

UNIVERSITY *of* WASHINGTON

Alpha Omega Alpha Chapter

2019–2020 ANNUAL CHAPTER REPORT

UW Alpha Omega Alpha Chapter

Annual Report

June 15, 2020

BE BOUNDLESS



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PRESIDENT'S WELCOME

Meeting challenges head on

The rapid emergence and spread of the COVID-19 pandemic and the vast changes it has imparted, and will continue to impart, on our institutions in healthcare, government, economics, and education, will be remembered for centuries. While this pandemic has challenged us to adapt and improvise the way we deliver healthcare and medical education, it has also highlighted the many strengths of the UW Medicine community, and reminded me of our ultimate asset-- our people. An important part of this community, the UW Alpha Omega Alpha Chapter is no different. As president of our chapter, I had the privilege to oversee the work of our talented and dedicated student members for the last year. I watched in awe as our students took projects to new heights with creative and collaborative flair, and even when pulled from clinical rotations at the height of the pandemic, rose to the challenges faced. Our students offered practical solutions to relieve some of the burden experienced by colleagues on the front lines, while also finding creative ways to celebrate the work of our chapter during such unprecedented and uncertain times. I am proud to represent this group of impassioned and intelligent students, who repeatedly demonstrate what it means to "be worthy to serve the suffering".



At our very first meeting, our chapter determined to approach this year with a single mission in mind-- increase transparency of our chapter and improve accessibility of its work to be enjoyed in an equitable fashion by all students across our very large and diverse institution. I believe you will see that theme shine through in the project updates provided in this year's report, which detail our member's devotion to service of the medical student community. This spring, we said goodbye to Emily Slager, our wonderful chapter administrator and beloved Associate Director of Student Affairs, who I am sure will prove to be as much of a critical asset in her new career as she was to our chapter and the larger UWSOM community. Thank you for your interest and support of our Alpha Omega Alpha chapter. I feel confident and reassured that our graduating members will represent the UWSOM community with honor as they now embark on their careers in medicine across the country, as we pass the torch to our newest members.

--Alexander Hoffmann, UW AQA Chapter President 2019-2020
Internal Medicine, Massachusetts General Hospital

OUR CHAPTER

Leadership

President- Alexander Hoffmann

Vice President- Hailey Theeuwen

Secretary- Jonathan Yi

Student Members

Max Adcox, Mahlet Assefa, Kaia Barth, John Bartoletta, Katie Bergus, Alaina Butler, Daniel Carson, Benjamin Cordy, Kristen Cox, Erin dela Cruz, Beth Gay, Cyrus Gilbert, Kelsey Harding, Gabriel Heymann, Roxanne Hicks, Teal Jenkins, Sarah Kerr, Kyler Kingston, Kim Matsumoto, Megan Mayer, Connor McCormick, Aubriana McEvoy, Shauna Milne-Price, Melanie Morris, Yasman Moshiri, Claire Murphy, Dominic Nicacio, Nicholas Rasmussen, MacKenzie Rinaldi, Caleb Rivera, Jody Sharnighausen, Elizabeth Shepard, Cassandra Simonich, Natasha Steele, Sylvia Stellmacher, Alizabeth Weber, Andy Wen, Melyssa Wilde

Spring 2020 Junior Inductees

David Caldwell, Rachael Carricaburu, Ngan (May) Do, Caleb Hood, Heather Johns, Kevin Jurgenmeier, Leah Karlsen, Katie Kent, Nathan Maris, Aaron Robertson, Bryn Smith, Phanith Touch

Administration

Chapter Councilor- Douglas Paauw, MD, MACP

> dpaauw@uw.edu; 206-543-3327

Chapter Administrator- Ashley Russell

> russea@uw.edu; 206-616-6475

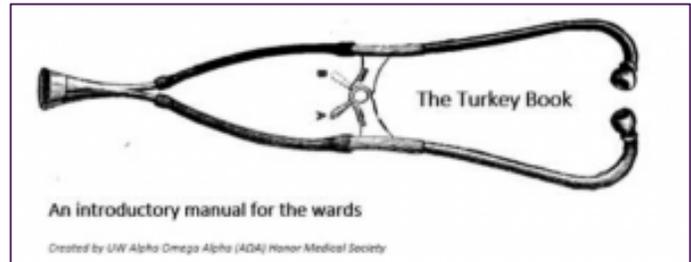
Chapter Website

> <https://blogs.uw.edu/uwaoa/>

PROJECT UPDATES

THE TURKEY BOOK

A University of Washington AQA chapter original dating back to the 1980s, the Turkey Book is a compendium of facts, key concepts, practical tips, and advice for students in training to use on their core clerkship rotations. This is a cherished resource utilized not only by physicians-in-training, but also by students in the MEDEX Physician Assistant Program and the School of Nursing. Initially a paperback, the product has undergone serial revisions and now takes the form of an e-Book available for purchase on both the Google Play and Apple iBook stores. Traditionally, the book has been edited and updated every other year, and this year the task of this revision was embraced by volunteers comprising a majority of our membership under the direction of project leader Sylvia Stellmacher (Internal Medicine, University of Washington). Notable changes include a revised classification schema of heart failure with preserved versus reduced ejection fraction, updating sections with new evidence-based guidelines such as IDSA recommendations for empiric treatment of pneumonia and diagnostic criteria of systemic lupus erythematosus, just to name a few.



The updated version of the book has been made available for purchase once again on both the Google and Apple platforms. Previous cohorts have strategically timed the advertisement of this resource to the student body to coincide with Transition to Clerkships given its popularity on the wards. This year, however, in light of the disruption of clinical rotations at least through June, our chapter has postponed advertising this resource. The future AQA cohort will need to advertise this resource when clinical rotations are resumed, especially seeing as this has been a major source of funding for our chapter in the past.

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ACTIVITIES FAIR

Our AQA chapter was once again represented at the annual School of Medicine Activities Fair held each fall. Prior to this event, our chapter had consensus on the goal of introducing junior students to the resources the chapter has to offer medical students at all stages of their education. To this end, Beth Gay (Internal Medicine, Massachusetts General Hospital) produced an updated brochure detailing the many projects and resources detailed in this report that have proven to be of great practical benefit to students which was a fantastic success. This brochure was emailed to students of all years at all clinical sites. We anticipate future AQA cohorts will continue to capitalize on the gains we saw in popularity of AQA resources we feel was in part due to this early advertisement, seen most clearly in a surge of interest in the chapter's Peer Mentorship Program detailed below.

PEARLS OF WISDOM

A project that began in 2011, the AQA Pearls of Wisdom is a collection of practical tips and advice from our senior AQA members on how to best navigate each year of medical school. With information on best practices for success in the classroom, the wards, and the match, this document has become an invaluable resource to the UWSOM student body. This year, the document underwent a major overhaul under the direction of Katie Bergus (General Surgery, Ohio State University), who surveyed our members to provide the most accurate and up-to-date collection of advice possible. The entire document was reformatted and updated to be more accurate and user friendly, with particular attention paid to updating residency application and specialty specific career advice. In addition, the number of clinical electives included in the document was greatly increased.

Anticipated improvements reflect the changing curriculum at UWSOM, which include introducing a section on the Ecology of Health and Medicine Course in the pre-clinical years. Several residency application and specialty specific sections were not updated as they were not represented by our cohort, so we anticipate further updating in these sections to come, as well as more general updates to come with publication of the 2020 Charting Outcomes data by the AAMC.

THE U DUB SCRUB PODCAST

Our newest project, the U Dub Scrub Podcast, is a fantastic way to connect students from across the WWAMI region. Under the direction of project lead Max Adcox (Thoracic Surgery, University of Washington), our chapter produced two episodes this year, an interview with the legendary Dr. Hugh Foy, Chief of Surgery at Harborview Medical Center, and an episode discussing out of hospital emergency medicine with Dr. Fiona Gallahue, program director of the University of Washington Emergency Medicine residency. This year, we took production to new heights, utilizing a state of the art recording studio in the Health Sciences Building (available for future recording sessions) and launching the podcast on the [popular streaming service Spotify](#).



Episodes in the works interrupted by COVID-19 that we expect to be very popular if picked up by the next group of students include interviews with Dr. Mary-Claire King, UW Professor of Genomics who discovered the BRCA tumor suppressor gene, and Dr. Ki Shin, Medical Director of the Grays Harbor County Jail. We anticipate many more high quality episodes to be produced in the future which will take advantage of these high tech resources and continue to connect students across the diverse and vast reaches of our institution.

PEER MENTORSHIP PROGRAM

Members of our chapter once again enthusiastically participated in the popular Peer Mentorship Program. This program matches our AQA members with MS1-MS3 students to provide one-on-one mentorship that takes many forms—from a chat over coffee in the U District, to a phone call pep talk prior to an exam in Laramie, our mentor/mentee pairs are a true example of how our members provide a unique service as senior and accomplished students in our educational community. This year, we were blown away by the response to our call for mentees. A total of 144 students were matched in mentorship pairs, with greater than 90% of our AQA members participating as mentors. Participation grew significantly from the year prior which matched 91 mentorship pairs in large part due to a second wave of pairings due to such high demand. Project leader Kaia Barth (Internal Medicine, University of California, San Francisco), worked tirelessly to match students and mentors by hand, finding pairs of students with similar interests and WWAMI sites if possible.

Moving forward, we recommend consolidating research mentorship into this project (previously part of the Carolyn L. Kuckein project below), given that many of our members can offer practical advice on the basics of student involvement of research, while the Kuckein Fellowship is designed more specifically to select a single research proposal to represent the University of Washington on the national level. In addition, we planned to hold the first annual Mentorship Social in the spring, timed to coincide with Transition to Clerkships. This would have involved a social gathering of our AQA members and junior students to facilitate in-person, informal networking and foster our overarching goal of transparency and accessibility to the student body. Unfortunately, this was not possible due to the emergence of the COVID-19 pandemic, but we expect this will be a fantastically popular event in the years to come if acted on by subsequent AQA classes.

CAROLYN L. KUCKEIN RESEARCH FELLOWSHIP

A competitive national AQA program, the [Carolyn L. Kuckein Research Fellowship](#) is a research grant of up to \$6,000 to support medical student research by first, second, and third year medical students. Each year, it is our chapter's responsibility to provide the national AQA office with a submission to represent UWSOM as a whole, but our chapter goes above and beyond this duty to provide constructive feedback to every research proposal received. The selection committee, led by Cassie Simonich (MSTP graduate, Pediatrics, Research Track, University of Washington/Seattle Children's Hospital) and Megan Mayer (MPH, Internal Medicine, Global Health Track, University of Colorado, Denver) received nine stellar applications, and the research proposal entitled "Investigating the Efficacy of Hemopoietic Stem Cell Transplantation in Patients with Anaplastic Large Cell Lymphoma" by MS1 student Natalie Smith and her mentors at Fred Hutchinson Cancer Research Center was selected to be submitted to the national competition. Continuing a tradition of UWSOM students success with this program, Natalie's proposal was selected as the winner of this grant to complete the project and present it at a meeting of her choice.



Natalie Smith, MS1, UWSOM nominee and 2020 winner of the Carolyn L. Kuckein Research Fellowship.

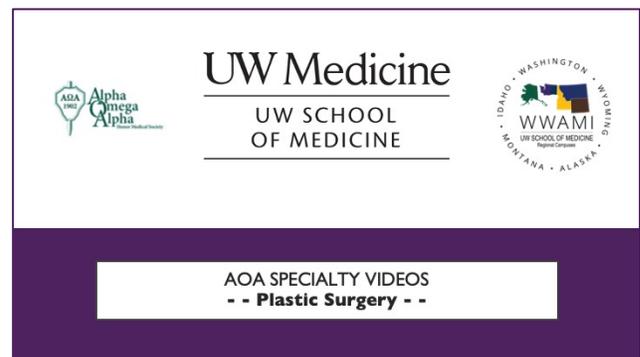
This year, the scoring rubric for the selection process was updated to place more weight on original research on the recommendation of last year's cohort. Noting the high number of quality applications we received, we also updated our website to connect students to the various funding opportunities available to UWSOM students in addition to the Kuckein Fellowship to help boost medical student scholarship. In the future, we anticipate success with including links to these funding opportunities in the emails calling for submissions to the Kuckein Fellowship.

THE PHAROS POETRY & ESSAY COMPETITIONS

As is customary, the Pharos Poetry and Helen H. Glaser Essay competitions were again advertised to our student body for submissions. This national program highlights creative writing by any student who submits work from a medical school with an active AQA chapter. While no UW students were selected to be published this year, we will continue to broadcast these opportunities for scholarly work to be recognized nationally.

SPECIALTY CAREER VIDEO LIBRARY

Building on recommendations from last year's AQA cohort, this year our chapter produced twelve brand new medical specialty career videos narrated by student representatives of each particular specialty. Coordinated by Liz Weber (Otolaryngology, St. Louis University) and Caleb Rivera (Ophthalmology, University of Alabama, Birmingham), each video covered a standard set of subjects to provide viewers with an overview of the specialty and how to position oneself optimally for a successful match in the field.



Videos were uploaded to a new [UW AQA YouTube channel](#) to improve accessibility to this fantastic resource, improving the technical difficulties experienced in both recording and accessing content on Mediasite, and also in realizing that our members' expertise is relevant to students across the country. These videos were also enthusiastically received by the UWSOM Career Advising Department which plans to reference them on their webpage as one of many resources available to UWSOM students to guide their career exploration. This new platform will surely continue to be an effective means of publishing updated career advice to our students, and could perhaps serve as a platform to publish other resources from other projects for use by a larger audience.

FACULTY & RESIDENT/FELLOW INDUCTEES

FACULTY

Pavan Bhatraju (Pulmonary & Critical Care Medicine), Francis Kim (Cardiology), Tanya Meyer (Head & Neck Surgery)

RESIDENTS & FELLOWS

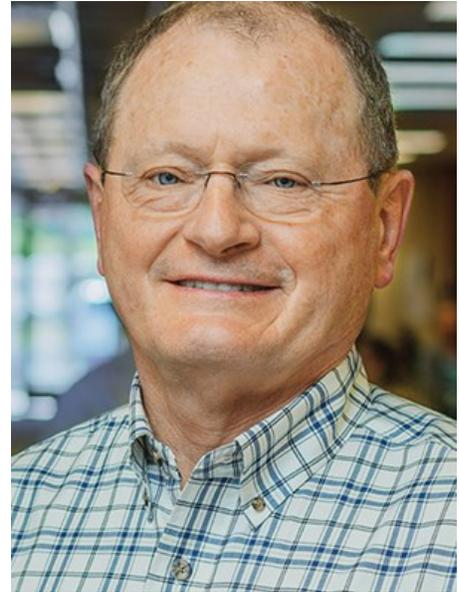
Alison Bae, Kevin Blau, Edward Briercheck, Helen Jack, Emmanuel Jauregui, Theresa (Tess) King, Jeff Krimmel-Morrison, AJ Kulangara, Linda Liu, Nancy Mugisha, Kate Perez, Mayuree Rao, Amelie Tiritilli, Mengru (Ruru) Wang

VOLUNTEER CLINICAL FACULTY AWARD

JOHN THALKEN, MD

Memorial Hospital of Converse County, Douglas, WY

Each year, our chapter has the privilege to honor a member of the UW School of Medicine faculty who volunteers his or her time to educate medical students around the WWAMI region. These individuals selflessly devote valuable time from their own practices to bring students into the fold and provide invaluable clinical experience and teaching. Their work is a large part of what makes the WWAMI program so unique and recognized across the nation for producing excellent clinicians. This year, Dr. John Thalken, a general internist and primary care physician in Douglas, Wyoming, was recognized by our chapter for this honor. As the lone internist in a small town, Dr. Thalken's expertise and compassionate care is treasured by the members of his community. A graduate of the University of New Mexico School of Medicine and the Mayo Clinic Internal Medicine Residency Program, Dr. Thalken returned to Wyoming to provide medical care for the rural communities where he grew up.



Now employed by the local county hospital, Dr. Thalken is recognized as a clear leader in the local healthcare landscape, evident both by his skillful care of medically complex patients in the primary care clinic, and his thoughtful leadership in the healthcare organization. His expert care is punctuated by his characteristic light hearted humor and emphasis on education that he individualizes for each student that rotates with him. He may be found in the clinic auscultating hearts with his distinctive electronic stethoscope/Beats by Dr. Dre combo which stays strapped in a holster on his hip when not in use, or on the weekends at the shooting range with his collection of antique firearms. Students rotating with him experience the best that rural medicine has to offer while learning by example to practice the most up to date evidence-based medicine.

VISITING PROFESSORSHIP & ANNUAL BANQUET

HOLLY HUMPHREY, MD, MACP

President, Josiah Macy Jr. Foundation



Dr. Holly Humphrey accepted our invitation to speak to our chapter as our annual visiting professor. Dr. Humphrey currently serves as the 8th President of the Josiah Macy Jr. Foundation in New York City, and Dean Emerita for Medical Education at the University of Chicago Pritzker School of Medicine, where she served as Professor of Medicine and the Internal Medicine Residency Program Director for nearly 20 years. In 1989, she organized the country's first white coat ceremony for medical students which has since been widely adopted by medical schools. Under her leadership, the University of Chicago was recognized by both the American Medical Association's Accelerating Change in Medical Education Consortium and the Accreditation Council for Graduate Medical Education's Pursuing Excellence in Clinical Learning Environments Initiative. She co-founded the Bowman Society which investigates healthcare disparities and provides mentorship for students, residents, and faculty underrepresented in medicine, while spearheading efforts to recruit and support students from diverse backgrounds in medical school and residency programs.

Her work at the Macy Foundation is a continuation of her devotion to equity and inclusion, as the foundation provides grants to institutions across the country to promote safe, equitable, and diverse medical learning environments to prepare future physicians to care for an increasingly diverse population. Widely renowned in medical education circles, Dr. Humphrey is the Chair of the Board of Directors of the new Kaiser Permanente Bernard J. Tyson School of Medicine. Her many awards and honors include her selection as Master by the American College of Physicians, the Dema C. Daley Foundation Award from the Association of Program Directors in Internal Medicine (of which she is also a past president), and her selection more than 25 times as best faculty teacher by graduating medical students at Pritzker.

Dr. Humphrey [addressed our AQA members by video](#) this year in lieu of an in person address due to the COVID-19 pandemic. As an experienced medical educator, she offered our graduating class helpful pearls of wisdom to combat the two concerns she heard most from new interns: a fear of harming patients, and a fear of losing oneself during clinical training. Finally, she offered words of hope and inspiration as our graduating class prepares to take on the role of physician in such uncertain times.

ANNUAL BANQUET

Unfortunately, our chapter’s annual banquet, typically held in May, was cancelled due to the COVID-19 pandemic. That being said, our fantastic students and their work were celebrated virtually. The most important aspects of the banquet were preserved—both the address by Dr. Humphrey, our visiting professor, and a distribution of each student’s AΩA nomination comments. We were also able to include very [special video messages](#) from Dr. Richard Byyny, Executive Director of the national Alpha Omega Alpha organization, and UW AΩA alumnus Dr. Joseph O’Neill, Former Director of the White House Office of National AIDS Policy under President George W. Bush, and architect behind the President’s Emergency Plan for AIDS Relief (PEPFAR), estimated to have saved more than 17 million lives from AIDS since its inception in 2003. While we could not celebrate in person, an unexpected positive is that the video messages have now been saved for anyone to watch, which will be posted on our website.

