Welcome back! The fall is a wonderful and busy time here at the College of Medicine, with many of us transitioning into new roles. From attending that very first anatomy lab to finally hitting the submit button on our ERAS applications, we’ve all got something to work toward and be proud of. Although it’s not yet January, we would still encourage you to set some goals for the New (school) Year now, while the excitement is still fresh in your mind. What can you change for the better this year? All of us, from newly-minted med 1s to tenured attendings, can find something to improve. Re-awaken your passions. Find something to be excited about. Appreciate the people in your life and the amazing relationships you’ve built here at the COM. Plan ahead. Challenge yourself. Embrace change. Dream big. Whatever you do, do it with gusto! This year is already shaping up to be a fantastic one, and we know we’ll see some truly amazing things from all of you in the coming months.

The Family Medicine Interest Group is looking forward to an exciting year as well. Be on the lookout for upcoming workshops, speakers and events. We may help you sharpen your suturing skills, narrow down your career choice, or explore new areas of interest within medicine. If you think you may be interested in Family Medicine or just want to learn more about what we’re all about, please don’t hesitate to join our team and get involved! We’d love to have you, and our advisors are truly some of the best physicians around. They are always available to answer your questions and guide you toward exciting new opportunities. Their passion for family medicine is infectious, and above all else, they truly want to see you grow and succeed. If you haven’t yet made it to one of our events, come check out what all the fun is about! We can’t wait to see you.

Here’s to a fantastic and exciting year. We wish you the very best and hope it’s one you’ll never forget. And in the spirit of our beloved University...DO SOMETHING GREAT!

-- YOUR FMIG TEAM
10 Things I like about IP:

1) The set schedule helps facilitate a daily routine and sleep schedule.

2) Attending class allows you to see your classmates daily and encourages social interaction.

3) The schedule keeps our “gunner” tendencies in check since the curriculum cannot be finished early. On the other hand, the set dates also help prevent excessive procrastination!

4) Post-test weekends are a necessary study-free time when you can truly unwind, and they are the perfect opportunity to visit out-of-town friends and family.

5) Lectures are available as pod-casts for reviewing confusing material or for those days when you’re just too tired to drag yourself out of bed.

6) Lectures provide the auditory and visual learning that many people need, while the course pack and texts are great for independent learning.

7) We have the opportunity to interact with renowned physicians and scientists during lectures and small group case studies—both are great opportunities to have questions answered.

8) The curriculum has built-in repetition and offers multiple perspectives from different resources and lecturers.

9) Pre-reading the course pack the day before lecture helps me follow along during lecture and makes it easier to pick out the most important points.

10) Coming to class encourages me to ask my classmates questions about material that I find tricky.
10 Things I like about ISP:

1) Student who choose ISP tend to feel that they learn more by studying out of books than in lectures. And don’t worry, you won’t be going it totally alone - all module leaders hold review sessions and are easily accessible through office hours.

2) In ISP, you create your own study, schedule, allowing you to take advantage of shadowing, research, or work opportunities that might conflict with an IP schedule.

3) ISP allows students to allocate time to different subjects based on their own educational background. You can also get ahead on the curriculum, creating time for vacations and conferences.

4) ISP students are able to schedule their exams (within a certain timeframe) which greatly reduces test-related stress.

5) ISP students take the National Board Shelf Exams (NBSE) at the end of their first year, which gives them the opportunity to begin studying for Boards their first year and gives them an idea of what the Step 1 testing atmosphere is like.

6) ISP encourages the development of academic independence, which will be necessary throughout your professional career (and a useful skill for studying for Boards).

7) The ISP curriculum is quite different than the IP curriculum; in ISP, Med 1 is devoted to normal physiology and Med 2 is devoted to pathology. This allows ISP students to review basic physiology in their second year and see all body systems twice, which some students find useful in terms of studying for Boards.

8) ISP is not socially isolating. Instead, it fosters a sense of community since you’re a part of a smaller group of students that share a library and private workspace.

9) Med 2 students are always available in the ISP library to lend books and give advice on specific modules.

10) In the ISP library, students are assigned their own desk and workspace, and also have access to an ISP-only library and snacks.

Overall, both pathways are successful in preparing students for boards, and neither is more beneficial than the other. The best piece of advice we can give is to know yourself and your own learning style. Choose the pathway that matches your preferred way of learning and that you feel will help you succeed.
I hope your summer break was refreshing and that you all feel ready for Med 2. Looking back on Med 1, you probably feel like it went by very quickly, and you may now be realizing that Step 1 is looming ahead. Well...it is. Just don’t panic! If you let yourselves think about it too much, it can be all-consuming and will cause more problems than motivation. Knowing that it is there is enough. The main thing now is to focus on your med 2 year. There are many people who will give you advise for Med 2. Here is a summary of it all (so you can just tell everyone else, “Yeah, yeah, I’ve heard it all. Let’s talk football...”):

1) Most importantly, the single best preparation you can do for Step 1 is to do well during Med 2. You have to learn the material for the block test, and the better you do, the less you’ll have to learn for the boards.

2) If you can get hold of a recent copy of First Aid, it can be helpful to look through as you study for each block. It is pretty bare-bones, so it might be helpful to annotate some things in it now, while you’re studying each system so it is there when you review for the boards. This is not meant to be board studying, just a way to study during the block that may be helpful in the future.

3) Pay special attention to the microbiology, pharmacology, and histology during your blocks/modules. These are always difficult for everyone every year. The better handle you can get on them now, the better off you’ll be.

4) Don’t fall into the trap thinking that there is less memorization your second year as in your first year. Sure, not everything is straight up memorization like anatomy, and there is a lot more conceptual-based learning and application, but, you still have to memorize what you’re learning and how it appears clinically, etc.

5) With more clinically-based material in Med 2, you may find that you like learning it better, but you may also find that you have to change your learning style. If you find you are struggling to figure out what works for you, talk to Patti Fertel. She may be able to help or can refer you to resources that specialize in study methods that may be helpful to you. While you shouldn’t spend much time (if any at all) studying for the boards, you do need to use this time to prepare to study for the boards. Do your best to figure it out now so you have a system that will work in the spring.

6) Don’t get too worried yet about what to study from for the boards, when to start, and how to do it. Don’t worry about these things until close to winter break.

7) Now that you all are busy running the interest groups and trying to do everything else, don’t give up the things you need for yourselves personally. Don’t stop working out, reading books, watching movies, or spending time with family and friends if that is what keeps you sane. You need that time to offset your studies. Don’t let yourself get burned out.

8) Finally, let yourself get excited about your future. This year, you will learn about a lot of different systems and some of them may catch your interest. That excitement will do a lot to carry you through long days and weeks of the same study routine. (I remember when we started GI, I couldn’t wait to get home to tell my wife about the Bristol Stool Scale, and I even had a poop dream my second night in the block. I hadn’t been that excited about medicine for several months.)

So, good luck this year, Med 2s! You’ll all do great because you’re here at a great school that prepares its students well for the boards and for their careers. Enjoy the ride!

VAUGHN HARRIS, M3
Always, always, always keep your focus on your patients. Hopefully you've learned by now that they can be the greatest teachers you've ever had. Learn from them. Remember not to focus solely on their diseases, but also to learn about them as individuals. Show that you care by finding out about their hobbies and passions, along with their medication dosages and past surgical history. Remember that an H&P can be so much more than just another task to check off on your PxDx for the day. It represents a rare opportunity to gain insight into the persona, feelings and life of someone you've only just met, at a time when he's most vulnerable and in need of help. Respect the value of that situation, of the trust and confidence instilled in you by virtue of your position on the medical team. It's an awesome responsibility, and one that can remind you over and over why you chose a career.

No matter what, be team player. You may not be the star at this point in your career, but you can be immensely helpful nonetheless. Help your residents when you can, help the nurses and social workers when you can – and always, always help your fellow students when you can! By now, you know that your colleagues can make or break your experience on a particular rotation. Be the person everyone loves to work with, and help create a good team atmosphere. And always be available. Although studying is important, there's a lot of value in just being in the clinical setting. You can learn a lot from helping your residents enter orders or update Dls. And you never know when the next admission might come in, or the next emergency might happen. Always be around, and be enthusiastic and excited to be there.

Be flexible. As I'm sure you've noticed, in third year it often seems that as soon as you get used to a team or a rotation, everything changes on you. One attending may want you to present in a way that your next attending absolutely can't stand. Once you're just getting used to eResults, you may have to start over and learn Epic or Orb. You may find that most days, you're wrong more often that you're right. That's okay! Thrive on change. Challenge yourself to adapt to new situations. Push yourself to ask for feedback and change the way you do things. Actively recognize your strengths and your weaknesses. Always strive to improve your skills and your knowledge, and seek out learning opportunities in every situation. You will get so much more out of your rotations, and at the same time, your residents and attendings will appreciate your dedication, curiosity, and hard work.

Third year is a balancing act, to be sure. There will be days you feel like you're on top of the world, and days you feel like you can't remember a single thing you've been taught in med school. You'll often be exhausted, stressed, hungry and frustrated...but you'll also be exhilarated, excited, and energized. It's a time of dizzying change and a race to keep up with an overwhelming learning curve. My best advice for how to get the most out of it is to attack every day with gusto; to learn everything you possibly can and to always keep the big picture – providing phenomenal patient care – in the back of your mind. You came to medical school to help people, and now you finally have the chance to do it. Corny? Perhaps. But I guarantee that by keeping your passion for medicine alive every day, you'll not only do well in your clerkships – you'll also have a truly amazing year. GOOD LUCK!
Hey Medical students, welcome to fall. This fall brings anatomy and cardio, football and clinical rotations and for the fourth year students it brings the long awaited preparation for interview season. While these tips seem appropriate for only the fourth year students they are great for any summer experience and how to handle yourself in any interview. Enjoy and good luck! Come see me any time to talk about tips, ideas, interviewing and residency choices. I would love to give you guidance or support.

ALLISON MACEROLLO, MD
FMIG ADVISOR

The Residency Interview: Making the Most of It
Phyllis Kopriva, Director, American Medical Association Women and Minority Services

Research the Program

Research the program as much as possible before you go so that you will be able to target your questions for that program, rather than doing a generic interview. You might check to see if any graduates of your medical school are there, and if so, consider getting in touch with them. Review your application, personal statement and curriculum vitae and prepare yourself to discuss anything that you’ve mentioned on them. Prepare a list of questions that you want to have answered during your stay. And remember, you don’t have to memorize your questions; you can take your notes into the interview.

Plan Your Trip Well

What to Pack: A residency interview is a job interview, and the propriety of your dress reflects a sense of being in touch with the world. For men and for women, suits are serious clothes and are appropriate for interviews. Failure to wear professional-looking clothes might not cost you a placement, but it can distract the interviewer. Sweaters and slacks are okay when you’re on call in certain programs, but your safest bet when you interview is to dress for success. Business schools impart lots of information to their graduates about how to dress for job interviews; medical schools do not. But don’t be fooled. Although you may not be going for job in banking, you are interviewing for a professional position. In addition to carefully planning what clothes to bring, run through the other possibilities that may arise while you’re away. You may go for a meal with one of the residents. It could rain, so take an umbrella. It is easy to spill something on a shirt, spot a tie, or rip a seam. Pack accordingly.

The First Impression

Students often go into the interview room very nervous. Most adjust quickly, but wish they could avoid the early jitters. If this applies to you, and it probably does, follow these helpful hints:

- Be on time.
- Get the names, including spellings, of the interviewers from the departmental secretary so that you know who you’re seeing.
- Look your interviews in the eye, greet them by name and offer your hand for a firm handshake.
- Smile.
- Let everyone else sit down first (old fashioned manners).
- If you’re offered coffee or tea, but you’re pretty shaky, refuse it.
During the Interview

Selecting your residency program is a major decision a decision that you will have to make after very brief contact with people who may be your associates for a long time. Value the impressions that you make of the program and the people, and keep track of those feelings about the interview to assess how suitable the fit is between you and the program. Direct each question to the appropriate interviewer (i.e. program funding to the director and call schedules to the residents). Consider which questions are appropriate for the interview, and which are for a less formal setting. For example: Think about your real priorities and make sure you express them. And, ask your questions at the appropriate times. The beginning of the interview is not the best moment to ask about salary, benefits and call schedules. Although they are legitimate questions, bad timing or asking the wrong people could make your interviewers uncomfortable about your values. In addition, questions that challenge or confront interviewers can be alienating; nuances such as tone and word choice are important. “What is wrong with your program?” is more difficult to answer than “What are some of the challenges that I might face here?”

If you are prepared to answer the following list, you should be ready for many of the questions you will face.

- Why did you choose this specialty?
- Why are you interested in this program?
- What are your goals?
- Tell me about yourself?
- What did you do before medicine? (To an older student)
- Why should we pick you?
- What are your strengths?
- What are your weaknesses?
- Where else have you applied?
- Are you interested in academic or in clinical medicine?
- What was the most interesting case that you have been involved in?

- Present a case that you handled during medical school.
- What could you offer this program?
- Do you see any problems managing a professional and a personal life?
- Are you prepared for the rigors of residency?
- Where do you see yourself in 5 years?
- What questions do you have?

After the Interview

Go back to your housing and immediately write down your impressions of the interview. After a few interviews, you will tend to start forgetting what happened where. Write a description or make a list of what you liked and didn’t like, and do it right after the interview because you won’t remember later. Don’t rank a program you will feel uncomfortable working for. If you’re going to interview at many programs, it’s a good idea to prepare a checklist in advance of the factors that are particularly important to you that you can use for all your interviews. At the end of the process you can then use a consistent rating system to help sort out your decision.

Follow up your interview with a note of thanks – but not one that sounds like a form letter. Make sure that you sound genuinely interested.

This summer, I was fortunate enough to complete a month-long externship at OSU East, in the department of family medicine. When I first arrived, I was a bit nervous, not knowing a single person. While hotels often skip floor thirteen, I found that hospitals entertain no such superstitious thoughts, as the Department of Family Medicine was housed on that particular floor. The round nature of the building allowed for beautiful observing of the Columbus skyline, and also made it difficult for even someone spatially challenged like myself to get lost (keep walking and you’ll eventually get there!). During my month-long program at OSU East, I worked w/ Dr. Allison Macerollo and her team. I shadowed attending physicians, residents, and medical assistants. I conducted patient interviews and sharpened my physical exam skills. I drew blood (after practicing on a very kind resident), looked under microscopes, and was able to further develop my limited case-presentation skills. This was truly a great and unique experience. I was able to learn more about conditions such as diabetes, hypertension, kidney disease, high cholesterol, and depression. I learned not only how some of these conditions present and progress, but also how to treat them and how to better communicate with patients.

During my stay at OSU East, I completed a series of short articles devised for patients to read. These included topics such as diet and exercise, immunizations for adults, and health screenings. I know that I have a long way to go before I am ready to be a physician. However, working at OSU East and being able to absorb just a bit from the staff reaffirmed my instinct that I am indeed picking the right profession. I saw many struggles of patients at OSU East. I saw patients crying, seemingly paralyzed by their depression. I saw patients from distant countries, struggling to communicate their symptoms even with the aid of an interpreter. I saw patients with diabetes, struggling to adjust their diet to better control their blood sugar. But I also saw a lot of progress as well. I saw the power of medicine and the role of physicians when new medications worked, when small diet and exercise changes made a big difference, and when simply listening to a patient and allowing them to release some of their burdens was a form of therapy of its own. I feel very fortunate for being able to have spent part of my summer at OSU East and with Dr. Macerollo and her team. If I have gleaned just a bit of her compassion, knowledge, and good spirit, then I am on the right track. Go Buckeyes!
The AAFP National Conference for Medical Students and Residents is a conference specifically geared for medical students and residents so it is definitely a conference you don’t want to miss as a budding Family Medicine physician. Family Medicine is one of the few specialties that offers such an experience for students.

This year was my second year attending the AAFP conference. After my first year of medical school the conference was a great exposure to the opportunities Family Medicine has to offer and a jump start to helpful tips for our clinical years. Now as a fourth year, the conference was even more beneficial in choosing my path in family medicine. The conference has the largest Residency Fair, dividing programs by geographic location giving students the opportunity to talk directly to residents and residency directors. By the end of the conference I felt that I had a much better understanding of the programs to which I am planning to apply. The conference also offers students the chance to have their CVs and personal statements reviewed by program directors and helpful programming sessions about interviewing for residency and surviving your intern year.

Besides planning for residency and beyond, the conference offers incredibly helpful review sessions on clinical skills such as chest x-rays, heart sounds, EKGs and musculoskeletal exam skills. Depending on your own interests there are also opportunities to get involved in the national AAFP and Health Policy Reform.

Overall the conference is a great way to meet other motivated students, residents and practicing physicians and an inspiration to continue pursuing a career in Family medicine.
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**Go Bucks!!**