UPCOMING DATES

Monday February 2, 2015
- APMA dinner discussion @ 6pm

Monday February 2 - Wednesday February 4, 2015
- Re-accreditation committee on campus

Tuesday February 17, 2015
- TU founder Russell Conwell’s bday. Celebrations across all TU campuses

Monday March 2 – 8 2015
- Spring Break for c/o 2017 + 2018 !!!

Saturday March 14, 2015
- Spring Ligament Formal

Monday March 23, 2015
- Match Day!!

Friday April 10, 2015 @ Mitten Hall
- White Coat Ceremony c/o 2017

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Meet LEA App Developer from TUSPM!

Designing an app is something I always wanted to do but I didn't want to make an app that people deleted after using for 30 seconds. Between the summer of my first and second year I started drawing diagrams for LEA on my computer as a way to review. I got annoyed sorting through 50+ slide power points trying to find a specific diagram. Google Images has a lot of diagrams but many are outdated with contradicting information and are too small to study from, not to mention Doctors are not supposed to use Google. I wanted a quick and easy way to access desired LEA diagrams. I watched a lot of YouTube videos and read some online guides to figure out how to create an app. My first release of the app only displayed 20 different diagrams. Some of my classmates suggested that I make the app more interactive by allowing the labels on the diagrams to be hidden so students can quiz themselves. I was able to add that feature in and I also drew more diagrams and brought the total up to 90 diagrams. I am currently in the process of adding quizzes that are similar to how Examsoft works. An image is displayed on screen and the app asks you primary or secondary questions about the anatomical structure. There is currently a small bone quiz but there are also quizzes that test to see if you know the Action, Insertion, Origin, Innervation, Blood Supply of every muscle from knee down.

You can download the app on the Apple App Store, just search for “Pocket LEA.” The app works on both iPad and iPhone. Pocket LEA has a lot to offer and I have a lot of ideas to add to it in the future. Thank you everyone who bought my app or supported with feedback, I hope the app serves you well!

-Jesse Borys, Class of 2017
SHOUT OUTS!

**Congratulations** to the class of 2015 for completing their interviews

**Congratulations** to the class of 2015 for completing APMLE part 2 board exam

**Good luck** to Class of 2016 students on medical rotations in February 2015!

**Congratulations** to the class of 2017 for completing a tough January filled with exams

Good luck to all during this homestretch!

Contact us for stories you would like to see published at gaitway@temple.edu

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**SGA meeting key points:**

**Wednesday January 14, 2015**

- Dr. Mahan – Re-Accredidation committee arriving at TUSPM during week of Feb 2\textsuperscript{nd}, 2015
- Dr. Moore – Proposed adjustment to curriculum into modified block schedule next academic year
- APMSA Basketball Tourney @ NYCPM in April
- New video capture option for clubs’ guest speakers
- New filtered water fountain in lobby of school!
- New added card scanner and snacks in vending machine in 3\textsuperscript{rd} floor lounge
- TU founder Russell Conwell’s Bday on Tuesday February 17, 2015. Cake for those who donate!!

**Wednesday December 3, 2014**

- First Annual Holiday Social
- First Annual Clothing Drive
- New paint job + physician picture frames in FAI
- Easle will be placed outside classrooms when exams are in progress to minimize hallway noise
The Sonny Hill youth basketball league screening project

By Howard J Palamarchuk, DPM

Mr. Sonny Hill is a lifetime resident of Philadelphia. He is a graduate of north east Philadelphia high school. He went on to play basketball in the semi pro league's in Philadelphia during the early 60s. As an organizer Mr. Hill went on to create a summer basketball league in 1968 in the middle of Philadelphia's tragic gang warfare days. The programs original idea was to get kids off the street and give them something to do.

Over the years the program has evolved into a successful youth development league not only teaching basketball skills but also life skills. Along with an organized basketball league for youth Mr. Hill also offers educational counseling, tutoring and college and career placement services with a rate of 85% of his players going on to higher education.

Through TUSPM board member Dr. Michael Littman, A personal friend of Sonny Hill's we have participated in youth podiatric screenings of the basketball players on and off for the past seven years. This year in February and March we would like our students to participate in a rigorous screening program at Saturday games and practices For the League basketball players between the ages of nine and 13.

Screening is an excellent way to gain podiatric skills in the areas of diagnosis and examination. No treatment is offered however hands on examination and questioning of patients gives one practice and sharpening their interview skills as well as learning diagnosis and examination techniques. It is a viable skill prior to entering the clinics of podiatric medicine. Under the direction of attending’s and fourth year students you can practice the skills in gathering information and trying it on a screening form.

The screening program is encouraged for second third and fourth year students. We will need 10 to 15 students per Saturday session from about 9 o'clock to 1 o'clock on 3 Saturdays in February and 3 Saturdays in March.

Please sign up by emailing Sunny Makhijani, President of Class of 2017, at tue87999@temple.edu Dates will be: February 14th, 21st, 28th and March 7th, 14th, 21st

Thank you for your time and effort for this great event.

Dr. Howard Palamarchuk
To all current students at TUSPM and especially the class of 2016,

My name is Mark Vaughn and I am a 4\textsuperscript{th} year student. I just recently finished my interviews in Texas at the 2015 Centralized Residency Interview Program (CRIP) and wanted to write about my experience during the week. Before I begin, I want to speak briefly on the preparation process having now completed CRIP. Generally speaking know Prism well because the truth is every other applicant from all 9 schools knows it well also. Crozer Manual is another good source for rapid fire questions. If you are asked questions you do not know you can simply say “pass” or “I don’t recall but I can look it up and get back to you”, the important thing is to not get flustered if you don’t know. You may or may not have to suture, hand tie or attempt some other sort of skill that requires your hands so it behooves you to spend a little time even 10 minutes practicing leading up to interviews.

I arrived to Frisco Wednesday afternoon leaving myself some time to check into my hotel before heading to the Embassy Suites for East programs Orientation. At Orientation the CASPR/CRIP staff briefly went over what to expect. Interviews can include all academic, academic/social, perform some type of surgical skill, only social or even political (yes, one of my interviews was all political questions). I began my interviews on Thursday at 8am, as I was waiting outside the Hotel room to be called in I tried to remain calm and take deep breaths. When my name was called, I walked into the Hotel room and the director said a few words then basically jumped right into academics. I could barely read the HPI which was on the television screen because I was so nervous but I got through it and after a few questions I began to feel more comfortable. After my first couple of interviews, I began to feel much more at ease and chose not to study in between interviews just so I had a clear mind. After I had completed all my interviews I was exhausted, you will be physically and mentally drained. Everyone has ideas on how to best prepare but I don’t believe it is possible to simulate the experience. In reflection, it is a unique several days that will certainly test you but it is important to remember that all applicants are going through it and most share similar feelings. If possible I would recommend getting one or two interviews in before your top programs, but try and avoid having your last couple interviews as your top programs. In closing, best of luck to all my classmates in the 2015 Match!

Sincerely,
Mark Vaughn, c/o 2015

Interviews during the same week as Part 2

To all current students at TUSPM and especially the class of 2016,

My name is Mark Vaughn and I am a 4\textsuperscript{th} year student. I just recently finished my interviews in Texas at the 2015 Centralized Residency Interview Program (CRIP) and wanted to write about my experience during the week. Before I begin, I want to speak briefly on the preparation process having now completed CRIP. Generally speaking know Prism well because the truth is every other applicant from all 9 schools knows it well also. Crozer Manual is another good source for rapid fire questions. If you are asked questions you do not know you can simply say “pass” or “I don’t recall but I can look it up and get back to you”, the important thing is to not get flustered if you don’t know. You may or may not have to suture, hand tie or attempt some other sort of skill that requires your hands so it behooves you to spend a little time even 10 minutes practicing leading up to interviews.

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Sincerely,
Mark Vaughn, c/o 2015
Interviews during the same week as Part 2

CRIP was a unique, nerve-wracking experience but with enough preparation the trip can be pretty fun. Here’s my advice for Interviews/CRIP:

• 3rd Year in the Spring--the most important thing to do is visit programs! Don’t worry about getting pimped and just visit. When you visit, make sure you get there early and make a good first impression.

• Summer of 4th year--Book your hotel, the rooms fill up really quick! Decide where and who you want to stay with in Texas. I stayed at the Embassy (the hotel where the interviews are held) and it was super convenient. The Embassy was more expensive than most of the other options in the area. There are a bunch of new, really nice hotels close by and they all offer free shuttle to the Embassy.

• As far as interviews, most will take place in the living room portion of a hotel room at the Embassy. All of my interviews were some combination of social questions, rapid fire questions, and case work-ups. Some interviews were all social and some were all academic. About 95% of the academic questions I received could be found in Crozer or PRISM manuals. Make sure you go through the social questions in PRISM!!! Make sure that you have a really well thought out answer for why you want each program and how you will be ranking them (because some will ask). If you really want a program, you definitely need to tell them! Best of luck with 4th year!

- Christopher Heisey
Class of 2015
Preparing for Part 2 during externships

My Approach to Studying for Part 2

First off, everyone studies differently. This is just a summary of what worked for me and how I went about prepping for Part 2. It is not a guarantee of success nor am I giving out any top secret NBPME information, simply offering what I did. Overall, I walked out with about an hour left feeling not as bad as Part 1. My overall strategy was to prep early and to the point where I could answer/run on autopilot with the basic pod knowledge through most of boards and hopefully through interviews (so I could focus more on case studies and social aspects the few days between boards and Texas).

Timeframe:

The bulk of my studying started in the second half of November. Up until this point I had read chapters of McGlamry’s or PRISM before surgical cases during my externships. If I had “flex” time during an externship, I would either open Pocket Pod but soon found carrying an article or two to be a MUCH better alternative (residents were less likely poke fun and articles are much lighter).

It took me about 3 weeks to make it through my first reading of Pocket Pod. I tried to read a chapter of PP then PRISM (or other legitimate source such as those below) and follow up with a knowledge check like the Crozer Manual. During this first read through I was highlighting in yellow for key information and orange for keywords/buzzwords and phrases. I was also checking values, classifications, etc in PP versus these other materials to assure accuracy (there are a decent number of mistakes and omissions). I would add any missing information or cross-referenced notes in blue ink (stands out better). By the end of this process, I had “read to comprehend” PP, 70% of PRISM and ~60% of Crozer.

Final Countdown:

1st week November: 4 hours
2nd week November: 8 hours
3rd week November: 38 hours
4th week November: 20 hours (B-day & T-day)
1st week December: 45 hours
2nd week December: 50 hours
3rd week December: 50 hours
4th week December: 20 hours

Last week Dec/Frist week Jan (The last 9 days):
- 90 hours/Grunch Time
- Read Crozer Cover to Cover (3.5 days)
- Reviewed Highlighted Pocket Pod (~1 day)
- Reviewed internal Med Shelf Notes (~ 0.5 day)
- Read PRISM (3.5 day)
- Reviewed Practice Exam Answers (0.25 day)
- First day of January Externship (0.75 day)

It was a rough month and a half of studying but it was an awesome feeling to reabsorb so many of the Podiatry specific details that may have been missed or forgotten since classes. Again, everyone studies differently so don’t go changing what brought you this far.

A last nugget: In general, sometimes the right answer is knowing there isn’t a right answer (presented to you or otherwise). Just show you know there isn’t a right answer and be able to explain both/all schools of thought (to yourself on a test or to a resident/attending) and choose the option with the least number of assumptions (think Occam’s Razor). Good Luck!

- Pete Smith, Class of 2015, former co-president of Technology Club
Pete Smith Cont’d

Materials:

[] The Test Outline:
  • Found in the bulletin
  • Especially useful in guiding/demarcating Internal Medicine studies – “Diabetes”
  • Pay attention to the percentages and sub categories!
  • If a category is heavily weighted, probably a good idea to read up on it and its subcategories

[] Pocket Pod (Read ~ 3 times: once slow, once only highlighted areas, then key sections)
  • Not the best designed resource but the best resource podiatry has
  • I skipped the pharm tables

[] PRISM (Read 3 times)
  • EXCELLENT outlines of highest yield material at a near perfect level of detail
  • ~ 70% of externship questions including what HMPAO stands for

[] Crozer Manual (Read cover to cover x1, then key sections as needed)
  • Would use this to check my understanding after a section of Pocket Pod
  • Lots of great tidbits in here that showed up elsewhere...
  • Great for externships too (Some overlap with PRISM but 20% of externship questions)

[] Internal Med Shelf Notes (Read x2, skimmed x1)
  • Mike Gerrity pointed these out to me. Great resource for all the non-derm IM.

[] Radiology Pearls (read x4-6 until memorized)
  • PDF from Dr. Miller
  • High yield buzzwords and topics

[] Sample Tests Provided by NBPME (Took 2008, reviewed 2008 and 2005 for Q&A)
  • Good for getting an idea question depth
  • I took 3 tests 2 weeks apart to assess my progress and identify knowledge gaps
  • Reviewed questions and answers the night before looking for “freebies”

[] Anesthesia Pharm Sheets (Read 4-6 times)

[] Derm Footnotes/Classnotes (x1)
  • Read through these once then over to derm Diamonds

[] Derm Diamonds (x2)

[] Pearls PDF (x1)
  • Pretty good/only source besides practice tests for Community Health, Pod Law and Radiology

[] Xray PDF (x1 then PRN)
  • Great for understanding a bunch of different angles
  • A resident gave this to me, I’d be happy to pass it along

[] Gout/Diabetes/Cardio Pharm Sheets (x2)
Preparing for Part 2 during externships

Studying for part 2 boards while studying for interviews and having a demanding externship was no easy task. For second years, if you can, smartly plan you schedule. For the month of December, either have a base month or a easy med month / externship. My externship hours that month were 7:00am - 7:00pmsome days, which made it incredibly hard to focus on studying when the day ended (lots of sleepless nights). Knowing that I would have a challenging month, I spent most of November (my base month) studying as well. In my opinion, studying for 3-4 weeks or so should be sufficient for part 2 boards. Just like part 1, you will take this test and nothing you studied will be on it, the questions will be worded poorly, and you will think that you failed when you leave it.

The best advice I can give upcoming third years is to spend much more time on interviews. Find a few sources (Prism, Crozer Manual, etc) and know them cold. Do not use too many resources. A lot of boards stuff overlaps with interview stuff, however at the end of the day interviews are much more important than part 2 boards. Good luck to all and feel free to email me with any questions.
Life in Second Year at TUSPM

Dear TUSPM Community,

As I began my journey through first year at TUSPM, I quickly realized how very different it is from college, but do not let it lull you into a sense of laxity. Second year comes at a fast and furious pace, but it is so exciting as you are one year closer to the finish line. Every day there is more information being presented to you and you have to adjust your every day habits to stay ahead of the workload.

In second year, tests come in clusters. Keeping up with the information and reviewing material on a daily basis is essential. The days of cramming the night before a test are long over! Second year just does not work that way. However, you and your classmates are all in the same boat and everyone helps support each other through the tough times!

Now looking back as second year comes to a near end, it is exciting to finally start getting into material that pertains to our future profession. You also get to interact with patients and more with your fellow classmates. Plus, now, when your extended family asks you about foot and ankle pathologies, you can give better answers!

Kirstyn Urbas
Class of 2017

Meet our Librarian

Hi, my name is Carol Vincent and I am the Librarian for the Podiatric School. I have a BA in Chemistry and a MS in Information Science from Drexel University (yes you do have to have a MS to be a Librarian). I have been at TUSPM for 15 years but before that I was employed by the Campbell Soup Company first as a Chemist doing flavor research (tomatoes were my specialty) then as a Librarian for the Research and Technology Division. I also worked at the Thomas Jefferson University Library as a Reference Librarian. I very much enjoy working with these future Doctors, seeing them go from first years who are in awe of and sometime frightened of what lay ahead of them to competent and knowledgeable DPMs. I strive to make the library a place that meets their educational needs by obtaining the newest information both in print and electronically, and by having available for them the latest in technology. I encourage all of you to make the library your go to place for information and studying. In the Library you can check out a femur, a hip and an entire skeleton. You can work on our many PC and Mac, scan, fax, print (color printer coming soon) or just quietly study. Also available for your viewing are the latest in surgical videos. There is a library Blog (tupod.wordpress.com) that will keep you up to date on library happenings and new features. But the BEST and my favorite, way of interaction is for you to come and speak with myself or Andrew, the other Librarian. We enjoy meeting all of you, speaking with you, and helping you with all your informational needs.

Hope to see you soon, on the 6th floor