

# Med School Watercooler

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

Thursday, February 8, 2024

## New members, officers selected for Gold Humanism Honor Society

Eleven third-year medical students, four residents and two faculty members were recently "tapped in" to the USA chapter of the [Arnold P. Gold Humanism in Medicine Honor Society](#) (GHHS) at the Frederick P. Whiddon College of Medicine.

GHHS is a community of medical students, physicians, and other leaders who have been recognized for their compassionate care. The national honor society reinforces and supports the human connection in healthcare, which is essential for the health of patients and clinicians. Members are selected through a peer-nominated process.

The following were named to the GHHS Class of 2025:

### Medical Students

- Jerry Andrews II
- Mary Claire Carlton
- Emily Cleveland, vice president
- Cinnamin Cross
- Tara Hicks, secretary
- Chandler Hinson
- Naden Kreitz, president
- Warren Law III
- Peter Ledet, treasurer
- Natalie Simpkins
- Yulong Stokes

### Residents

- Kiah Gledhill, M.D., department of surgery
- Christopher Johnson III, M.D., departments of internal medicine and radiology
- Alexander McNally, M.D., department of surgery
- Matthew Norris, M.D., department of obstetrics and gynecology

### Faculty

- Abu-Bkr Al-Mehdi, M.D., Ph.D., professor of pharmacology
- Brian Fouty, M.D., professor of internal medicine and pharmacology



Medical students, residents and faculty were named to the GHHS Class of 2025.

Naden Kreitz was elected to serve as president, and Emily Cleveland was elected vice president. Tara Hicks was named secretary, and Peter Ledet was named treasurer. The new members will be inducted and pinned at the White Coat Ceremony in June.

"It is with deep humility and gratitude that I accept the position of president of Gold Humanism. Leading this honor society presents a profound opportunity to further our impact within the campus and health system," Kreitz said. "I express sincere appreciation for the opportunities extended to me by South Alabama and remain committed to contributing positively to our community. With a steadfast dedication to our mission, I eagerly anticipate the collective achievements we will pursue in the service of our shared goals."

The Arnold P. Gold Foundation champions humanism in healthcare, defined as compassionate, collaborative, and scientifically excellent care. The honor society now has more than 180 chapters in medical schools and more than 45,000 members in training and practice.

Posted by Med School Watercooler at [11:12AM](#)



Wednesday, February 7, 2024

## Meet a Med Student: Brandon Schonour

### Brandon Schonour

**Age:** 24

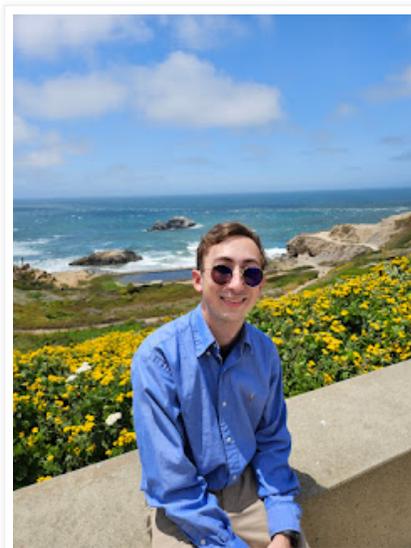
**Class:** 2026

**Hometown:** Cantonment, Florida

**Undergraduate education:** B.S. in clinical professions, Florida State University

### What do you enjoy most about being a medical student at the Whiddon College of Medicine?

The small size of our classes. I feel that it has allowed for me to get to know my classmates on a deeper level beyond that of just the classroom setting, and that has made the medical school experience all that more enjoyable.



### Are you involved in any research, organizations or other initiatives at the Whiddon College of Medicine?

Native American Student Association, Quatsabadi STEM Mentoring, Radiology Interest Group, research trying to find predictors of 0.55T respiratory navigated lung MRI image degradation, Global Health Collaborative, and Medical School Admissions Ambassador Team

### What are your interests and hobbies?

I love to watch sports (FSU football and pro wrestling), go to the movies, and try new barbecue restaurants.

### What is something unique about you?

My birthday is on Groundhog Day, so every year Punxsutawney Phil and his prognostication is must-see TV for me.



Posted by Med School Watercooler at [4:45 PM](#)



**Tuesday, February 6, 2024**

## Distinguished Scientists Seminar to focus on nerves and cancer

The next Distinguished Scientists Seminar will feature Gustavo Ayala, M.D., professor of pathology and laboratory medicine, and vice chair for outreach at the University of Texas Health Science Center at Houston.

Ayala's seminar, "Of Nerves and Cancer, or the Story of the Nerve Guy," is set for Thursday, Feb. 8, at 4 p.m. in the first-floor auditorium of the Medical Sciences Building. Students and faculty are invited to attend the lecture, hosted by Simon Grelet, Ph.D., and the Department of Biochemistry and Molecular Biology.



Gustavo Ayala, M.D.

Ayala is active in basic science, clinical and translational research for which he has received uninterrupted funding from the National Cancer Institute, The Prostate Cancer Foundation, the Department of Defense and other foundation and industry grants. A recognized innovator in urologic cancer research, Ayala studies interactions between nerves and cancer and is considered the leading authority in the field.



The Distinguished Scientists Seminar (DSS) program comprises invited talks by leading scientists from outside institutions. Speakers are selected to complement the Graduate Training Program in the Whiddon College of Medicine and cover a wide range of leading-edge biomedical research.

Learn more about the DSS program and view the [spring 2024 seminar schedule](#).

Posted by Med School Watercooler at [9:40 AM](#)



**Monday, February 5, 2024**

## GHHS announces Solidarity Week events



The Whiddon College of Medicine's chapter of the Arnold P. Gold Humanism in Medicine Honor Society (GHHS) will host Solidarity Week for Compassionate Patient Care Feb. 14-16.

During Solidarity Week, healthcare members are invited to participate in Wellness Bingo, to be entered into a raffle for various gift cards from local establishments. Wellness Bingo seeks to inspire students, residents and faculty to better their own personal mental well-being and the well-being of their colleagues and patients.

Submit a picture of your completed "Bingo!" card (see blank card below), full name, and preferred form of contact to [asb2021@jagmail.southalabama.edu](mailto:asb2021@jagmail.southalabama.edu) by Friday, Feb. 16, at noon to be entered into the drawing.

The following events are planned for Solidarity Week:

**Motivational Wednesday, Feb. 14**

GHHS will visit with ICU patients and their families at University Hospital and Children's & Women's Hospital, and bring them comforting and encouraging messages on this Valentine's Day.

**Thankful Thursday, Feb. 15**

GHHS will hand out thank-you messages to staff members at University Hospital and Children's & Women's Hospital, and express their sincere appreciation for their vital roles in providing daily compassionate care to patients.

**Wellness Friday, Feb. 16**

Visit with GHHS members outside of the cafeteria at University Hospital from 11 a.m. to 3 p.m. where they will invite healthcare workers to fill out cards detailing how they provide compassionate care to patients. Every card filled out will enter a participant in a raffle drawing to receive a gift card to a local establishment. They will also hold the raffle drawing from the Wellness Bingo cards.

The national GHHS established National Solidarity Day for Compassionate Patient Care in 2011 to highlight the nationwide movement promoting provider-patient relationships based on caring, personalization and mutual respect. In 2013 and 2014, the U.S. Senate passed a resolution recognizing Solidarity Day on the national calendar, and the day was expanded to become Solidarity Week in 2016.

# Solidarity Bingo



Show yourself and others some kindness during Solidarity Week!

|                                |   |   |  |  |
|--------------------------------|---|---|--|--|
| Hold the door open for someone | Check something off your to-do list           | Write down 3 things you're thankful for | Call a family member                           | Take the stairs instead of the elevator          |
| Tell someone a joke            | Check in on a peer                            | Eat a serving of a fruit or vegetable   | Enjoy a moment of meditation or prayer         | Give someone a compliment                        |
| Thank a mentor                 | Reflect on why you chose a career in medicine | <i>Free</i>                             | Drink a glass of water                         | Call a friend                                    |
| Get 8 hours of sleep           | Tell someone "Thank you"                      | Listen to a podcast or Ted Talk         | Exercise for 30 minutes (walk, run, yoga, etc) | Write down 3 goals for yourself                  |
| Read a chapter from a book     | Tell someone why you appreciate them          | Have an electronic-free meal            | Wash your sheets                               | Treat yourself to a coffee, snack, dessert, etc. |

Please email your completed card to [asb2021@jagmail.southalabama.edu](mailto:asb2021@jagmail.southalabama.edu) by February 16th at noon!