Getting to Know

Diana Carter

Department: School of Medicine

Title: Family Medicine II – Rural Preceptorship Coordinator

Birth date: March 2nd

What are your hobbies? Going on daytrips to historic towns

What did you last read? I last read Terry Deacon’s Incomplete Nature: How Mind Emerged from Matter (a few original ideas and a lot of not intimidating but just plain annoying prose).

What is your favorite movie? Something’s Got to Give with Diane Keaton and Jack Nicholson. It’s perfect for us “older single women”.

What did you want to be when you grew up? I wanted to be smart when I grew up, like teachers and doctors.

What is your best memory? Hanging out with my “artsy” friends Steve Cervantes and our own Medical School’s Steve Leasure in high school. They were tremendously talented and cheap entertainment.
While research projects tend to have the greatest prospects of success in Years 3-6, efforts have been made to clarify opportunities for research during Years 1 & 2 with the following guidelines being passed:

Students may not participate in research until March 1st of Year 1 in order to provide ample time for students to be successful in academics and other extra-curricular endeavors. For students to be granted a research project, they must be in good academic standing at both Hospital Hill and Volker campuses, have a minimum science and cumulative GPA of 3.5, have earned at least a B- in all UMKC coursework, and have a history of appropriate class attendance and response times to academic advising timelines such as meeting with advisors. The students will be limited to 4 hours per week and they must have received permission from the Assistant Dean of Years 1 & 2 Medicine (Dr. Cattaneo) before initiating any research activity. Additionally, students must initiate their research personally. The school of medicine may help serve as a guide but is not responsible for providing opportunities for research projects. And lastly, students will not qualify if they have any letters of unprofessionalism or actions in front of Council on Evaluation or Honor Council, or if they are in the alternate program for academic reasons.

The criminal background check policy was reviewed by the council. Maintaining strong, continuous communication with an applicant while conducting investigations of any documented citations remains the primary goal of the Associate Dean of Student Affairs in this procedure. All students are notified of the background check requirement when they receive admission information and on interview days.

Regarding docent evaluations, semiannual reviews now have been given a wider window of time for completion as many attendings receive quite a few resident evaluations to complete in addition to student evaluations. The use of the self-appraisal form for Docent doctors is optional. Furthermore, the semiannual reviews will now include peer assessments that students complete on OB/GYN and docent clerkships. Docent attendings will have access to peer assessments and will review a summary of each of their student's peer assessments. The doctors are interested in negative and positive statements made about their students, providing a means to uncover information unknown to staff. Students have asked that the peer assessments be more succinct and tailored to appropriate teams (Team A students shouldn't receive peer assessments from Team B students, etc).

If the Peer Assessment and Professional Counselor (who screens every single assessment that is submitted on oasis) receives a notification of concern in a peer assessment, then that particular student is placed on the "Peer Assessment Report" of the consent agenda of the Council on Evaluation. The council will conduct a longitudinal review of the students academic standing to include review of past evaluations and a solicited written review of the student's performance by his or her docent doctor. Only then will the council take action (continued monitoring, recommendation for close follow-up, referral to Honor Council, dismissal of concern, etc.)

Lastly, we addressed the concern with some of the docent packets being completed before the semi-annual review, causing those particular physicians not to have the most up-to-date clinic clerkship information. A solution to this inconsistency is for students to remind their docent about the available evaluation information at a time that is most conducive to a complete review of their course material.

These are the minutes of the August Docent Council Meeting. Thank you very much.

Sincerely,

Brandon Carney MS VI

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**All Fitbits MUST BE RETURNED IMMEDIATELY!**

Anyone who checked out a Fitbit for the summer semester was required to return the Fitbit to the Wellness Office by **Friday, September 5th, 2014**. If the Fitbit has not been returned, it is now considered **OVERDUE** and a hold will be placed on your account. If your Fitbit was lost or stolen please bring $50 cash to the Wellness Office so a replacement can be purchased.

Fitbits will be available for check out for the fall semester within a few weeks. Check back for updates.
Each week, we’ll be featuring a section of the Student Organization Reference Guide, the ultimate resource for all student organization questions. A copy of the handbook can be found at https://docs.google.com/document/d/1dGpkRP4ECAA3cO-RdJ_zWQ3WkvBgVvQFpZK-ELaJyW8/edit

ORGANIZATION DUES

Student organizations must include the statement “Paying dues is not a mandatory requirement to be considered a campus-level member of this organization” in their organization constitution.

An organization that is required by a national, state, or other regional chapter (above the campus level) does not need to include the dues statement in its constitution.

Mandatory dues MAY NOT be assessed for the campus level. Organizations that do assess non-mandatory campus-level dues may have different levels of membership for students that do and do not pay dues.

Volunteers Needed

MEDICAL VOLUNTEERS NEEDED

The goal of the Sarah Morrison Student Research Award is to help students learn the value and application of research in the study and practice of medicine by providing funds to support the expenses of such research. The next application deadline is: October 1, 2014

The application packet should include:

- Application Form
• **Reference Form** from at least 3 UMKC SOM faculty including the student’s research mentor.
• Project protocol
• Proposed project budget - up to $1,500
  o If research costs will be incurred at Children’s Mercy Hospital (CMH), please contact CMH Research Administration at (816) 701-1345 to obtain accurate figures for your budget.
• A current transcript
  o Pathway transcripts accepted.
• Resume/CV

For more information please visit the website: [http://med.umkc.edu/ora/student_awa...](http://med.umkc.edu/ora/student_awards/)

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**LGBTQIA Photo Shoot**

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**ARE YOU AN LGBTQI ALLY?**

**CALLING ALL:**

STUDENTS, STAFF, FACULTY, ADMINISTRATORS

**ALLY PHOTOSHOOT**

THURS, OCT 9TH 12:50 PM

STUDENT UNION STAIRS

For more information contact lgbtqia@umkc.edu
Lately, I’ve been obsessed with eating well. I’ve been eating three square meals a day, conscious of my sugar intake (including “healthy” sugars from fruit), and have greatly increased my consumption of vegetables. The main way I’ve been able to do this? Smoothies! A few weeks ago I shared a recipe for a green smoothie, but what about when you really need some extra protein? Did you know you could use BLACK BEANS in all kinds of recipes including brownies, burgers, and yes, even in smoothies. The black beans add loads of fiber and protein and also add to the creaminess of the smoothie. The best part? You can’t even taste them! Don’t believe me? Try the recipe below! And if you have any favorite healthy recipes, please share them with me! ☺ ~Niloofar shahmohammadin@umkc.edu

http://www.tastefullycrafted.com/2014/03/brownie-batter-smoothie/

### Brownie Batter Smoothie

**Serves:** 1

**Ingredients**

- 1 cup almond milk
- ¼ cup black beans, drained and rinsed
- 1 tablespoon cocoa powder
- 1 tablespoon ground flax seed
- 1 tablespoon honey
- 1 teaspoon instant coffee granules
- 1 teaspoon powdered stevia (or just add more honey)
- ½ teaspoon cinnamon
- ½ teaspoon vanilla
- 1 banana
- ½ cup packed spinach
- ½ cup crushed ice

**Instructions**

1. In your blender, add the almond milk and black beans and blend on high until the beans become smooth.
2. Add in all other ingredients and blend until well mixed.
3. Pour into a glass and enjoy a awesome breakfast on the go.

### Things to Do in KC This Week

(Compiled from around the web. These are not UMKC sponsored or sanctioned events)


**Riverside Music Fest:** September 20th. City of Riverside’s FREE music festival with Night Ranger, Sat., Sept 20th from 3-10pm! With music, food, shopping, children’s games, fireworks & more! For more information visit: http://www.riversidefest.com/

**Opening Celebration The Plains Indians Artists of Earth and Sky:** September 21st. Noon to
4PM. Join the opening celebration including performances by Haskell Indian Nations University Dancers, hands-on activities and demonstrations by artists. Don’t miss The Plains Indians: Artists of Earth and Sky, on view through January, 11, 2015! All programs are FREE and don’t require tickets. For more information visit: http://www.visitkc.com/events/event-details/index.aspx?id=35706

**Kansas City Renaissance Festival:** The Kansas City Renaissance Festival is open weekends August 30th - October 13th, Plus Labor and Columbus Day. Voted Kansas City’s Favorite Fall Attraction and Favorite Family Festival in 2013, the Kansas City Renaissance Festival promises to be even better than year with new entertainments acts, new food items, and overall fun!! Join them for a one of a kind experience and relive history the fun way! http://www.kcrenfest.com/

For more events, visit Ink Magazine’s online, searchable calendar: http://calendar.inkkc.com/ and Kansas City on the Cheap: www.kansascityonthecheap.com (which also has great deals and coupons!)

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**Suicide Prevention Month Contest - $25 Gift Certificate!!!**

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**CONTEST!**

**September is...**

**National Suicide Prevention Month**

**ASK LISTEN REFER**

University of Missouri-Kansas City Suicide Prevention Training Program

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**Wellness Office Suicide Prevention Training Contest.**

**RULES:**

The contest is open to ALL School of Medicine Students.

Only students who have NOT previously completed training are eligible to enter the contest.

Go to www.asklistenrefer.org and complete the brief (20 minutes or less) online Suicide Prevention Training program.

Upon completion, click “YES” when asked if you would like to print a Certificate of Completion.

Email the Certificate of Completion to shahmohammadini@umkc.edu This will serve as your entry into the drawing.

On October 1st, 2014, a random drawing will be held and the winner will be announced in the in the Know and notified via email.

The winner will receive a $25 gift card of their choice.

$25 GIFT CERTIFICATE!!!

GOOD LUCK!!!

For more information contact Niloofar Shahmohammadini

shahmohammadini@umkc.edu
Seeking Students Interested in Wellness at the School of Medicine!

Time and time again, I’ve heard from medical students facing a difficult time who feel that “only another medical student would understand.” I’ve been told that students would be more likely to get help if they heard from other students who have been through challenges or if they could open up to other students.

I’ve also heard from students with ideas about how to change the SOM culture or who have ideas for health promotion events. **If you’re interested in becoming a “Wellness Ambassador” and/or forming a Wellness Council, please email me at shahmohammadin@umkc.edu.** I will add your name to a list and once we have enough interested students, we’ll hold a meeting to brainstorm and discuss some ideas and goals.

SCHOLARSHIPS

As you begin buying textbooks for this upcoming semester, I thought you might find some resources in this article. Good luck and I hope helps.

**5 Tools to Help You Find the Cheapest Textbooks**

These tools may have with study materials for Step 1 as well. ~Robin
**Scholarship: Southern Medical Association Alliance (SMAA)**

**Eligibility:** Year 5 students

**Amount:** $2,000

**Deadline:** September 23, 2014

Please see Robin Hill in Student Affairs for details and the application or email her at hillrob@umkc.edu

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**THE ARMENIAN AMERICAN MEDICAL SOCIETY**

is now accepting scholarship applications for the 2014-2015 academic year

***Scholarship Criteria***

- Armenian Descent or Special Interest in Armenian Medical Causes
- Armenian Community Service
- Completed Application Package

(Postmarked by September 30, 2014)

$1,000 will be awarded to students enrolled in an American accredited medical, pharmacy, dental, physician assistant, nursing or other professional healthcare schools

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For applications click here or visit www.aamsc.com

Phone (818) 980-7777

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**Scholarship: NATIONAL HISPANIC HEALTH PROFESSIONAL STUDENT SCHOLARSHIP**

**Eligibility Requirements:**

- **Students are NOT required to be Hispanic** but an affinity for the health of Hispanic communities IS required.

- 3.0 GPA

- **Year 3-6 students only**

**Amount:** 2 different scholarships available

- 2 year scholarship at $5,000 per year

- 1 year scholarship at $5,000

**Deadline:** October 3, 2014 at 5:00pm EST
Application Deadline: Friday, October 3rd, 2014. Recipients will be notified by October 24th, 2014.
Applications can be downloaded from www.nhmafoundation.org or see Robin Hill for a paper copy.

October 10-12, 2014—Minneapolis
“Innovate & Invigorate”

Apply for a scholarship at: www.iafp.com/fmm
Scholarships are for $200 or $400, depending on where you live and how far you’ll need to travel, and include conference registration. You must apply by August 18, but apply early as scholarships will be assigned in the order they are submitted.
Conference Highlights:
• Residency Fair with 38 Midwest family medicine residency programs
• Procedure workshops and nationally regarded plenary speakers
• Sessions, panels and workshops covering the fascinating world of family medicine, as well as new developments and innovations in health care.
• Speed Date the Specialty Luncheon—find joy in the possibilities!
• Hippocrates Café—Family Medicine brought to life!

Women’s Graduate Assistance Fund

The timeline for the GAF application process is below.

September 9, 2014  GAF applications open online at www.umkcwc.org
November 3, 2014  5 p.m. Deadline for application submission and faculty recommendations
Mid-November  GAF Committee members start the review process
Early December 2014  Selections Committee meets to select recipients
January 2015  Recipients notified by U.S. Mail
February tbd, 2015  In mid-late February a Celebration Reception will be held to honor the GAF recipients and donors.
Dear Medical Student:

We are faced with a deluge of information during medical school and often, our success hinges on our ability to sort and process that information effectively. Conversations regarding future specialty selections abound among medical students as we prepare for residencies and having a reputable source of information is critical to making informed decisions.

Consider joining the American Society of Anesthesiologists (ASA) if you are interested in anesthesiology as a specialty. As medical students, we are not exposed to anesthesiology early in our training and for any student curious in the specialty; Medical Student Membership in the ASA is a must!

By becoming a member of the ASA, you are joining over 52,000 members of the premier society dedicated to anesthesiology. As you will soon discover, anesthesiologists do more than just administer anesthesia — we serve as an advocate for patient safety and work as part of a collaborative team to provide effective care and treatment in the operating room and beyond.

The ASA provides a wealth of information for medical students such as educational resources, networking and mentor opportunities, and advocacy efforts. Membership includes monthly publications, free admission to the ASA Annual Meeting, an annual anesthesiology residency fair, residency guides, participation in the ASA Medical Student Component, and much more.

Student membership is fast, easy, and only $5.

Join today at: https://membershipapp.asahq.org/ For questions regarding membership, call ASA’s Member Services Department at (847) 825-5586, or via email: membership@asahq.org. Visit the ASA website at http://www.asahq.org/for-students/for-medical-students.aspx to learn more.

On behalf of the ASA and your fellow medical student colleagues, thank you for considering membership.
in the professional home of anesthesiology.

Sincerely,

Chad R. Greene
Chair, American Society of Anesthesiologists – Medical Student Component
Edward Via College of Osteopathic Medicine

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**STUDENT ORGANIZATION MEETINGS AND OTHER EVENTS**

**Yogurtini Fundraiser**

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**CLASS OF 2019 YOGURTINI FUNDRAISER**

**KEEP CALM AND EAT YOGURTINI**

*Where:* Yogurtini on the Plaza (4853 Main Street)  
*When:* Tuesday 9/16  
*Time:* ALL DAY!

Support the Class of 2019 on **Tuesday, September 16th** and enjoy some frozen yogurt at the same time! Simply go to Yogurtini at any time on 9/16, mention “**School of Medicine**” to the cashier, and a portion of your proceeds will go towards the Class of 2019 to help raise money for the class. We look forward to seeing you there!

Questions? Contact Marjorie Farrington (mf4k4@mail.umkc.edu)
EMERGENCY MEDICINE INTEREST GROUP PRESENTS

CRITICAL CARE IN AIR TRANSPORT FOLLOWED BY HELICOPTER TOUR

WITH SPEAKER: LIFEFLIGHT

SEPTEMBER 22ND 17:30-18:30

FREE PIZZA
UMKC Dream Project

- Are you a firm believer of education and its impact?
- Are you looking for a chance to give back to the community?
- Are you looking to make an impact on someone’s life?

If you answered YES to any of the questions, then come to UMKC Dream Project’s meeting, where we will also be electing officers for the new academic year.

What: Dream Project is a student-initiated, college-access and retention program that partners UMKC students with first-generation and low-income students in Kansas City area high schools to assist in the college admissions process.

When: Wednesday, September 24th, 2014, 6:00 PM - 7:00 PM

Where: UMKC School of Medicine, Theater C

Email: umkcdreamproject@gmail.com
AMA Clinical Vignettes

+ 2014 Resolutions recap
+ Physician shadowing raffle

THURSDAY 09/25
5:30 PM
THEATER B

FREE

For questions, please contact Ingrid Hsiung at ibhcd@mall.umkc.edu
Policy for In the Know Announcement Submissions

1) All submissions **must be in JPG format** (if the announcement is a flyer). PDF and Word documents must be converted to JPG before being emailed to shahmohammadin@umkc.edu

2) If the announcement is a **text only announcement, please include it in the body of your email**. Please use black font only and include a title for your announcement such as “Emergency Medicine Interest Group”.

3) If an announcement includes incorrect information (such as an incorrect date or time), and that week’s In the Know has already been sent out, a **revision for your specific announcement will not be sent out to the school**. The only time a correction email will be sent out is if the error is on the part of Student Affairs (mistyped or forgot to include an announcement).

Submissions which do not meet the new requirements **will be returned to sender** requesting the appropriate edits. The announcement may then be resubmitted to shahmohammadin@umkc.edu for inclusion in the In the Know.

4) To be included in the following Monday’s “In the Know”, announcements **must be submitted by 5PM the prior Thursday**.

*To submit information for the next Student Affairs Weekly Announcement, send an email to Nilofar Shahmohammadi at shahmohammadin@umkc.edu.*