

2008 CHAPTER REPORT

Sigma Sigma Phi
Chi Chapter

Edward Via Virginia College of Osteopathic Medicine

AOA Convention
Fall 2008
Las Vegas, Nevada



Submitted by: Jessica Naff
Chi Chapter President 2008-2009

2008-2009 Officers:

President: Jessica Naff

Vice President: Ryan Schlueter

Secretary/Treasurer: Morlee Mitchell

Membership Chair: Elizabeth Czar

Advisors: Dr. Fred Rawlins, D.O. and Mr. William P. King, M.B.A

Current Members:

Class of 2009 → 21 members

Class of 2010 → 19 members

Class of 2011 → 42 members

Total 82 members

Class of 2009:

Alison Chase
Laura Byrne Cieraszyński
Wayne Davis
Maria Dunn
Quincy Gerrald
Latonya Hendricks
Aaron Jones
Edward Jones
Joseph Kidd
Sharon Kreuer
Lenny Laureta-Bansil
Hilary Lois
Tiundra Love
Brandon Lowe
Douglas Lucas
Megan Morris
George Mueller
Nathan Myatt
Julie Overboe
Neil Sparks
DeAnn Jebailey Wybenga

Class of 2010:

Katia Asali
Michael Buscher
Kathryn Carlile
Hannah Coulson
Dustin Dyer
Betsy Garratt
Joseph Iskandar
Malak Iskandar
Natalya Izakov
Rachel Muh
Janet Philps
Jessica Pope
Robert Rhoades
Malena Sansbury
Hillary Shemes
Cynthia Victor
Sarah Wasilenko
Jack Whitaker
Samuel Wilson

Class of 2011:

Kimberly Barrett
Nicholas Bodenheimer
Christine Bohley
Jessica Ciaburri
Elizabeth Czar
Alana Dorsey
Thomas Evans
Farimah Farahani Nasr
Elliot Freed
Sarah Garden
Erin Grey
Cynthia Griffin
Ashleigh Keats
Constance Kwan
Courtney Lane
Tia Little
Rebecca Louie
Morlee Mitchell
Henry Monsour
Jessica Naff
Amber Newell
Tyler Noble
John Troy Owens
Stephanie Phillips
Aimee Riley
Jenna Shenk
Ryan Schlueter
Michelle Shipp
Brian Shirley
Ahren Shubin
Jessica Shuffler
Brent Skiver
Erin Spadaro
Isaac Spence
Samantha Squibb
Matt Torre
Michael Vitto
Kristen Ward
Kate Weller
Steven Whelpley
Laura Wieczorek
Arlene Zelinskas

Financial Report

Our current balance as of October 23, 2008 is \$920.00. Fundraisers will take place throughout the current year in order to fund Sigma Sigma Phi sponsored academic and community service events.

Introduction:

The Chi Chapter is looking forward to a great year of both academic and community service. As this is the first year that the organization has been comprised of students who are on-campus, we are still trying to define the specific goals and directions for the club. It is our goal to provide as much academic support to fellow VCOM students as service to the communities within and surrounding Southwest Virginia. In addition, with VCOM's updated globally-minded mission statement, we are hoping for our members to become involved in international outreach as well.

Member Selection:

Our criteria for invitation are currently:

- Must have a 3.75 GPA or higher at VCOM at end of first year
- Must have a 3.70 GPA or higher at VCOM at end of second year
- Must have above average rotation grades during third and fourth years (mostly Honors or High Pass on rotations, no greater than 2 Pass grades and all Satisfactory grades on modules)
- Must have no current or pending academic deficiencies
- Must be "on schedule" to graduate with your respective class, which means currently having passed COMLEX I scores, "on schedule" to complete COMLEX 2 CE and PE prior to graduation, and completion of enough clinical rotations at this point so you can fit in a total of 9 OMS IV rotations before June. Candidates for the DO/PhD program must be on schedule to complete all DO requirements prior to the December of the year prior to graduation.
- Must be considered in good standing with VCOM (e.g., no current or pending behavioral infractions, no academic probation, etc.)
- Must have participated in at least one significant extracurricular patient care experience at VCOM (e.g. Appalachian Volunteer event, VRHA event, RAM event, Mini Med School, VRHA event, Peds Outreach, International Mission trip, etc.)
- Must have been active in at least one VCOM Student Organization
- Must be willing to provide advice or counsel to other medical students or potential medical students on the values and benefits of being an osteopathic physician

Monthly Meetings:

At the current time we are planning to have at least one meeting and one SSP activity/event per month. Upcoming/suggested events include:

- Board Question of the Day
 - To expose ourselves and our classmates to board questions on an everyday basis, we will post board-type questions and answers on the large TV screens outside of the classroom.
- "Speed-Date" a Doctor
 - We are teaming up with the Internal Medicine Club to bring in physicians of different specialties where each person will have a 3-5 minute "speed date" with a physician. We are hoping that this will introduce VCOM students to medical specialties available in a quick, fun, and straight forward manner.

- Weekend Board Reviews and Practice Tests
 - We are hoping to host/moderate board review lectures and to simulate a test taking environment for taking practice COMLEX exams.

Service Projects/Activities:

At the current time, Chi Chapter members have participated in the following events. These events have not solely been organized and carried out by the Chi Chapter; however, with the election of the Executive Board and regular chapter meetings, certain activities will be taken over by the Chi Chapter while others will be supported by and integrated into Chi Chapter activities.

Service to VCOM and VCOM Students

- **Class Resource Committee**
 - A committee started in Fall 2008 designed to create and distribute study-guide materials to the whole class. The study-guides are posted on the class blog/test-bank so that they are easily accessible to everyone. This was done to promote camaraderie among VCOM students and to enhance a non-competitive atmosphere.
- **Tutoring**
 - Many SSP members serve as tutors to other classmates.
- **VCOM Ambassadors**
 - The goal of the Ambassador program is to promote VCOM and the D.O. profession within and beyond our community. As Ambassadors, students are required to:
 - Participate in Off-Campus Visits: Each ambassador is required make two visits off-campus. One visit must be made to a four-year institution. The second visit may be made to a four-year institution, community college or high school.
 - Participate in the planning or production of at least one On-campus Program. These include: Anatomy Outreach, Spring/Fall Open Houses, Orientation, Steppin' Out Booth, Wilderness Trail Festival Booth, etc.
- **White-Coat and Graduation Attendants**
 - Our members serve as "sponsors" during the White Coat Ceremony and as Graduation Attendants/Ushers for each class.
- **Research Opportunities**
 - Annual VCOM Research Day
 - This is a two day event hosted by VCOM during which outside presenters, faculty, and students conduct presentations about their current and ongoing projects. Several SSP members presented posters at the event this year.
 - VOMA Annual Poster Presentation
 - Chi Chapter members, among others, presented their research projects at the annual VOMA conference.

Community and International Service

- **Heritage Hall Nursing Home**
 - Decorated a “Hokie Room” – a room where residents are able relax in a recreational environment
 - Many volunteer activities occur at Heritage Hall including: Bingo, Bridge, nature walks, board games, manicures/pedicures, etc.
 - Holiday Gift Drive: This is an annual event during which time students and faculty provide gifts for residents from names picked from a tree. The event culminates in a holiday party which provides companionship, food, and fun!

- **Spring Into Summer 5K**
 - This annual 5K race takes place on the cross country course on the campus of Virginia Tech in Blacksburg, VA. This community service project raises money for the American Cancer Society. Last year there were over 90 participants, 30 volunteers and more than \$2,000 was raised. All student clubs at VCOM are encouraged to have a booth at the race, where routine health screenings are performed and nutritional/exercise information is distributed.

- **Jonesville, VA Health Fair**
 - Grant funds are used to set up an annual student-run health fair during which medical screening is provided for the following:
 - Osteoporosis
 - Skin Cancer
 - Hearing
 - Vision
 - Cholesterol
 - Glucose
 - Sports Physicals
 - Educational materials and insurance information are also available.
 - The grant funds used for this project also go to support:
 - The Pulaski County Health Fair
 - The Stuart Pain Clinic

- **Adopt-A-Town**
 - In conjunction with the Virginia Rural Health Association and the Peds Club
 - A town is adopted for a year where students and advising physicians provide needed health care, physicals (yearly and athletic), hygiene bags, holiday meals, school supplies, clothes and other needed items to help enrich the lives of the children.
 - Current adopted towns include: Jonesville, VA and Grundy, VA

- **Montgomery County School Health Fairs**
 - Health fairs are carried out for elementary, middle, and high school students in the Montgomery County school district
 - Screenings for children include: height/weight, scoliosis, blood pressure, etc.
 - Screenings are also provided for adults/parents, and include: blood glucose monitoring, blood pressure, cholesterol checks, and bone mineral density scans

- **Friday Night Friends**
 - A monthly respite program where VCOM and VT students care for children with challenges (mental, physical, emotional) and their siblings. This provides parents a much needed break from the continual care of their special-needs child, and medical students are given exposure to caring for children with disabilities.

- **Anatomy Outreach**
 - High school students from the surrounding regions visit the VCOM anatomy lab where they are shown cadavers. Emphasis is placed on describing common disease processes with relation to both the functional and gross anatomy. These occur almost on a weekly basis.
 - Over the summer VCOM sponsored an anatomy camp for students from underserved areas where there is little to no access to a higher learning center with human cadavers. Several SSP members served as chaperones and guided the students through dissections and interactive learning activities. The camp was featured in the local newspaper and also made the 6 o'clock news!

- **OMM Outreach**
 - Members participate in OMM outreach under the supervision of OMM faculty. Outreach events/locations have included:
 - Teacher appreciation events at local elementary, middle, and high schools
 - The faculty and students at the Virginia Tech Veterinary school
 - Kaplan Center – students preparing for GRE and MCAT exams

- **International Missions and Relief Work**
 - VCOM sponsors mission trips to rural, underserved areas of the Dominican Republic, Honduras, and El Salvador. Students see patients under the supervision of an attending physician, give vaccinations, and participate in health promotion activities.
 - VCOM students assisted with clean-up and provided basic medical care after the Missouri floods and the tornados in Eastern Virginia.

Future Ideas:

- Expose VCOM students to global missions, rural medicine, the business side of medicine, and all types of physician specialties by bringing in guest lecturers
- Sponsor “mock” boards for both the written and physical exam portions of the COMLEX exam

Respectfully submitted by the President of the Chi Chapter.

Sincerely,

Jessica L. Naff
Chi Chapter President 2008-2009
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