



August 19th, 2019



GENERAL ANNOUNCEMENTS

Curriculum Ambassadors

Council on Curriculum Now Accepting Applications for Student Curriculum Ambassadors

Applications due August 30

The Council on Curriculum is now accepting self-nominations and applications for the 2019-2020 Student Curriculum Ambassadors.

As we continue to change and improve the Council on Curriculum, it is helpful and necessary to have student input in regards to their education here at the School of Medicine. While we have elected student representation on our council, it is imperative that we have open communication with students from all years of the curriculum in order to plan for change, assist with curriculum development, and provide assistance with communicating policies with their peers.

The Student Curriculum Ambassadors will work together to create and plan projects of their choosing to pursue throughout the academic year with assistance from the curriculum office. These projects can include information workshops, town halls, etc. **Only 2 students will be selected from each class.** All students, Years 1-6, are welcome to apply.

To be eligible, students applying must be in good academic standing, provide professional input, and commit to attending 75% of the monthly meetings. Meetings occur every 3rd Monday of the month at 12:00pm in the School of Medicine.

This is a great opportunity as a student to make your voice heard and make a direct impact on the curriculum.

To apply: Please write a one page, double-spaced personal statement about why you would like to serve the UMKC School of Medicine and your fellow students in this position. Students will be selected and notified of their application status by Curriculum leadership during the second week of September.

Submit your personal statements to Megan Frasher, Curriculum Coordinator, by August 30th at reedme@umkc.edu.



JOIN US AT WEEK OF WELCOME!

Pause for Paws

Pet away stress with the Therapy
Pets from MO-KAN Pet Partners

**HEALTH SCIENCES LIBRARY
(SCHOOL OF MEDICINE 2ND FLOOR)
TUESDAY, AUGUST 20TH
11:00AM - 1:00PM**

 OFFICE OF STUDENT INVOLVEMENT
UNIVERSITY OF MISSOURI - KANSAS CITY

 UMKC
University Libraries

Contact: Madi Smith
(madisonsmith@mail.umkc.edu)

Join us at Week of Welcome for Pause for Paws. Pet away stress with the Therapy Pets from MO-KAN Pet Partners. Health Sciences Library (SOM 2nd Floor) Tuesday, August 20th from 11AM-1PM.

Career Fair

Saturday, August 24th

11am-1pm

UMKC School of Dentistry
Cafeteria

School of Medicine Career Fair

Lunch Provided!

Specialties planning to attend include:
Pediatrics, Obstetrics and Gynecology,
Emergency Medicine, Radiology,
Med/Peds, Neurology, Cardiology,
Endocrinology, and Internal Medicine

SOM Career Fair. Saturday, August 24th. 11AM-1PM. SOD Cafeteria. Specialties planning to attend include: Pediatrics, Obstetrics and Gynecology. Emergency Medicine, Radiology, Med/Peds, Neurology, Cardiology, Endocrinology, and Internal Medicine.

TB Testing

Mandatory TB Test/Flu Schedule

Fall 2019

Yearly TB testing and flu shots are required by our main affiliate hospitals, and we conduct clinics each fall to meet this requirement. Remember to attend BOTH dates for TB testing, Tuesday for the administration of the test, and Thursday for the test reading. You must arrive on Thursday at least 48 hours after being given the TB test on Tuesday.

MD STUDENTS

YEAR 3
September 10 and 12

4th floor, Bamberger, M4-CO5
8:15am-11:45am

YEAR 4
September 24 and 26

4th floor, Bamberger, M4-CO5
8:15am-11:45am

YEAR 5 & 6
October 8 and 10

4th floor, Bamberger, M4-CO5
8:15am-11:45am

If you only need a flu shot, come on Thursday dates: Sept 12, Sept 26, or Oct 10

MSA and PA STUDENTS

Follow directions sent to you by Laura Begley

If you only need a flu shot, come on Thursday dates: Sept 12, Sept 26, or Oct 10

Students who are unable to attend during their scheduled week may attend one of the other listed weeks.

Testing is MANDATORY! Contact Cary Chelladurai at 816.235.1951 or chelladuraic@umkc.edu with questions. If you do not attend the testing times listed, you will be responsible for covering the cost of your TB test and flu shot and submitting electronic documentation to chelladuraic@umkc.edu by October 10, 2019.

Please wear clothing that allows for easy access to your upper arm, and that will leave your lower arm uncovered.



WELLNESS

**Niloofer's
Wellness Tip**

**Managing your Distress in the Aftermath of Recent
Shooting
From WellConnect**

When a tragic event happens in your community, such as the recent shooting, you may find yourself struggling to understand how such an event could happen and why such a thing would happen. There may never be satisfactory answers to these questions.

We do know, though, that it is typical for people to experience a variety of emotions following such a traumatic event. These feelings can include shock, sorrow, numbness, fear, anger, disillusionment, grief and others. You may find that you have trouble sleeping, concentrating, eating or remembering even simple tasks. This is common and should pass after a while. Over time, the caring support of family and friends can help to lessen the emotional impact and ultimately make the changes brought about by the tragedy more manageable. You may feel that the world is a more dangerous place today than you did yesterday. It may take some time to recover your sense of equilibrium but you have strengths that have helped you through past events that will help you now.

You can strengthen your resilience—the ability to adapt well in the face of adversity—in the days and weeks ahead.

Here are some tips:

Talk about it — Ask for support from people who care about you and who will listen to your concerns. Receiving support and care can be comforting and reassuring. It often helps to speak with others who have shared your experience so you do not feel so different or alone. Offer support as you feel able to those around you. Consider reaching out to peers, family, friends or religious leaders.

Strive for balance — When a tragedy occurs, it's easy to become overwhelmed and have a negative or pessimistic outlook. Balance that viewpoint by reminding yourself of people and events which are meaningful and comforting, even encouraging. Striving for balance empowers you and allows for a healthier perspective on yourself and the world around you.

Turn it off and take a break — You may want to keep informed, but try to limit the amount of news you take in whether it's from the internet, television, newspapers or magazines. While getting the news informs you, being overexposed to it can actually increase your stress. The images can be very powerful in reawakening your feeling of distress. Also, schedule some breaks to distract yourself from thinking about the incident and focus instead on something you enjoy. Try to do something that will lift your spirits.

Honor your feelings — Remember that it is common to have a range of emotions after a traumatic incident. Go a little easy on yourself and those around you. You may experience intense stress similar to the effects of a physical injury. For example, you may feel exhausted, sore, or off balance.

Take care of yourself — Engage in healthy behaviors to enhance your ability to cope with excessive stress. Eat well-balanced meals, get plenty of rest, and build physical activity into your day. Avoid alcohol and drugs because they can suppress your feelings rather than help you to manage and lessen your distress. In addition, alcohol and drugs may intensify your emotional or physical pain. Establish or reestablish routines such as eating meals at regular times and following an exercise program. If you are having trouble sleeping, try some relaxation techniques, such as deep breathing, meditation, or yoga.

Help others or do something productive — Find out from your community how you can help people who have been affected by this incident, or have other needs. Helping someone else often has the benefit of making you feel better, too.

If you have recently lost someone in this or other tragedies — Remember that grief is a long process. Give yourself time to experience your feelings and to recover. For some, getting back to school or work and returning to your normal routine as quickly as possible will be helpful and for others it may involve staying at home for a brief time. Dealing with the shock and trauma of such an event will take time. It is typical to expect many ups and downs, including "survivor guilt"—feeling bad that you escaped the tragedy while others did not.

For many people, using the tips and strategies mentioned above may be sufficient to get through the current crisis. At times, however, an individual can get stuck or have difficulty managing intense reactions. A licensed mental health professional such as a counselor can assist you in developing an appropriate strategy for moving forward. It is important to get professional help if you feel like you are struggling or feel unable to function. If you or any of your household members have been impacted, we encourage you to take advantage of the supportive resources available from **WellConnect**, including in-the-moment support counseling services, which are available 24/7 at 866-640-4777. Supportive resources for managing stress, anxiety, and grief are also available online at wellconnectforyou.com.

You will recover from this tragic event and your ability to persevere and trust in your abilities will get through the challenging days ahead. Taking the steps in this guide can help you cope at this very difficult time.

This adapted tip sheet was made possible with help from the following APA members: Dewey Cornell, PhD, Richard A. Heaps, PhD, Jana Martin, PhD, H. Katherine O'Neill, PhD, Karen Settle, PhD, Peter Sheras, PhD, Phyllis Koch-Sheras, PhD, and members of Division 17. Thanks to the American Psychological Association (www.apahelpcenterw.org) for this document.

Things to do in KC This Week

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

When I Last Saw Jesse Film Screening: Tuesday, August 20th. 8PM-10PM. Crossroads. A powerful documentary about the mysterious disappearance of local college student, Jesse Ross.

Join us for our first local filmmaker screening! Stray Cat Film Center is hosting a new screening series featuring local filmmakers and first up is "When I Last Saw Jesse". A true and heartbreaking mystery, this compelling documentary is not to be missed.

We have 10 tickets to give away, and you can grab a total of 2! Don't miss this opportunity to check out a film in KC's only not-for-profit, community film center. As always, please don't grab tickets if you don't plan on going. Thanks for being awesome!

ABOUT THE FILM - In November 2006, Jesse Ross traveled to Chicago to participate in a Model UN conference. On the last day of the event, he attended an early morning meeting, which was scheduled to last until dawn. Just thirty minutes after he entered the room, he got up and walked out the door. He has not been seen or heard from since. This is his story.

When I Last Saw Jesse premiered at the 2019 KC Film Fest International where it won the documentary prize and received an honorable mention at the New Jersey International Film festival. <https://www.facebook.com/events/448187439095663/>

KC Improv Festival: Thursday, August 22nd-Saturday, August 24th. Kick Comedy Theater in Westport. Come watch some fantastic improve from improvisers all over the nation at the annual KC Improv Festival. Shows Thursday, Friday, and Saturday nights featuring several improve groups at each performance. For tickets and info: <https://www.kcimprovest.com/>

Kemper Block Party 2019: Saturday, August 24th. 6:00PM-10:30PM. Kemper Museum's fifth annual block party! Join us to celebrate the museum's twenty-fifth anniversary with featured music, food trucks, exhibition tours, family activities, a Museum Shop trunk show, and outdoor movie screening on the museum lawn to close the evening.

Check out all the 2019 event details here: <https://www.kemperart.org/news/2019/may/join-us-kemper-museums-2019-block-party>

Sponsored in-part by:
IN Kansas City magazine

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!)



SCHOLARSHIPS

Financial
Literacy Article

These towns will help pay off your student loan debt if you
move there



Fotosearch | Getty Images

<https://www.cnbc.com/2018/01/03/us-towns-that-offer-financial-incentives-to-live-there.html>

List of Rural Opportunity Zones <https://kansascommerce.gov/320/Rural-Opportunity-Zones>

Scholarship

OppU Achievers Scholarship

To apply for the OppU Achievers Scholarship, submit a short essay responding to the prompted question. Scholarship decisions are based solely on an applicant's essay response.

Winners for the OppU Achievers Scholarship are selected four times a year, with submission deadlines on September 30, December 31, March 31, and June 30.

To be eligible for the OppU Achievers Scholarship, a student must:

- Be enrolled full time in high school or at least part time in college, graduate, professional, or trade school.
- Possess a cumulative GPA of at least 3.0/4.0.
- Be a U.S. citizen.

For application and more information go to <https://www.opploans.com/scholarship/>

Scholarship

PA Scholarship/Tuition Assistance Opportunities

Organization: VA

Amount: They offer scholarships and full tuition assistance

Information: Please go to <https://www.vacareers.va.gov/why-choose-va/education-support.asp> for more information

Scholarship

National Medical Fellowships

Amount: Not to exceed \$5,000

Deadline: NA

Eligibility: 5th or 6th year underrepresented minority students who need financial assistance and have exhausted all other options.

Application: Send a short paragraph to scholarships@nmfonline.org that describes your immediate, extreme financial need, and your reason for application to the NMF Emergency Scholarship Fund.

<p>Scholarship</p>	<p align="center">Boone County Medical Society Scholarship</p> <p>Eligibility:</p> <ul style="list-style-type: none"> • Must have completed the first semester of your clerkship year • Must have demonstrated exceptional intellectual and humanistic qualities in interactions with patients, peers and instructors. • Graduated from a high school in Boone, Howard, or Cooper counties in Missouri <p>Amount: \$2,000 Deadline: September 1, 2019 Application: Contact Robin Totzke at totzker@umkc.edu for the application.</p>
<p>Scholarship</p>	<p align="center">Dr. Roland & Virginia Ladenson Medical Scholarship</p> <p>Eligibility: Outstanding medical students who are committed to pursuing careers as primary care physicians. Candidates should be in year 5 or 6 for the 2019-2020 academic year. They should demonstrate exceptional intellectual and humanistic qualities in their interactions with patients, peers, and instructors.</p> <p>Amount: \$2,000 Deadline: September 1, 2019 Application: Contact Robin Totzke at totzker@umkc.edu for the application.</p>
	<p align="center">OPPORTUNITIES</p>
<p>Student Research Inquiry – Correct Form Link</p>	<p align="center">Student Research Inquiry</p> <p>Students who are interested in research are encouraged to submit a student inquiry form to the Office of Research.</p> <p>The Office of Research website, http://med.umkc.edu/ora/student_overview, has a lot of information about student endeavors and opportunities.</p> <p>Students who wish to inquire about becoming involved in a project can access the Student Research Information Form at http://med.umkc.edu/docs/research/Student_Research_Information_Form.pdf.</p>
<p>Student Research Opportunities</p>	<p align="center">Student Research Opportunities and Fellowships</p> <p>Opportunities are posted on the Student Research Webpage</p> <p>http://med.umkc.edu/ora/external_opportunities/</p> <p>Please contact Drs. Wacker, Dall, or Molteni or send an email to UMKC SOM Research (somresearch@umkc.edu) with additional questions.</p>
<p>Opportunity</p>	<p align="center">AMSA Seeking UMKC SOM Chapter Leaders</p> <p>AMSA is currently looking for chapter leaders at the University of Missouri - Kansas City School of Medicine chapter. Please contact AMSA Vice President of Membership, TJ La at vpm@amsa.org or AMSA Membership Associate, Dylan Favre at dfavre@amsa.org to find out more about the leadership opportunities available.</p> <p>Seventy years strong, AMSA is a student-led, national association that exists to cultivate, inspire and inform medical students. We do this by offering students the vital skills needed to lead and listen, and a safe place to explore, reflect and become the kind of physician who thinks beyond drugs and diagnoses: the kind of physician you want to become.</p>

Many think of AMSA as a family— a diverse, impassioned network that supports one another in meaningful ways. AMSA offers its members leadership opportunities and community, guidance for the residency application process, discounts ranging from test prep to travel—and a place in AMSA’s long history of advocacy for both patients and future physicians.

Learn more at amsa.org/about, or review AMSA’s one-, two-, and four-year membership options at amsa.org/join.

Opportunity

Elective Opportunity:

Infant/Toddler Nutrition Experience



This 4-week academic pediatrics elective will offer students a unique opportunity to learn about the infant/toddler nutrition industry by visiting Nestle Gerber facilities in Fremont, Michigan and Arlington, Virginia. Students will spend 2.5 weeks reviewing knowledge in core pediatric nutrition topics with faculty here at UMKC. They will spend 1.5 weeks touring Nestle facilities, including factory, farm, research and development, marketing, finance, and legal departments. *Travel and lodging expenses will be covered by Nestle.*

For students interested in Pediatrics, this would be a distinctive experience to include on your CV and to discuss at residency interviews. Students must have completed their core Pediatrics clerkship as a prerequisite to the elective.

The elective will be offered in Blocks 5 and 6 this fall, pending approval of final arrangements. If you are interested or have questions, please contact Dr. Haurye at haurye@umkc.edu.

Volunteer

No One Dies Alone – Volunteers Needed

Truman Medical Centers has a great program where Caring Companions, who are volunteers, sit with patients and provide social, emotional and spiritual support. These patients may or may not have family or friends that are able to visit. Sometimes the family and friends are exhausted and need a break. The patient may or may not be at their end of life stage, but might be scared and alone and just want someone to sit with them.

This is a great opportunity for students (years 3-6) to volunteer their time. If you are interested in becoming a Caring Companion, please contact **Lori Bruce** (lori.bruce@tmcmed.org) to sign up our next training in September 2019 (date not yet determined) at 5:30 pm.



Research

Children’s Mercy Research Survey

Students are needed to take this survey for research being conducted by pediatric ophthalmologist Justin Marsh, M.D. The survey is designed to look at perception of strabismus (misalignment of the eyes) from the perspective of medical students, and simply asks medical students whether or not they believe an individual in a photo has strabismus. It should take less than 5 minutes to complete.

The link to the survey is:

<https://www.surveymonkey.com/r/YJH7PLJ>

Opportunity

Call for Abstracts

Call for Abstracts

Fourth Annual Medical Students Ethics Conference

Becoming a Physician:

Ethical Challenges in Medical Education Keynote Speaker:

Susan Goold, MD, MHSA, MA, FACP

Professor of Internal Medicine Professor of Health Management and Policy

University of Michigan

Icahn School of Medicine at Mount Sinai

Saturday, November 16, 2019

Icahn School of Medicine at Mount Sinai New York, NY

Abstract Submission Deadline Sunday, August 18, 2019

The "Becoming a Physician: Ethical Challenges in Medical Education" conference is the only medical ethics conference to focus on the ethical challenges medical students encounter on the path to becoming physicians. It is intended to be a forum for medical students to present their reflections on these challenges.

The organizing committee invites abstracts for oral presentations on the ethical issues that arise in and because of one's role as a medical student. Potential topics include, but are not limited to: disparity in allocation of educational resources in medical school; learning on/with patients; role of medical students in public health outreach; moral distress; hierarchy in medicine.

Eligibility

To submit an abstract the author must be enrolled in an accredited medical college.

Abstracts co-authored with faculty or residents will not be considered.

Submission

All submissions should include two MSWord documents: a 350-word abstract with title and no identifying information and a cover page with the following information: 1) abstract title; 2) author name; 3) author affiliation; and 4) email address.

Best Abstract Award

The organizing committee will award the best abstract a monetary prize in the amount of \$200. Please email your submissions to nada.gligorov@mssm.edu.

The conference is organized by the Bioethics Program and Medical Ethics Student Organization of

the Icahn School of Medicine at Mount Sinai with support from the Atran Foundation.



Icahn
School of
Medicine at
Mount
Sinai

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The conference is organized by the Bioethics Program and Medical Ethics Student Organization of the Icahn School of Medicine at Mount Sinai with support from the Atran Foundation.

UMKC School of Medicine



STUDENT ORGANIZATION MEETINGS AND OTHER EVENTS

LGBTQIA+



LGBTQIA+

Ice Cream Social

THURSDAY, AUGUST 22
UNIVERSITY WALKWAY
11-1PM

umkc **LGBTQIA**
PROGRAMS & SERVICES

LGBTQIA@umkc.edu
816-235-1639

UMKC LGBTQIA+ Ice Cream Social. Thursday, August 22nd. University Walkway. 11-1PM. LGBTQIA@Umkc.edu 816-235-1639

**Cardiology
Interest Group**

The Cardiology Interest Group and GI Interest Groups are hosting our first event of the year! Come to Theater B at 6 p.m. on Thursday, September 5th to participate in our physical exam workshop. This event will give you the opportunity to learn about cardiac and abdominal exams, and pizza will be provided! We can't wait to see you!



PHYSICAL EXAM WORKSHOP

Learn about cardiac and
abdominal exams (+ free pizza!)

Tuesday, sept 5 @ 6 pm in theater B

HOSTED BY CARDIOLOGY INTEREST
GROUP AND GI INTEREST GROUP

Announcements Format

Policy for In the Know Announcement Submissions

- 1) All flyer/image 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. **A TEXT summary of the information in the flyer must also be included along with the flyer. This is to ensure that our In the Know emails are ADA compliant and readable by the visually impaired.**
- 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". Make sure to include a contact person and email.
- 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 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 Niloofar Shahmohammadi at shahmohammadin@umkc.edu.