Vanderbilt Careers in Medicine

VMS Community-

We are so excited to present you with the Spring/Summer 2018 issue of the Careers in Medicine Newsletter!

This issue features content from different classes within the medical school. First years tell us about their favorite study spots, third years summarize their great research and quality improvement projects, and seasoned fourth years offer advice for residency interviews. We have also included an interview with Dr. Aaron Yang from the Department of Physical Medicine & Rehabilitation Medicine.

As always, feel free to check out the Vanderbilt CiM website for more info: https://medschool.vanderbilt.edu/cim

Thanks so much to everyone who contributed to the newsletter! Happy reading!

--Bianca Martinez, VMS III and the CiM team
First Year Favorite Study Spots

The first year class shares where they enjoy spending their time studying for weekly quizzes and end of block exams.

“When I’m studying, it can be hard for me to recover from distractions. My favorite study spot on campus is the Sarah Shannon Stevenson Science & Engineering Library because there are several carrels where I can block out the rest of the world for a few hours.”
- Jacob Ramsey

“I enjoy studying in the Vanderbilt law school library because it’s spacious and offers different work areas, including a large main open room with tables and two floors of desks shaped into private cubicles. It is also just a 5 minute walk from Light Hall.”
- Sneha Rajendran

“Central Library is great because it has a little bit of everything: big reading rooms, a computer lab, cubicles for pre-exam crunch time. There’s also a little coffee shop that’s perfect for study breaks.”
- Jarrod Smith
RESEARCH SPOTLIGHT
Third Year Immersion Phase Projects

The third year class has spent a lot of time on research and quality improvement projects this year. A few of them share with us what they are studying.

Research Immersion Project: “predicting malignancy of incidental pulmonary nodules based on history of prior fungal lung disease.”

Quality Improvement Project Aim: “To accurately document the smoking history of Shade Tree patients in order to facilitate appropriate referral for lung cancer screening for qualifying patients (per USPTF guidelines).”

-Kathleen Hiltz

Research Immersion Project: “Detecting unhealthy parenting discipline strategies in pediatric primary care to decrease corporal punishment.”

-Katy Anthony
Research Immersion Project: “antibiotic side effects.”

Quality Improvement Project Aim: “reduce inappropriate antibiotic requests by spreading antibiotic awareness.”
-Henry Quach

Research Immersion Project: “The cost of gunshot wounds in kids.”

Quality Improvement Project Aim: “Improve handover in the trauma ICU.”
-Parker Evans

Research Immersion Project: “DVT vs. Line Associated Thrombus in the context of the Acute Phase Response” in Dr. Schoenecker’s lab

Quality Improvement Project Aim: “utilize a custom made EPIC handover tool over 75% of the time in the Trauma ICU” in Dr. Schoenecker’s lab
-Lou Posey
Research Immersion Project: “access to kidney transplantation in the elderly.”  
-Mohammed Shwetar

Research Immersion Project: “Rates of infection-related removal of implantable subcutaneous chest ports in neutropenic patients.”
Quality Improvement Project Aim: “Improve Press-Ganey pain management scores in post-operative cardiac surgery patients.”  
-Andy Perez

Research Immersion Project: “Understanding student perspectives on multimodal online Portfolio feedback.”

Quality Improvement Project Aim: “reducing turnaround times for STAT neuroradiology MRI scans.”  
-Vishesh Jain
We wanted to get a better picture of the research area distribution among VMS III’s. Special thanks to the Office of Medical Student Research and the Office of Medical Student Affairs for getting us these statistics!

**Research Area Distribution**

- Bedside - 33
- Bench - 11
- Community Health - 6
- Global Health - 3
- Epidemiology - 7
- Informatics - 6
- Ethics, Education, Policy, and Society (E2PS) - 8

56 students have traveled to a research conference funded by the Office of Medical Student Affairs and the Office of Medical Student Research this year!
Advice for Residency Interviews: Fourth Years Share Their Wisdom

The fourth year class offers advice on what to expect and how to prepare for a successful residency interview trail.

“1) Research the program ahead of time, 2) Have a list of questions to ask during interviews, 3) Know your application well and be able to speak briefly about each item on your application, 4) Be able to articulate what you’re looking for in a residency program and why the residency you are interviewing at fits.”

- Efi Akam

“Think about what you find most valuable and/or rewarding in medical school. Consider what has been most difficult and why. Then turn to the future and contemplate where you want to be in the profession one day and what worries you the most about the journey. Having reflected on all of this beforehand, you will be ready to have some wonderful conversations on the interview trail.”

- Daniel Markwalter
“The key is to be thoughtful, honest, and genuine. This starts with a CV which only highlights things you were really involved in and can speak to with passion, experience, and excitement. It is better to talk about something that you may think is silly but that you REALLY care about and are excited about. And the thoughtful piece – don’t be afraid to pause a moment to think about how to answer a question.”

-Julian Genkins

“Take advantage of the mock interview (Geoffrey Fleming is incredible!), as it’s a perfect “dry run” and gives you an idea of some of the questions that might come up . . . Think about 2 or 3 traits or interests you want to highlight about yourself and make a concerted effort to introduce those points into your interviews.”

-Alex Arambula

“At least one person will ask you, ‘Tell me about a time when you failed at something.’ It is good to have thought about something meaningful to answer beforehand, so that you both get more out of the question . . . Apply for TSA Pre-Check now! It takes a few months to kick in, and can save you time at the airports.”

-Ben Li
Faculty Spotlight: Dr. Aaron Yang

Learn about the specialty of physical medicine and rehabilitation from Dr. Yang, a faculty physiatrist at Stallworth Rehabilitation Hospital who subspecializes in pain medicine.

What is physical medicine and rehabilitation?

Physical medicine and Rehabilitation, or PM&R, treats a variety of medical conditions with a focus on maximizing function and quality of life. With a focus on a multidisciplinary approach, we utilize medical treatments and rehabilitation to create a comprehensive and patient specific treatment plan.

What is your role in the diagnosis and management of patients?

PM&R doctors, or physiatrists, can focus on inpatient rehabilitation in which they serve as the quarterback of a multidisciplinary team composed of physical, occupational, and speech therapists, case management, and social workers. In this setting, physiatrists navigate the restorative phase of different medical conditions such as spinal cord injury, traumatic brain injury, and stroke and identify and treat any potential complications that might disrupt the team rehabilitative approach. On the outpatient side, physiatrists may treat a variety of different conditions ranging from spasticity, musculoskeletal, and pain conditions with a focus on a non-surgical medical treatment.

What made you decide to pursue a career in physical medicine and rehabilitation?

I had no clue what PM&R was until my 4th year of medical school as I was set on internal medicine. I was particular interested in the musculoskeletal and
peripheral nervous system and also wanted long term relationships with my patients. I wanted variety in my daily schedule with the opportunity to perform procedures but not spend most of my time in the operating room. It all came together when I did my first PM&R rotation and I then realized there was so much opportunity to do many different things in the field.

**What do you enjoy the most about your job?**

I love the flexibility of my work and that each day is different from the other. I spend a day performing EMGs, 2 half day’s performing spine procedures under fluoroscopy, and the remainder in clinic with ultrasound guided procedures mixed in through the clinic. There is an opportunity to create long term relationships and from my perspective, an excellent balance of work and home life. I can honestly say that at this point in my career, if I were to go back in time and choose any medical field, I would not hesitate in picking PM&R again.

**Where do you see your specialty in 10 years?**

It has been exciting to see how much our specialty has changed over the past 10 years. There has been more interest in sports and pain medicine among the residents with every residency now integrating a musculoskeletal ultrasound curriculum. I think the future of our specialty will include regenerative medicine (stem cells, PRP), advanced robotics for use in rehabilitation, and an increase in basic science research coming closer to the bedside to promote recovery after various conditions such as spinal cord injury and traumatic brain injury.