

5/18/2018

# University of Washington, AOA Chapter

2018 Annual Report



**UW Medicine**  
SCHOOL OF MEDICINE



Greetings from the University of Washington Chapter of Alpha Omega Alpha! We are pleased to share with you several of our completed and ongoing projects that embody AΩA's values of leadership, service, and scholarship. Our chapter is exceptionally engaged in service and we take pride in the positive impact our efforts have had on the student body, School of Medicine (SOM) at large, and our local community.

We continued several projects begun by previous AΩA students, and created new projects in support of service to our community and the SOM. Each project was headed by one or two leaders to facilitate a clear vision for the project, to delegate tasks, and to provide a clear line of responsibility for project accomplishment. Project leaders volunteered to head projects based on their personal strengths and interests; our project leaders truly embodied the AΩA ideals of leadership, service, and scholarship.

- *Christopher McDonald, UW AΩA President, 2017-2018*

## UW AΩA Chapter



**President:** Christopher McDonald

**Vice President:** Steven Levitte

**Secretary:** Hannah Dysinger

**Student Members:** Kim Bauer, Caitlin Bolender, Michelle Brajcich, Lauren Colyer, Ariell DeSure, Galia Dietz, Benjamin Drum, Hannah Dysinger, Ruth Emerson, Cheyenne Enevold, Thomas Fitzpatrick, Joshua Frankland, Kelsie Hedlund, Danielle Hidano, Caroline Jackson, Emily Jones, Arielle Kloss, Calvin Knapp, Julie Kranseler, Steven Levitte, Brooke Lifland, Ann Lin, C.C. Ma, Alice Manos, Aaron Misakian, Justin Moore, Natalie Munger, Surabhi Nirke, Elizabeth Nuttall, Elena Pellicer, Angela Primbas, Noah Qualls, Jason Reynolds, Nina Tan, Dana Tower, Len Tran

**Spring 2018 Junior inductees:** Diana Christensen, Natalie Eggleston, Bobby Endo, Brynn Hathaway, Ian Isby, Margaret Jeakins-Cooley, Kayla Morrison, Avrey Novak, Cara Saxon, Sara Schaefer, Connor Tice, Christina Tull, Lindsay White

**Chapter Website:** <http://blogs.uw.edu/uwaoa>

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**Chapter Administrator:**

Emily Slager, Assoc. Director, Student Affairs

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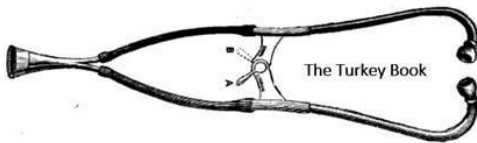
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## Project Updates

### **AΩA Turkey Book**

The Turkey Book is a compendium of facts, key concepts, and practical tips and advice for the core clerkships of the clinical years of medical school. The Turkey Book has been part of the UW AOA chapter for 33 years. Traditionally sold as a paperback booklet, five years ago the AΩA class made the transition to a phone app, available on both iPhone and Android devices. This was done with the help of AgileMD, a mobile app company based in San Francisco. Though the app was very successful, selling to UW students and to the medical student community at large, we decided to move away from the app platform to the iBook format this year. The new format allows the book to be easily updated and has expanded multimedia capabilities (such as the embedding of multimedia content into the text). After updating the information contained in the Turkey Book and reformatting the material into iBook format, we launched the new Turkey Book on Apple Books and Google Play this spring for \$6.99.



An introductory manual for the wards  
Created by UW Alpha Omega Alpha (AOA) Honor Medical Society

The Turkey Book had a strong sales since the iBook format launch in March 2018, earning \$346.92 with a total of 77 book sales. As mentioned above, the Turkey Book underwent content update and addition by this year's AOA Cohort. It was a group-wide effort. The next content update will be tentatively scheduled for the 2019-2020 academic year.

### **Virtual Specialty Fair**



With the evolution of the UWSOM curriculum, the 2016-2017 AOA cohort created a Specialty and Clerkship Fair to fit the needs of the third year students by hosting a Virtual Specialty Fair. This year, we built on their idea to fit the needs of a geographically separate class. With various members of UWOSM AOA and a few other MS4s, we hosted a “live” zoom Specialty Fair of sixteen different specialties on three consecutive evenings. Students were given a short 10-15 minute presentation on the specialty, which was recorded for posting on a MediaSite Page. The sessions then transitioned into Q&A format in which students could ask about clerkships in that specialty and other advice about applying in said specialty. The fourth year student going into each specialty offered advice to third year students about ways to be successful, electives to take, tips for preparing ERAS, getting letters, interviewing and other general advice. This advice was provided both via Specialty Tips Sheets as well as the previously mentioned recorded videos. The updated videos and 2016-2017 videos were very successful and many departmental advisors asked to be able to list the link to their department website. Additionally, the UWSOM Career Advisors have utilized the videos to help students in making their career decision. The live zoom sessions that were held had low attendance, with the largest session having six

students attend. However, attendance was improved from the 2016-2017 Virtual Fair. Feedback suggested that most students simply found that the videos answered all of their questions. However, continual efforts will be made to increase attendance and encourage participation. The Pearls of Wisdom document was also made available at the same time as the Electives Fair.

### **Pearls of Wisdom**

UW AOA has long overseen an important resource for second- and third-years as they transition to their clinical clerkships and residency applications: the AOA Pearls of Wisdom document. This resource compiles advice from current AOA members on how best to learn and succeed on various clerkships, such as efficient pre-rounding, which resources to consult, how to practice effective time management, how to create study plans for end-of-clerkship exams, and how to prepare for Step 1, Step 2 CK, and Step 2 CS. This year we updated the following sections: resources used in board exam preparation, study tips for the surgery shelf exam, the clerkships section to reflect the requirements of the new curriculum, and details about ERAS applications and interviews for various specialties. We also updated the contacts of AOA members willing to answer questions about specific specialties. We were interested in increasing student awareness of this document and advertised it specifically along with the Clerkship Fair as well as having a link to it placed on the AOA website.



### **AOA Mentors Program**

We were excited to continue our mentorship program, connecting senior AOA students with their MS1 through MS3 classmates. We matched ninety eight students with AOA mentors. Thirty five AOA members participated in the program. Mentors and mentees were matched according to personal and career interests, as determined by an online survey. The survey showed that mentees were most interested to discuss general academic success strategies, USMLE advice, and preparation for matching into various specialties. Our members came from a variety of career interests and experiences, allowing them to share their knowledge of a wide range of topics. Students received one-on-one peer mentoring from senior students in a variety of modalities from email, to telephone, to in person meetings. Many students located in the WWAMI region also participated via phone and email. Mentees were able to select the frequency and type of mentoring they received, allowing the mentee to engage in the mentoring relationship as much or as little as he or she felt necessary. As we welcome our new members this spring, we look forward to again offering mentorship to students of all years.

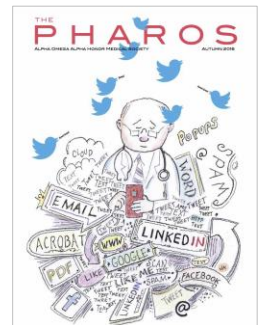


## 2017 Carolyn L. Kuckein Student Research Fellowships

The Carolyn L Kuckein Student Research Fellowship is a research grant administered by the national AΩA office in honor of longtime administrator and honorary society member, Carolyn Kuckein. It provides up to \$6,000 to support medical student research to first, second, and third year medical students from schools with active AΩA chapters. Each AΩA chapter may nominate one applicant to the national selection round. This year, we received a record number of ten applications from University of Washington Medical Students. With the help of our review committee, Natasha Edman's project, titled "Building a nanoparticle to generate broadly neutralizing antibodies against multiple influenza strains" was named as the University of Washington nominee, and Natasha was subsequently awarded with a Carolyn L. Kuckein Student Research Fellowship. We wish to thank Dr. Douglas Paauw and Emily Slager for support in the nomination of Natasha's application. Our review committee worked with the other applicants to offer guidance about other research fellowship and funding opportunities. Our committee also made improvements to the rubric that our Chapter can use to judge future applications, going forward.

### Pharos Essay & Poetry Contests

The AOA Pharos Poetry and Helen H. Glaser Student Essay competitions are encouraged by the National AOA organization as a forum to foster creativity in medicine. This year, UWSOM had four University of Washington medical students submitting works of art to the AOA Helen Glaser Essay competition. The AOA Pharos Poetry and Helen H. Glaser Student Essay competitions are encouraged by the National AOA organization as a forum to foster creativity in medicine. The competition is strong, and while none of our UWSOM students won this year, we pledged our commitment to supporting students' creativity by establishing a website, "Call Room Creativity" to exhibit student artwork, essays, and poetry (<https://sites.uw.edu/uwsomcallroomcreativity/>).



### Research Mentorship

During students' preclinical years, it can often be difficult to seek out research opportunities. In order to facilitate uniting students with seasoned research mentors, we developed research contacts for a large number of UW departments and posted the list for viewing on the AOA website. We also held a mentorship meeting where AOA members gave advice to interested students about research opportunities in medical school. The meeting was recorded and posted online for future viewing. Approximately ten preclinical students attended the meeting and several more reached out regarding the recording.

### Death Rounds

As medical students, we often experience death and dying for the first time with the deaths of patients who we care for. The goal of the life and death rounds projects is to provide medical students with an environment to reflect on personal experiences with death and dying, normalize grief reactions, and develop resiliency tools to be used throughout their careers. To this end, we have begun developing an online grief and resiliency resources library to be made available on the AOA website in late May or early June and are in the process of developing in-person life and death rounds. For next academic year, we envision the start of bimonthly in-person life and death rounds. We have been in contact with both the University of Washington Medical Center Palliative Care Department and the University of Washington School of Medicine counseling department regarding the structure and facilitation of these rounds, so that future students can reach out to the counseling department regarding their interest in facilitation and further development of Death Rounds.

### **Faculty, Resident and Alumni Elections**

Each year, current members nominate faculty, residents, and alumni who are thought to meet AOA membership criteria. This year the UW chapter held an election in February and we are pleased to announce the following new inductees:

*Faculty:* Dr. Laura Buck, Dr. Frederick Buckner, Dr. Dallas Buchanan, Dr. Robyn Rodgers

*Residents and Fellows:* Dr. Alex Tanabe, Dr. Craig Miller, Dr. Richard Harbison, Dr. Sebastian Jara, Dr. James Koved

### **Volunteer Clinical Faculty Award**



Volunteer clinical faculty members are often inadequately appreciated and rarely recognized. Alpha Omega Alpha's Volunteer Clinical Faculty Award is presented annually to recognize a community physician who contributes with distinction to the education and training of clinical students. AOA members were instructed to nominate physicians who effectively and generously donate their time, skill, and experience to teach clinical skills. Congratulations to this year's recipient, Dr. Tyler Bradford. Dr. Bradford was presented with his award at our chapter's Annual Banquet on May 21st.

## Visiting Professorship Program



Our chapter invited Dr. Eve J. Higginbotham, MD, MS, the Vice Dean for Diversity and Inclusion at the Perelman School of Medicine, University of Pennsylvania to be the keynote speaker at the Annual AOA Banquet. She is a well-established clinician, scientist, medical educator, and administrator with over three decades of academic experience and twenty years of experience managing business within academic health centers. Additionally, she was the first woman to head a university-based ophthalmology department in the United States. In addition to giving the keynote address at our chapter's Annual Banquet, Dr. Higginbotham will speak with various UWSOM medical students regarding service and ophthalmology, with UWSOM professors interested in leadership and professionalism, and in a small-group setting with AOA members over meals. We are all looking forward to hearing Dr. Higginbotham speak and provide us with guidance for continual service in medicine.

## UW Chapter AOA Annual Banquet

At the end of every academic year, the UW Chapter of AOA hosts a banquet during which new members are recognized and celebrated. The banquet is always a much anticipated social gathering of new AOA members, current AOA faculty, guests, and loved ones. This year's banquet was attended by 77 people and was held on Monday, May 21<sup>st</sup> at The University Club on the UW main campus. A keynote address was given by visiting professor Dr. Eve Higginbotham, and all of the graduating seniors received their AOA cords to wear at graduation.



*Graduating MS4's at Annual Banquet*