

Med School Watercooler

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

Thursday, April 9, 2020

Medical alumni fund to provide meals for USA Health workers



The USA Medical Alumni Association is calling for donations to provide snacks and meals for USA Health employees on the front lines of the COVID-19 pandemic.

The organization of about 2,700 graduates from the University of South Alabama College of Medicine created a

[webpage](#) where online donations can be made to the Meals for USA Health Heroes Fund. Donors may give as individuals, on behalf of a company or anonymously.

"The fund began as a way for alumni to give back to the health system where they trained," said Leila Nichols, director of medical affairs and alumni relations. "Now it's open to anyone who wants to help feed our healthcare workers as they provide critical care for these patients."

As of April 8, the fund had grown to approximately \$7,000, Nichols said. To make a donation, visit medicalalumni.southalabama.edu/food.

Posted by Med School Watercooler at [11:48 AM](#) No comments:

Fourth-year medical students await residency training in 'exciting, scary time'

In less than three months, fourth-year medical student Ben Gibson of Huntsville, Ala., will start his training in emergency medicine at LSU Health in Baton Rouge – in a state that has seen more than 10,000 cases of COVID-19 and 370 deaths from the disease.

Whether the pandemic will still be on the rise in the U.S. by that time is unclear. "It's an exciting and yet scary time to be starting residency, especially in emergency medicine," said Gibson, who matched at his top choice. "I think that I will come in contact with a large number of patients with the disease, and at some point, will likely be a patient myself."

For now, though, Gibson and his fellow M4s at the University of South Alabama College of Medicine must watch from the sidelines as they transition from medical students to physicians in what has been an unprecedented semester. To contain the spread of the novel coronavirus, the class's Match Day celebration was called off. Coursework moved online. Graduation in early May was canceled.

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"We did not realize at the time that our last day of class was the last day," said Patrick Steadman of Mobile, who will be moving to Nashville to start his training in internal medicine at Vanderbilt University Medical Center. "There was a grieving process associated with the end of school just sort of fizzling out."



Sippy Sridhar incorporates yoga or pilates into her daily exercise routine.

Steadman and others of

the class say they are using their free time before starting their residencies – and whatever that holds – to connect with family and catch up on pastimes they've put on the back burner during medical school.

"My wife and I have been spending time on the water relaxing and fishing, using

this time between medical school and residency as almost a time of sabbatical between the two distinct rigors of medical education and residency training," Steadman said.

Free time isn't something that most medical students are accustomed to having.

"Just like everybody else, I'm doing the best I can," said Sippy Sridhar of Birmingham, who matched in internal medicine at LSU Health in New Orleans. "I've gotten to spend time with family, which has made social distancing easier. I also exercise daily. I now have the time to design full-body workouts and end each day with yoga or Pilates."

Sridhar has also stayed virtually involved with JagPantry, a campus food pantry she created as a first-year medical student. "I have had several phone and Zoom meetings to ensure that we can safely provide food and toiletries to Jaguars in need," she said.

So far, Sridhar hasn't received the call to start residency early in hard-hit New Orleans, as have some graduating students in other parts of the country.

Gibson, the future emergency medicine resident, said he has been spending as much time as possible with his 14-year-old brother. They have spent time fishing on Mobile Bay and in the Mississippi Sound, and turkey hunting. Gibson also took fellow medical student Hunter Childers on a weekend hunt. "I was able to watch him take his first bird and then get a great Alabama longbeard for myself."

Classmate Kelsea Wright said it has been difficult to cope with the fact that she may not be able to see her classmates again before she leaves for Texas to train



Patrick Steadman has spent much of his free time on the water and fishing.

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Ben Gibson has used the transition time to go turkey hunting.

in anesthesiology. "We didn't really say goodbye," she said. "I'm trying not to focus on the uncertainties or all of the things that my class and I are missing out on."



Kelsea Wright has enjoyed reading in her downtime.

Wright has spent the past couple of weeks with her parents in Lucedale, Miss., before she starts her residency at Baylor Scott & White Health in Temple, Texas. "I've been spending most of my time reading and binge-watching shows on Netflix and Hulu," she said. "I've also worked on a few puzzles, and my youngest brother has recently become obsessed with cornhole, so we play that several times a week."

Some of the students said they are incorporating workouts, yoga and other physical activities into their routines to stay healthy and as stress-free as possible.

"I know that after these three months of uncertainty, I will be ready to join my co-interns in the hospital to take on

whatever challenges that may be thrown our way," Steadman said.

Posted by Med School Watercooler at [10:05 AM](#) No comments:

Wednesday, April 8, 2020

Join online: Open Forum on Research in the Time of COVID-19

The Office of Research and Economic Development at the University of South Alabama College of Medicine will host an online open forum on "Research in the Time of COVID-19" at 9 a.m. Friday, April 10.

The forum will cover three general topics:

- Existing awards - how to handle salaries or other new issues
- Funding opportunities - rapid-response opportunities related to COVID-19
- General Q&A - What are your research-related needs and how can our office help you?

USA College of Medicine faculty are invited to join the Zoom meeting. Details below:

<https://southalabama.zoom.us/j/138226807?pwd=RU1Jck03Mi93a0N3TVM2Tk5aQlA4QT09>

Meeting ID: 138 226 807

Password: 114058

Find your local number: <https://southalabama.zoom.us/j/138226807?pwd=RU1Jck03Mi93a0N3TVM2Tk5aQlA4QT09>

Posted by Med School Watercooler at [2:02 PM](#) No comments:

Tuesday, April 7, 2020

Dr. Gilbert's Tips for Online Learning

Timothy Gilbert, Ed.D., assistant dean of accreditation and planning at the University of South Alabama College of Medicine, recently facilitated a Wellness Chat with USA medical students via Zoom. He provided some tips for getting the most out of online instruction.

"Managing our own self-discipline is the single biggest obstacle to success online," Gilbert said. "Simply saying, 'today I'm going to study' is frequently not

enough. To combat that lack of time management, you need a schedule."

	Watch <u>Ted</u>	Review 1	Review 2	Write up ILA	Review ILA	Drill Q bank	Anki
Dr. Taylor's lecture 9:00 Tuesday	✓	✓	✓			✓	✓
Dr. Taylor's lecture 10:00 Tuesday	✓	✓				✓	
Dr. Batten's lecture 9:00 Wednesday	✓						
ILA 1							
ILA 2							

Create a schedule.

- Use a calendar model (right) or checkbox model (above).
- Hard to stick to? Add more detail.
- Be realistic and schedule breaks.

Know and manage your distractions.

- Electronics/social media
- Friends and family
- Refrigerator (plan your meals and snacks)

Manage your environment.

- Keep your study space – physical and virtual – well organized.
- Ensure you have reliable connectivity, especially if you are planning to change your physical location.
- Back up often.
- Use reliable external resources that you know work. Ensure your subscriptions are up to date. Avoid using too many.

Thursday, April 2	
8:00	Exercise
8:30	
9:00	Eat & Shower
9:30	Watch Dr. Taylor's lecture
10:00	
10:30	Break & call Mom
11:00	Review Dr. Taylor's Lecture
11:30	
12:00	

Keep in contact.

Peers

- Zoom is available for free.
- E-study buddy. Can be really helpful if you are a procrastinator.
- Study/review groups – be cautious.

Faculty

- Be intentional with contact/questions. No opportunity for casual encounters, so make your point clear.
- Pay attention to stated objectives.

Prepare for tests.

- Add links to resources.
- Add good notes you have made.
- Identify slides that are likely question targets.

Stay well.

Sleep

- Stay on a regular cycle.
- Shoot for 7 hours.

Exercise

- Aim for 60-90 minutes/day.
- Participate in online exercise sessions.
- Get outside.
- Be creative.

Nutrition/hydration

- Remember, bad habits come easy.
- Consider online meal kits.
- Drink lots of water.

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