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Graduation 2000 Spotlight
Dr. Andrew Biondo, Jr. and Dr. Merideth Norris

The medical school experience can be summed up in a range of colorful ways by the students who invested significant time, energy, and financial resources to pursue careers in the osteopathic discipline. Some speak of the tremendous satisfaction they derived from successfully navigating their way through the challenging four-year program; others sound like battle-weary soldiers who have been liberated from a prolonged and exhausting survival mission.

"The first two years of medical school are overwhelming," admitted Andrew Biondo, Jr., D.O., a Class of 2000 graduate who hails from Michigan. "It's very dynamic and exciting, but it's intense. I had my focus. I knew it was going to be difficult, and I knew you had to study hard so I was mentally prepared for all that. But when it came to doing the actual work, I physically and mentally felt the stress of medical school."

For many students, who were able to effectively juggle a social life, family commitments, and college coursework during their undergraduate careers, the culture shock they experienced upon entering medical school proved to be life altering. Merideth Norris, D.O., another Class of 2000 graduate,
News Briefs

Charlotte Paolini, D.O., chair of the Division of Geriatrics, recently earned her Certificate of Added Qualification (CAQ) in geriatric medicine from the American Osteopathic Board of Family Physicians.

In June, A. Alvin Greber, D.O., chair of the Department of General Internal Medicine, served as a speaker at the Agency for Health Care Administration's (AHCA) Consumer Services and Investigator Seminar in Plantation, Florida.

Joseph DeGaetano, assistant professor in the Department of Family Medicine, recently appeared on two radio/TV programs to discuss the topic “An Interdisciplinary Approach to Diabetic Care.” On June 28, Dr. DeGaetano and two other HPD faculty members -- Vince Cooper, Pharm.D. and Joe Pizzimenti, O.D., appeared on WLRN 91.3 FM (Miami public radio). Earlier in the month, the trio taped a segment of Dateline Health, which is produced by NSU-HPD and hosted by Executive Vice Chancellor and Provost Fred Lippman.

In June, Richard Johnson, M.D., chair of the Department of Surgery, passed away. Dr. Johnson, who joined the NSU-COM faculty in April 1999, was responsible for defining objectives for surgical rotations for the third and fourth year students and acted as on-site surgical rotation director at Broward General Medical Center. His compassion for the plight of others was profoundly illustrated when he adopted two young Vietnamese refugees. Dr. Johnson’s caring legacy will live on at the new cancer treatment center in Fort Lauderdale, which will be named The Richard Johnson Cancer Treatment Center.

On May 26, the NSU-COM Senior Awards Dinner Dance attracted a prestigious array of dignitaries to The Signature Grand in Davie, Florida.

Pictured are:

NSU President Ray Ferrero, Jr., J.D. and Geraldine Terry, wife of HPD Chancellor Morton Terry, D.O.

Dina Silvagni, J.D. and NSU-COM Dean Anthony J. Silvagni, D.O.

Dottie Silverman and FOMA President William Silverman, D.O.

Shirley Radnoff and ACOFP President Elect Louis Radnoff, D.O.
Alan Morrison, D.O., assistant professor in the Department of General Internal Medicine, was recently appointed to the Governor's Diabetes Advisory Council by Florida Governor Jeb Bush. Over the past few months, Dr. Morrison also has:

- Addressed the Rotary Club of Hallandale on the topic “Internal Medicine and You.”
- Participated with the National Board of Osteopathic Medicine Level 3 Test Construction Committee Meetings, which took place in Chicago, Illinois.
- Discussed the topic “Men’s Health” with City of Tamarac employees.
- Served as a guest speaker at the Sixth Annual Chesapeake Regional Osteopathic Conference, which was sponsored by the Maryland Association of Osteopathic Physicians and held in Ocean City, Maryland. Dr. Morrison presented incisive lectures concerning “Medical Management of Occupational Exposure to Blood and Body Fluids” and “HIV Resistance and the Use of Genotypic and Phenotypic Assays.”

NSU-COM’s commitment to providing community outreach was reaffirmed this spring when a contingent of faculty members and medical students traveled to the Salvation Army facility in Fort Lauderdale to perform physical examinations on approximately 60 youngsters ranging in age from 6 to 17. The children required medical clearance to attend a one-week camp in North Florida. Physicians participants included:

- Barbara Arcos, D.O.
- Camille Bentley, D.O.
- Charlotte Paolini, D.O.
- Michelle Powell Cole, D.O.
- Sandi Scott-Holman, D.O.
- Jennifer Auerbach, Student Physician
- Mark Kaprow, Student Physician
- Ryan Messner, Student Physician
- Amin Olyai, Student Physician

The Consortium for Excellence in Medical Education (CEME), which was established in January 1999 to increase opportunities for postgraduate medical training, internships, residencies, fellowships, and continuing education, recently added a new partner to its initial 11-member roster -- the Georgia Osteopathic Institute in Tucker, Georgia. The institute's inclusion will create ancillary postgraduate educational opportunities at the following organizations:

- The Medical Center - Columbus, Georgia
- Medical Center of Georgia - Augusta, Georgia
- University of Alabama - Birmingham, Alabama

On June 2-4, approximately 50 physicians and their family members attended the Rural Medicine Retreat at the Indian River Plantation Marriott Resort in Stuart, Florida. The weekend retreat served as a way to thank the preceptors, who take time out of their busy schedules to work with NSU-COM students during their mandatory three-month clinical rotations in rural medicine. Continuing medical education credits also were offered as part of the retreat agenda.

The June 2000 issue of COM Outlook featured an article regarding the new interactive computer disk program. Due to editorial oversight, Stanley Simpson, D.O. was not identified as the faculty member responsible for administering this unique program. Dr. Simpson spends numerous hours each week ensuring that the evaluations generated for the students provide useful information that fosters student self-learning.
Alumni Association Executive Committee

1999-2000 Officers
John Geake, D.O., President - Class of 1993
Isidro Pujol, D.O., President Elect - Class of 1994
Jeffrey Grove, D.O., Vice President - Class of 1990
Robert Klein, D.O., Secretary - Class of 1991
Glenn Moran, D.O., Treasurer - Class of 1988

Past Presidents
Tamer Gozleveli, D.O. - Class of 1987
Michael Gervasi, D.O. - Class of 1987
Orlando Garcia, D.O. - Class of 1994
Daniel McBath, D.O. - Class of 1990

Committee Leaders
Dr. Pujol - Program Chair
Dr. McBath - Fundraising Chair
Dr. Gozleveli - Webmaster
Dr. Gervasi - Editor

Upcoming Events

NSU-COM White Coat Ceremony
August 19, 2000 - 10:00 a.m. to 1:00 p.m.
Broward Center for the Performing Arts in Fort Lauderdale

AOA 105th Annual Convention
October 29 - November 2, 2000
Peabody Orlando/Orange County Convention Center in Orlando

National Osteopathic Week
November 11-18, 2000
Events to be announced

NSU-COM 2001 Alumni Reception
February 2-4, 2001
Hyatt Regency Pier 66 in Fort Lauderdale
Friday night reception and Saturday evening banquet will be held at the hotel. All lectures will take place at NSU’s Health Professions Division. For more information, please call (954) 262-1068 or e-mail immacula@nova.edu.

Alumni Web Page: http://medicine.nova.edu

Join our Listserv! (listserv@list.nova.edu or nsucom_alumni@list.nova.edu)

We are encouraging all alumni to post their addresses on Listserv to build an Internet directory.

You may also access Listserv at the Alumni Web Page by clicking on the "Join Our Listserv" link.
Dean's Alumni Advisory Council Provides Incisive Input

The Dean's Alumni Advisory Council is composed of seven alumni leaders in the osteopathic profession who meet quarterly with Dean Silvagni to discuss the numerous projects and activities taking place at NSU-COM. The council's valuable input represents a collaborative effort that enlists the active support and participation of the alumni to achieve excellence in osteopathic medical education at NSU-COM.

Paul T. Bates, D.O., a 1986 NSU-COM graduate, was appointed chief of staff for Westside Regional Medical Center's Medical Executive Committee. Dr. Bates has worked in a variety of South Florida facilities and has been an active member of Westside's medical staff since 1988.

Two graduates from the Class of 1997 - Scott Strauss, D.O. and Cheryl Tapp, D.O. - received the "Outstanding Resident Award" from the Florida Society of the American College of Osteopathic Family Physicians (ACOFP).

Glenn K. Moran, D.O., a 1988 NSU-COM alumnus who lives in Davie, Florida, has been appointed by Governor Jeb Bush to the Florida Board of Osteopathic Medicine. Dr. Moran joins a panel of five physicians and two lay people who were appointed by Governor Bush to oversee the physician licensure and practice of osteopathic medicine in the Sunshine State. Dr. Moran, who currently acts as an assistant clinical professor at NSU-COM, will serve as a member of the Florida Board of Osteopathic Medicine through October 31, 2002. Dr. Moran, who has a private family practice, also serves as chairman of the Continuous Quality Improvement (CQI) Committee at Westside Regional Medical Center and as chairman of the Management Advisory Committee at Covenant Village of Florida.

On June 16, NSU-COM coordinated its annual Family Medicine Residency Program Graduation Dinner Dance at the Rolling Hills Hotel and Resort in Davie, Florida. Fifteen osteopathic physicians were honored for successfully completing their residencies at Palmetto General Hospital and the North Broward Hospital District. During the festivities, the Outstanding Resident of the Year Award was presented to:

- Greg Roach, D.O. - North Broward Hospital District
- Cheryl Tapp, D.O. - Palmetto General Hospital
thought she knew what to expect when she first entered an NSU-COM lecture hall. “I used to be the queen of time management, but once I started medical school, I was unable to do anything else except prepare for school,” said Dr. Norris, who had worked in the mental health field for six years before applying to NSU-COM. “I had a person I planned on marrying who had moved to Florida with me. We’d been together for three years but that relationship went south by the first semester. I lost 20 pounds and developed a stutter. It was pretty remarkable. It’s not like it’s anyone’s fault. I don’t think it’s unique to NSU. It’s just that there’s so much to absorb. The change of lifestyle is so dramatic.

“One of the hardest things is that it’s such an endurance test,” added Dr. Norris, who was raised in Massachusetts and earned a bachelor’s degree from Wellesley College. “It’s not that the information itself is so difficult, it’s just that there’s just so much of it. And you have to be on all the time. You hit the ground running every day and then you do that until 1:00 in the morning. And then you get up and do it all over again. The cost to your personal life is significant. You have to tell people that you’re not blowing them off because you’re a workaholic. You’re blowing them off because there literally isn’t enough time to see them. It was like being in the trenches.”

Dr. Biondo agrees that the medical school environment can exact both a physical and emotional toll on the students, but he also says it’s a question of how you perceive the situation -- even at its most difficult zenith. “Although there was a lot of suffering the first two years - the hardships, the long hours of studying, the hopes of passing a test - I can look back now and see the glory that the suffering brought. The third and fourth years have a different type of intensity because you’re outside of the classroom and there’s a balance between complete book work and hand’s on experience.”

During their matriculation at NSU-COM, these two newly minted osteopathic physicians earned the respect of their peers and the faculty for their obvious dedication to mastering their craft. Dr. Norris was especially active in extracurricular activities, which included:

- Serving on the Behavioral Standards Committee.
Acting as vice president and treasurer of the Undergraduate American Academy of Osteopathy (UAAO).

Functioning as president of the student chapter of the American College of Family Physicians (ACOFP).

Becoming the first student named to Florida Society ACOFP Board of Directors.

Collecting data for the AHEC Practice Opportunities Program (POP) publication.

Volunteering one night per week at the Broward County Health Department’s STD Clinic.

Serving as a member of the Student Osteopathic Medical Association (SOMA) and the OB-GYN Club.

Dr. Biondo’s passion for the osteopathic profession can best be illustrated by his decision to pursue an osteopathic manipulative medicine teaching fellowship, which added an extra year to his NSU-COM educational experience. In the midst of all this medical mayhem, Dr. Biondo even found time to marry his longtime love, Janet, in 1998 and become the proud father of a handsome son named Andrew Michael in July 1999. “Balancing everything comes down to faith,” he stressed. “It really does. Janet and I met in 1993. In 1995, before I entered medical school, we got engaged and agreed to maintain a long-distance relationship. I was focusing on what I had to do while remaining faithful to our commitment to being a couple. Our love grew because we had faith in God, faith in each other, and faith in knowing that everything would work out well in the end.”

The Road to NSU-COM

Interestingly, Dr. Norris and Dr. Biondo traversed decidedly different paths before their careers intersected at NSU-COM. While Dr. Biondo always had an affinity for the osteopathic profession and knew he wanted to become a physician since he was a precocious child, Dr. Norris was blithely unaware that the D.O. concept even existed until she decided to apply to various medical schools at the age of 25. “Before I came to NSU-COM, I worked in mental health for six years,” she explained. “I had graduated with a degree in psychology and anthropology and my original plan had been to work in psychology for awhile and then probably get a master’s in social work and be a counselor.”

It was during this time that Dr. Norris experienced an epiphany that would eventually lead her to the hallowed halls of NSU-COM. “I was working at an in-patient psyche unit in Washington, D.C., when I suddenly realized that I didn’t have a full picture of the people who I was working with, and that I was always going to be dependent on other people if I didn’t understand the
biological aspects of humans. So I decided to go to medical school, which turned out to be quite a chore given that as an undergraduate I had done one lab science in geology, which is not the least bit useful.

“I started taking pre-med classes part-time at Georgetown University, then began applying to medical schools that offered M.D. programs, because that’s what I knew about,” she continued. “At the same time, I was working for five neurosurgeons, so clearly I was going to have an allopathic spin no matter what. I was trying to explain to them that what I wanted was a model of medicine that was holistic because my background was in psychology and anthropology. I knew culture and personality and the social aspects of things were very important, and I didn’t want that to be dismissed. Then I happened to receive some information in the mail from Kirksville College of Osteopathic Medicine -- the ‘What Is a D.O.?’ package -- and I kind of went, oh, that’s what I’m talking about.”

Once her curiosity was piqued, Dr. Norris set out to learn as much as she could about the osteopathic mode of medicine. “I grew up in Massachusetts and there are not a lot of D.O.’s up there,” she said. “So I started interviewing local D.O.’s and they gave me a list of places I should apply to and Nova Southeastern was one of them. I wanted to do manipulation -- I’m actually a martial artist as well -- and I was teaching karate in the evenings, and the notion of the body working as a functioning machine and not a collection of independent parts made a lot of intuitive sense to me. I interviewed at several osteopathic colleges, but geographically NSU was the most appealing. The program was very solid, had a good reputation, and it was the rising star of the osteopathic programs at that time.”

In stark contrast to Dr. Norris, Dr. Biondo was resolute in his desire to become a D.O. from an early age. “I always knew I wanted to be a physician,” said the 26-year-old, who played in the NSU intramural soccer league in 1996-97. “The interest increased as I went through high school and college at Michigan State University. I first learned about osteopathic medicine through my cousins who are osteopaths (including Salvatore Finazzo, D.O., a Class of 1996 NSU-COM alumnus). What really geared me toward osteopathic medicine was the holistic approach - the mind, body, and soul approach. I liked the idea of dealing with the whole person.”

**Targeting A Specialty Niche**

Having endured the rigors of the first two years of medical school, both Dr. Norris and Dr. Biondo say they especially enjoyed the opportunities afforded them during their third and fourth-year rotations. “I got to go where I wanted, which was Sun Coast Hospital in Largo, Florida,” said Dr. Norris, who was named NSU-COM Student D.O. of the Year in 1998. “Rotations are very different because you are actually doing the practice of medicine and the art of medicine rather than just learning the science of it. Rotations are great because they allow you to get your feet wet and figure out for yourself what you like and what you don’t like. You can ask yourself questions like, ‘Do I hate being called in the middle of the night to deliver a baby or do I really like that rush?’ ‘Do I like doing
'I went to medical school to become a family practitioner and work with people and be a caregiver -- to be a clinician.'

Dr. Biondo found the exposure to various specialty areas to be an extremely important part of his educational experience, mainly because it led him to a surprising career decision. "I initially wanted to go into family practice," he explained. "And with my OMT fellowship background, I thought I was going to go into primary care and use osteopathic manipulative medicine. Then, in my third-year rotations, I changed my mind and wanted to do internal medicine or pediatrics or combine the two. A year later, in October 1999, I was on my neurology rotation at the Michigan Institute for Neurological Disorders, which is run through Pontiac Osteopathic Hospital, and I really enjoyed it. I worked with a great osteopathic neurologist and I suddenly realized that I had found the area I wanted to practice in."

As the proud graduates embark on what promises to be a bright future in the osteopathic field, their paths will diverge once again. Dr. Norris, whose area of interest lies in rural medicine and public health, will spend the next year completing an internship in Lewisburg, West Virginia, and follow that with a two-year rural family medicine residency in Harper's Ferry, West Virginia. She also plans to pursue a master of public health degree in the near future. Dr. Biondo will be performing his internship back home in Michigan at Bi-County Community Hospital, which is part of the Henry Ford Health System. He will then initiate a challenging two-year neurology residency at Henry Ford Hospital in Detroit, Michigan.

Now that their medical school days are behind them, both Dr. Norris and Dr. Biondo look to the future with optimism - and a healthy amount of reverence for the osteopathic profession. "It's a tremendous privilege and a tremendous responsibility to be a doctor," explained Dr. Norris. "It's something I don't take lightly." Dr. Biondo is especially effusive in his appraisal of the education he received while matriculating at NSU-COM. "I loved being in medical school," he admitted. "I had a dynamic experience at Nova Southeastern University. The faculty was able to maintain that balance of caring for the students yet making sure that they provided us with a pertinent, high-quality education.

"I would do it all over again without a doubt," he added. "I can see that each year the college is improving. The students who will be going there in the future are going to see the progress. Osteopathic medicine has a bright future ahead, and NSU-COM is helping that happen. Since its beginning 20 years ago, it has grown, it has matured, and it has adapted to the times. It's going to be a sight to see in the future."
Medical Expedition to Nepal Proves Compelling for Fourth-Year Student Jeffrey Bushnell

America's beleaguered health care system has earned derisive commentary for years as the various factions involved in overhauling the unwieldy behemoth try to concoct a plan that will offer democratic health care to all segments of the population.

The U.S. health care system may not be ideal, but intrinsic merits do exist for even the poorest citizens. Free clinics and county health departments abound, and a crisis situation can be ameliorated with a swift 911-phone call, which will ensure the arrival of emergency medicine personnel within minutes. These options, which most Americans routinely take for granted, would be considered a godsend to the isolated villagers of Nepal, who have little or no access to medical care.

A Quest to Help Humanity

Jeffrey Bushnell, a fourth-year NSU-COM student, discovered just how dire the health care climate can be when he and 1985 NSU-COM alumnus Scott Smith, D.O. traveled halfway across the world in May to participate in the Himalayan Health Exchange. The exhausting 16-day medical expedition, which included a grueling five-day stint assisting the Sherpa villagers residing in the Solu-Khumbu valley of Nepal, clearly exceeded any expectations Bushnell had prior to the trip.

"It was an amazing experience," admitted Bushnell, who also participated in NSU-COM's Medical Mission 2000 to Guatemala in January. The mountainous terrain, which is approximately the size of Florida and located between Northern India and Tibet, always held a special allure for Bushnell. "Going to Nepal was something I was interested in doing for many years. In the summer of 1999, I was browsing through the Internet looking for trips like this and I ran across an organization called the Himalayan Health Exchange, which offered a couple of medical camps to that region each year."

Initially, Bushnell's goal was to coordinate a small group of fellow students and local physicians to
accompany him on the expedition, but the time constraints and financial burdens it would impose kept interest to a minimum. “We had to pay for everything ourselves just like the Guatemala trip,” he explained. “And most people couldn’t take three weeks out of their schedule or pony up $4,000 to travel halfway across the world.”

Because he had never participated in a medical expedition before, Bushnell decided to gain some insight by signing on as a member of Medical Mission 2000 to Guatemala, which served as a timely crash course in rural medicinal care. “It was a good way for me to see the logistics of how a medical mission was run and the problems encountered before I went halfway across the world to do one in Nepal, which was obviously much more complicated than going two hours away to Guatemala.”

It was during the Guatemala trip that Bushnell had the good fortune to meet Dr. Smith, who works as an emergency room physician at Memorial Hospital - Peninsula in Ormond Beach, Florida. Having failed to conjure up any takers for the Nepal expedition, Bushnell was delighted to discover a kindred spirit in Dr. Smith. “I showed him the itinerary I had put together for the Nepal trip, and he was very intrigued. By the end of the Guatemala trip, Dr. Smith had already committed to go with me.”

Unlike Guatemala, where several dozen health care professionals participated in the mission, Bushnell and Dr. Smith were aware that the same luxury would not be awaiting them in Nepal. “We were assured we would have help on the other end, but we knew it was basically going to be just the two of us in terms of actually dispensing medical care,” Bushnell said. Although the Himalayan Health Exchange organized the travel arrangements and coordinated ground support for Bushnell and Dr. Smith, the twosome was responsible for procuring the vital medical supplies that would be used to treat the villagers. “We solicited donations from various drug companies and also purchased over 70 pounds of medicine,” said Bushnell who estimates they arrived in Nepal with over $10,000 worth of antibiotics and other supplies in tow.

**Expedition Casts Enduring Images**

The trek to Nepal proved to be an enthralling adventure for Bushnell and Dr. Smith, who wended their way through some of the world’s most intriguing and indigent locales. Before reaching their ultimate destination in the Lukla region of Nepal, the twosome made memorable stops in Germany and India, where they witnessed...
When we arrived in India, we hired a driver to take us to the Taj Mahal,” recounted Bushnell. “On the way, we saw camels pulling wagons, elephants in the streets, and people trying to take your picture with bears and monkeys. We saw them burning dead bodies next to a river where they have public funeral pyres, and they’re just nonchalantly throwing bodies on a pile of wood and straw and setting them on fire. You don’t exactly see that everyplace in the world. There was not a boring moment because you’re constantly absorbing the culture.”

After a brief sightseeing sojourn, the duo boarded several more flights before arriving in Lukla, where two Sherpa guides -- who would also serve as interpreters -- greeted them. “The great thing about the expedition was the lodge we stayed in also served as a makeshift clinic, so we were able to set up shop right there,” explained Bushnell. “In addition to the interpreters, we also had assistance from a local nurse who was there on a rotation to work at a little health post that was located there. During our stay, the nurse worked as a pharmacist, dispensing medications. She knew the medicines very well, which was a blessing, and she could write down instructions for the villagers in the semi-Arabic language they used called Nepalese.”

A much-needed day of rest helped revitalize Bushnell and Dr. Smith, who arrived at the clinic with a sense of expectancy and uncertainty. “We really had no idea what we were going to witness, but the villagers had heard there were going to be western doctors in Lukla who were going to be holding a free clinic, so there was a pile of people waiting outside the door,” explained Bushnell. “It was sort of like Kevin Costner in the movie Field of Dreams when they said, ‘If you build it, they will come.’ We essentially saw patients until there weren’t anymore to see. It was a mishmash of people just like it was in Guatemala, a lot of women and children but not that many men. Many of them had spent anywhere from fours hours to a day walking to see us. There are no vehicles in these towns and the only transportation is the airplanes and helicopters that bring people to and from Nepal. Everything is on the side of a mountain, so it’s all skinny streets and trails.”

Over the next five days, the twosome examined between 350 and 400 villagers, many of whom had never seen a medical practitioner before. In addition, the severity and scope of their injuries and illnesses were significantly greater than those diagnosed in Guatemala. “We saw a wide variety of ailments, including an abundance of bronchitis, asthma, broken bones, hypertension, and upper respiratory infections. We saw incidences of penile cancer, alcoholism, traumatic blindness, and massive skin infections caused from trauma.”

*During his stint in the makeshift clinic, Bushnell performed soft-tissue manipulation on Sherpa villagers afflicted with thoracic spine dysfunction.*
Two specific cases illustrate opposite extremes of the medical spectrum - and underscore just how emotionally debilitating the practice of medicine can sometimes be. “Dr. Smith diagnosed one villager with cirrhosis of the liver or possible liver cancer,” said Bushnell. “We instructed the family that he needed to be flown to Kathmandau for treatment immediately. Even though it only costs $25 to buy a plane ticket, that's a fortune to a Sherpa villager, which means they only have a few choices. They can live or die with their illness, walk to Kathmandau, which takes nine days for a healthy person to walk to, or they can pay to be flown there. This man choose not to heed our warnings, and he was dead within a week.”

Happily, another incident emphasizes the apex of emotions that come from bringing relief to a tormented patient. “We saw a 93-year-old man who had a severe rheumatoid condition,” explained Bushnell. “He had an autoimmune problem, and his hands and feet were severely swollen. He arrived by Sherpa ambulance - meaning his grandson had carried him on his back for an hour to see us. Fortunately, we had the appropriate medicine to give him and his condition improved. A week later, as we were walking through the village, his family saw us and invited us in for dinner.”

Bushnell says one of the more satisfying aspects of the expedition was having the opportunity to perform a significant amount of osteopathic manipulative therapy on the villagers. “Because of the way these people work -- they are up and down mountains all day, every day -- they all have osteoarthritis by the time they reach age 30,” he explained. “In fact, 70 percent of the adults complained of back pain, which is not surprising when you discover they carry baskets of supplies on their backs that sometimes weigh as much as 200 pounds.

“I was really impressed that I was able to put my skills to use, and it gave me a lot of appreciation for what I had learned during the first two years of medical school,” added Bushnell. “This was the first opportunity I had to practice OMT in a clinical setting at such a high volume, and the villagers loved it. You definitely felt dysfunction in their backs, and it gave me a lot of satisfaction to ease their discomfort by performing HVLA (High Velocity Low Amplitude) treatment. I set up a table in the waiting room, and the villagers would laugh when they heard the bones crack and move. Some of them came to see me several days in a row, and by the time I was done, they had experienced increased range of motion.”

After their five-day stay in Lukla, Bushnell and Dr. Smith embarked on a weeklong trekking expedition up a mountain range called Kala Patar, which is located a few miles from Mt.
Everest. Initially, the intent was to enjoy the captivating climb as normal sightseers, but before long, the pair was ushered into medical service once again. “We were constantly approached by people who needed medical assistance during our climb to the mountain’s summit,” stated Bushnell. “We started at 9,000 feet and climbed to 19,000 feet. The trails, which are fairly well marked, go through villages and past various guest inns. So once people found out who we were, the trekkers came to us seeking relief for everything from gastroenteritis and altitude sickness to symptoms related to the common cold and flu.”

During their ascent, an ironic case of “physician heal thyself” syndrome surfaced when both Bushnell and Dr. Smith were afflicted with similar ailments. “We did get altitude sickness the last couple of days on the journey up,” he admitted. “We were so tired and so sick, and we couldn’t wait to get back down the hill and get some oxygen. You feel like you’re suffocating. Your head is pounding and you get headaches you can actually hear as you’re walking. And you haven’t eaten in a couple of days because you feel half-nauseous all the time. We were just drinking fluids and taking a diuretic that helps with the swelling in the lungs and brain that you get at high altitudes. It was a very uncomfortable feeling. But it was absolutely worth the discomfort. You look up at the other mountains, and they still tower above your head. It’s an absolutely awesome sight. You get goose bumps. You can’t even describe it. It’s almost like a spiritual thing.”

Based on the expedition’s overwhelming success, the duo has already scheduled a return trip to Nepal during the first two weeks of May 2001. An additional project currently in the works is to garner funding for construction of a small hospital in the Lukla region. “Going to Guatemala and Nepal made me fall in love with this type of rural medicine,” concluded Bushnell. “When I graduate in 2001, I definitely plan to practice expedition medicine full-time.”

Health care workers and students interested in participating in the 2001 expedition to Nepal should request preliminary information via e-mail at Bushnell@nova.edu.
**Governor Jeb Bush Addresses Commencement Crowd**

Florida Governor Jeb Bush, who had never served as a commencement speaker during his term in office, set a new precedent on Sunday, May 28 when he graced the stage at the National Car Rental Center in Sunrise, Florida, to address the 5,000 or so attendees. During the ceremony, 442 proud NSU Health Professions Division graduates, including 150 from the College of Osteopathic Medicine, received their diplomas in front of an audience filled with family, friends, and faculty.

“I called the person I admire most in the world, my mother -- Barbara Bush -- and asked her what I should speak about,” admitted Governor Bush in his opening remarks. “She said ‘About 10 minutes, Jeb.’” During his impassioned speech, Governor Bush discussed the general state of health care in Florida and commended the graduates for possessing the fortitude to realize their dreams.

“After today, you will pursue careers in osteopathic medicine, optometry, dentistry, pharmacy, and public health. But after all the hours in class, no matter what field you have chosen, your greatest lesson is what to do with the knowledge you now have,” stressed Governor Bush. “With all the knowledge, especially the knowledge of healing, comes great responsibility. As the old saying goes, to those whom much is given, much is expected. As professionals, you must all unlock the goodness that is inside you and show compassion.” It’s not about making money; it’s about compassion.

“Not everyone here can win a Nobel Prize or discover a cure for cancer, although I have no doubt a few of you may,” he added. “Most of you will find yourselves strengthening your communities, working honest, decent jobs, and, in general, being good neighbors. If this destiny turns out to be yours, consider yourself blessed. Let the simplest gifts - the hug, the handshake, or the kiss - be your compensation for goodness and a job well done. When you look into the eyes of a person whose life you have made better and that person utters ‘Thank you,’ it is the most valuable feeling in the world.”
Karen Marie Acevedo-Mogharbel of Orlando, Florida
Comfot Omobola Adewumi of Miramar, Florida
Asfa Simin Akhtar of Hollywood, Florida
Salma Akhter of Riverview, Florida
Corey Lee Anderson of Plantation, Florida
David Lawrence Andrisoni of Hallandale, Florida
Amy Elizabeth Armada of Fort Lauderdale, Florida
Alicia Steinmeyer Baldwin of Pembroke Pines, Florida
David Michael Bear of Port Orange, Florida
Mara Berezniak of Fontana, California
Niels Edward Berg of Ormond Beach, Florida
Daniel G. Berson of Hollywood, New Jersey
Monica Bhagia of Brandon, Florida
Raja Sham Bhatia of Staten Island, New York
Andrew Biondo, Jr. of Shelby Township, Michigan
Frank Sal Bono of Hernando, Florida
Daniel Boone of Macon, Georgia
Walter T. Booth of Davie, Florida
David Scott Brancati of Richmond Hill, New York
Lisa Alexandra Bruckner of Miami Beach, Florida
Robert Scott Brumberg of North Miami Beach, Florida
Andrea B. Brown of Boca Raton, Florida
Dennis J. Buono of Livonia, Michigan
John Demetrio Cantando of Pembroke Pines, Florida
Peter H. Chang of Seattle, Washington
Igor Chaplik of North Miami Beach, Florida
Christine Ceravolo Chapman of Fort Lauderdale, Florida
Robert Jeffrey Chaskes of Davie, Florida
Marcia Cordeiro of Safety Harbor, Florida
Yee-Ru Amy Chen of Houston, Texas
David Sungku Choi of Tampa, Florida
Brandon Christodoulos of Charleston, West Virginia
William Christian Corey of Derry, New Hampshire
Khashayar Alex Daneshmand of Casselberry, Florida
Patricia Jara Daneshmand of Casselberry, Florida
Tu Xuan Dao of Pensacola, Florida
Richard Kerr Dycus, II of Daytona Beach, Florida
Nicole Marianne Esquenet of Old Brookville, New York
Shadi M. Fahs of Portage, Michigan
Derek James Farr of Detroit, Michigan
Felix Luis Fernandez of Cooper City, Florida
Martha Pavloff Ford of Dade City, Florida
Sean Jamison Forton of Tampa, Florida
Gary Albert Foskey, Jr. of St. Augustine, Florida
Susan Jane Fox of Titusville, Florida
Thomas James Fotopoulos of Fort Lauderdale, Florida
Scott Louis Friedberg of Miami, Florida
Neil Furman of Surfside, Florida
Kristin Nicole Gabriel of Miami, Florida
James Shawn Gagen of Plantation, Florida
Andrea I. Gault of Baltimore, Maryland
Jocelyn Amber Geithman of West Caldwell, New Jersey
Maribeth Louise Gidley of Miami, Florida
Theresa Keller Goebel of Delray Beach, Florida
West-Ky Gomer of Plantation, Florida
Michael David Goodwin of Pompano Beach, Florida
Steven Gorin of North Miami Beach, Florida
Nathaniel Lee Griffith of North Lauderdale, Florida
Julie Ann Gulizia of Altamonte Springs, Florida
Nathaniel Joshua Hanflink of Miami, Florida
Dyan Jenelle Harvey-Dent of Weston, Florida
Robert T. Hasty of Boca Raton, Florida
Brian David Heyman of Weston, Florida
Matthew Joseph Higgins of Bay Shore, New York
James Otis Hill, II of Davie, Florida
Christopher Taro Hogg of Albuquerque, New Mexico
Firaz R. Hosein of Miramar, Florida
Gregory Martin Houck of Bonita Springs, Florida
Nabil Samir Itani of Titusville, Florida
Tanya Samir Itani of Titusville, Florida
Jennifer Lauren Jones of Tampa, Florida
Brian Kevin Jordan of Smiths, Alabama
Pamela Mara Denise Kane of Boca Raton, Florida
Maryam Kashi of Miami Beach, Florida
Krista Michelle Keath of Largo, Florida
Stephen Phillip Keller of Fort Lauderdale, Florida
Thomas Christopher Kelly of Davie, Florida
<table>
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<td>Samuel B. Wolf</td>
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<td>Daryl S. Wong</td>
<td>San Dimas, California</td>
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<tr>
<td>Denise M. Workman</td>
<td>Buford, Georgia</td>
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Italics - graduated with honors

Bold - graduated with highest honors
Psi Sigma Alpha Honors Academic Excellence

In May, 23 students from the Class of 2000 were elected to the Theta Chapter of the Psi Sigma Alpha National Osteopathic Scholastic Honor Society. Membership is based on laudable traits such as academic achievement (placing in the top 15 percent of their class), high moral character, and integrity. Following are the individuals who earned entry into the Psi Sigma Alpha Honor Society:

Asfa Akhtar
David Bear
Daniel Boone
David Brancati
Robert Brumberg
Dennis Buono
John Cantando
Igor Chaplik
Shadi Fahs
Susan Fosnot
Thomas Fotopoulous
Christopher Hogg
Jae Lee
Gwen Allison Levine
Mohammed Merchant
Diparshi Mukherjee
Robert Norris
Bhavesh Patel
Elizabeth Perez
Robert Proietto
Jason Reiss
John Roach, Jr.
David Sarkarati

Distinguished attendees included (from left): Lawrence Jacobson, D.O., associate dean for medical education; Leonard Levy, D.P.M., associate dean, Office of Education, Planning, and Research; Alan Morrison, D.O., assistant professor, Department of General Internal Medicine, NSU President Ray Ferraro, Jr., J.D.; and NSU-COM Dean Anthony J. Silvagno, D.O.

Psi Sigma Alpha Inductees
Student Excellence Honored at Senior Awards Dinner

On May 26, a celebratory mix of students, family members, and numerous notable individuals converged on The Signature Grand in Davie, Florida, to participate in the NSU-COM Senior Awards Dinner Dance. During the evening’s festivities, the following awards were presented:

**Morton and Mary Smith Achievement Award**
Presented to the student exhibiting the highest quality of service and leadership, combined with scholarship, integrity, and personal worth.
*Recipient: John Cantando, D.O.*
*Presenter: Anthony J. Silvagni, D.O.*

**Matthew A. Terry, D.O. Memorial Award**
Presented to the student chosen by his or her peers as the exemplary osteopathic medical student.
*Recipient: Khashayar Alex Daneshmand, D.O.*
*Presenter: Cyril Blavo, D.O.*

**Rose Community Service Award**
Presented to a student who demonstrates sincere interest in community service or community projects.
*Recipients: Merideth Norris, D.O. and Nathan Hanflink, D.O.*
*Presenter: Steven Zucker, D.M.D.*

**Morton and Geraldine Terry Internal Medicine Award**
Presented to the student for the highest achievement in the study of internal medicine, both academic and clinical.
*Recipients: Gwen Levine, D.O. and Igor Chaplik, D.O.*
*Presenters: Geraldine and Morton Terry, D.O.*

**Florida Chapter, American Academy of Osteopathy Award in Osteopathic Manipulative Medicine**
Presented to the student who, in the opinion of the Department of Osteopathic Principles and Practices, has achieved the highest proficiency in osteopathic therapeutics.
*Recipient: Andrew Biondo, Jr., D.O.*
*Presenter: Mark Sandhouse, D.O.*

**Excellence in Emergency Medicine**
Presented to the graduate who has demonstrated outstanding proficiency in emergency medicine as selected by the faculty of NSU-COM.
*Recipient: James Gagen, D.O.*
(Pictured with Governor Jeb Bush at graduation ceremony)

**Albert L. Weiner, D.O. Memorial Psychiatry Award**
Presented in memory of Dr. Weiner to the student achieving the greatest proficiency in psychiatry.
*Recipient: Shawn Tepper, D.O.*
*Presenter: Daniel Shaw, Ph.D.*
Clinical Service Award
Presented to the student judged to be outstanding in clinical service.
Recipient: Asfa Akhtar, D.O.
Presenter: Robert Klein, D.O.

Dean's Community Award
Awarded to that member of the graduating class who, by personal and professional conduct, and by contributions to the student affairs and to the general program of NSUCOM, has been deemed worthy of special citation as a recipient of the Dean's Community Award.
Recipient: Merideth Norris, D.O.
Presenter: Anthony J. Silvagni, D.O.

Samuel J. Salman, D.O. Award in Family Medicine
Presented by the Florida Society of the American College of Osteopathic Family Physicians to the student whose scholarship, patient empathy, dedication, concern, and goals epitomize the osteopathic family physician, as exemplified by the late Samuel J. Salman, D.O.
Recipient: Robert Norris, D.O.
Presenter: Joseph Stasio, D.O.

Dean's Award
Presented for academic excellence to the student graduating with the highest scholastic achievement.
Recipient: Christopher Hogg, D.O.
(Pictured with Governor Jeb Bush at graduation ceremony)

Chancellor's Award
Presented to the student who best exemplifies the characteristics of a fine osteopathic physician - a combination of scholarship, leadership, integrity, humanity, and loyalty to the profession.
Recipient: Elizabeth Perez, D.O.
Presenter: Morton Terry, D.O.

Alumni Association Award
Presented to the student who, by his/her leadership, has done the most to maintain the cohesiveness, unity, and esprit de corps within their class for all four years of their osteopathic medical education.
Recipient: Khashayar Alex Daneshmand, D.O.
Presenter: Howard Neer, D.O.

ACOFP Outstanding Senior Scholarship
Presented to the graduating senior who has been a role model within his/her class and an exemplary graduating student; demonstrated the characteristics to be a role model as a family practitioner; been active in his/her COM, the community, and in national events as they relate to family practice; served as an ACOFP Student Chapter Officer for one to four years; signed a contract for a family practice residency program approved by the AOA/ACOFP.
Recipient: Nicole Esquenet, D.O.
Presenter: Louis Radnichy, D.O., president elect, ACOFP
Novartis International Humanitarian Award
The Novartis International Humanitarian Award is presented to the student who has proven his or her commitment to the Principle of Osteopathic Medicine by demonstrating compassion, caring, and sacrifice through participation in national and international medical programs during the four years of osteopathic medical education.
Recipient: Andrew Biondo, Jr., D.O.
Presenter: Camille Bentley, D.O.

Donna Jones Moritsugu Award
This award was established in memory of Donna Jones Moritsugu, who was killed in an auto accident in October 1992. She was the wife of Dr. Kenneth P. Moritsugu, assistant surgeon general of the U.S. Public Health Service. Dr. Moritsugu has been a colleague and friend of the osteopathic profession for many years.
Recipient: Winnie Maza
Presenter: Leonard A. Levy, D.P.M.

National Health Service Corps Service Awards
Presented to the students demonstrating quality health care with compassion and commitment to the nation’s underserved.
Recipients: Andrea I. Gault, D.O. (left) and Maryam Hajibagherkashi, D.O.
Presenter: Robert Perraud, D.O.
(Not pictured - Richard C. Quigley, D.O.)

Osteopathic Principles and Practices Fellowship Certificates
Recipients: Andrew Biondo, Jr., D.O. (right) and Thomas Fotopoulos, D.O.
Presenter: Mark Sandhouse, D.O.
(Not pictured: Daniel Berson, D.O. and Christine Chapman, D.O.)

Golden Apple Awards
Presented by the Class of 2000 to the faculty members deemed most outstanding by the graduating class.
Recipients: Maung M. Khin-Aung, M.B.B.S., Kathleen M. Khin, M.B.B.S., and Lori Drizin, Ph.D.
Presenters: Monica Saenz, D.O. and Khashayar Alex Daneshmand, D.O.

Award of Appreciation from the Class of 2000
Recipient: Khashayar Alex Daneshmand, D.O., senior class president
Presenters: Monica Saenz, D.O., Class of 2000 vice president
COM2 Serve Program Provides Progressive Instruction

The College of Osteopathic Medicine’s commitment to training primary care health practitioners in a multidisciplinary setting -- with an emphasis on medically underserved areas -- was underscored by the creation of a progressive program called COM2 Serve.

COM2 Serve, which stands for College of Osteopathic Medicine in Community Service, is a program that helps medical students develop increased awareness concerning organizations and community efforts that provide health care and other needed services to medically underserved and at-risk patient populations. Starting this August, second-year NSU-COM students will be placed in a minimum of two COM2 Serve organizations. Participation in this program will fulfill the students’ community service component of their Interdisciplinary Generalist Curriculum (IGC) Preceptorship Course.

“It is our vision that the physicians of tomorrow be positively influenced by caring professionals who are dedicated to the health and well-being of their community,” said Debra Cohn Steinkohl, M.H.S.A., who serves as administrative director of the IGC Program. “It is our sincere hope that these future physicians become personally touched and permanently immersed in serving the public.”

COM2 Serve is conducted in collaboration with the IGC Program, the Area Health Education Centers (AHEC) Program, and the Department of Family Medicine/Division of Community Medicine. “The COM2 Serve Program will expose students to many challenging yet rewarding practice opportunities within medically underserved environments,” said Steven Zucker, D.M.D., M.Ed., who serves as director of the AHEC Program. “Through these experiences, NSU-COM students will learn to provide valuable and much-needed community services.”

Following are the organizations that will serve as teaching sites for the COM2 Serve Program:

- Broward Community & Family Medical Center
- Homeless Assistance Center
- Light of the World Clinic
- Palm Beach County Health Department
- Salvation Army Clinics
- Urban Mercy Clinic

NSU-COM Awarded Two HRSA Grants

The Health Resources and Services Administration (HRSA) recently awarded NSU-COM two major grants, including support for a three-year project that will pave the way for the establishment of a Division of Primary Care Research. Over the three-year period, the college will receive $899,432 for the two projects. The initial year of funding for the Academic Administrative Units Program is $151,200, including indirect costs. As with all federal grant programs, funding for subsequent years depends on congressional appropriations and demonstration of satisfactory progress.

This newly formed academic unit, which will be overseen by A. Alvin Greber, D.O., was established to develop the infrastructure required to conduct collaborative and interdisciplinary primary care-oriented health services and educational research. The division’s mission is to assess and improve the quality of services delivered to target groups at high risk of acquiring health and social problems. The goal is to decrease morbidity and mortality and ease the burden of health problems that afflict various individuals and communities. The target groups include the elderly, substance abusers, HIV/AIDS victims, homeless citizens, incarcerated individuals, and the rural poor.

The second grant will provide vital funding for a Predoctoral Primary Care Training Program, which aims to provide instruction for students in serving older adults as well as the physically and behaviorally challenged. Charlotte Paolini, D.O. will serve as project director for the program, which will develop problem-based learning modules that focus on the target groups. The initial year of this project is supported by an $81,000 grant.
Dr. Camille Bentley Receives Faculty Scholarship Award

In June, Camille Bentley, D.O., who serves as interim chair of the Department of Family Medicine, was a worthy recipient of the President's Faculty Scholarship Award, which is presented by the NSU Board of Trustees to support the development of faculty research projects. The award is accompanied by a $5,000 allocation from the President's Faculty Scholarship Fund.

Dr. Bentley’s winning proposal, entitled “Diagnosis of Parasitic Infection by Surrogate Methods in Rural Communities of Guatemala,” was highly rated by the reviewing committee, which had to evaluate 21 submissions comprising 42 faculty members.

Dr. Bentley’s research project involves a series of related studies that will be performed during repeated NSU-COM DOCARE student chapter missions to Guatemala. The research project was conceptualized in January when Dr. Bentley coordinated Medical Mission 2000 to Guatemala. During the trip, a high prevalence of parasitic infections was diagnosed among the patients. In the ensuing studies, Dr. Bentley will:

Address the question of whether - in an environment in which these infections are endemic - these symptoms can be used as an appropriate surrogate for stool examination in the diagnosis of the protozoan and nematode infections.

Develop growth charts for pediatric patients in the visited Guatemalan communities. These growth charts can then be used in further studies.

Dr. Bentley will be receiving able assistance from the following NSU-HPD medical professionals to ensure the highest possible research standard:

• Dr. Joel Spalter (Osteopathic Medicine)

• Dr. Kerry Earlywine (Pharmacy)

• Dr. Harold Laubach (Medical Sciences)
On June 14, NSU-COM coordinated a farewell reception to honor three longtime faculty members who are leaving the college to pursue other career/and or life ventures. They are:

- Ronald Kaufman, D.O., who served as professor in the Department of General Internal Medicine and established a rich legacy with the college that stretches back to its infancy in 1979. In fact, Dr. Kaufman helped formulate the curriculum that was implemented in the college’s early years.

- Frank Komara, D.O., who acted as director of the Division of Geriatrics and served as a distinguished faculty member since 1986. Most recently, Dr. Komara played a pivotal role in developing the college’s newly approved Geriatric Fellowship. He is leaving NSU-COM to accept a faculty position at Michigan State University.

- Lieutenant Stan Silverman, assistant professor, Division of EMS Education and Training, who was in attendance at the grand opening of the Southeastern College of Osteopathic Medicine (SECOM) in 1981. Lieutenant Silverman has taught BLS and ACLS to every class that has graduated from NSU-COM.

Pictured at the farewell party are (from l): Morton Terry, D.O., chancellor; Health Professions Division; Lieutenant Silverman; Dr. Komara; and Dr. Kaufman.