UPCOMING DATES

Thursday March 12, 2015
- SGA Meeting @ 6pm.
- Mandatory for all election positions

Saturday March 14, 2015
- First Aid Training for class of 2017
- Spring Ligament formal

Monday March 23, 2015
- Match Day!!

Wednesday March 25, 2015
- SGA elections
- Class of 2017 elections

Thursday March 25, 2015
- Class of 2018 elections

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

APMSA Mid-Winter Meeting

As many of you know, the mid-winter meeting for APMSA House of Delegates recently took place in Franklin, TN. I was honored to be able to go as a delegate, and as a representative of not only TUSPM, but the class of 2018. The conference started off with those going for the first time being able to have a meet and greet, and be introduced to parliamentary rules and the structure of the APMSA. One of the highlights was being able to meet students from other schools and discuss academics and training in preparation for residency and careers. As I heard their experiences, it was reassuring to know the future of podiatric medicine is bright. Despite differences, all schools are providing great opportunities which result in high quality podiatric physicians. Continued success and progress is important in obtaining parody among all medical professionals.

There was one topic that came up multiple times in discussions which I would like to share with everyone. This was the great clinical experience we have at FAI which prepare us for clerkships, boards, and residency. To that I would like to thank all those who provide the student body with a great clinic that makes others outside of TUSPM envious. With regards to the APMSA organization, I feel that we are in great hands through the leadership of the Executive Director, President (our Korey Dubois), and others holding Liaison/leadership positions. Much of our time was spent dealing with internal aspects of HOD, which help us have success as we face external issues surrounding podiatric medicine. All those within the APMSA are working to improve opportunities for students, and prepare us for our careers. I would like to remind the student body that we as delegates are here to be your voice within the APMSA, so please feel free to talk to us about concerns you may have. Let’s continue to work hard to make TUSPM the BEST! I would like to thank my class for providing me with the opportunity to be in this position, and wish everyone good luck in the upcoming months as you prepare for match day/residency, clerkships, boards, and finishing the first year of med school.

William Hurtt, Class of 2017
**SHOUT OUTS!**

*Good luck* to the Class of 2015 for Match Day later this month!!

*Congratulations* to the Class of 2015 for finishing the APMLE part 2 board exam

*Good luck* to the Class of 2016 currently on medical rotations in March 2015!

*Welcome Back* to the Class of 2017 and 2018 from Spring Break!!

*Good luck to all during the last two months of this academic year!*

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

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**SGA meeting key points:**

**Thursday February 12, 2015**

- Dr. Mahan – Accreditation Follow-up
- APMSA Mid-Winter meeting review
- Class of 2015 Match Week Protocol
- New Ad Campaign to promote podiatric medicine
- Go Army podiatric medical opportunities
- Spring Ligament: sold out

**Wednesday January 14, 2015**

- Dr. Mahan – Re-Accreditation 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 guest speakers
- New filtered water fountain in lobby of school!
Dr. Mahan on Accreditation and ACFAS Conference, part 1

TUSPM has been a busy place lately with all of the activity in preparation for the CPME site visit. CPME, the Council on Podiatric Medical Education, is our national accrediting body. In addition to monitoring annual reports, CPME sends in teams to visit each of the colleges on a periodic basis. Our visit itself occurred February 2-5 with the team interviewing faculty, staff, administration and students in various combinations. Although many people worked hard to put together the site visit itself, the preparation of the self study document was perhaps even more time consuming over the year prior to the visit.

For the self study, groups focused on the standards of CPME to help document for the CPME how we meet their standards and also how we can improve the way that we educate our students and operate as an institution. Administration, faculty, staff and students were involved with the preparation of the hundred page Self Study document which had almost 2,000 pages of supporting appendices.

Based on their initial verbal report, the team was highly impressed with the educational program at TUSPM, particularly the faculty, the number and diversity of patient pathology, and the patient simulation and standardized patient programs. We have not yet received the team’s written report, but when we do we will have an opportunity to respond to it in writing to the CPME. In April, the report will be forwarded to the Accreditation Committee and then to the full CPME. Although I serve on both bodies, I obviously won't be involved in any discussions that relate to TUSPM.

In the course of writing the self study, there were opportunities we identified to make us a stronger institution. None of these opportunities is more important to me than creating much better communication between students and the administration and faculty. I have met with the Student Council a few times now, to discuss this area and also to prepare for the site visit. It’s clear that in order to make a substantial difference in communication, there will need to be broad, systematic, and codified levels of communication that become ingrained in our TUSPM’s culture. We've already begun regular attendance at the Student Council Meetings. It’s particularly important that we improve the lines of communication with first and second year students, who don’t see as much of the clinical faculty. In order to do that, we need to have open forums of the administration with each class. Students can become more involved with the TUSPM’s committees. This is something that can be done so that student opinion and point of view is represented in a number of settings. Class officers should also be able to provide regular communication between administration and students.
It’ll take some time to change the culture around communication, but the journey of a thousand miles begins with the first step. We’ve got lots of steps that we’ll be taking in the near future. I hope you’ll help to hold us accountable to do our part to improve the lines of communication.

I have just returned from the American College of Foot and Ankle Surgeons meeting in Phoenix. Over 1500 podiatrists from across the county attended the meeting. One of our alumni, George Tye Liu DPM, was the Scientific Chairman. Several of our alumni were faculty at the meeting. TUSPM hosted an alumni reception that was well attended with many alumni reconnecting with old friends and their college. Many of our TUSPM faculty attended the meeting and there were 13 Temple posters in the exhibit hall, an outstanding representation. Our students are to be congratulated for winning first place in the student poster competition. The students included Emmanuella Easton, Patrick Donovan, Rebekah Cherian, Rizwan Tai and Alexandra Spangler. The title of the poster is Reliability of the Clinical Diagnosis of Deep Venous Thrombosis With Duplex Venous Ultrasound and Clinical Findings. The poster is displayed in the Surgery conference area in clinic. Congratulations to them and all our poster authors for an outstanding job!

Dr. Kieran T. Mahan
Associate Dean of Academic Affairs
Department of Surgery
First Year of Residency – Welcome to the Real World!

I remember match day being one of the most crucial days of my career. This was the day I had been waiting for the entire year... a year of being constantly pimped which kept me constantly on my toes and helped me improve every day.

Finally, I was closer to graduation and becoming a doctor; what I had been working for since undergrad was finally within my reach. At last, I matched at Temple, which was a happy moment, since it was my top choice.

With a residency spot and graduation right around the corner, I was filled with many questions: would I be able to keep up with the demands of medicine, both mentally and physically? Would I become the doctor I wanted to be? Well, I had to find out for myself.

The first day of residency came along, and boy, was I in for a big surprise. There were many aspects of transitioning from a student to being a doctor that did not come intuitively. Now, my decisions and opinions mattered and could affect a person's outcome. Now was the time to make decisions on things like admitting a patient to the hospital or not, recommending surgery or not, performing an immediate bed side intervention or deciding to wait until it was taken to surgery in an OR setting. Those things, although once probably taught in the classroom, become second nature the more you do it. But, there is no time to waste. First year of residency is a process of applying and perfecting what you have already learned during your academic years and learning many things as you encounter new cases which challenge you to apply your knowledge and critical thinking.

Not only do you get to apply your academic knowledge, but you also need to know that in residency, you get to fill different roles such as: social worker, secretary, patient transporter, counselor and so on. Things that you do all with the final goal of serving your patients in the best way possible. All these things, at the end of the day, make you a better individual and doctor: because you have put your patient before your needs and have been an advocate for their well being.

I am currently half way with my first year of residency, and while I can only attest to my experience, there is one thing that I think it is true: there is nothing you can do that can prepare you for this transition... It is a new world, in which you learn the more you practice every day. This is not mean to scare anybody, but if were to tell you that there are things you can do to prepare you before a completely new experience and journey like residency, I would not be being completely honest.
Think about it... how was transitioning from undergrad to Podiatry medical school? the first few months can be pretty challenging/scary, and nothing that you could have done before starting first year of podiatry school could have changed the challenge and fast paced curriculum which was completely different from undergrad. What matters, is the attitude and commitment that you applied to adapt to the new situation and how you overcame the new obstacles that you faced.

That's how I have tried to approach my first year of residency: knowing that it is a new experience, that I do not know everything, that I am here to learn and to be challenged each and every day. That it is hard work and nothing valuable in life comes easy, and that eventually, certain things that you thought were difficult become second nature, the more you do it each and every day.

Each one of you, will end up in different types of programs, some more academic, than others, some more structured than others, different call schedules, but no matter where you decide to go, one thing remains true: don't be afraid to give it your best, to make mistakes and to move on and be better each and every day, because that's what will make you an experienced doctor and better for your patients. Remember: you know more than you think... just have confidence in all your hard work and knowledge.

Vanessa Cardenas
PGY-1, Temple University
The Role of a Physician

When I get asked why I chose to become a physician, I think back to the origin of this word. The word physician dates back to the 13th century with the Anglo-Normans coining the French word *physique* or remedy. The English used the word *physic* for medicine, a word that is still used in practice today. The word “doctor” originates from the Latin verb *docère* “to teach”. Both words encompass what I believe are the qualities a podiatric physician should have. In today’s world, the globe has become a village and we are faced with interacting with people who may seem quite different than us in their beliefs, thoughts, and ideologies. However, if we keep in mind that the patient that stands in front of us, the patient that we will be trying to “remedy,” is our father, our mother, our brother and sister – really a mirror of ourselves – the differences that had previously appeared to be massive in its magnitude shrink down to a miniscule size of a pebble.

I ask each and every one of us physicians and doctors to reflect upon the fact that we, as humans, are much more similar than we are different. We all hope for the well being of our loved ones, a full belly, and a safe place to sleep. The differences in our appearances and thought processes are more than the differences found in our DNA.

Our role as physicians and doctors is to mend and heal the broken views of the community around us in terms of prejudice and discrimination. As doctors we should teach compassion and patience and love for learning. Perhaps we should break down the mental barriers that shackle us from treating patients with unbiased views.

http://www.etymonline.com/

Arwa M El-Sayed
Student Council Parliamentarian
TUSPM Class of 2017
Hey Everyone!

Welcome back from Spring Break! I hope you had a great time off and welcome to the final stretch! We will be getting ready to go into elections next week. My advice is to run for whatever you like! Losing isn’t an option but in a way everyone wins through this learning experience. I’ll be seeing you around and please stop me if you have any questions or e-mail me with concerns at tuf27975@temple.edu! If you are running for student council president-elect, please email myself or Christina Bui with your essay by the given date.

Aman Fatima
Student Council Election Chair
TUSPM Class of 2017
This program was established for the second year students to have early exposure to FAI. Fellow class President Francis Dinh and I thought it would be a great opportunity to have upperclassmen mentor second year students by taking them on a tour, showing ins-and-outs of an everyday experience in clinic. From Diag, Surgery, Wound Care, K room, to Hangar, students were given a preview of the Electronic Medical System. More sessions will be set up soon.

Sunny Makhijani
President, Class of 2017

Student Responses:

The pre-clinic walk through was effective in that I gained early exposure to clinic systematics in a relaxed environment. Upperclassmen encouraged questions and lent their personal advice for success when feeling overwhelmed during the first month in clinic. Additionally, I found this opportunity insightful because I inquired about uncertainties that I would otherwise not feel comfortable asking clinicians. My skills as an effective student doctor stem from my confidence and experience in the clinic; the pre-clinic walk through played an advantageous role in achieving that confidence.

Britni Sklencar
TUSPM Class of 2017
Before leaving for spring bring our second year class was given the opportunity to participate in a tour of our own foot and ankle clinic. It was put together by our class president and hosted by a few gracious members of the third year class, who volunteered to walk us through. I have to say, they made it well worth our time! The third years took us in small groups and were very informative and open to helping answer whatever questions we had in a friendly and informal, panel-like discussion. They filled us in on not only what rooms were located where and what they were each used for, but also answered questions we can only learn from their own day to day activities, like what tools they’ve found are most important to carry around in our white coat pockets (or in my case, other important questions like how the ladies wear their hair), and how to set up our study time for board exams once we start clinic. The question/answer sessions along with the tour gave us valuable insight from our fellow students who have so recently experienced the same uncertainties we may have, allowing them to understand our perspectives in a way we may not as easily (or comfortably) express with clinicians. Thank you third years, for letting us pick your brains! Now we can walk into clinic in the spring a little less nervous than we would have otherwise! And we all know, every little bit of insight certainly helps.

Suna Panah
TUSPM Class of 2017

I believe the pre-clinic walk through was a very informative period of time. It was the first time we had a chance to take a look at the whole clinic area by area with someone explaining functionality and flow. I think it gives students a head start on acclimating for the following year. While memorizing every detail is not going to happen in an hour and a half; come summer that extra familiarity can go a long way. The upper class men did a good job giving out pointers on what to look out for as well as information when it comes to clerkships, residencies and board reviews.

John George
TUSPM Class of 2017
Bad feet are scary; but Dr. Maasi Smith has seen it all and is committed to promoting foot health. This award winning surgical podiatrist is a proud graduate of Temple University’s School of Podiatric Medicine, where he earned his Doctorate of Podiatric Medicine in 1999. He is also a graduate of Hampton University. Dr. Smith currently in private practice in West Philadelphia specializes in diagnosing and treating individuals with structural and soft tissue conditions of the foot & ankle. He is able to successfully balance his career as author, lecturer, speaker, product inventor, media personality, and dad.

In his book **Feet Naturally**, Dr. Maasi Smith admits that our feet are often the most neglected part of our body. It comes as no surprise, that Dr. Smith’s impressive profile includes multiply television and radio appearances in a quest to encourage people worldwide to pay more attention to their feet. His efforts have given him the awesome title as “America's Foot Doctor”. In addition to his own line of foot care products and his book, Dr. Maasi Smith is able to spread his message of foot care as a medical contributor to Fox29 Philadelphia and has made appearances locally on CBS and NBC10. Dr Smith has also reached national notoriety, through Daytime Television, Better Show, and Arise Entertainment Television.

The word “mischiefmakers” appearing next to the name of Dr. Maasi Smith might illicit thoughts of possible foot care problems and not necessarily an eerie story of a homeless woman who becomes entangled between two dimensions. Mischiefmakers is not a book about feet, but is a page-turning horror novel written by Dr. Smith prior to completing his doctorate and later re-published in 2013.

Success has no limits when you love what you do and Dr. Maasi Smith loves being a foot surgeon. As an associate instructor, he is passing on that love and experience to the students of his alma mater Temple University’s School of Podiatric Medicine.

There is no doubt that Dr. Smith is a trail blazer, creating his own foot prints; ones his daughters, Noelle and Nyla, will mark for generations to come.

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**Dr. Maasi Smith**

TUSPM Class of ‘99
Sonny Hill Basketball League Screenings

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: **March 14th, 21st, 28th**

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

Dr. Howard Palamarchuk