temple University

Gerald H. Sterling, PhD
Senior Associate Dean for Education, Lewis Katz School of Medicine

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Welcome to Our New Postbac Class

As most of you are aware, our medical school houses several different distinguished programs. The **Lewis Katz School of Medicine (LKSOM) Postbaccalaureate program** is designed specifically to prepare students for success in our medical school and as practicing physicians. Every student accepted into our postbac program receives a conditional acceptance to LKSOM and successful completion of their track of study results in direct matriculation without a gap year. The 2018 combined Postbac class contains 9 BCMS or career changers, and 36 ACMS or premed undergraduate students. While they come from all over the United States, from Arizona to Washington, 21 out of 45 (47 percent) are Pennsylvania residents. This class is also one of our most diverse with 56 percent women, 13 percent African American, 11 percent Hispanic, and 16 percent Asian.

Previous careers range from teachers, two PhDs in chemistry and chemical engineering, an EMT, a healthcare services financial analyst, a nurse, and NIH researchers, to a Peace Corps volunteer, an Americorps volunteer, a Big Brothers/Big Sisters volunteer, several medical scribes, an art teacher, a cerebral palsy/spinal cord injury researcher, a medical device engineer, a fitness startup founder, and an accountant.

Members of our newest postbac class come to us through renowned undergraduate institutions including Barnard College, Dartmouth College, Harvard University, Haverford College, John Hopkins University, Penn State University, Princeton University, Scripps College, Swarthmore College, Tufts University, University of California–Los Angeles, University of Chicago, University of Michigan, University of Pennsylvania, University of Pittsburgh, Vanderbilt University, and Villanova University. Seven of our class completed their undergraduate students at our own illustrious institution–Temple University. Fourteen were Biology or Biochemistry majors, while other majors included Biomedical Engineering (2); Biopsychology, Cognition, and Neuroscience; Chemistry/Math; Engineering (2); Economics (2); Fine Arts; History (3); Integrated Sciences; Kinesiology (2); Music (2); Near Eastern Studies; Neuroscience (7); Nursing/Sociology; Philosophy; Psychology (2); Public Health; Science/Physical Education; and Tourism, Recreation, and Adventure Leadership.

We encourage our students to reach out to the newest members of the LKSOM family. We are certain that your varied experiences and backgrounds can only benefit our community.

Get to Know Your Course Coordinators

While the school year remains new for our first- and second-year medical students, we'd like to take this opportunity to formally introduce our pre-clerkship course coordinators. These individuals play a vital role in the Office of Medical Education and work hard to make your courses run smoothly. Working closely with Course Directors, they handle scheduling, communication, course materials, and room assignments. Their efforts are typically behind the scenes and, therefore, they rarely receive the notice or credit they deserve. Their office is located in 227 MERB and their door is always open!

We would like to take this time to acknowledge and thank (from left to right):

Jerome Wright – Doctoring Course Coordinator

Hannah Flite – Year 2 Course Coordinator

Nana Frimpong-Chester – Year 1 Course Coordinator

Alexis Gates – Pre-clerkship Electives Coordinator



Temple Story Slam

Our next Story Slam is scheduled for **Wednesday, October 3, 2018 at 5:30 p.m. in 105 MERB.** (Dinner at 5:00 p.m.).

The theme of this Slam is *Success and Failure*. We expect stories from students, faculty, nurses, and staff to present stories from the heart, relating to medicine or patient care or success and failures and discoveries along the way. This is a night to focus on our humanity, and the extraordinary things we see, feel, and do at Temple.

All are welcome to attend. Audience chooses the winner.

For information: Slam@temple.edu or Michael Vitez, Director of Narrative Medicine, x2-7131.



What's in a Credit Score?

A credit score is a three-digit number, typically between 300 and 850, which represents your credit risk and the likelihood of you paying your bills on time. The higher the score, the higher the likelihood you have responsible

financial habits. Your credit score is used to determine an approval for an account, like a credit card or loan, and your interest rate (the higher the credit score, the more likely of approval and better interest rate).

What factors go into this score? The number of accounts (credit cards, loans, etc.), the types of accounts, length of your credit history, payment history, and used versus available credit. Each credit bureau (there are 3—Equifax, Experian, and TransUnion) calculates your score differently, so your score may be different per bureau. This is completely normal and okay, so don't be nervous if you see a different score in the various places you may have access to your score (such as your credit report, credit card statement, or monitoring sites and companies).

If you want to learn more and have questions you'd like answered regarding the basics of credit, come to the "Understanding Credit" session being held on **Tuesday, October 16th at 12 p.m. in MERB 342**. An outside speaker is coming to speak on the topic and answer student questions. More information will be coming very soon!

At the Ginsburg Library

New Technology

The Library's **Innovation Space** has added two new technologies—a Microsoft HoloLens augmented reality (AR) system and an "Ultimaker 3" 3D printer.

The Microsoft HoloLens is the library's first augmented reality system, which takes interactive virtual elements and blends them with a user's current environment. Unlike VR systems, the HoloLens is a self-contained unit which does not need to maintain a connection with a PC; this allows it to be used anywhere. Also, unlike VR systems, the HoloLens primarily utilizes hand gestures and voice commands for user interaction.

See <https://youtu.be/Hamn4piVmsA> for a demo of an AR anatomy program.

The **Ultimaker 3** features higher-resolution 3D printing capabilities in comparison with the Lulzbot Taz6 or Stratasys UprintSE, with accuracy down to 25 microns. However, the Ultimaker also has a smaller print envelope, meaning it can only print small objects. For tiny items which need high levels of detail, the Ultimaker 3 is ideally suited.

Wellness Events

Zines and 'Za! (Make Your Own Magazine and Eat Pizza) – October 24th

Come learn about [Zines](#) (magazines with a twist) and how to make your own! Enjoy a slice of pie too!

(Registration is required—<https://ginsburgstudy.temple.edu/event/4418259>)

Coffee, Cupcakes, and Crafts – November 8th

Feeling in the mood for a little creative fun? Then come to the library to decorate a cupcake, enjoy it with some hot coffee, and be a button maker and designer. The library provides supplies for the button maker (Temple Ts and magazines for the images—or draw your own).

Well-Being Space

The Well-Being Advisory Committee is dedicated to enhancing student well-being at LKSOM. If you have any related resources, events or feedback that you'd like to share, please contact **Jacquee Lukawski** at jkl@temple.edu or 215-707-1630.

Mental Health Awareness

September is Suicide Prevention Month and there have been a number of special days of awareness that are relevant to medical students, physicians, and beyond. Monday, September 10 marked World Suicide Prevention Day and to shed light on this important topic, LKSOM's Our Wellness Liaisons (OWLs) shared a powerful post on their Instagram: "Tomorrow needs you."

The OWLs went on to explain, "Talking about suicide can be difficult, but it is incredibly important—for our future patients, for our family and friends, and for ourselves. Twenty-seven percent of medical students experience depression and 11 percent of medical students experience thoughts of suicide (*JAMA*, 2016). These statistics are overwhelming, but that's why it's important to have difficult conversations and reach out for help when you need it—because #tomorrowneedsyou." You can follow the OWLs at @lksom_owls for more meaningful content related to medical student well-being.

As part of Suicide Prevention Month, September 17, 2018 was the inaugural World Physician Suicide Awareness Day. There are a number of statistics which show that physicians are more likely than the general population to commit suicide, yet this is not frequently addressed. The Council of Residency Directors (CORD) for Emergency Medicine and many other organizations are hoping to change that and open a dialogue about how to prevent suicides among physicians and trainees.

On October 10, 2018, The World Health Organization (WHO) is hosting World Mental Health Day and the focus this year is on adolescents and young adults. Some of the resources offered include suggestions for "What to Do if You're Feeling Down or Depressed."

These include:

- Talk to someone you trust about your feelings.
- Seek professional help. Your local health-care worker or doctor is a good place to start.
- Stay connected. Keep in contact with family and friends.
- Exercise regularly, even if it's just a short walk.
- Stick to regular eating and sleeping habits.
- Avoid or restrict alcohol intake and refrain from using illicit drugs; they can worsen depression.
- Continue doing things you have always enjoyed, even when you don't feel like it.
- Be aware of persistent negative thoughts and self-criticism and try to replace them with positive thoughts. Congratulate yourself on your achievements.

As a reminder, mental health services are available to students through LKSOM Counseling Services and Tuttleman Counseling Services. More information can be found at <https://medicine.temple.edu/personal-counseling-services>. If you are in crisis, call the National Suicide Prevention Lifeline at **1-800-273-8255** or call 911.

Babcock Surgical Society

The Babcock Surgical Society is LKSOM's oldest student group, starting in 1907. Named for surgical innovator, educator, and author W. Wayne Babcock (pictured below), who became Chair of Surgery in 1903, it has been an active and important part of the LKSOM landscape for more than a century. The Society offers students opportunities to shadow and learn about resources, and fosters a better understanding of the wide range of

different surgical subspecialties. Students work with faculty to develop clinical observation in trauma, colorectal, vascular, transplant, and bariatric surgical operations.

Above all, the Babcock Surgical Society students invest effort to provide networking opportunities for students through yearly events. At the annual Babcock Surgical Social held in MERB, Temple physicians from 10 different



surgical specialties serve on a panel to talk about their path to medicine, work, family, recreation, and pressing issues they feel are pertinent to the next generation of surgeons. Skills workshops are held to teach suturing, knot tying, and other valuable surgical skills. The Babcock Surgical Society also collaborates with the other Philadelphia medical schools to run the citywide Surgical Symposium, held at Jefferson this year. Similarly, surgeons from across the city team up to discuss important aspects of the field of medicine: leadership, research, and unity.

Interested in learning more and getting involved?

The contacts for the group are:

Rahul Bussa, tuh30570@temple.edu

Jacob Levy, tuh42473@temple.edu

Chelsea Biefeld, tug90141@temple.edu

Steven Forman, tug82921@temple.edu

HURRY! Student Health Insurance Open Enrollment – Ends 9/28/18

Health insurance is **MANDATORY AND YOU MUST ENROLL OR WAIVE ON AN ANNUAL BASIS!** You have until **September 28th** to either enroll or waive health insurance coverage for the period from September 1, 2018 to August 31, 2019.

The effective dates of coverage are September 1, 2018 through August 31, 2019.

To enroll in one of Temple's Health Plans, follow this four-step process (this link will provide you with information about Temple's plans): <http://www.temple.edu/hr/students/index.html>

1. Click here: https://www.ibx.com/temple_students/enroll.html
2. Log on to the [TUportal](#)
3. Within the [Next Steps](#) checklist window, click where it states "Health Insurance is required". Here you will find the Health Insurance Certification of Outside Coverage form.
4. Once completed with the new Temple Plan information that you have enrolled in, you can verify the successful submission by clicking "Show Completed" at the bottom of the Next Steps checklist

To waive, follow these three steps:

1. Log on to the [Tuportal](#)
2. Within the Next Steps checklist window, click where it states "Health Insurance is required". Here you will find the Health Insurance Certification of Outside coverage form.
3. Once completed, you can verify the successful submission by clicking "Show Completed" at the bottom of the Next Steps checklist.

If you have any questions, you may contact **Joanne Handler** at joanneh@temple.edu or 215-707-7846.