

6-2000

## COM Outlook June 2000

College of Osteopathic Medicine

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### NSUWorks Citation

College of Osteopathic Medicine, "COM Outlook June 2000" (2000). *COM Outlook*. 62.  
[https://nsuworks.nova.edu/hpd\\_com\\_outlook/62](https://nsuworks.nova.edu/hpd_com_outlook/62)

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## Passion, Foresight Define Dr. Morton Terry

By Scott Colton  
Director of Education Communications

In 1874, a trailblazer by the name of Andrew Taylor Still made a vital contribution to the medical world when he founded a revolutionary form of health care called osteopathic medicine. Over the past century, a number of other noteworthy individuals have played significant roles in furthering the profession by creating essential educational opportunities for future generations of osteopathic practitioners.

One visionary who has carried on the proud legacy of Dr. Still is Morton Terry, D.O., chancellor of Nova Southeastern University's renowned Health Professions Division. In a 60-year medical career marked by numerous landmark achievements, Dr. Terry has become a respected figure who, like Dr. Still, has served as a pioneer in the advancement of osteopathic medicine.

In addition to establishing the Southeastern College of Osteopathic Medicine in 1981, Dr. Terry was at the vanguard of the profession as early as 1946, when he helped create the first osteopathic medical residency in internal medicine at the Osteopathic Hospital of Philadelphia. In 1976, Dr. Terry, who will turn 80 next year, paved yet another path to the profession when he became the first osteopathic physician in the south to become board-certified in nuclear medicine.

Continued on page 4

HEALTH  
PROFESSIONS  
DIVISION





# NEWS BRIEFS

## COM OUTLOOK

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**J**oseph DeGaetano, D.O., assistant professor in the Department of Family Medicine, published an article entitled "Failure to Thrive: An Historical Perspective" in the March 2000 issue of the American College of Osteopathic Family Physicians Journal.

**O**n March 31, several NSU-COM faculty members participated in the American Heritage High School Science Expo in Plantation, Florida. The expo's purpose was to expose students to various health care professions and provide them with an opportunity to ask questions of the assembled medical professionals. As part of the interactive event, NSU-COM faculty members Barbara Arcos, D.O., Robert Klein, D.O., Peter Cohen, D.O., and Sandi Scott-Holman, D.O. demonstrated techniques such as blood pressure testing and osteopathic manipulative medicine.

**R**obert Trenchel, D.O., program director of the newly formed Osteopathic Preventive Medicine and Public Health Residency Training Program, has been named a Fellow in the 1999-2000 American Osteopathic Association National Health Policy Fellowship Program. This one-year program is designed to prepare osteopathic physician leaders from private practice, health organizations, and osteopathic education to arrange, analyze, and react to health policy.

The fellowship program was designed six years ago by the Ohio University College of Osteopathic Medicine (OU-COM) and the Michigan State University College of

Osteopathic Medicine. Physicians selected for the program are required to attend an intensive five-day campus introduction at OU-COM as well as 20 three-day weekends throughout the year.

**R**ita Silverman, M.P.S., director of clinical research, has coordinated several studies, which are being conducted concurrently at the Sanford L. Ziff Health Care Center. These studies have received Institutional Review Board approval and address women's health issues.

The BELLES and DUET studies monitor postmenopausal patients with high cholesterol and analyze the effects on coronary artery disease. Extensive radio and print ad campaigns were initiated in April to target women in the community who may benefit from participation. A number of candidates contacted Ms. Silverman as a result of this campaign and several have been selected to participate in the studies.

The FemHRT study will compare two hormone replacement therapies for menopause patients. All volunteers will receive comprehensive physical examinations and be required to keep a log of symptom alleviation and/or side effects.



Rita Silverman

**L**aura Tokayer, M.P.A., director of data analysis and development, was the grand prizewinner in NSU's



Office of Information Technologies' Fourth Annual Technology Fair. The competition, which was held April 7, featured categories for professional staff, faculty, and support staff. Ms. Tokayer placed first in the professional staff category based on her proficient "Online Evaluation Forms for All Four Years of Medical School Program." The judges carefully reviewed all 11 entries before deeming Ms. Tokayer's the most meritorious.



Laura Tokayer

Scott Colton, B.A., director of education communications, earned second-place honors in the NSU Wellness Center's Positive Lifestyle Award essay contest. Mr. Colton was recognized for composing a poignant article that detailed his battle to maintain a healthy lifestyle since being diagnosed as a diabetic three years ago. Mr. Colton's winning essay can be accessed at the NSU Wellness Center Web site.



Scott Colton

Jean M. Malecki, M.D., chair of the Department of Preventive Medicine, was named Outstanding Woman in Public Health by the University of South Florida College of Public Health at its annual honors and awards ceremony. Dr. Malecki, who joined the NSU-COM faculty in February, received the award for her accomplishments, contributions, and leadership in the field of public health. The University of South Florida is the only accredited public health college in Florida and has bestowed this annual honor to women since 1994.

On April 7, Debra Cohn Steinkohl, M.H.S.A., who serves as administrative director of the Interdisciplinary Generalist Curriculum (IGC), coordinated a managed care directors' panel for NSU-COM students. The program, entitled "Paving Your Way through the Managed Care Highway: Danger or Opportunity," helped the students understand the economic forces that drive today's health care delivery system, as well as the various managed care components that impact the delivery of cost-effective health care.



William Kirsh, D.O., who graduated from the charter class of NSU-COM in 1985, served as moderator of the managed care panel. Dr. Kirsh currently acts as a consultant for Magellan Specialty Health in Sunrise, Florida.



Four managed care experts shared their knowledge with the students. Pictured (from l) are: Ed Cabrera, M.D., Blue Cross Blue Shield/Health Options; J.R. Jones, M.D., Magellan Specialty Health; Keith Collins, M.D., PhyTrust; Jose Perez, M.D., Health System One.

On May 4, first and second-year NSU-COM students announced their "Teacher of the Year" selections. The Class of 2003 chose Lori Dribin, Ph.D., while the Class of 2002 selected the following Health Professions Division faculty members:

- Cyril Blavo, D.O.
- Kenneth Johnson, D.O.
- Kathleen M. Khin, M.B.B.S.
- Maung M. Khin-Aung, M.B.B.S.

The Department of Family Medicine's Division of Osteopathic Manipulative Medicine has been renamed the Department of Osteopathic Principles and Practices. Elaine M. Wallace, D.O., who recently accepted a faculty appointment with NSU-COM, will serve as chair of the department when she arrives in July.

On May 3, Lieutenant Stanley Silverman, a longtime NSU-COM faculty member who worked in the area of emergency medicine continuing education, announced his retirement.

In June, Daniel Barkus, D.O., chair of the Department of Obstetrics and Gynecology, earned a master's degree in mental health counseling.



NSU-COM is pleased to welcome four new faculty members to the osteopathic team. Effective July 1, Elaine M. Wallace, D.O. and Michael M. Patterson, Ph.D. will come on board to helm the Department of Osteopathic Principles and Practices. Dr. Wallace will serve as chair of the department; Dr. Patterson will act as assistant chair.

Dr. Wallace received her D.O. degree from the University of Health Sciences in Kansas City, Missouri, where she is currently serving as vice dean for academic affairs and professor in the Department of Osteopathic Principles and Practices. Dr. Patterson earned his Ph.D. from the University of Iowa and is currently serving as professor in the Department of Osteopathic Principles and Practices and director of basic science research at the University of Health Sciences in Kansas City.

The Department of Internal Medicine will see the addition of two new faculty members in the coming months. Effective July 1, Joel Spalter, M.D. will join the department on a part-time basis. His responsibilities will include involvement in clinical practicums, clinical correlations, and physical diagnosis. Dr. Spalter is board-certified in internal medicine and infectious diseases and has extensive experience in the clinical research field. On September 1, Anjali M. Noble, D.O. also will become a valued member of the Department of Internal Medicine. Dr. Noble received her D.O. degree from NSU-COM in 1997 and is currently completing her internal medicine residency at Miami Heart Institute, where she serves as chief resident.

*Continued from page 1 - Passion, Foresight Define Dr. Morton Terry*

## Early Choices

Dr. Terry's rise to prominence in osteopathic medicine began in the early 1940's when he applied to an array of medical schools. On one memorable day in 1942, Dr. Terry received three acceptance letters in the mail. Both an allopathic college and the Philadelphia College of Osteopathy (PCO) provided acceptances to matriculate at their institutions. However, it was the third letter - from the U.S. Draft Board - that really caught his attention.

"The third one was not a viable option," smiled Dr. Terry at the memory. "So I elected to go to PCO, and I've never been sorry." Naturally, the draft board was suspicious when Dr. Terry applied for an educational deferment, mainly because it had become common practice for draftees to use any possible excuse to avoid military service. "I had a very tough draft board," he recalled. "They had decided that most people applying for educational deferments were doing so to avoid the armed forces. So they obtained my records from the New York City School System."

As it turned out, Dr. Terry had unknowingly outwitted the draft board. His school records contained a wealth of information, but the most important data was printed at the bottom of each file. "Every year, from kindergarten on up, they asked us for career goals. And I always indicated that I wanted to be a physician. Of course, they had no choice but to defer me."



Dr. Terry won the initial battle in his quest to become an osteopathic practitioner. It would prove to be the first of many milestone victories in an illustrious career. "When I started medical school, D.O.'s were looked down on terribly," he explained. "I was convinced that osteopaths offered more to the patient than the allopathic profession did in terms of concepts like manipulation and the holistic approach. I didn't realize it at the time, but the profession was less than 50 years old when I started. And that explained why we lacked respect. When I approached graduation, I knew I wanted to work in internal medicine. But there were no residencies open to me as a D.O. So I went to the chief of the Osteopathic Hospital of Philadelphia and asked him if I could start a residency, and he said 'no way'."

Eventually, Dr. Terry's persuasive arguments swayed the hospital chief to establish the residency program. As a resident, Dr. Terry earned only \$25 per month; still, it was a definite improvement over the \$1 weekly stipend he received during his hospital internship. It was during this time that Dr. Terry met the woman who led him down the matrimonial path and became mother of his four children. "I met Geraldine at the hospital, where she worked as a student nurse," recalled Dr. Terry. In 1948, they married, forming a union based on deep affection and mutual respect that still endures today. "Marrying Geraldine was one of the smartest things I ever did. She has been a perfect mate and partner."

Prior to honeymooning in South Florida, Dr. Terry accepted a position as an internist at Memorial Hospital in York, Pennsylvania. However, once the newlyweds set foot in Miami, they were quickly seduced by the area's subtropical charms. "I took one look at this place and decided I wasn't going to live anywhere else," he admitted. "I started my practice and came down here permanently a month or so later and have been here ever since."

Over the past few decades, the osteopathic concept has become widely accepted throughout the country, but 50 years ago, relatively few D.O.'s practiced in the South Florida area. "When I came down, the nearest internist in the osteopathic profession was in Wilmington, Delaware," remarked Dr. Terry. "The profession was very rudimentary in 1949, and there were maybe a dozen D.O.'s in Dade County, all in general practice. There was one small 16-bed hospital with an attached outpatient clinic in North Miami that was owned by two D.O.'s, which is where I began my practice."

It seems hard to imagine in today's progressive medical climate, but Dr. Terry says there was a time not so long ago when D.O.'s were restricted from the staff of all allopathic hospitals. "As a matter of fact," he added, "the Dade County Medical Society, as its official policy, prohibited M.D.'s from 'consulting or consorting' with D.O.'s. Several M.D.'s violated this sanction in order to assist in the care of very sick patients. For this, they faced actionable charges by the society. As I said, it's been a long road."

As his medical practice flourished, Dr. Terry began collaborating with other D.O.'s to establish several osteopathic hospitals in the area, most notably Biscayne General Hospital -- a 100-bed general community hospital founded in 1953. From its inception, the facility accepted medical students from the five existing osteopathic colleges throughout the country for clerkships, internships, and rotations. Initially, Biscayne General was created as a for-



*Morton Terry, D.O., M.Sc., F.A.C.O.I.  
Chancellor*





profit institution, but in 1956, the board of directors wisely voted to become a nonprofit and donate their original investment - a decision which would yield remarkable dividends several decades later.

In 1960, the hospital relocated a few miles up the road to North Miami Beach and was renamed Osteopathic General Hospital. Over the next few years, Dr. Terry helped institute vital graduate medical education opportunities, including a rotating internship as well as a comprehensive residency program in areas such as general surgery, internal medicine, obstetrics/gynecology, orthopedics, radiology, and urology.

## Founding an Educational Institution

The osteopathic profession was making obvious strides in the Miami area, but Dr. Terry always anticipated the day when he could help establish an osteopathic college in the southern United States. "From the time I came here, I always visualized a college of osteopathic medicine," he said. "There was nothing in the south, and there were only five schools nationally. I always wanted to establish a college of osteopathic medicine, but the rigors of running my practice and making a living and raising a family were too great to put in significant time."

By the end of the 1960's, Dr. Terry decided the time had come to make his longstanding dream a reality. "In 1970, I made the first real attempt with the blessing of the then-president of Florida International University (FIU). I went to the Florida Legislature to start a college of osteopathic medicine in conjunction with FIU. The initiative passed both houses but was killed in a joint conference committee." After suffering through several additional unsuccessful efforts, Dr. Terry realized that the creation of a Florida-based osteopathic college would have to become a private endeavor. "I figured at that point I would have a long gray beard waiting to do anything with the state. So in 1975, I went at it hammer and tongs and quit seeing patients full-time."

In the late 1970's, the health care system was undergoing a major transformation with the advent of managed care. Sensing the profound effect this would have on many of the country's privately owned hospitals, Dr. Terry initiated a farsighted series of transactions. "I was chairman of the board of Osteopathic General Hospital, and I realized what was going to happen with managed care coming in to mom and pop hospitals," he explained. "So I sold the hospital to American Medical International (AMI) for \$12 million in 1979. And that money was put into a foundation for the creation of an osteopathic college."

A shrewd negotiator, Dr. Terry structured the sale to ensure the continuation of graduate medical education opportunities for osteopathic practitioners. "We had certain stipulations with the sale," stressed Dr. Terry. "Although the hospital was purchased by AMI, it had to remain an osteopathic hospital. It would remain a teaching hospital with internships and residencies and be the primary teaching hospital for the college."

In 1981, Dr. Terry established the Southeastern College of Osteopathic Medicine (SECOM) - the 15th osteopathic college in the nation. In 1985, SECOM achieved two more milestones: graduation of its charter class of 35 students and accreditation by the American Osteopathic Association.





Soon, Dr. Terry began receiving inquiries about establishing other health professions colleges. In 1986, Dr. Terry had lunch with a hospital administrator who asked him, "What do you think about starting another school? We can't seem to get any pharmacists." After mulling it over, Dr. Terry decided to investigate the feasibility of the idea. "I put together a task force to gather opinions, and within a year, we were off and running with a pharmacy school, which of course became very successful. And once that became successful, we looked for another degree-granting professional school, which was optometry."

During this period, another fortuitous event occurred when AMI opted to close the hospital it had purchased in 1979. Acting quickly, Dr. Terry shrewdly repurchased the five-story hospital for the bargain price of four million dollars. "Once we reacquired the property, we converted it into additional university space and built an optometry clinic and spacious classrooms." Around the time the Southeastern College of Optometry admitted its charter class in 1989, the State Board of Independent Colleges and Universities accorded the three colleges - osteopathic medicine, pharmacy, and optometry - with university status, prompting the adoption of a new name: Southeastern University of the Health Sciences.

In the early 1990's, the creation of the College of Allied Health added important new degree programs to the university. But now that he had reached his early 70's, Dr. Terry began contemplating the steps that would be necessary to ensure the future success of Southeastern University. "We all think we're indispensable, which we're not," noted Dr. Terry. "I began to think about perpetuity. I wanted to find another university to merge with, to create a partnership that would make both institutions stronger."

## Nova Merger Enhances Medical Education

In 1994, Southeastern University of the Health Sciences merged with Nova University to become Nova Southeastern University. According to Dr. Terry, the idea for this historic merger was conceived in a surprisingly simple manner. "How it all came about was interesting," he recalled. "I attended the inauguration of a new president at Nova, Dr. Stephen Feldman. And on the program, I wrote out a list of criteria that would be met if we were to merge. I handed it in, they accepted it, and we merged. It was as simple as that. We had a board of governors, and our board voted to accept it, and Nova's board of trustees voted to accept it."

Once the arrangements were finalized, Nova allocated \$17 million to purchase the real estate that would eventually house one of the most comprehensive and progressive medical teaching facilities in the country. At the same time, Southeastern University of the Health Sciences appropriated \$60 million to construct a paradigm of educational excellence called the Nova Southeastern University Health Professions Division. In June 1996, one of Dr. Terry's most significant professional achievements was unveiled -- and the accolades have been accruing ever since.

Since the merger was enacted in 1994, two more colleges have joined the Health Professions Division -- medical sciences and dental medicine. The success of the latter college, which admitted its charter class in August 1997, has been particularly gratifying to Dr. Terry. "When we established the College





of Dental Medicine, we were told we were out of our minds because dental schools were closing all over the United States. But we prevailed and opened the first new dental school in the United States in 24 years. I'm happy to say it's been a great success."

Over the course of his 60-year career, Dr. Terry encountered many obstacles; still, he persevered and succeeded in creating an educational system that has earned international recognition for:

- Producing primary care-oriented physicians.
- Fostering interdisciplinary understanding across the health professions.
- Addressing the health care needs of minority, geriatric, and rural patient groups.

"Obviously, it's a thrill of a lifetime. It's the achievement of a lifetime," he admitted. "But the chief reason for the success was that I surrounded myself with a lot of people who looked at the process as a labor of love. Nobody was out to make money from it. That's where the success came from. The founders never wanted anything expect to be involved and do what they could to make the College of Osteopathic Medicine successful. When you surround yourself with good people, good things happen."

## Honors and Awards

- 1973 - Certificate of Recognition and Appreciation, City of North Miami Beach
- 1973 - Outstanding Service Award, Osteopathic Profession and the Community
- 1981 - Distinguished Service Award, American College of Osteopathic Internists
- 1981 - Who's Who in Florida
- 1982 - Honorary Life Member, Florida Osteopathic Medical Association
- 1982 - Certificate of Recognition and Appreciation, State of Florida
- 1983 - George W. Northup, D.O. Distinguished Service Award, Student Osteopathic Medical Association
- 1983 - Honorary Membership Sigma Sigma Phi
- 1986 - Certificate of Appreciation, American Heart Association
- 1989 - Leadership Award, Brooklyn College of Pharmacy - Florida Chapter
- 1990 - Life Membership, American Osteopathic Association
- 1990 - O.J. Snyder Medal for Distinguished Alumni, Philadelphia College of Osteopathic Medicine
- 1991 - Osteopathic Leadership Award, Lambda Omicron Gamma
- 1995 - Charter Membership, Grover Gillum Society of the American College of Osteopathic Internist
- 1997 - Lifetime Achievement Award, Florida Osteopathic Medical Association
- 1997 - Special Appreciation Award, Florida Osteopathic Association
- 1997 - Educator of the Year, National Osteopathic Foundation, American Osteopathic Association
- 1997 - Doctor of Humane Letters (Honorary), NSU Health Professions Division
- 1998 - Doctor of Laws (Honorary), Barry University
- 1998 - Certificate of Appreciation, Today's Caregiver Magazine
- 1999 - Entrepreneur of the Year Award, NSU School of Business and Entrepreneurship
- 1999 - Golden Heart Award, American Heart Association
- 1999 - Lifetime Achievement Award, American College of Osteopathic Internists
- 1999 - Golden Heart Award, American Heart Association
- 1999 - Dale Dodson Award, American Association of Colleges of Osteopathic Medicine



## AHEC Fosters Progressive Programs

Since its inception in 1985, NSU's Area Health Education Centers (AHEC) Program has focused on the development and coordination of programs that extend the academic resources of health professions programs into many rural and underserved communities. Following is a summary of current AHEC activities and accomplishments:

The program was awarded a subcontract of \$37,500 from the Florida Department of Health's Tobacco Pilot Project to plan and develop a tobacco cessation project, which is aimed at training health care professionals in cessation techniques. NSU's AHEC is collaborating with Florida's three other medical schools in developing the Tobacco Cessation Training Project.

HIV/AIDS training initiatives have included the offering of a seven-hour course for second-year NSU-COM students focusing on epidemiology, legal/ethical issues, pharmacotherapy, and psychosocial issues. The course utilizes an interdisciplinary team of NSU faculty from the College of Osteopathic Medicine, the College of Pharmacy, and the Center for Psychological Studies as well as staff from the Broward County Health Department and patients with HIV.

The Practice Opportunities Program (POP), in which NSU-COM students survey primary care needs and practice opportunities in rural communities, has published the second edition of the Directory of Florida Rural Practice Sites for Health Professionals. The publication includes overviews and analysis of over 125 communities located in 54 Florida counties.

The AHEC Geriatric Health Initiative has completed work on a geriatrics survey and developed continuing education geriatrics programming in collaboration with NSU's Central Florida AHEC Center and the University of Central Florida's department of nursing and social work.

The Library Without Walls Program, which provides a variety of educational and informational services to primary care providers in over 80 sites in the 19-county AHEC service area, processed approximately 850 informational requests during the latest period. Internet access and passwords have been provided to AHEC's 12 rural clinical training sites, allowing students and community preceptors access to current medical information through NSU's electronic library and multiple medical databases.

Upcoming activities for the Health Education and Training Centers (HETC) Project include the coordination of a statewide distance learning teleconference on health issues that disproportionately affect African Americans, which is projected to be broadcast to over 20 sites.



# ALUMNI SPOTLIGHT

ROBERT SCOTT THOMPSON - CLASS OF 1991

## Health Care in Antarctica - the Frozen Tundra

By Scott Colton  
Director of Education Communications



### Talk about a chilly reception!

When Robert Scott Thompson, D.O. stepped off the plane on October 25, 1999, to begin a one-year assignment as the lone physician at the Amundsen-Scott South Pole Station in Antarctica, a frigid blast of minus 50 degrees Fahrenheit air quickly enveloped the Harrisburg, Pennsylvania-based resident. "My first impression was that this was the whitest, brightest vista I had ever seen - and that it was very cold," said Dr. Thompson in the understatement of this or any other year.

Dr. Thompson, who graduated from NSU-COM with honors in 1991, has garnered international headlines ever since he was tapped to replace Dr. Jerri Nielsen, the base's previous doctor who discovered a lump in her breast last July. At the time, Dr. Thompson had no idea that just a few months later, he would be jetting to the frozen tundra known as Antarctica to supply medical care for the base's 50 or so researchers.

Although the average citizen probably is unaware that a comprehensive research center has been situated at the South Pole since 1975, this desolate stretch of real estate allows scientists to conduct vital astronomical, atmospheric, and geophysical research that would be virtually impossible anywhere else in the world. The U.S. National Science Foundation funds most of the research carried out at the South Pole and contracts with Antarctic Support Associates (ASA) to run the Amundsen-Scott Station.

Dr. Thompson, who chose the osteopathic profession because of his fascination with its manipulative medicine component, has carved out a thriving career as a primary care physician specializing in emergency medicine and obstetrics. As is the case with most NSU-COM alumni, he cites the college's multidisciplinary approach to education as a major key to his success in the medical field.

"I will always be very grateful for the opportunity Nova Southeastern gave me in starting what has proven to be a very unusual and enriching career in primary care," he stated. "I can look back and attest that the quality of my osteopathic medical education was excellent, although I have come to believe that medical education depends mostly on self motivation, no matter where one trains."

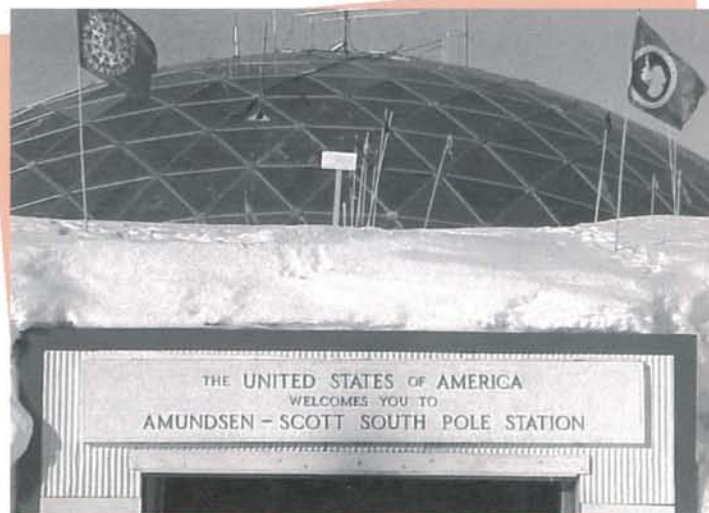
Unlike many physicians who set up practice in one locale, Dr. Thompson became an inveterate locum tenens - or temporary fill-in doctor - a year after he completed his residency at Wilson Memorial Regional Medical Center in Johnson City, New York. "After finishing my residency, I stayed at the same hospital in upstate New York and did high-



volume emergency medicine for one year, explained the 41-year-old bachelor. "This gave me added confidence in acute care. I then moved to Harrisburg, Pennsylvania, and was chosen as a charter member for a new, one-year fellowship in family practice/obstetrics and gynecology at Harrisburg Hospital. After that, I felt I could not be better trained for "womb to tomb" primary care, and I began my locums practice. I have completed over 40 separate assignments around the United States, averaging one to six months in length. Without a doubt, the South Pole will be my longest and most extreme job."

When the drama concerning Dr. Nielsen unfolded last summer, Dr. Thompson was busy dispensing medical care in remote areas throughout Alaska. When he received a call from ASA enlisting his services, Dr. Thompson was understandably surprised - and a bit wary about spending a year in the icy wilderness known as Antarctica. "At first, I didn't want anything to do with the assignment," he admitted. "But after e-mailing the previous three doctors (including Dr. Nielsen) who had worked at the Pole, they gave such unequivocal and resounding positive recommendations that I became intrigued and ended up accepting."

Once he agreed to become the base's "frosty physician," Dr. Thompson only had a modest amount of time to get his affairs in order before the expedition commenced. "Preparing to come to the 'bottom of the world' was more stressful than actually being here. I closed down my apartment in Harrisburg, sold all my furniture, stored a few boxes in a friend's basement, got my finances in order, made my sister my power-of-attorney, and took off for what will undoubtedly be an adventure of a



lifetime."

Because of the extreme conditions that exist at the South Pole, he also was required to participate in a battery of specialized training courses. "As part of my locums practice, I have made many working trips to Alaska, including most of last summer, but nothing comes close to the extremes of this environment," he explained. "For this job, I received some specialized training in dentistry (I also function as the Pole dentist), X-ray, and lab technique. I also spent a weekend in Denver, Colorado, completing a "ROPES" course outdoors with the other Pole 'winter-overs' to build group dynamics."

As the sole health care provider at the Amundsen-Scott Station, Dr. Thompson is called upon to be the medical jack of all trades at the base's BioMed clinic. "I literally do everything from taking vitals signs, all paperwork and inventory, drawing and running labs, shooting the X-rays (including developing the films by hand) running the Trauma Team, to scrubbing the toilet," said Dr. Thompson, who will remain in Antarctica through November 2000. "I do not have a secretary, nurse, or assistant of any type, although everyone helps everyone here.

"The clinic itself is hard to describe," he continued. "Imagine a shoebox, under a corrugated metal arch, buried under the snow. The shoebox is the clinic with about 1100 square feet of floor space. There is one main treatment room. I am on call 24 hours a day,



seven days a week, but the patient load is light. Three persons, including myself, live in BioMed. Our front entrance is a freezer door, used in this case to keep the cold out. We are connected by a corridor to The Dome, with which many people are familiar as a landmark on the Pole. The entire South Pole station is slowly being buried by drifting snow at the rate of about a foot per year, which is why the major activity around here is construction of a new base, scheduled to open in 2003."

Because only 50 people normally inhabit the base at any one time, Dr. Thompson's patient load is admittedly less taxing than what he would contend with in a clinic in the United States. But that doesn't mean he's idling away his days in blissful seclusion. Over the past eight months, he has dealt with a range of medical situations that run the gamut from minor scrapes to potentially life-threatening injuries. "The most common complaint I've seen was an entity known as the "McMurdo Crud," he explained. "This is a garden-variety upper respiratory infection that almost everyone seems to get when they stopover in McMurdo, on the coast of Antarctica, before they deploy here at the Pole. Initially, I also treated a lot of altitude sickness, since our physiological altitude hovers consistently around 11,000 feet. Other than that, it's like a typical walk-in primary care clinic with a heavy occupational medicine flavor because of all the construction going on. Cold injuries are surprisingly rare because everyone is so well prepared with the proper clothing and behaviors.

"We did have a very serious scare with an injured patient who fell from a height of eight feet onto a metal floor. He suffered a concussion with an open head wound and broke his right arm in two places. This happened after the winter shutdown, so there was no way to get him off The Ice. In the States, he certainly would have gotten a CT scan and been admitted to the hospital. Here, I was able to confirm the fractures by taking my own X-rays. My treatment consisted of admitting him to BioMed with hourly neuro checks, suturing his scalp, and placing a long arm cast. I expect him to be back to 100 percent by the time we can get off the Pole."

Given the lack of creature comforts and the pervasive feeling of isolation that exists when someone spends half the year plunged in icy

Antarctic darkness, this is clearly not a place for the fainthearted to visit. "I get two basic responses to this journey - 'Wow' and 'Why?' The Wows seem to get it, and the Whys are not satisfied with any answer," said Dr. Thompson. "I have never met a winter-over who regretted this experience. I am not always comfortable, or even happy, but this has been an overwhelmingly positive experience and a true test of my mettle, character, and inner strength."



## **Antarctic Anecdotes:**

### **Life in the Big Chill**

As you might expect, spending a year in a far-flung destination like the South Pole provides plenty of fodder for discussion. In the following passages, Dr. Thompson shares his thoughts on coping with conditions in the world's ultimate "Big Chill."

#### **Amenities**

My room measures 12' X 12'. I have an Internet phone (we have satellite coverage for about 14 hours per day that connects us with the outside world), two computers, and the only bathtub for about a million square miles.

The accommodations are very modest by the States' standards, but this is a king's palace on the Pole. Twenty-two people live under The Dome, and 28 people are living outside The Dome in two



different structures called the El-Dorm (for elevated) and the Hytpertats. I do not have to venture outside to get to The Dome, and more importantly, to the Galley, which serves excellent food. In fact, this is the best I've ever eaten on a consistent basis. I have been a bachelor my whole life, which partly explains my appreciation of the food, but it is really above par, and an important part of maintaining morale.

## Elements

Many people have to trek a couple of hundred yards from outside to get to The Dome. With wind-chill, the temperatures routinely hit way below minus 100 degrees Fahrenheit. The humidity is less than one percent, and climactically we are classified as a desert. The irony is, we are sitting on top of over 70 percent of the world's supply of fresh water, albeit frozen. The sun has set for the winter, and it will remain dark until September, with the beginning of the austral summer. Everyone feels the lack of oxygen due to our 9,000-foot-plus elevation, which is often increased to over 11,000 feet physiologic elevation because of the perennial low-pressure system over the Pole.

## Hygiene

I took inventory of the personal supplies I brought with me and am surprised at how much I have left. At my current rate of usage, I haven't even dented my stash of soap, shampoo, and deodorant. Even though the summer water restrictions have been lifted, including the twice-weekly, two-minute showers, I haven't increased my frequency of bathing. I have found that in this icy, dirt-free environment where I spend virtually all my time indoors, getting dirty is simply not an issue. I can wear the same clothes for many days in a row, something I wouldn't dream of doing back in the States.



## STUDENT OFFICERS ELECTED FOR 2000-01

**In May, class elections were held to select student leadership for the 2000-01 academic year. Following are the individuals chosen to represent the college's Student Government Association (SGA) and the M-2 class:**

### COM-SGA

President - Gregory Gulick  
Vice President - James Treadwell  
Treasurer - Jeff Lebensburger  
Secretary - M-1 student to be elected

### M-2 Class Officers

President - Chirag Shah  
Vice President - Kasey Nelson  
Secretary - Jennifer Wilkerson  
Treasurer - Scott Greenburg

### M-2 Class Representatives

Pam Berkman  
Brian Bianco  
Joanna Greenblatt  
Tali Rombro



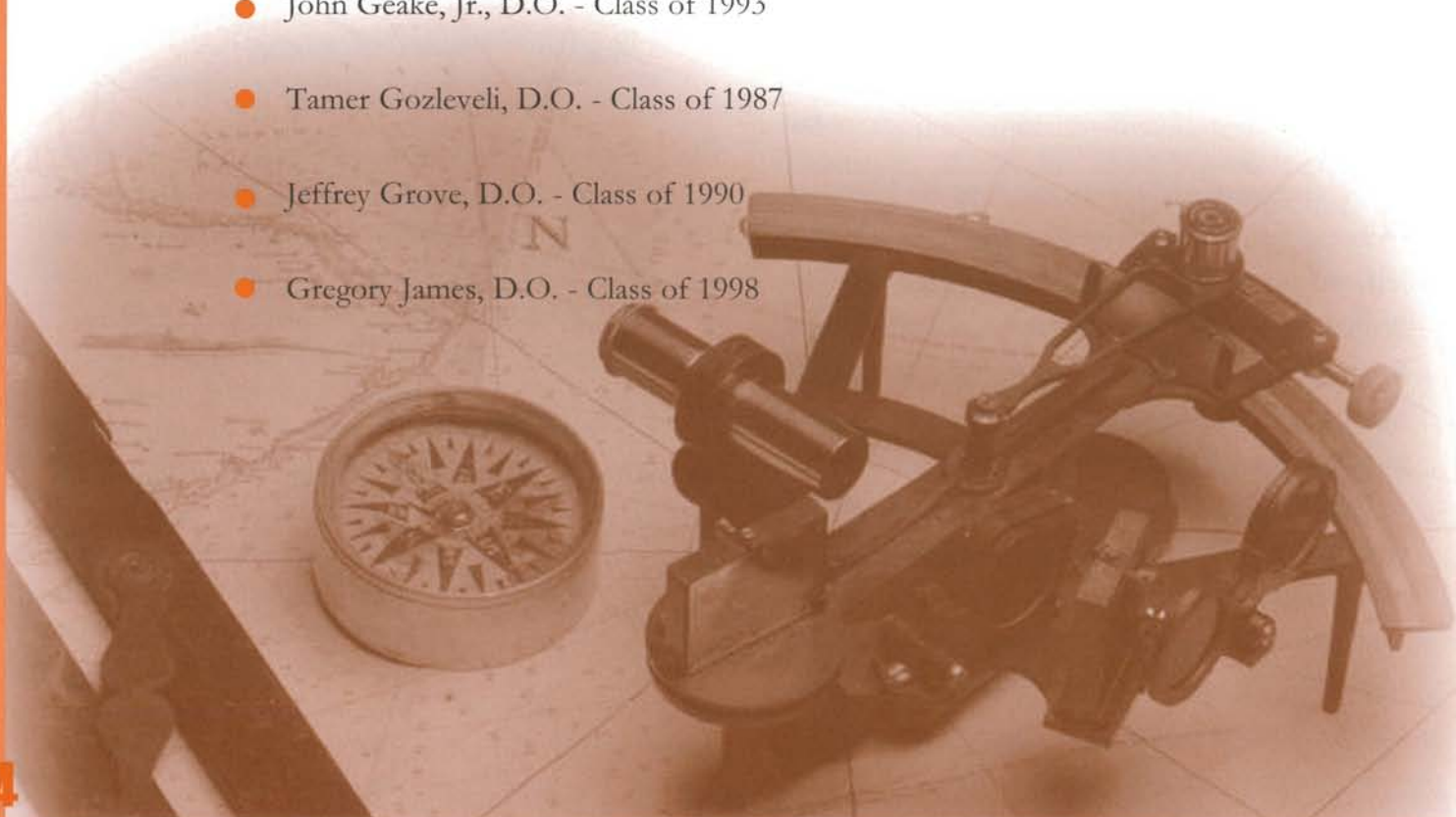
# NSU-COM Plays Major Role at FOMA Convention

NSU-COM was well represented at the 97th Annual Florida Osteopathic Medical Association (FOMA) Annual Convention, held March 16-19 at the Hyatt Regency Pier 66 in Fort Lauderdale. During the convention, a number of NSU-COM faculty members shared their osteopathic expertise with the attendees.

Arthur Snyder, D.O. and Mark Sandhouse, D.O. presented sessions on "OMT and Cranial Manipulation," "Counter Strain and Muscle Energy Techniques," and Manual Techniques for Low Back and Neck Pain." Morton Morris, D.O., J.D. discussed "Florida Laws and Rules," while Frederick Lewis, D.O. imparted information on "The Psychiatric Consequences of Domestic Violence."

During the convention, NSU-COM also hosted an alumni reception, which featured a nautical theme. As part of the festivities, Dean Silvagni recognized a handful of alumni who had made \$1,000 contributions to the NSU-COM Alumni Association Fund in the past year. They are:

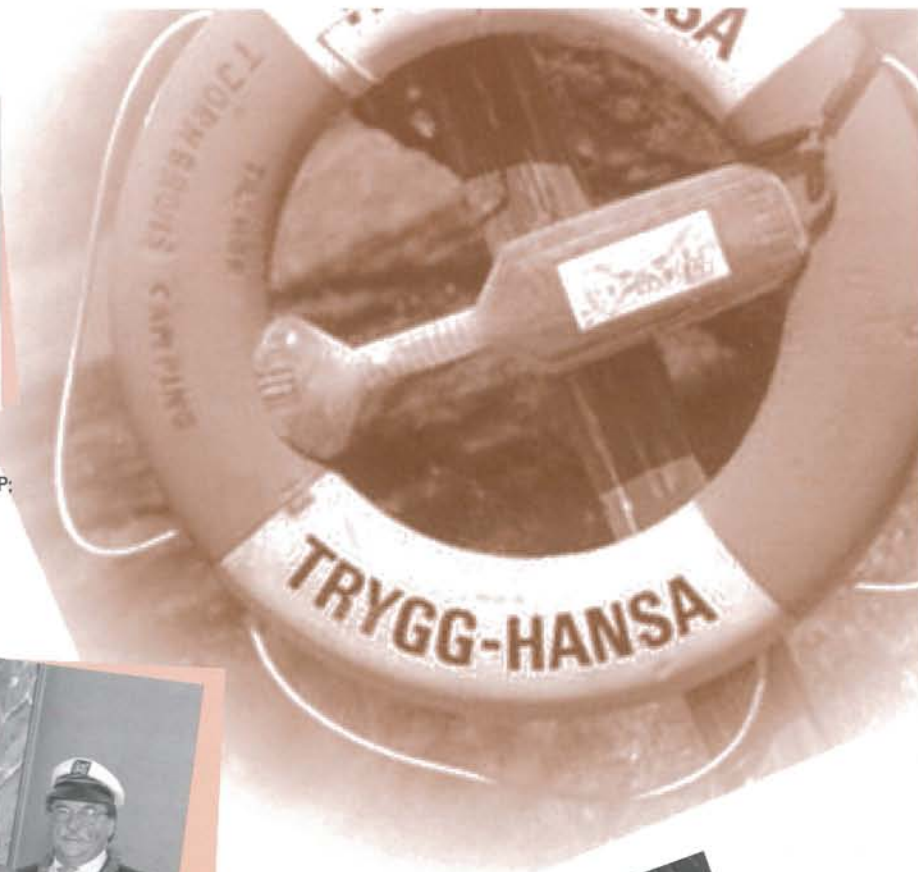
- John Geake, Jr., D.O. - Class of 1993
- Tamer Gozleveli, D.O. - Class of 1987
- Jeffrey Grove, D.O. - Class of 1990
- Gregory James, D.O. - Class of 1998







1990 alumnus Daniel McBath, D.O., president, Florida Society of American College of Osteopathic Family Physicians (ACOF); Joe McNerney, D.O., president, ACOFP; Eugene Oliveri, D.O., president, American Osteopathic Association.



Howard Neer, D.O., associate dean, NSU-COM Office of Alumni Affairs; Joel Stein, D.O., NSU-COM adjunct faculty member; friend of Dr. Stein; Anthony J. Silvagni, D.O., dean, NSU-COM.



Edgar Bolton, D.O., chair, Division of Pulmonary Medicine; 1998 alumnus Ralph Ortiz, D.O.; 1995 alumnus Michael Meltzer, D.O.



1987 alumnus Tamer Gozleveli, D.O., and Dr. Silvagni.



1993 alumnus John Geake, Jr., D.O., and Dr. Silvagni.



Marc Morganstine, D.O., director of medical education, Palmetto General Hospital; Matthew Levine; Larry Mattingly, D.O., president, FOMA; Stephen Winn, executive director, FOMA.



During the convention, NSU-COM students and faculty gathered for a photo during the FOMA Student District Society Meeting.



# NSU-COM Hosts AACOM Meeting

In April, NSU-COM served as congenial host of the American Association of Colleges of Osteopathic Medicine (AACOM) annual meeting. The four-day gathering, which is hosted by a different osteopathic college each year, is attended by a diverse group of leadership figures from the nation's 19 osteopathic colleges. Representatives from the following divisions attended the AACOM meeting:

- Board of Governors
- Council of Admissions and Student Affairs Officers
- Council of Deans
- Council of Fiscal Officers
- Development and Alumni Coordinators
- Financial Aid Administrators
- Public Relations Officers

In addition to overseeing various facets of the AACOM assembly, the NSU Planning Committee coordinated all phases of the gathering, including transportation, cocktail receptions, university tours, and extracurricular activities. Following are the five dedicated committee members who helped ensure the comprehensive success of the AACOM meeting:

- Scott Colton, Director of Education Communications
- Marla Frohlinger, Assistant Vice Chancellor for Professional Coordination
- Johneta Goodwin, Executive Assistant to the Dean
- April Mitchison, Coordinator of Academic Support
- Larry Newbree, Director of Osteopathic Student Services

AACOM, which was founded in 1898, exists to serve the administration, faculty, and students of the 19 member osteopathic medical schools through its centralized application service (AACOMAS), government relations, finance, communications, and research/information departments.



Dianna Silvagni; Carol Fox, assistant dean for admissions and enrollment management, PCOM; Dean Anthony J. Silvagni, D.O., NSU-COM; Kari Yunk, communications and member services assistant, AACOM.



Dean Seymour Oliet, D.D.S., NSU College of Dental Medicine, and Stanley Cohen, Ed.D., vice provost, Health Professions Division.



Johneta Goodwin; Scott Colton; Marla Frohlinger; April Mitchison; and Larry Newbree.



Fred Lippman, B.Sc., R.Ph., executive vice chancellor and provost, and Morton Morris, D.O., J.D., vice chancellor and deputy provost, Health Professions Division.



Morton Terry, D.O., chancellor, Health Professions Division; Dr. Silvagni; and Ray Ferrero, Jr., J.D., president, Nova Southeastern University.



# Innovative Computer Program Promotes Self-Learning

The implementation of an interactive computer disk program is providing M-2 students with an innovative way to enhance their diagnostic skills. The program allows students to access 65 patient cases from any computer equipped with password-protected Internet access.

Once they are linked to the program, students can perform a mock examination, obtain a complete medical history, order tests, interpret X-rays and EKG's, and develop a treatment plan.

When a case is completed, students receive a computer-generated evaluation. The appraisal (which is programmed by NSU-COM faculty) points out the strengths and weaknesses of the students' work and allows participants the benefit of seeing how a seasoned clinician would have handled the case.

In addition to the 65 existing cases, the program contains an authoring tool that allows faculty members to create a range of interesting patient scenarios.

The program, which ties in nicely with the college's mission to foster student self-learning, also provides the faculty with a tool to identify individual as well instructional strengths and weaknesses.





# College Unveils Preventive Medicine Agenda

By Scott Colton  
Director of Education Communications

"An ounce of prevention is worth a pound of cure." It's an oft-repeated phrase that has earned its place in America's lexicon of timeworn axioms. It may be a cliché, but the message it conveys, especially in relation to medical care, remains remarkably relevant.

"Preventive medicine is the wave of the future in the health care arena," said Jean M. Malecki, M.D., who chairs NSU-COM's new Department of Preventive Medicine. "We have to start shifting from deep-end services. I'm not saying they're not needed, but we need to keep people healthier longer in life. And we certainly have the evidence today that the best way to approach medicine is through up-front medical services that prevent people from coming down with diseases and keep them healthy."

To be sure, preventive medicine is hardly a novel concept. In fact, every time a physician dispenses cautionary advice or provides a patient with a flu vaccination, the motivation is generally preventive in nature. But preventive medicine encompasses far more than just a one-on-one patient/doctor relationship. "Most people really don't know what preventive medicine is," said Robert Trenchel, D.O., who serves as director of the college's Osteopathic Preventive Medicine and Public Health Residency Training Program, which will be accepting its first residents in July 2000.

"I always find it better to start with a definition," he added. "Preventive medicine is defined as that aspect of medical care that deals with the health of defined populations, with focus given to the prevention of disease, disability, and premature death. That's really what preventive medicine is. If you think about what that definition means, all physicians should be practicing preventive medicine. But preventive medicine really takes

it a step further and deals with population health -- the health of defined populations -- whether it's a population of community like a health department, an enrolled population like a managed care organization, or other special populations dealing with HIV and other diseases."

Since its establishment in 1981, NSU-COM has provided its students with a multidisciplinary education that targets the health care needs of minority, geriatric, and rural patient groups. The formation of a preventive medicine department in conjunction with the residency program -- the first of its kind in the osteopathic profession -- is a natural extension of the college's commitment to offer cutting-edge educational opportunities.

Dr. Trenchel, who completed an allopathic preventive medicine residency program in 1999 through the Palm Beach County Health Department (PBCHD), said the NSU-COM program would be similar to the one he participated in. "It's a two-year postgraduate course if you don't already have a master of public health degree, one year if you do possess the degree" explained Dr. Trenchel, who is a 1989 NSU-COM alumnus. "The first year focuses on earning a master's degree and performing clinical services. The second year is spent in both rotations and clinical services."

The NSU-COM program, which is accredited by the American Osteopathic Association, will be conducted concurrently with the PBCHD residency program. Osteopathic residents will engage in rotations alongside those who are participating in the allopathic portion of the program. The majority of resident rotations and clinical experience will take place in Palm Beach under the tutelage of Dr. Trenchel. Six residency slots will be available in July - three osteopathic and three allopathic.





"Our goal is to have a premier preventive medicine residency program, not only for the school but for the state in terms of training preventive medicine specialists to assume leadership positions within the health arena, whether it be in the public health arena or the private sector," explained Dr. Trenchel, who also acts as medical director of the Palm Beach County Health Care District and Healthy Palm Beaches, Inc. "There will be M.D.'s who will go through the program as well. In fact, the allopathic residents will be hired by NSU but will be given their certificates by PBCHD. However, they will actually be employees of NSU."

The aim of the residency program is to provide osteopathic physicians with advanced education and training in administration, epidemiology, preventive medicine, contagious disease control, environmental health, and medical care organization. The educational experience will assure that the residents possess mature judgment, familiarity and interest in health care trends, and display a willingness to develop their investigative skills. Upon completion of the program, the residents will be qualified to engage in the specialty practice of public health/preventive medicine and become board-certified in the field.

While the residency program focuses on the postgraduate aspect of education, Dr. Malecki also is assessing ways to promulgate the preventive medicine agenda at the undergraduate level. "Everybody here is looking at the curriculum," she said. "Right now, my emphasis with Dr. Trenchel in the training area besides the residency program is to look at what is available in the area of preventive medicine. To examine any current courses that are there and either improve upon them or develop new modules in that arena, especially in some of the core areas like

epidemiology or bio-statistics. Getting this information to the medical students is key. No matter what specialty they choose to pursue once they graduate, they will have a smattering of this in their training. At least the seed will be planted."

In addition to providing preventive medicine programming for both students and residents, the department is exploring grant opportunities that will help the college conduct prevention-based research studies. "We're currently looking into initiating an asthma study, which would be a partnership between a health department, a private foundation, perhaps say a taxing district, with NSU serving as the medical university base," said Dr. Malecki, who also functions as director of the Palm Beach County Health Department. "By doing that, you elevate the status of this college as well as whatever departments are partnering with you on the project. The goal is to let people know that this is an academic institution that is doing great things for the community."

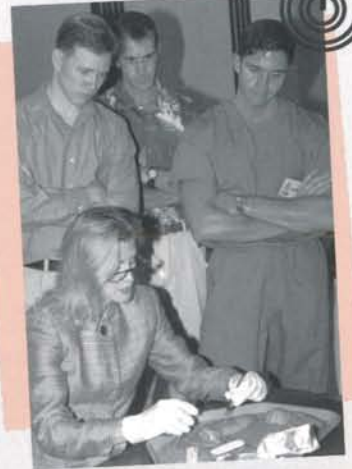




## Student Surgical Conference Enlightens Attendees

During the weekend of March 31-April 2, NSU-COM hosted the 2000 Student Osteopathic Surgical Association (SOSA) Conference. The educational showcase, entitled "Reconstructing Man," featured a range of activities, including two hands-on lab sessions targeting orthopedic bone and advanced suturing plastics. The information received and techniques learned during the symposium will help maximize the students' skills as they continue their osteopathic careers. John Lacke, a second-year medical student who serves as president of the NSU-COM chapter of SOSA, coordinated the conference agenda. Lecture topics included:

- Cartilage Transplantation Using the OATS and Genzyme Carticel Procedure
- Ceramic on Ceramic Hip Reconstruction
- Arthroscopic Techniques in Rotator Cuff Repair
- Breast Augmentation and Facial Reconstruction
- Treatment of Burns
- Orthopedic Structure in the Academy
- Plastics: The Art in Medicine



Medical students observe a suturing demonstration by Patricia Rooney, D.O. during the SOSA Conference.

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