

THE ACOM BEAT

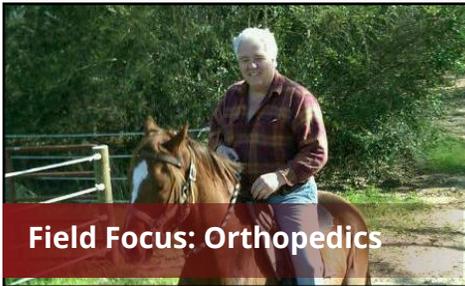
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The Official Student Newsletter of the Alabama College of Osteopathic Medicine

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Meet Dr. Kevin Hayes



Students Spirit of Giving

A Match Made in Heaven

By Robin Conley, OMS-II, and David Murphy, OMS-II

The second-year class of the Alabama College of Osteopathic Medicine learned where they would be spending their third and fourth years of clinical training on Friday, January 30, 2015. The students attended Clerkship Day in December 2014 to collect key information they would need to select their top sites of interest. Upon making these selections, they submitted their preferences and anxiously awaited their assignments.



Balloons were set loose after the Inaugural Clerkship Match. Photo credit: Steve Pearce

"I was really hoping that I would get one of my top three choices," said second-year student Brian Hansen. "I knew those locations would be easier for my family and I. I ended up in Sheffield, my top choice!"

In true ACOM fashion, Dean Lenz addressed the class during Dean's hour before students were allowed to obtain their envelope. Like a father watching his kids opening their presents on Christmas morning, he relished in all the cheers, smiles and excitement upon the opening of the envelopes.

"I was very excited to get the results, and now I get to move to a new location and continue living with the best roommate ever! But seriously though, who runs this much? I'm actually very concerned about her health," said second year student Victoria Simenson, who got Florence and will room with fellow second-year and avid runner Heidi Chamula.

Among the sites included were Birmingham, Guntersville, Mobile, Sheffield, Huntsville, and many other great cities in Alabama. Tallahassee, the sole Florida site, was a popular choice as well. This time is very special here at ACOM simply because the class of 2017 has forged through the opening of this brand new facility, difficult coursework, COMSAE exams, and standardized patient encounters. All of the work done throughout this time was designed to prepare for the core sites and become top-tier patient providers. Emotions varied on match day between excitement, disbelief and more than a few expressions of relief.

"Big Gulps, huh? All right. Welp, see ya later!" said second-year student Skyler Brown, who plans to spend his time biking around Huntsville when he is not studying.

In addition to the clerkship rotations, four 2nd year students were awarded the coveted Anatomy/OPP fellowship in which they get to serve as guest lecturers and laboratory assistants for the Class of 2018 and 2019 during their anatomy, primary clinical skills, and osteopathic manipulation courses. They also will see patients with Drs. Thompson and Hayes in a clinical environment. The applicants were asked to submit their names and undergo an interview for consideration. The benefits to being a fellow are vast including a living stipend, research opportunities, and a chance to pursue a Masters of Education degree from Troy University.

84% of students received one of their top two selection sites. Students were offered the chance to trade sites in a supplementary lottery held Monday.

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Field Focus: Orthopedics

By Austin Worley, OMS-II

Dr. James Paul Maddox is a well-known orthopedic surgeon in the Wiregrass. Dr. Maddox was born in Richmond, Virginia and spent a short time of his childhood in Dothan before moving to Missouri to undertake his medical education. He played football and received an undergraduate degree from William Jewell College before enrolling to medical school at the University Of Missouri School Of Medicine in Columbia. Dr. Maddox completed his residency in Orthopedic Surgery in Columbia in 1980 before moving to Dothan, where he has practiced ever since. Dr. Maddox graciously allowed me to tap into his wisdom, and get his thoughts and advice on how to succeed as a medical school student.

ACOM Beat (AB): What made you choose orthopedics?

Dr. Maddox (DM): As a kid I was really spiritually minded, probably due to the fact that my dad was a minister, but nonetheless I was always wondering what God's will was in my life. When it came to the end of my high school and time to decide what to do with my life I had a heart to heart talk with my father. I felt like it was my duty to be a minister. My dad sat me down and asked me what I (emphasized I) wanted to do with my life. He showed me scripture proving that you did not have to be a minister in order to be fulfilling God's plan. Encouraged from this talk I decided on medicine. The idea of fixing something now and seeing the results immediately appealed to me; most surgeons have this kind of personality. Choosing orthopedics over general surgery didn't happen until residency. It probably had a lot to do with the time we were in, but the general surgery patients were for the most part really ill. This made for late nights in the ICU taking care of patients, instead of being at home with my family. I knew that I couldn't live my life away from my wife and kids the way that a general surgeon's job demanded. On the contrary, you can do a total knee replacement on a patient in the morning and see them doing well later on that afternoon. With orthopedics you are more often than not improving quality of life for patients rather than saving their life. I like this aspect of what I do.

AB: Give us future doctors some words of wisdom.

DM: I asked a man that I looked up to this same question once. His advice was "Plan your off time more efficiently than your work time." At the moment I was thinking is that all he's got? But I look back on it now and understand why this advice is so important. After practicing medicine for 34 years you have to have time off to re-energize yourself. So my guidance would be to have other things away from medicine that you are passionate about. With me, it is the farm. Having things that you can be passionate about with your family; things that medicine can't take away, is essential.

AB: What about advice for students wanting to go into orthopedics?

DM: First and foremost do the best you can do in medical school and boards. Number two, let your interests be shown by action. Taking the time to shadow, or be around the field you are wanting to get into is important. This is a recommendation not only for aspiring orthopedic students, but for students wanting to get into any scope of medicine. Number three would be to get plugged into research. My last thought would be to physically put yourself into programs you are interested in during your third and fourth year. You want to show doctors that you are the type of person they want to work with, and the type of student they want to teach in a residency program.

AB: Last question: how has Dothan treated you as a doctor?

DM: Dothan has been a blessing for me. We have top quality hospitals, and doctors. I am thankful for this every day, because with my partners I can leave work and not worry about patients when I am gone. This is also why I love the fact that ACOM is in town now, and think that residency programs could thrive here. We have the capability to develop top doctors in Dothan, Alabama.

Dr. Maddox is married to Mrs. Linda Pace Maddox and together they are the parents of four children; Jeremiah, Ashley, Alexandria, and Josh. He lives on a large farm out west of Dothan where he enjoys working with horses and farming using primitive techniques on his off time. The Maddox's contribute to and even host many charity events including partnering with the Alabama Children's Home and Family Ministry for a heritage farm day, a trail ride through the woods on the farm, and Woodstrong: a 5k obstacle run through the farm.



J. Paul Maddox, MD

Photo credit: Ashley Maddox

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Faculty Spotlight: Kevin Hayes, DO

By Tiffanie Mann, OMS-II

"I am endlessly learning. I am fascinated with the human body and its inherent ability to self-regulate and heal."

- Dr. Hayes

Hailing from the great state of Michigan, Dr. Hayes is a dual board-certified physician in Family Medicine and Neuromusculoskeletal Medicine (NMM). He is in his ninth year of practice with most of his clinical time spent in Michigan before joining the faculty here at ACOM.

What does a typical day look like for you?

"My typical day revolves around an 80 % time commitment to curriculum development, and a 20 % time commitment to clinical practice at NeuroSpine, evaluating and treating their non-surgical patients along with other neuromuscular specialists including Dr. Thompson. Self-directed study is another facet of my work week to ensure that I stay current on my board certification. Medical education is the primary gravitational center that my day revolves around, but I am a clinician at heart and want to train you all how to think clinically. I'm trying to figure out ways to teach you that will stick and allow the material to settle in and germinate."

Why did you transition to academic medicine?

"I've always wanted to do OMT as my primary job. I did a combined FM/NMM residency so that I had a skill I could fall back on. I believe that having the dual board certification (and extra training) in family medicine integrated with NMM makes me a more complete clinician. When I graduated from my residency, I was offered a teaching position at the site where I trained, but I wanted to get my feet wet as an attending before I felt that I could teach to a level of intensity that had some bones to it. Medicine isn't my identity but I love osteopathic medicine and OMT in particular. Finding the balance professionally and personally is still a work in process for me."

What differences would you say exist between practicing medicine and teaching it?

"The reality of the pathology in front of you in clinical practice is the major difference along with time constraints. Teaching and working with you all in the lab, I have the luxury of time (even though you don't see that). I may get to work on one of you for 45 minutes to illustrate the attention to detail required to do OMT well, but in the clinical setting I may have 15-20 minutes, so I'm constantly learning to be more efficient and improve my technique application."

What advice would you give medical students attempting to select a specialty?

"That's a great question. I feel that some of you are going to automatically gravitate towards certain specialties whether it was a lifelong dream or exposure during your 3rd and 4th year externship, and some may be influenced by what we're teaching at ACOM. Quite honestly, I don't know how people can make this decision without going on rotations or having direct experience with patients and base their decisions on direct experience. I would encourage students to try and honor their dreams but also to keep an open mind when you're on your rotations. Something may grab your attention during that time that isn't what you might expect. The thing that you thought you liked might not be as interesting once you see the reality of it. The hard part is by your 4th year you need to have a clear idea of where you need to go, and I think that's a large pressure to put on medical students because you have no basis of what it will be like. So I recommend keeping your intuition and instinct peeled."

Dr. Hayes has proven to be an invaluable asset to the ACOM family. He is truly dedicated and passionate about medicine and helping train students who will not only be competent, but empathetic and selfless in their careers as healthcare professionals. He currently teaches full time at ACOM and also practices part-time at the NeuroSpine Center as an OMT consultant, a division of the Southeast Medical Center in Dothan. For further information, contact their offices located at 1812 E. Main Street or by phone at 334.793.8804.

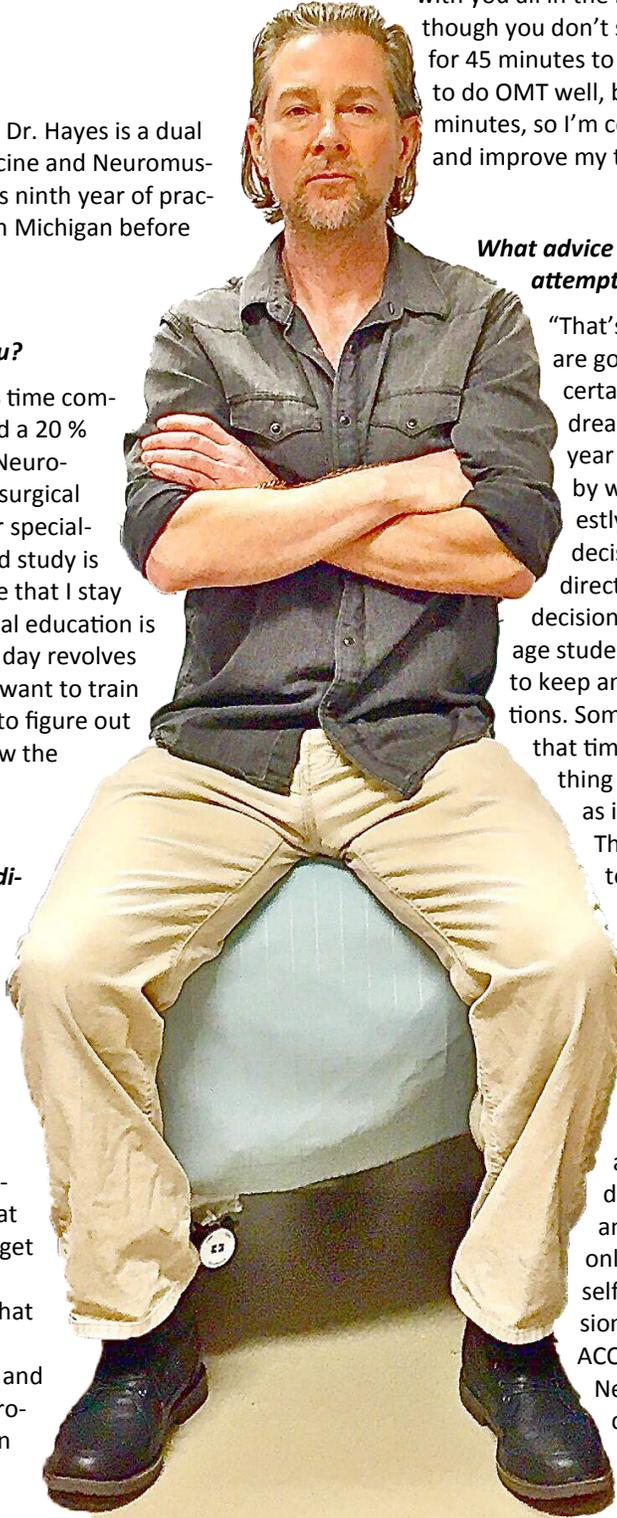


Photo credit: Jillian Pinder

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ACOM Student Organizations Brighten the Holidays

By Victoria Simenson, OMS-II

This past winter, several ACOM organizations came together to brighten the holiday season for local families and children. Heidi Chamula, the director of education and community outreach for SOMA, organized a food drive for Love in Action ministries. The organization has an increased need for donations around the holiday season, and ACOM students, faculty, and staff were able to help alleviate this need and feed local hungry families. Chamula reports, "We actually put together the food drive at the last minute when we found out the Love in Action ministry was experiencing a food deficit. We were just doing our job as members of the Wiregrass community by seeing a need and responding to it."

ACOM's very own AMSA chapter and Pediatrics Interest Organization teamed up to begin an Angel Tree Program on campus. The program, with support from the Salvation Army and the Children's Home, provides toys and clothing for children of needy families throughout the Wiregrass region. Participants chose a tag representing a local child from a Christmas tree and brought donated gifts and clothing. Ankita Mahajan, the president of ACOM-AMSA, comments, "hopefully this event will become an annual occurrence so that we can give back to the Dothan community. It was fantastic to see so many students, faculty, spouses, and staff come together to support such a great cause and bring smiles to these local kids on Christmas morning!" Together, the ACOM community was able to help over 140 children have a happier holiday season. Almost \$200 cash was donated, and 10 of the Angel Tree gifts were donated bicycles.

Not all events involved direct donation, however. ACOM's Student Government Association and Student National Medical Association organized the first annual Casino Night to benefit the Cystic Fibrosis Foundation. 250 members of the ACOM community came together and played casino games all night, dressed in cocktail attire and ready to "gamble" away. The event was hosted at District Ultra Lounge on Foster street. Students even auctioned off classmates for dinner dates, with the most expensive date bought for \$220. Faculty members volunteered as blackjack and poker dealers, and OMSII student Hassan Hashm provided DJ services. Overall, \$2,055 was raised in one night and donated to promote research on Cystic Fibrosis.



Kyle Lamont, OMS-I, and Michael Wheat, OMS-II fire up the crowd at the Inaugural SGA/SNMA Casino Night.
Photo Credit: Adena Shahinian

WE D. IT
SHARE WHAT YOU CAN.
Food Drive
Presented by SOMA

ACOM SGA Presents...
The 2nd Annual Tensegrity Ball
& a Splash of... **Red**
Black **White**

Date: Saturday February 7, 2015
Time: 7pm-12am
Location: St. Andrews Market
191 S. St Andrews Street
Dothan, AL
Attire: Black Tie

Free Board Review Materials

from the ACOM Library

Step 1, 2, 3 Review:

- ◆ First Aid USMLE Step 1, 2, and 3
- ◆ Brochert's Crush Step 2 and 3
- ◆ USMLE Secrets Step 1 and Step 2

Subject Specific Review:

- ◆ Rapid Review Series
- ◆ Elsevier's Integrated Review

Practice Exams:

- ◆ Combank
- ◆ Access Medicine
- ◆ LWW Health Library
- ◆ NBOME