Match Day 2015

Congratulations to our graduating College of Medicine students who matched on Match Day, March 20th, 2015!

The National Resident Matching Program (NRMP) is a private, not-for-profit corporation established in 1952 to provide a uniform date of appointment to positions in graduate medical education (GME) in the United States.

Read more inside this issue, and see where our students are going. Detailed statistics are included.
SUNY Downstate had 204 graduating College of Medicine students matched on Match Day.

104 graduates will be working in NYC

37 graduates will be working in the NYC metropolitan area

63 graduates will be working in other states

### Top 5 Specialty Areas by Number of Student Residencies

<table>
<thead>
<tr>
<th>Specialty Area</th>
<th>No. of Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medicine Categorical</td>
<td>53</td>
</tr>
<tr>
<td>Emergency Medicine</td>
<td>26</td>
</tr>
<tr>
<td>Anesthesiology</td>
<td>23</td>
</tr>
<tr>
<td>Pediatrics Categorical</td>
<td>15</td>
</tr>
<tr>
<td>Surgery Categorical</td>
<td>11</td>
</tr>
</tbody>
</table>

### Residency Distribution

#### Top 14 Residency by Hospitals

<table>
<thead>
<tr>
<th>Hospital</th>
<th>No. of Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brown</td>
<td>3</td>
</tr>
<tr>
<td>Einstein Montefiore/Jacobi</td>
<td>12</td>
</tr>
<tr>
<td>Harvard Programs</td>
<td>3</td>
</tr>
<tr>
<td>ICAHN Sinai St. Luke's/Beth Israel</td>
<td>7</td>
</tr>
<tr>
<td>Johns Hopkins</td>
<td>2</td>
</tr>
<tr>
<td>Maimonides</td>
<td>5</td>
</tr>
<tr>
<td>Mount Sinai</td>
<td>6</td>
</tr>
<tr>
<td>North Shore LIJ Systems (Including Lenox Hill)</td>
<td>25</td>
</tr>
<tr>
<td>NYP Hosp-Columbia Univ</td>
<td>8</td>
</tr>
<tr>
<td>NYP Hosp-Weill Cornell</td>
<td>6</td>
</tr>
<tr>
<td>NYU</td>
<td>8</td>
</tr>
<tr>
<td>Rochester/Strong Memorial</td>
<td>3</td>
</tr>
<tr>
<td>Rutgers (all)</td>
<td>6</td>
</tr>
<tr>
<td>Stony Brook</td>
<td>7</td>
</tr>
<tr>
<td>SUNY Downstate</td>
<td>38</td>
</tr>
<tr>
<td>Temple</td>
<td>4</td>
</tr>
<tr>
<td>Univ California System</td>
<td>7</td>
</tr>
<tr>
<td>Yale</td>
<td>3</td>
</tr>
</tbody>
</table>
New York City Epidemiology Forum Paper Presentation

Frederique Jean-Baptiste presented her paper “An Examination of HIV Knowledge and Testing in a Sample of Heterosexual African-American and Afro-Caribbean Men in Brooklyn, NY” and Sarah-Ann Celestin presented “Too Hungry to learn?” at the New York City Epidemiology Forum at Columbia University on February 27, 2015. Both students are from the School of Public Health.

Consortium of Universities for Global Health 2015 Annual Conference Paper Presentation

Two doctoral candidates, Irina G. Dekhtyar, PT, MPH, and Rudolph O. Parris, MPH, from the SUNY DMC’s School of Public Health presented at Consortium of Universities for Global Health 2015 Annual Conference that took place in Boston, Massachusetts from March 26 to March 28, 2015. Their presentation, “Increasing Rates of Colorectal Cancer Screening among Russian-speaking and Afro-Caribbean Uninsured Immigrants in Brooklyn, NY”, examined the use of the colonoscopy as a diagnostic tool for colorectal cancer in recent immigrant populations in Brooklyn, NY. The aim of their study is to collaborate with the communities to reach uninsured immigrant groups who are disproportionally affected by CRC. In addition, they try to identify effective community-specific intervention methods and increase screening among under-served immigrant groups.

Announcements

Third year PT students (Class of 2015) will present their final research projects on Monday, May 11, 2015 in the Alumni Auditorium from 9 AM to 12PM. They will also have posters of their work displayed in the Atrium during this time period.

Third year PT students will engage in advocacy as they visit their legislators in Albany during a Lobby Day event on Tuesday, May 12, with Dr. Joanne Katz. They will attend this Lobby Day event with the New York Physical Therapy Association.
Wellness Tips

Studying and Test Taking

Many students describe experiencing recurring thoughts of anxiety while studying, and during test taking. It is easy to get stuck in our heads and to focus on thoughts that keep our anxiety going, causing us to lose focus and confidence.

When it comes to studying and dealing with distracting or anxious thoughts, here is one exercise that can help us to manage them. Begin by visualizing a large solid box with a lock. If you are inclined, you can create as detailed an image as you like. When you are studying and a thought intrudes, you can practice sending it to the box and locking the thought. While you do this, remind yourself that you will process the thought when the project or exam you are preparing for is complete. Over time, you will be in the habit of rerouting the thought, not dismissing your anxiety, but focusing on the task at hand, and saving the anxious or disruptive thought for a time when you have more energy to process it. This can be a useful technique when you are in the middle of an exam, too. Often, students find themselves thrown off by worries about their abilities, preparation, or the exam outcome in such a way that they become physically and emotionally distressed and distracted. This can disrupt you so much sometimes that it takes from you the opportunity to demonstrate what you know and to honor all the hard work you have put into preparing.

In addition to the box technique, here is another tool you may find helpful during an exam. Take two slow deep breaths. Being mindful to breathe in as deeply as you can and then out through your mouth slowly and evenly. After this, take 30 seconds to absorb all of your attention and energy on the objects in the room. Name them to yourself in your head, one by one, slowly. When you have completed these steps, you should have relaxed enough, and distanced briefly enough from your anxious thoughts, to re-focus on your task. You can extend this to 60 seconds or longer, if you like.

Remember, you will have to practice these techniques in order to truly experience their benefit, but even on the first go they can be quite helpful.

Heading into your exam

Don’t forget to head into the exam on your own terms. Try not to surround yourself with things that will stir up anxiety or cause you to lose focus close to an exam. Some common things to avoid: emotionally provoking conversations prior to an exam, and speaking with classmates about their preparation directly before an exam. Some people find it useful to listen to soothing music or energizing music while they travel to the exam.

If you have any other tips that have helped you to share, or any questions, please email us at counseling@downstate.edu.

Dana’s Healthy Corner

Tips for staying sane, sated, and slim while in medical school

If you spend any time on social media, you’ve probably seen fitness-crazy friends posting photos of their latest hybrid vegetable-dessert creation. Using some sorcery, they take the season’s hottest superfoods (kale! sweet potatoes!) and warp them into something totally different (oatmeal chocolate chip cookies!). “Of course, all of these photos are accompanied by comments touting how it’s #delicious and tastes just like, or even better, than the real thing”. I’ve personally never been a fan of these recipe hacks, especially after trying to make brownies with an avocado last year and failing miserably. Last month, however, I overheard some dieting nurses talking about a recipe that I thought was easy enough to try out. I became curious enough to try it at home and I think it was a success. I hope you enjoy!

Cauliflower “fried rice”

Sesame oil
Low sodium soy sauce
2 cloves minced garlic, or garlic powder
Freshly grated ginger, or the dried kind you find in the spice aisle
1 bag pre-cut, pre-washed cauliflower (saves time & a mess!)
2 eggs
Mix-ins: I used green pepper, scallions, shitake mushrooms, chopped cashews, and shredded coconut

First, put the cauliflower in your food processor or blender and grind until it has a grain-like consistency. I promise this is the worst part of the recipe and it only takes two minutes. Next, heat a large pan over medium-high heat. Add 2 turns of sesame oil. Next, add minced garlic/garlic powder and ginger. Season with salt & pepper. This is a good time to add your mix-ins. Once the pan is hot, it’s time to add the ground cauliflower. If the pan gets a little dry, you can add more sesame oil or a little water to loosen things up a bit. Add soy sauce to taste. Make a well in the center of the pan and add your eggs. When they’re nicely fried, mix the eggs in with everything else. Voila! You have a nutritious, carb-free meal that took no time at all!

About Dana

Dana DeCarlo is 4th Year Medical student who is passionate about eating but also about maintaining a healthy life. She is dedicated to helping Medical students stay sane, slim and sated.
OT Pi Theta Epsilon Students

2014 Stanley M. Kaplan Essay Contest: Second Place

AMY HUANG, a second-year medical student, won Second Prize in the 2014 Stanley M. Kaplan Essay Contest from University of Cincinnati on February 24, 2015. The contest was established to encourage improved writing and research skills among medical students. Entries were judged on creativity, knowledge of psychiatry, style, and contribution to understanding important problems in any of the biological, psychological, or social dimensions of psychiatry. Her essay was a review paper about the biopsychosocial factors behind rampage violence and school shootings, and how to consolidate these factors toward improved metrics for mental health screening for at-risk individuals. Last year, she also won First Place in the Alpha Omega Alpha Helen Glaser Essay Contest (http://www.alphaomegaaalph a.org/news_student_essay_winners.html).

Okrent-Frey Midwifery Student Scholarship

SAIDAH HAZIZ-RAMADHAN, a second-year student in the Midwifery Education Program at SUNY Downstate Medical Center, was awarded the Okrent-Frey Midwifery Student Scholarship, presented at the Long Island Midwives meeting on Thursday, March 12, 2015. This scholarship is given to students who live in or attend school in Queens or Long Island and actively participate in community service. She has contributed extensively to the public service, volunteering in hospitals, teaching women and children in religious studies, participating in community outreach events for the general population in the Hempstead, New York area through her religious community; and conducting summer youth programs. She also has been a homeschooling mom for over 20 years.

Nursing International Honor Society Induction

THE COLLEGE OF NURSING is pleased to announce that three nursing students have been recognized as 2015 Rising Stars of Scholarship and Research by the profession's international honor society- Sigma Theta Tau International. Nominated by faculty, the College's Scientific Review Committee selected these three students for national recognition from among a group of highly qualified candidates. The students will be presenting posters on their research projects at international conferences this year.

Robert Zotarelli, RN, a student in the anesthesia master’s program will be presenting his poster titled “Effects of controlled hypotensive intravenous anesthesia in reducing perioperative blood loss in patients receiving tranexamic acid during total hip arthroplasty.”

Marina Moiseyeva, RN, a student in the family nurse practitioner master's program will be presenting her research poster “Female sexual health history: The assessment process among patients and advanced practice nurses.”

Dina DiCenso, a student in the accelerated baccalaureate nursing program, will be presenting a poster titled: “Evaluation of a vegan diet in patients with diabetes in an urban setting.”

OT National Honor Society Induction

TEN STUDENTS IN THE MASTER OF SCIENCE PROGRAM IN OCCUPATIONAL THERAPY were inducted into Pi Theta Epsilon, the national honor society for the occupational therapy profession, on February 10, 2015. These students, who represent a wide range of undergraduate and professional backgrounds, have achieved academic excellence and made significant contributions through volunteer activities. Congratulations to the following students: Linda Chen, Kathleen Fitzgerald, Elana Schreier, Marika Tanaka, Danielle Blair, Nicholas Obidienzo, Jamie Turkell, Kirk Leonard, Hannah Simmons, Samantha Agnese!

2014 Stanley M. Kaplan Essay Contest: Second Place

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OT National Honor Society Induction

Ten students in the Master of Science Program in Occupational Therapy were inducted into Pi Theta Epsilon, the national honor society for the occupational therapy profession, on February 10, 2015. These students, who represent a wide range of undergraduate and professional backgrounds, have achieved academic excellence and made significant contributions through volunteer activities. Congratulations to the following students: Linda Chen, Kathleen Fitzgerald, Elana Schreier, Marika Tanaka, Danielle Blair, Nicholas Obidienzo, Jamie Turkell, Kirk Leonard, Hannah Simmons, Samantha Agnese!
Downstate OT Students Participate in Lobbying Effort in Albany

On March 3, a group of 2nd year students, faculty and staff of the SUNY Downstate Occupational Therapy Program participated in Advocacy Day, sponsored by the New York State Occupational Therapy Association, in Albany, NY. As part of a contingent of more than two-hundred OT students, practitioners and supporters from across New York State, led by New York State OT Legislative Chair Jeff Tomlinson, the attendees met with State Senators and Assembly members to discuss legislative issues impacting occupational therapy practice in New York State. In addition, New York State Senator Tim Kennedy (D-Buffalo), an occupational therapist, addressed the group about the importance of participating in the legislative process and thanked them for their active participation in meeting with their representatives. The group enjoyed a very productive day, with many students energized by their experience interacting with lawmakers and supporting occupational therapy.

A Special Lecture by Dr. Naomi Ferziger (OT Program, Class of 1987)

On September 18, 2014 – the Occupational Therapy Program proudly sponsored a special lecture by our alumnus, Dr. Naomi Ferziger, PhD, OTR. The presentation, “Assessment of Visual Attention Among Children Diagnosed with Cerebral Palsy (CP) and Cerebral Visual Impairment (CVI)” was well attended by alumni, current students, and clinicians who supervise Downstate OT fieldwork students. Soon after completing the Downstate OT Program, Naomi (Weiss) Ferziger gained extensive experience working with children with multiple handicaps. She currently serves on the faculty at Ono Academic College, Department of Occupational Therapy, in Kiryat Ono, Israel and is Chair of the National Professional Overseeing Committee of Occupational Therapy in Israel.

“Boardroom to Classroom”

Jeff Goldberg (Class of 2015), the OT Program's elected representative to AOTA's Assembly of Student Delegates, organized a "Boardroom to Classroom" event on December 9, 2014. This teleconference event was an opportunity for first and second-year occupational therapy students to learn more about current issues and trends facing the profession. The speaker was Francie Baxter, PhD, OTR, FAOTA, an AOTA Board Member and Associate Professor at Texas Women's University. Dr. Baxter discussed the role of various policy-making advisory bodies affecting the scope of occupational therapy practice, possible legislation changes to ACA, and future outlooks on various practice settings. The event concluded with a brief Q&A discussion, where Dr. Baxter fielded questions from students and faculty regarding future directions in health care. Hopefully, the event will become an annual Downstate SOTA tradition.
**Service Learning: Recent Student Volunteer Activities (sponsored by the Student OT Association)**

On March 12, the **Downstate Student OT Association (SOTA)** sponsored its **3rd annual presentation of volunteer experiences**. Volunteering has become an integral part of student culture in the Downstate OT Program – with many students choosing to participate in volunteer experiences during the month-long break between the 2nd year summer and fall semesters. Several second year students shared their experiences with classmates and first year colleagues. Each group provided background information about the program in which they volunteered and shared practical information that will facilitate the process for any first year students who might wish to become involved with that organization. This year’s presentations included reports about the following experiences:

**Extreme Kids & Crew - A Place to Be: Ann Claire Wuestefeld**

Ann Claire volunteered with this community of children and families, initiated and organized by a mother of a child with a disability. She has assisted with several social activities and outings – and has learned significantly about the goals, challenges, and aspirations of parents and children who enjoy the opportunities this organization affords them.

**Camp High-Five: Danielle Blair, Jade Brewer, Jeff Goldberg, Evan Leung, Jamie Turkell**

Students assisted occupational therapists at this summer camp program for children with hemiparesis at Rusk Rehabilitation at NYU Langone Medical Center’s Hospital for Joint Diseases. Based on principles of Constraint Induced Movement Therapy, student volunteers helped implement innovative activities designed to decrease “developmental disregard” and foster improvement in arm and hand function in children, ages 4-7.

**Special Aces Tennis Center at Prospect Park Tennis Center: Michelle Milzow and Jamie Turkell**

On Sunday afternoons, Michelle and Jamie have been assisting with individualized tennis instruction for children with a variety of disabilities. They’ve enjoyed the opportunity to help children of all ages learn to enjoy the sport of tennis, with special adaptations. And they’ve learned a great deal about the importance of leisure activity in the lives of the families who participate in this program.

(continue next page)
Watch Me Grow Summer Camp: Yelena Myman, Ann Claire Wuestefeld

Watch Me Grow is a sensory gym and speech-language center for children. In collaboration with the National Autism Association, Watch Me Grow offers a two week summer camp experience for children with autism spectrum disorders. Volunteers play an integral part in the success of this program, providing one to one supervision of their assigned campers.

Blissful Bedrooms: Danielle Blair and Kirk Leonard

The mission of Blissful Bedrooms is 1) To transform the personal spaces of young individuals who have limited resources, and severe physical disabilities that make them wheelchair-dependent and highly reliant on others for activities of daily living. Because of their lack of mobility/independence and decreased opportunities in society, these young individuals with physical challenges spend a great amount of time in their bedrooms. 2) To foster social opportunities for young individuals with a variety of disabilities to “get out of their bedrooms” so they can experience JOY with their peers and others who understand and appreciate them.

Danielle and Kirk have applied their occupational therapy knowledge to assisting this dynamic organization in a variety of ways, and they have recruited several classmates to join as volunteers at several events – including a beach day at Coney Island, a bowling event, and a camping trip in the Catskills.

PrEP Panel Discussion

On February 26, 2015, Brooke Wyatt and Damian Bird, two Doctor of Public Health candidates joined a panel discussion on the “Pre-Exposure Prophylaxis (PrEP) and People of Color”. Pre-exposure prophylaxis is a biomedical intervention to reduce the risk of HIV infection. Governor Cuomo recently released a plan to end the HIV/AIDS epidemic in New York State by 2020. The discussion served as an effort to support this plan and to educate the New York City Community about PrEP, so as to help to increase the uptake of PrEP among those at risk for infection.
M3 STUDENT GLOBAL HEALTH LEARNING OPPORTUNITIES (GHLO)

As you plan your MS 4 schedule, you may wish to consider taking an overseas elective in Spring 2016 through the Association of American Medical Colleges’ (AAMC) Global Health Learning Opportunities (GHLO) program. SUNY Downstate is pleased to participate in this program, which provides overseas elective opportunities to senior year medical students. To learn more about this program, go to: http://sls.downstate.edu/student_affairs/ghlo/index.html and www.aamc.org/ghlo. You can sign up for the GHLO scope quarterly e-newsletter on the right hand side of the AAMC GHLO web page.

Eligibility: M3 Students

FREE EMERGENCY MEDICINE EXPERIENCE JULY 27-31, 2015

Staten Island University Hospital presents a week’s exposure to the field of Emergency Medicine. The week-long experience includes: shadow clinical shifts; skills labs in suturing, splinting, IV placement, toxicology, ultrasound; zoo trip to discuss snake bites and other animal encounters; wilderness medicine; sim lab exposure; resident panel, and more.

All interested individuals please call: 718-226-1548, or email: JCOhen15@NSHS.edu for details.

Deadline: June 1st, 2015

Eligibility: Medical Students between 1st and 2nd year

UPCOMING EVENTS

1. Event: Blood Drive
   Date: April 30th
   Time: 9:00am-6:00pm
   Venue: Sodexo Court

2. Event: BFC Memorial Gala
   Date: May 21
   Time: 7:00pm-10:00pm
   Venue: 501 Union in Gowanus, Brooklyn
   Attire: Formal
   Ticket Cost: $50 for students; $100 for all non-students
   Description: This is a memorial gala celebrating Dr. Anne Kastor, one of the departed founders, as well as the mission of the Brooklyn Free Clinic. The event will have food, drink, musical performances, and a unique storytelling aspect. It is open to all Downstate physicians and students. The host will also be accepting donations for anyone who will not be able to come but wishes to support their work with the uninsured in Brooklyn. Information on the event and how to buy tickets will be posted to www.brooklynfreeclinic.org.

Any Suggestions for Our Next Issue?

If you have any suggestions or feedback for our next issue, please email us at studentaffairs@downstate.edu.

We would love to hear from you!
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