



November
2010

Volume 8
Issue 3
Fall 2010

The Physical Examiner

Independence Day

On November 3rd, Dominica will be celebrating its 32nd year of independence. It was 1978 when Dominica gained its freedom from Britain and thus became an independent republic within the Commonwealth. The country celebrates this event as a season rather than a day, spanning over weeks.

The Independence season is a period of reflection; a time for looking back on past accomplishments and looking forward toward a better future for the island. It is also an opportunity for citizens and friends to rejoice through an array of cultural events. The festivities consist of musical performances, dancing, parties, and three main events: Creole (Kweyol) Day, Heritage Day, and National Day.

Creole Day

Creole Day is held all over the island and is full of color. It is the Friday before Independence Day and everyone on the island is to dress in national wear. Straw hats and anything with a floral print are also common attire on this day.

Heritage Day

Heritage Day is held in a different village each year. Its purpose is to highlight the uniqueness of the selected village and to recognize outstanding people in that community.

Awards of appreciation are given on this day and it is one of the most well attended events.

National Day

The National Day of Independence Parade is held at the Windsor Park Stadium every year on November 3rd. National awards are given to selected citizens for their contribution in moving Dominica forward. This event is the conclusion to the holiday season.

It is in these celebrations that the island's cultural influences are shown. The traditional dances display roots from Europe and Africa. While the season is centered on gaining Independence and offers an opportunity to express allegiance to the country, it is also a celebration of the Creole culture.

This year's Independence theme is "Creating Opportunities, Em-



powering Communities". That is a goal all countries can relate to. So why not join in the festivities, sample some local cuisine, and immerse yourself in the culture of Dominica. As Ron Burgundy would suggest, "When in Rome..."

Article by: Sarah Jenkins

Source: <http://www.avirtualdominica.com>

Picture: <http://flagsandanthems.com/flag-dominica.html>

.....
Inside this issue:

Independence Day	1
Professor Profile	2
Advanced Airway Lab	3
5th Semester	4
OLAS Health Fair	5
Dr. DrummelSmith Maimed...Almost	6
Monthly Calendar	7
Announcements	8

Professor Profile: Dr. Nash Uebelhart



Dr. Nash Uebelhart was born and raised in Canton, Ohio. His medical school journey began with attending night school at Kent State University in Stark County. Two years later, he transferred to the Ohio State University (OSU), and obtained his bachelor's degree in Zoology and was also a graduate teaching assistant for the Department of Biology.

Following graduation, he attended the Ohio State University College of Medicine. At the time, OSU was participating in a year round program allowing students to graduate in three years.

After selecting Obstetrics and Gynecology Dr. Uebelhart did his residency at Hurley Medical Center in Flint, Michigan.

Wanting a challenge, he decided to open his own private practice directly out of residency. He was already established in the Flint

area so that is where he stayed for the next twenty years of his career. Along with his practice, Dr. Uebelhart was an Assistant Professor for Michigan State University.

After completing a successful career practicing medicine Dr. Uebelhart decided to hang up the stethoscope and retire and began teaching anatomy and physiology at Mott Community College. Most of the students were in pre-nursing and not quite as serious or devoted as Dr. Uebelhart would have liked. This led to teaching at Ross.

“Teaching medical students brings a higher academic level and a more passionate student. It was also an opportunity to get back into medicine.” He feels a great sense of pride and privilege in teaching tomorrow’s doctors.

Ross University was a good fit from the start for Uebelhart. He loves to travel and has a great appreciation for developing countries. He enjoys the simple life of not having a car, and riding his bike instead. The one big adjustment, he admits, is the humidity.

After having run nine marathons, he just sees the humidity as another obstacle to overcome. He has run the Boston Marathon (a race runners must qualify for) twice now. His love for teaching extends beyond the classroom, as he was a trainer for the ten mile Crim Race in Flint.

Dr. Uebelhart maintains a close relationship with his son, Scott and his daughter, Lori. Scott is an MIT graduate with his PhD in Aerospace Engineering. Lori is doing PhD work in Theatre at Texas Tech University. The hardest part of his job is being away from his children and one-year-old granddaughter.

Ross has made quite an impression on Uebelhart. He finds himself wishing that he had the education offered Ross at Ohio State, where he was in medical school. He has been impressed with the teaching program and enjoys going to lecture and learning not as a student but as someone interested in the sciences.

To the students he says, “When deciding upon what specialty you want to practice, go talk to someone in that field. Weigh the pros and cons. You can’t and shouldn’t live someone else’s dream”.

Article by: Sarah Jenkins

Advanced Airway Lab



Students practicing intubation

The Ross Emergency Medicine Association (REMA) hosted an advanced airway lab in the Large Learning Lab on Wednesday, October 13, 2010. REMA is dedicated towards the promotion of the field of Emergency Medicine to the medical student community of Ross University. REMA strives to enrich the educational experience of Ross University medical students by conducting didactic workshops, lecture presentations, and clinical case studies that are aimed at exploring multiple facets of Emergency Medicine while illustrating how the basic sciences are applied in daily practice. With approximately sixty people in attendance, REMA member and former paramedic, Alex Witte had an audience for his informative presentation on intubation.

The goal of intubation is to maintain a patient's airway and provide adequate ventilation to ensure that the patient is receiving oxygen. If a patient is alert but short of breath, the two options for oxygenation are through a nasal

canula or a non-rebreather mask. However, if a patient is no longer alert, the airway needs to be open. The normal position or the head tilt, chin lift is one method. The second method is the jaw thrust which is done when the patient is suspected in having

spinal injuries. Witte continued the presentation with an anatomy review and the process of intubation.

The process starts with deciding which endotracheal (ET) tool is most appropriate for the patient. A Macintosh (curved) blade is commonly used on adults while a Miller (straight) blade is used on children or trauma patients. Most adults take an ET tube between 7.5 and 9.0. To confirm placement of the tube, see tube go through the vocal cords, watch for the chest wall rise and fall, and listen for breath sounds. If the tube is misplaced, air will travel to the stom-



Demonstration by REMA members

ach rather than the lungs.

The level of difficulty during the intubation process varies. From debris in the mouth, including teeth or dentures, an anterior trachea, a sensitive gag reflex (vomiting), swelling, or a locked jaw can all pose a threat to a patient in need of oxygen. Witte informed the group that the timeframe to conduct a successful intubation is thirty seconds or less. This timeframe ensures that a patient receives oxygen as soon as possible.

Following a video demonstration, groups of twelve individuals were formed. Using five adult and one baby mannequins, each person had the opportunity to walk through the intubation process. The attitude in the room was positive with support and encouragement, as some individuals took several tries to complete a successful intubation.

The airway lab provided a unique opportunity for the Ross community to practice the skill of intubation that, without a doubt, will require much more practice, especially when faced with real patients. Thank you to all the members of REMA for hosting this event!

Article by: Analeah Green

5th Semester

I recall when my husband was a first semester student at Ross. First semester required acclimation to the island and the culture. It also entailed becoming familiar with a study style and learning what to expect. Second semester rolled around and it meant furthering those study skills and applying them to an arduous academic schedule consisting of several practicals and final exams. Once my husband hit third semester, it was a new ball game with behavioral labs, clinic visits, and memorization of pharmacology. Currently in the final lap of our time on the island, all we see in fourth semester is preparation for the infamous COMP exam and fifth semester.



Fifth semester is titled the Advanced Introduction to Clinical Medicine (AICM), considered to be a pre-clinical experience prior to the clinical rotation assignments required for graduation. This is also when students take the Comprehensive Basic Science “Shelf” Exam. Students have the option of completing fifth semester in Roseau, Dominica, Saginaw, Michigan, or Miami, Florida. Each location requires an application to be submitted which will be reviewed by a committee. When deciding which location to apply for, it is important to consider the following information.

There is a minimum GPA eligibility criterion for Saginaw and Roseau of a

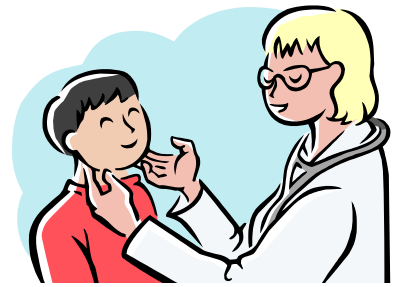
2.30 on a 4.0 scale. The end of third semester cumulative GPA, if you are currently in fourth semester; or the end of last fourth semester cumulative GPA if you are repeating will be reviewed. Students who commit to doing sixth semester, a core rotation, in Roseau will be given preference for placement.

Otherwise, fifth semester placement will be based on priority points with special consideration to: Visa requirements, cumulative GPA of the student, if the student has permanent residence in Dominica, Michigan, or Miami, if a spouse is an enrolled student in Semesters 1-3, served on or volunteered with a service organization, and any other special considerations that the student must provide details about.

The number of available spots for Saginaw and Roseau are limited (60 for Saginaw, 50 for Roseau). If the number of eligible students exceeds availability, students who have equal point scores will be selected by a lottery. The clinical placements for Saginaw are through Synergy Medical. Additional clinical placements for Roseau are through PMH including Pediatrics (6 weeks), Obstetrics and Gynecology (6 weeks), and other core or “special” rotations can be completed. If students stay in Miami following fifth semester, they will have the opportunity to complete clinical rotations for Internal Medicine (12 weeks), Obstetrics & Gynecology, and Family Medicine.

Fifth semester placements are based on the discretion of Dr. Coutinho, AICM course director, in consultation with Dr. McIntyre and Dr. Hammel, AICM site directors. Be sure to complete the required application in full and in a timely manner. Other points to consider when applying

include travel time to the hospital and academic locations, cost of rent and food, and the season in which you’ll be at the location (snow can be just as cumbersome as humidity!).



Whatever the choice may be, best of luck to all current and soon-to-be fourth semester students and to their families, as the next step of the medical student’s journey continues.

Article by: Analeah Green

OLAS Health Fair

The Organization of Latin American Students (OLAS) hosted a health fair on Saturday, October 16, 2010.

Members of OLAS stood by the road encouraging passersby to take a few moments to get their general health checked out. Numerous tables shaded by a tent and volunteers situated at each station made the health fair a success.

Upon arrival, health fair participants were given an informational sheet to be used at each station. The height, weight, and the body mass index (BMI) were recorded for each individual. Participants were instructed to go to each station: blood sugar, eye exam, blood pressure, and women's health.

At the blood sugar station, participants were informed that the test is ideally conducted when an individual has fasted or not eaten. The fasting reading provides a more accurate number in determining one's level of blood sugar. A reading of less than 100mg indicates a normal blood sugar level. A reading higher than 126mg is an indication of diabetes. For a non-fasting reading, less than 140mg is a normal blood sugar level and a reading higher than 200mg is an indication of diabetes.

At the eye exam and blood pressure stations, volunteers were prepared with an eye chart and blood pressure cuffs. If a health fair participant had high blood pressure readings, volunteers recommended that changes in diet be implemented as well as an increase in exercise in order to bring the blood pressure down.

Finally, at the women's health table, volunteers handed pamphlets to participants and informed them of the process of a self-breast examination. Women are advised to conduct a self-



breast
exam
one

A participant at the blood sugar table

week after their menstrual cycle. Look for lumps, changes in size, or skin abnormalities. Women were given a pink ribbon in honor of breast cancer awareness month and encouraged to maintain proper women's health.

Thank you to the members of OLAS for hosting this event and providing a service to the local Ross community!

Article by: Analeah Green

Wild Bore Maims Dr. Drummelsmith . . . Almost

On Friday, October 15th, this semester's Kiss-a-Pig Contest and Taco Feast, put on by Collegium Aesculapium, was one for the ages. This semester's willing contestants were Dr. Yin, Dr. Drummelsmith, and Dr. Sacks.

For one solid week, students and professors placed money in donation cans bearing photos of each professor. At the end of the week, the professor with the most money would be declared the winner and have to kiss the pig.

Friday's festivities started off with a bang. Tacos were on sale at 11:30 with a line that stretched all the way down the stairs to the shacks. Donations were coming in at a record pace, tacos were selling like . . . tacos, and the three contestants were applying lip-gloss and taking their last dose of prophylactic antibiotics.

The kissing was scheduled for 12:30, but that's when things took a turn for the worse. What started as a sunny day became a torrential downpour. Eager customers waiting in line and the crowd that had gathered to see the event sought shelter from the storm. In hopes that the rain would soon pass the pig kissing was delayed fifteen minutes.

This semester's pig was feisty, furry, and frustrating. In stark contrast to last semester's event, the pig that Dr. Abney, last year's winner, kissed was calm, cute, and cooperative.

From the moment it arrived on the scene, it was obvious that it was not interested in being a good sport. While efforts were made to calm the pig down, the contest winner was announced. By now the rain had passed and the crowd had reassembled to see if their donations put their favorite professor in the top spot.

In third place was a very happy Dr. Sacks. In second place was Dr. Yin who had a mischievous smile on her face as Dr. Drummelsmith was announced as the winner.

kissing was accomplished. The relief shown by Dr. Drummelsmith was duly noted.

All in all, the event was a huge success, raising 4,000 dollars for the clinic of Dos Dane. Collegium Aesculapium would like to extend its heartfelt gratitude to Dr. Drummelsmith, Dr. Yin, Dr. Sacks, and the countless number of students and faculty that donated money to this event.

The event can be seen on YouTube at the following address: <http://www.youtube.com/watch?v=q84SxwP3INM>

Article by: Sarah Jenkins



Dr. Drummelsmith gives the puppy a smooch

Assuming her rightful place as this semester's Kiss-a-Pig contest winner, Dr. Drummelsmith stepped up to eye her prize. There was only one problem; no one was able to get close enough to the pig so that Dr. Drummelsmith could press her hesitant lips to the pig's snout.

Luckily, someone in the crowd had brought their cute little puppy. In the best interest of Dr. Drummelsmith's face, the puppy was unanimously voted as surrogate and the

November 2010						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Mini 2 (all semesters) Movie Night	2	3	4	5 Movie Night	6
7	8	9	10	11	12 Movie Night	13
14	15	16	17	18	19 Movie Night	20
21	22	23	24 Behavioral orals (3 rd semester)	25 Behavioral orals (3 rd semester)	26 Behavioral orals (3 rd semester) Movie Night	27
28	29 ICM exam (4 th semester)	30 Anatomy lab 2 (1 st semester) Histo lab (2 nd semester) ICM exam (4 th semester)				

Notes: Movies in Classroom 6 unless otherwise specified.

Ross Surgery Club Lecture

Dr. Ahmed, a Ross graduate from 2007 came to speak to a group of enthusiastic students to share insight into the process beyond the basic science curriculum on Thursday, October 14, 2010. With a Neuroscience background and a deep interest and aptitude in anatomy, Dr. Ahmed was a medical student with the motivation to pursue the field of surgery. When asked by students how to prepare for such an ambition, Dr. Ahmed responded “Do well in school.” Essentially, a residency in surgery starts from the first day of medical school. Students are encouraged to understand the material as well as how to approach the information as medicine is designed to be applied.

When preparing for Step 1 of the United States Medical Licensing Exam

(USMLE), be adept in the 3 P’s: Pathology, Physiology, and Pharmacology. Access a question bank and enroll in a review course if preferred. However, Dr. Ahmed urged students not to base Step 1 preparation on the methods of other people as learning styles are individualized.

Dr. Ahmed continued the lecture by discussing what follows after fifth or Advanced Introduction to Clinical Medicine (AICM) semester. Students of Ross University are required to complete six core rotations (Internal, Family, Pediatrics, OBGYN, Psychiatric, and Surgery) and thirty weeks of electives. When pursuing a surgery residency, it is recommended that the elective hours include subspecialties in surgery like radiology, burn unit, or

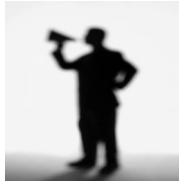
trauma.

While surgery is a fine goal, it is very competitive and the lifestyle may not be suitable for many individuals. Students are encouraged to pursue their goals but to also be prepared with a back-up plan in another specialization of interest. Dr. Ahmed informed students that “Every specialty is an amazing specialty” all of which were “Created to serve a purpose.”

Article by: Analeah Green

The Physical Examiner

Around Campus Announcements:



Computronics:

Need your ink cartridge refilled and can't afford to buy a new one?



Go to Computronics located at 32 River Bank in Roseau. They offer both black and color ink cartridge refills for printers for much less than the price of buying a new cartridge!

Emergency Phone Numbers

Please store these numbers in your phone in the event of an emergency.



Security Supervisor on duty: 235-5387
Security Switchboard: 255-6500
Main Gate: 255-6257
Security Office: 255-6247
Ross Emergency Cell Phone: 235-9111
EMTs (after 5, weekends): 235-7677
Portsmouth Police: 445-5222
Ambulance: 445-5215

IN-Light-IN



Become a part of a vision to implement change among the youth of Dominica. IN-LIGHT-IN, a youth ministry outreach, is held Fridays from 2:30—4:30pm at Benjamin's Park. We are looking for volunteers, supplies, donations, and more. Email ryanm14bones@yahoo.com for more information.



Brownie Marley

We sell ice cream sandwiches, brownie sundaes, scoops of ice cream, and Italian ices on the Ross University campus. Find us Monday, Wednesday, Friday from noon-1pm at the ATM by the shacks and from 7:00-8:00pm by the basketball courts. For a special order call us at 265-6369.

Cabrits Dive

**Dominica's Only
PADI 5 STAR Dive
Centre offering:**



Scuba Diving
Snorkeling
Coastal Cruises
Les Saintes Trips
Coffee and Wine Shop

Located Just Minutes from Campus on Lizard Trail

Student Rates Available
Phone: 445 3010
Email: cabritsdive@cwdom.dm

Pressed Peony

**Custom made bags, clutches, and
flower pins**



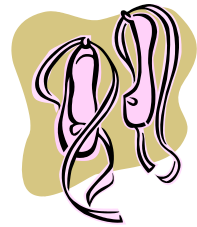
To view fabrics, go to <http://pressedpeony.blogspot.com/>

With questions or to place orders, e-mail emilyshelman@gmail.com

Dance Classes

Mommy & Me

Tiny Tots



For additional information, contact Nicole Budd at 285-5424 or ornicole.wierzbicki@gmail.com

Editors' Note:

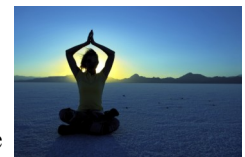


If you have any ideas about what you would like featured in the newsletter or would like to have your work published, please e-mail: rsm.news@gmail.com

Analeah Green, Sarah Jenkins
Editors

Rainbow Yoga

*At the
Seaside
Deck*



Yoga to the sounds of the sea.

Relaxing; Strengthening; Focusing

1 hour classes

Mondays and Wednesdays:
Classes begin at 4 and 5:30

Saturdays
Classes begin at 9 and 10:30