

# Med School Watercooler

NEWS FROM FREDERICK P. WHIDDON COLLEGE OF MEDICINE  
AT THE UNIVERSITY OF SOUTH ALABAMA

Wednesday, August 15, 2018

## Mark Your Calendar: USA Lions Club Hosting 6th Annual 5K Race and Fun Run



The University of South Alabama Lions Club is hosting the sixth annual Miles for Medicine 5K and Fun Run on Aug. 25, 2018 at the Langan Park Pavilion. The race will begin at 7:30 a.m., and the fun run will begin at 8:30 a.m.

Proceeds from the event will benefit the sight programs of

the University Lions Club and help support Ozanam Charitable Pharmacy. Party, prizes, food and music will be provided.

Lions Club International is the world's largest service club organization with over 1.4 million members in around 46,000 clubs in more than 200 areas around the world. [Learn more about the Lions Club.](#)

[Register for the event.](#)

Posted by Med School Watercooler at [11:24 AM](#) No comments:

## Alabama Board of Medical Examiners to Present 'Ensuring Quality in Collaborative Practice'

The Alabama Board of Medical Examiners will present "Ensuring Quality in Collaborative Practice - Working Together to Deliver Quality Healthcare." There are two offerings to choose from:

- Wednesday, Aug. 29 from 4:30 to 6 p.m. at the Strada Patient Care Center in room 1101
- Thursday, Aug. 30 from 7:30 to 9 p.m. at the Mastin Professional Building in room 2819

All USA Health physicians, certified registered nurse practitioners, certified registered nurse anesthetists, certified nurse midwives and physician assistants who are participating in or are interested in developing a collaborative practice agreement are invited to attend.



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Alabama Board of Medical Examiners to Present 'Ens...

APP Quarterly Meeting Set for Aug. 21

USA College of Medicine Welcomes

The Alabama Board of Medical Examiners, jointly with the Alabama Board of Nursing, developed a set of rules for the establishment of a collaborative practice as well as guidelines on how the practice is to be conducted with regards to supervision and quality assurance.

Recordings of the session will be made available on HealthStream for those who cannot attend in person.

Visit the [Eventbrite page](#) for more information and to register.

Posted by [Med School Watercooler](#) at [9:03 AM](#) No comments:

## APP Quarterly Meeting Set for Aug. 21

The USA Health Advanced Practice Provider (APP) Leadership Council will host the quarterly meeting at 6 p.m. Tuesday, Aug. 21, at Ruth's Chris Steakhouse.

The meeting will feature a short presentation about medical management of orthostatic hypotension and what's new in the world of USA APPs, including the upcoming APP Week celebration.



The newly developed APP Leadership Council is the voice for advanced practice providers within USA Health. The mission of the group is to support the APP community through leadership, advocacy and professional development.

The meeting is open to all USA Health advanced practice providers. To register, visit the [Evite page](#) or email Kimberly Thompson at [kadler@health.southalabama.edu](mailto:kadler@health.southalabama.edu).

Posted by [Med School Watercooler](#) at [8:50 AM](#) No comments:

**Monday, August 13, 2018**

## USA College of Medicine Welcomes the Class of 2022



The University of South Alabama College of Medicine welcomed 74 new students at the class of 2022's freshman orientation.

the Class of 2022

USA Health Welcomes New Resident Physicians

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During orientation, the first-year medical students were introduced to the College of Medicine with icebreaker activities, policy briefings, campus tours and information sessions. The USA College of Medicine Wellness Program – a wellness initiative promoting mentorship and enhancing health and well-being among medical students – also played an integral role at the event.

"I look forward to thriving in an environment that encourages the growth of several key qualities of a good physician: good communication, confidence, compassion, professionalism and knowledge," said first-year medical student Hadil El-Sharkh.



Despite being nervous for her new journey, El-Sharkh said, "I believe there is a healthy amount of nervousness that stimulates better performance and pushes toward successful completion of goals."

El-Sharkh received her electrical engineering undergraduate degree from USA. She said she chose USA because of the small class

size and preparation she will receive before starting her next journey as a physician. "USA College of Medicine gives every student the opportunity to grow as a physician in every aspect with an up-to-date facility and faculty members who are dedicated to the success of their students," she said.

When the wellness initiative began last year, Hannah Brooks, a second-year medical student and student orientation committee member, said last year's committee was not sure what role wellness should play during orientation.

Brooks was one of the committee members who encouraged the wellness initiative be a prominent part of orientation this year. With one year under the committee's belt, they were able to take charge and decide how to present wellness to the incoming students. "I personally think that the wellness initiative is one of the best parts of our medical school community," she said. "We want the new students to know that not only does our school care about our academic success, but they also care about our personal well-being."

To help facilitate more community among the wellness houses, the committee created the Wellness House Kickball Tournament. The houses – named after the five rivers that feed into Mobile Bay – are comprised of first-, second-, third- and fourth-year medical students. Incoming students received their wellness house assignment during a mimic Match Day on the first day of orientation. The students will remain in their wellness house groups for the remainder of medical school.

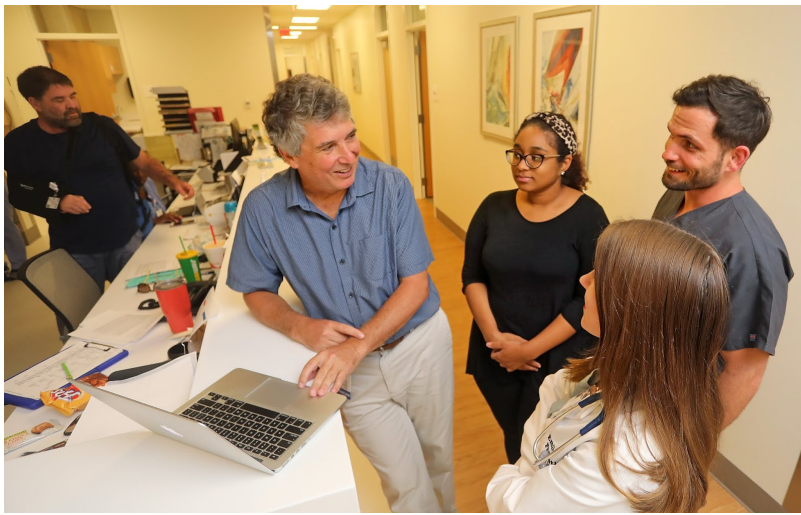
[Check out more photos from the class of 2022 orientation on Flickr.](#)

Posted by [Med School Watercooler](#) at [2:36 PM](#) No comments:

## USA Health Welcomes New Resident Physicians

The University of South Alabama recently welcomed a new class of resident physicians to the graduate medical education programs based at USA Health.

Currently, 248 residents and fellows are training with USA Health. Of these, 72 began their first year of residency and seven began their fellowships at USA this summer. The skills learned during the first year of training vary by their chosen specialty and build on the foundation given to students during their years in medical school.



Dr. Allen Perkins, professor and chair of family medicine at the USA College of Medicine, talks with first-year family medicine residents at the Strada Patient Care Center.

"As these new housestaff enter this exciting phase in their training, they are eager but can also feel quite a bit of anxiety," said Dr. Samuel McQuiston, assistant dean of graduate medical education and associate professor of radiology at the USA College of Medicine. "They have worked for years to become a physician, and now, as a physician, they are assuming significant responsibilities, facing long hours, and acquiring advanced skills. It can seem overwhelming to them, but the residency and fellowship programs have mechanisms in place to make sure that the new housestaff are well supervised, that they are successful in their training, and that their patients will receive optimum care."

This year, USA recruited its new residents and fellows from 30 different medical schools – with the largest representation coming from USA. After USA, other medical schools with more than one resident are Alabama College of Osteopathic Medicine, American University of the Caribbean, Liberty University College of Osteopathic Medicine, St. George's University, Nova Southeastern University College of Osteopathic Medicine, Saba University School of Medicine, University of Mississippi, and University of Texas Southwestern.

Dr. Kyle Cox, who earned his medical degree from the University of Central Florida, is a first-year orthopaedic surgery resident physician with USA Health. "USA Medical Center has one of the highest volume trauma centers in the region, which provides lots of opportunity for surgeons-in-training to learn how to operate," Dr. Cox said. "Coupled with outstanding attending-physician educators and an enthusiastic group of residents, USA is the perfect place to train to be an orthopedic surgeon."

Dr. Sara R. Avalos Hernandez, a first-year resident physician in the pathology department at USA, earned her medical degree from the Universidad Nacional Autonoma de Honduras. She said she is looking forward to an enriching learning experience from faculty and residents, so she can become a well-rounded pathologist and researcher in academic medicine.

"I am enjoying my time at USA," Dr. Avalos Hernandez said. "I'm really impressed with the structure of the pathology curriculum, the willingness of the faculty to teach, and all the support provided by everybody in the team."

With a long history of training physicians, USA Health provides training in 18 fully ACGME-accredited residency and fellowship programs. Residents and fellows in USA's training programs are integrated into USA Health with the majority of their training centered at USA Medical Center, USA Children's & Women's Hospital, USA Mitchell Cancer Institute, and the USA Physicians Group practices.

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