

# The Osteopathic Medical Student Handbook

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DEBUSK COLLEGE OF OSTEOPATHIC MEDICINE  
LINCOLN MEMORIAL UNIVERSITY



A Guide Written by Students for Students

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With thanks to Hillary Chace, Class of 2012, who assembled the first “by students, for students” handbook.



*"No greater title can follow a name." Andrew Taylor Still*

## **INTRODUCTION**

*"To find health should be the object of the doctor. Anyone can find disease." Andrew Taylor Still*

Welcome to the best and most challenging years of your life! You have made it to medical school! Congrats! Now what can you expect? This book is designed to provide you with "all things necessary" to making it through the beginning of the best four years of your life. As a disclaimer, this book has been written specifically with you, the new medical student, in mind. The following pages are filled with tips and opinions of the medical students who have come before you. This book is not endorsed by any organization or institution. It is by no means the way to the "perfect A," but rather a compilation of stepping stones created to alleviate some of your fears and apprehension, as well as serving as a tool and guide to your new home! One year ago, the student authors of this handbook sat where you sit now. They are now onto their second year as osteopathic medical students thanks to some very dedicated upper-classman and professors. This book is dedicated to them and to all those who possess the desire to do a continuous selfless service of improving healthcare and the quality of countless individual lives.

~Written by members of the Class of 2012~

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## **ACADEMICS**

*"Education is not preparation for life; education is life itself."  
John Dewey*

Let's face it; no matter how hard you thought school had previously been, medical school is a whole new kind of "difficult." It requires you to look at reasonably familiar topics in

enormous volumes and in a very short period of time. The big kicker is you can't really forget much of it. Everyone is different in the way they study and even YOU might find a different technique that works for you. Lots of students realize they have to modify their study techniques because the ones that used to work for them are no longer sufficient in the fast-paced environment of med school. Who knows? Maybe your previous study regimen is awesome and works out for you! You are one of the lucky ones! Remember to be flexible and to realize your limitations and weaknesses, as well as your strengths. You will be sure to find a great style that works for you! Here are some tips tried and true by the pros (well, pseudo pros).

- Make a plan to study. A plan helps keep you focused, lets you observe your progress and decreases your anxiety!
- Give each subject a time limit, even 30 minutes for flipping through flashcards!
- Give yourself a break during strategically placed break times, such as lunch (only an hour anyways!) Even 10 minutes to get, up stretch, get a drink, meander around helps clear your mind to either carry on or switch subjects. Any longer than half hour, though, can lead to terminal deviation! Beware!
- Buy a calendar for your desk or wall and a planner. Color coding for school/club/fun events helps you put things in perspective and kindly reminds you that you do/can have a life outside of med school!
- Study one subject at a time. Stick to your plan! This is another great reason for the plan! You can be reassured you have allotted fifty minutes to gross anatomy so stop trying to memorize origin/insertions instead of glycolytic pathways!
- Keep a notepad next to you when you study. If you feel the study urge scribble down “Study Neuro-Psych”, that way you won’t forget and can get back to studying pronto. This decreases anxiety and helps you stay on course!
- Cut down on the amount of material you read. Find what works best for you and get advice from the fabulous OMS II’s on what worked for them!
- Take some notes with you when you go out. If you are stuck in a huge line for the gas pump or grocery store, pull out those flashcards!
- MINIMIZE distractions such as tvs, books, magazine, children, all of which can cause your mind to wander
- Organize your studying. If a professor repeats something multiple times, chances are it will be on the exam. If they say “high yield” or “boards” make note of these with a star or different ink so you can go back and study those!
- In general, find one or two resources that you like and that people have recommended and get them, BUT DON’T GET ANYMORE THAN THAT! You will have plenty to study with as it is, so don’t go out and buy

every latest, greatest book or resource... You'll waste your money and be even more frustrated at the amount of material you have to go over than you would be with just lecture notes and handouts.

- An example of a study group technique: Each member (about 4 or so) writes questions for each lecture. Split up the lectures, with each person writing questions they think would be info need to know. Reformat it in MS Word, the flash card program or MS One Note, the point is that it is all quizzing... Unless you are just cool like this, very few people can succeed by reading through their notes a couple of times. So write questions! You'll start to understand how questions are asked and what kind of detail to include. It is a great exercise for the writer because you can write questions from the lectures, try and answer them yourself, then go back and write the answers on another page
- Post-it notes for the computer helps for reminders
- Download one click answers from answer.com. You can highlight a word and push alt + left click and it will bring up an explanation for the word.

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## **COURSE DESCRIPTIONS**

*“Treat the patient, not the X-ray.”*  
*James M. Hunter*

### **Essentials of Patient Care (EPC)**

This two-part course is where you will learn the so called “real doctor stuff.” The skills learned in this class will serve you for the rest of your career as a physician. You will learn to use all the required instruments in your doctor bag. Every system is studied and you will work with each other as patients, as well as standardized actors and the simulation lab patients. The standardized patients are utilized during your OSCE exam. It takes place in the clinic and you wear your white coat and actually interact with the patients. The simulation lab allows for a high-tech glimpse at the inside of a hospital room and the patient will present with all sorts of ailments that gradually develop into more difficult diagnoses as you advance in your studies. You will be divided into small groups and assigned a facilitator for the semester. The lab times are when you will work with your group and facilitator on that day’s subject material.

- Always have your white coat clean and ready for OSCE’s
- Prepare a History & Physical template on which to take notes in your OSCE to help you organize your interview and exam
- Practice on your friends! Everyone has different anatomy, which displays all types of somatic dysfunction (hint: come to love this word). Look into as many

eyes, ears and throats as you can. You can never palpate enough abdomens or perform enough reflex tests!

- Do not put off all the reading until the weekend before the test unless you want to spend the entire weekend reading.
- Not all the questions come from the reading, a lot of them come from lecture material and there will be some questions that carry over from previous exams.
- Play close attention to the red writing in the margins of the Bates text. These are great for tidbits on the diseases associated with the particular test, exam, etc that section is talking about
- Do not "blow off" the OSCEs. Prepare and study for them. This is your first exposure to patient care!
- Be prepared for anything because scenarios can be anything covered in the course up to that point
- Practice doing the techniques on a partner beforehand so you can relax! It will help with both OPP and EPC to find as many anatomical features as you can on as many classmates as possible. Everyone is very different and your OSCE patient is no exception!

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### **Foundations of Modern Healthcare (FMHC)**

This course is designed to introduce you to medical statistics and epidemiology. You will learn different types of study designs and will be exposed to how to properly read and utilize medical journal and article entries to your advantage in clinical practice. The course involves case studies and minimal math. The point is to realize healthcare isn't just about haling the patient face to face, but to know what questions to ask and where to find the answers by taking medical trial data, statistical testing and journal entries into consideration when making a diagnosis and weighing treatment options.

- Flashcards may be very helpful.
- Find a study group you like and help each other. Don't be afraid to switch groups to find the one that works best for you.
- Read the chapters and do the questions at the end.
- Read the case studies and pay close attention to certain statistical test you will likely see again and again.
- Although this course is not worth as many credit hours, do not let it slide

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### **Medical Gross Anatomy (MGA)**

Lecture – The lecture portion of the course has very close connections with the lab. It is more

clinically structured and the questions for the exam are very similar to board questions. Histology is incorporated into the course as well. The anatomy course is designed to expose you to many different diseases, dysfunctions, and terms you will see on the boards and in practice. Study the body as a whole integrated system.

- Don't forget to study the clinical cases in the textbook.
- Mnemonics are very helpful. Check out [Medicalmnemonics.com](http://Medicalmnemonics.com)
- Looking through the text and Netter's are great ways to learn both the structures and relationships for lab, but also help solve clinical cases
- Flashcards help with the book material as well (you can use Microsoft flashcards online, too)
- Remember to think like a doctor: form relationships and connections between different structures and different systems.
- Use the BRS (Board Review Series) book and the questions in it
- The University of Michigan has great quizzes for both lecture AND lab

NOTE: Cadavers were people who donated their lives for the advancement of your education in the medical field. They were someone's mother, brother, aunt, sister, etc. They meant/mean something very special to someone so please be mindful and respectful at all times of these priceless donations to you. They will help you learn the body like nothing you have ever been exposed to before.

Lab – The lab is a systemic approach which divides the parts of the body into different sections. It is important to remember that as an osteopathic medical student you are expected to appreciate the fact that, although the learning approach is systemic, the whole body is interconnected and each section has a profound effect on the other sections. The exams are practical style and you can have access to lab as much as you would like before the exam. Sections include back, chest, legs, arms, thorax, abdomen, and head, among others. You will go into extensive cardiac, digestive, and genitourinary systems as well. This is a brief overview; you will get plenty of explanation throughout the course!

Along with the laboratory time, you will have a small group time slot as well (you will be divided into smaller groups). The small group section is the time when you will be presented with histology slides to label (assignments you will turn in) and VH dissector power-point identification (more on this later). It is a great idea to really use this time wisely, the small group assignments are structured to fit into the allotted time frame.

The bodies will have been prosected for the most part, which is a huge advantage. You will come to see how helpful it is to have all the skin, fat, and fascia removed when you do a full dissection of a section of the body. Prosection allows you to do the fine dissection and identification which is time better spent. The professors will often bring in other specimens as comparison models. Use these to compare and form relationships between your cadaver and

the specimen. There are skeletons and models all around the room, never hesitate to know the structures labeled – helpful for cadaver identification, but also often tested!

- Don't wait to study until the last minute. Put in a couple hours at least a few nights per week
- Find a study group that works for you and help each other. Self-quizzing is a great tool.
- Netters Flashcards and Online Microsoft Flashcards
- Utilize your TA's
- Go to lab with a goal each time; bring a list of the structures you want to learn that day and stick to your schedule. Be systematic, it is easier to learn structures in groups or in relation to each other (there are plenty of "dirty Netters" to use during class)
- Use the links on the Reed Medical and Allied Health Library (a link off of DCOM's homepage), especially Wisconsin Anatomy Videos and Downstate Quizzes
- Check out the dissection videos from the University of Wisconsin–Madison or the University of Michigan BEFORE you go into lab – these are golden!
- Wash your scrubs every week and a half or so, and use a couple of tablespoons of baking soda, it takes the smell right out
- Study the VH dissector in sections; do not wait until the last minute. There is an extraordinary amount of cross sections to choose from.
- Spend your time wisely in small groups finishing the assignment and quizzing your group
- Allow each member of the group to have an equal part in the dissection and identification of the cadaver structures
- Read over the dissector before you come to class
- If you can get the Netter's for your computer (instead of book) your life will be much easier when you try to quickly find a structure
- When you study in lab, do not just go for the "minimalist answer". Begin to develop second and third order questions that force you not only to identify structures, but to tell what innervates it, or to tell what kinds of symptoms you would have if that structure was damaged. One word: Boards.
- Say in the lab as much as you can the weekend before the test, there will be a ton of people in there and you will be surprised how much you can learn from your classmates and TA's (who are not obligated to come on weekends, so appreciate that they are giving up their time and want you to succeed!)

## **Molecular Fundamentals of Medicine (MFM)**

This two-part course is designed to revisit the molecular biology and biochemistry to which you probably have been exposed already. In this course you will take it to another level in terms of genetic diseases, cell biology, and metabolic functions of the human body. A key importance in the course is to become able to link fundamental concepts to the cause of disease and to the treatment options available to individuals.

- Read the back of the textbook chapters
- Draw out the pathways and know the corresponding diseases
- The Board Review Series (BRS) books are golden! Do the questions in the back!
- Study the handouts the professor's post on Blackboard. They give them to you to help clarify very important or confusing points. They correspond with the lectures.

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## **Osteopathic Principles and Practice (OPP)**

Lecture – This two-part course has both a lecture and lab component that is heavily reliant on one another. This course is what will set you apart from the allopathic medical education. The lectures are designed to integrate anatomy and treatment. Within this course, you learn to treat sports injuries, chronic pain syndromes, acute dislocations, headaches, gastrointestinal issues and other somatic symptoms you will see manifested in your classmates that will help you treat your patients in the future. Osteopathy is the best way to truly visualize and witness firsthand how effective it is to treating the body as a whole and to put the body in a position to effectively heal itself. This unique training we receive as osteopathic medical students sets apart from other healthcare fields, we really do possess those” extra tools in our tool belts.”

Lab – Throughout this course you will have different partners every week and for every lab exam. The lab exams are conducted with a facilitator (one of the clinical professors) and you and your partner. The test setting in the clinic rooms allows for optimal testing conditions, and allows you to have a chance to work one on one with your partner. The lab exams and lecture exams are closely linked.

- Understand the mechanisms behind the action. Don't just memorize the techniques.
- Pay attention to key words and phrases that come up often (can be applied to any course)
- Go to the lab review sessions
- Bring a copy of the lab with you to each class so you can add notes and tips
- Don't be afraid to ask questions of both the professors and the TA's
- You do have to touch each other in order to locate and treat the proper

segments of the body.. It is important to palpate different people so you can quickly and easily identify structures on various body types – remember you won't have the same partner every time nor will your patients have similar bodies.

- Never underestimate the value of really learning the anatomy! Closing your eyes helps with visualization.

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## ESSENTIALS

*“Before healing others, you must heal yourself.”*

*Anonymous*

### **Personal Health and Life-Surviving Tips**

- Resist the urge to cut back on sleep to cram in more hours of studying. Listen to your BODY! You do not want to become run down and get more behind in your studies than you otherwise would have if you maintained a healthy sleep schedule. Furthermore, your mood is better, and who doesn't love a better attitude?
- If you are drowsy in the daylight hours, you are most likely sleep deprived. If you are sleepy in a hot room with a monotone teacher you are normal!
- GOOD SLEEP is key! Don't study in bed! Don't drink too much liquid before bed! Don't eat a lot before bed (if you do need a snack try a turkey sandwich).
- Avoid caffeine, energy drinks or working out before sleep.
- Exercise! There will be times, days, weeks you just feel you simply cannot lift those legs in a rhythmic pattern we call running, but even a brisk walk for 20 minutes lets you have that fresh air and clearing of the mind. The lunch hour is a great time for a walk down to Harrogate City Park.
- Yoga is an amazing tool. It can even help you in class, during an exam and during medical practice. Set some time aside each day for breathing and stretching, it will get the blood flowing and will help steady your hands and mind.
- Try to eat plenty throughout the day. Nothing is more annoying for you (or the classmate who is lucky enough to sit next to you during an exam) when your stomach is rumbling out of control. Granola bars, protein drinks and fruit are great to throw in your backpack and they don't need refrigeration. Small convenient snacks are best for throughout the day since eating is not allowed in the lecture halls and your breaks will last 10 minutes each.
- Don't overdo it. We all got into medical school because of our drive, work

ethic and generalized “over achiever syndrome”, but don’t forget your primary reason for being here. Medical school is your chance to shine academically both with written exams and patient-based testing. Of course, you need some activities, but try to not to go overboard.

- DO NOT EVER FORGET WHY YOUR ARE HERE- you are here to learn to serve your patients who will come to you for help in the most frightening times of their lives. You cannot perform your best if you are sick, run-down or neglecting your studies.

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## FINANCES

*“I would like to live as a poor man with lots of money.”*  
*Pablo Picasso*

You will get an extraordinary amount of excellent information from Financial Aid. These are just friendly tips to help you make the most of your financial situation.

- HPSP Military Scholarship
- Rural TN Program
- Grad PLUS Loans

Tips for Saving:

- Bring your own lunch and snacks, this way you avoid the unhealthy and less cost effective snack machines!
- Use coupons and the Kroger card for cheaper groceries
- When you see a sale stock up!
- Prepare food in larger quantities and freeze leftovers. It’s cheaper and cuts cooking time!
- Some restaurants have lunch or dinner or daily specials! A lot of places will offer discounts if you have your LMU-DCOM badge.
- Loose change can be exchanged for dollar bills at the Walmart Change Machine
- Remember to balance your check book!
- Have a potluck night with friends! Bring your books!
- Remember that loans are just that, loans. So it would be wise not to live beyond your means because you have some extra cash. It will go fast and, of course, you have to pay them back!

## **ENTERTAINMENT**

*“Ask not what fun does for you. Ask rather what you do for fun.”*  
*Oaqui*

You have to find time to let loose and have fun! This could be driving to Knoxville for a shopping spree or walking on the fitness trail in Middlesboro. It's important to budget your time to allow for relaxation to maintain your sanity! You deserve it!

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### **Middlesboro**

Going through THE tunnel will take you to Middlesboro, KY

#### **Restaurants**

- Mexican – Pelancho's, La Esperanza
- Fast food – McDonald's, Wendy's, Krystal's, Dairy Queen, KFC, Taco Bell, Sonic, Subway
- Chinese – Chinese Express, King Buffet
- Coffee Shops with Food – Shades of Brown
- Buffets – Pizza Hut, Ryan's, J. Milton's, King Buffet
- Pizza – Pizza Hut, Papa John's
- Seafood – Captain D's, Long John Silver's

#### **Shopping**

- Walmart
- Kroger
- Dollar General
- Middlesboro Mall
- Cato
- RadioShack

#### **Movie Theater and Rentals**

- Carmike 4 in Middlesboro Mall
- Blockbuster

#### **Hotel**

- Holiday Inn Express

## **Fitness**

- Fitness trail in State Park
- Hike to Pinnacle
- There are MANY different hiking trails that lead to various natural wonders the Cumberland Gap has to offer

## **Automobile**

- Epps Chevrolet
- 

## **Harrogate**

LMU-DCOM is located here!

### **Restaurants**

- Fast Food: Frosty Mug, Hardees, Subway (student discount), Haymaker Angus Farms (next to Godfather's Pizza)
- Coffee Shop With Food – No Bucks (owned by DCOM student and husband!), Cottage Gate Coffee Shop
- Italian – Gondolier
- BBQ – Heavy's BBQ
- Seafood – Shoney's
- Pizza – Oasis, Godfather's Pizza, Gondolier

## **Fitness**

- Harrogate City Park (track and picnic area)
- Hillcrest Lanes Bowling

## **Tanning Salons**

- Martina's Tanning Salon
  - Priscilla's
- 

## **Tazewell/New Tazewell**

### **Restaurants**

- Fast Food – McDonald's, Subway, Sonic, Hardees, KFC, Taco Bell, Wacky Wings
- Dine-In – Old Towne Grill, Red Door Chinese, El Mariachi Mexican, Heavy's

BBQ, Bubba's Brew

- Pizza – Pizza Inn (great buffet!), Pizza Plus, Domino's Pizza

### **Hair Salons**

- Sanderella Salon and Spa (hair, nails, massages and body piercings)
- His and Her Salon (hair, nails)

### **Drug Stores**

- Walgreen's
- 

## **Cumberland Gap**

The University Apartments are located here, as well as many other apartments and houses deep in "the Gap."

### **Restaurants**

- BBQ – Choo Choo's
- Southern Cookin' – Webb's Country Kitchen

### **Post Office**

### **Night Club/ Bar**

- UNC Night Club
- Loose Caboose

### **Shops**

- Wilderness Road Outfitters
- Whistle Stop Antiques

### **Hotels**

- Olde Mill Bed and Breakfast
  - Cumberland Gap Inn
- 

## **Morristown**

To get to Morristown take US-25E toward Tazewell. At the second red light take a left and continue to follow US-25E. You will reach Morristown in about 45 minutes. It's according to how far along they get with the road this summer to how long it will take to get there. There are two main exits off US-25E for Morristown. The first exit will take you through old

downtown and to the hospitals and health department. The second exit will take you to the mall and many of the restaurants.

### **Restaurants**

- All-Around – Ruby Tuesday, Applebee’s, O’Charley’s, Justin’s Restaurant, Little Dutch, Hillbilly’s Cabin, Davy Crockett Restaurant, Sage Brush, Cracker Barrel, Ronnie’s, Angelo’s (can also be a great “going out” place)
- Fast-Food – Chick-Fil-A, Fazoli’s, Dairy Queen, KFC, McDonald’s, Arby’s, Subway, Krystal’s, Pals (drive-in, hamburgers), Quizno’s, Sonic, Taco John’s, Zaxby's
- Pizza – Pizza Plus, Pizza Inn, Pizza Hut, Papa John’s, Domino's, Little Caesars, Hungry Howie’s, Brickhouse Pizza Pasta and Subs, Pizza Cottage
- Seafood – Captain Ds, Long Johns, Shoney's
- Breakfast – IHOP, Waffle Hop
- Mexican – Caballo De Oro Mexican Restaurant, Don Pancho Restaurant, Mexico Lindo
- Buffet – Ryan's
- BBQ – Buddy's BBQ, Smokey's Steak and BBQ
- Coffee Shop – Higher Grounds Coffee House
- Sushi – Fuji Sushi
- Chinese – Top's China Buffet, , Golden Dragon Buffet, Garden Express
- Wings – East TN Wings and Grill
- Japanese – Akita Express Japanese Grill, Itako Japanese Steak House, Toki Japanese Restaurant
- Ice Cream – Baskin Robbins, Smoothie King

### **Bowling**

- West End Bowling Lanes, Fun Expedition

### **Organic Food**

- Vegette’s Choice

### **Stores**

- Multi-purpose – Walmart Super Center, K-Mart, Hobby Lobby, Big Lots
- Apparel – Ross's, Cato's
- Mall – College Square Mall
- Belk, Hibbet's, American Eagle, Aeropostale, Sears, Kohl's, Claire's, Bath and Body Works, FYE

## **Hospitals**

- Morristown Hamblen Healthcare System
- Advanced Technology & Imaging Center
- Behavioral Health Center
- Emergency & Critical Care Center
- Heart, Lung & Vascular Center
- The Joint & Spine Center
- Laboratory Services Center
- Morristown Regional Cancer Center
- Prompt Family Care
- Sleep Disorder Center
- Surgical Services Center
- Women's Center
- Lakeway Private Hospital

## **Car Dealerships**

- East TN Nissan, Royston Chrysler Dodge and Jeep, Honda of Morristown, Rusty Wallace Toyota, Rusty Wallace Pontiac Cadillac GMC, Lakeway Auto (small local used cars), Hyundai Morristown, Morristown Chevrolet and Buick Oldsmobile Geo.

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## **Knoxville**

Knoxville is only an hour and 15 minutes from school. Some people live in Knoxville and commute every day, so don't use the excuse that there is nothing to do around here. Use Knoxville as a reward - work hard during the week, go to Knoxville on the weekend. There are certain areas that you'll want to hit up from Downtown going west. Basically, Kingston Pike will take you everywhere you need to go, so if all else fails get on Kingston Pike, but the interstate is quicker, obviously. Downtown (Market Square, the Old City, UT/The Strip), Bearden/ Homburg, The Mall (there are two, but there's really only one), West Knoxville, Turkey Creek. Due to an overwhelming amount of things to do the Knoxville portion is a conglomeration of restaurants, shops and sections of the city.

### ***Downtown***

Melting Pot, Tomato Head, Regas Restaurant, Butcher Shop Steakhouse, Downtown Grill and Brewery, Copper Cellar Restaurants, Calhoun's Restaurants, Sunspot Restaurants

### ***Market Square***

- Nama (sushi), Tomato Head (pasta, pizza, sandwiches, salad), Mast General Store (fun to walk through and buy stuff from candy to hiking shoes), Downtown Grill and Brewery (decent micro brew beer, decent food), Preservation Pub (live music, good beer selection, World Grotto, Salon Visage (it is kind of expensive)

### ***Old City***

- Crown and Goose ,Barley's (great pizza, unreal beer selection, live music most nights),Patrick Sullivan's (Knoxville tradition), The Melting Pot (if expensive Fondue is your fancy), and lots of bars.

### ***The Strip***

- Almost every kind of fast food, Panera (free Wi-Fi), Guthrie's/Zaxby's (chicken fingers), Starbucks, Sunspot (reasonably priced, vegetarian dishes as well as meat, organic items), Mellow Mushroom

### ***Waterfront***

- There are a few restaurants along the river downtown with nice views and decent food. Calhoun on the River is one of them with excellent ribs and some of the best Southern Fried Catfish you'll ever have (it is actually kind of light).

### ***Bearden/Homburg***

- If you're into the organic scene and Kroger in Middlesboro doesn't have it, The Fresh Market probably will! It's in Western Plaza. There is a Panera and a Starbucks, The Shrimp Dock –(sometimes you have a hankering for seafood: go here. This is the freshest stuff around, and it's good. They also have one in Halls as you come from school through Maynardville and all on Hwy 33. The Halls one is closer), Goodwill, another, bigger Nama for sushi (both should still offer half-price rolls on Mondays, Peyton Manning's favorite is Toddy's Backdoor Tavern, an English pub called Union Jacks that serves an excellent beer only menu, Indian restaurant – Sitar, The Runner's Market

### ***The Mall (West Town Mall)***

- Belk, Dillards, Sears (Tire Center), J C Penny, Abercrombie, J. Crew, Banana Republic, America Eagle, Gap, Buckle, Victoria's Secret, Apple Store, Pottery Barn ,CHICK-FIL-A! That is reason enough..., Movie Theatre, STARBUCKS is right across the street, Borders, Kohls, Bed Bath and Beyond, Off Broadway Shoes, Stein Mart, Chez Guevara – best Mexican in Knoxville!

### ***West Knoxville - almost everything you could want!***

- Sam's Club (if you're a member and want to buy in bulk), Target, Downtown West movie theatre shows lots of documentaries, film noir type movies, Regal Cinemas, Panera, Dicks Sporting Goods, Taste of Thai, McScrooge's Liquor (the best selection and prices - mention you're from Claiborne country and ask for the 'dry county discount'), tons of Car Dealerships on Parkside Auto Drive (Honda, Ford, GM/Chevy, BMW, Mercedes, Toyota, Volvo, Saturn), Chick-Fil-A on Kingston Pike

### ***Turkey Creek - nice place to go spend an afternoon***

- Super Target, Earth Fare (organic food, healthy stuff), Chick-Fil-A, Five Guys Burgers and Fries, Nicest Movie Theatre in Town (Pinnacle), just be prepared to pay more than in Middlesboro - \$7 matinee, \$9 at night) with 3D and IMAX, Calhoun's BBQ/Smoky Mountain Brewery, Bed Bath and Beyond, Borders, Panera, Elle Boutique, Gander Mountain (hunting/fishing), Best Buy, Off Broadway Shoes, Round Robin, Vinny and Me (nicer Italian), Nixon's deli (good cheap sandwiches), Mellow Mushroom (a bit further down, across Campbell Station road)

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## **DCOM STUDENT ORGANIZATIONS**

*“The only work that will ultimately bring any good to any of us is the work of contributing to the healing of the world.”*

*Marianne Williamson*

### **American College of Osteopathic Emergency Physicians (ACOEP)**

The LMU-DCOM EM Club certified approximately 150 people in Basic Life Support (BLS) this past year. A Mass Casualty Triage Clinic with a visit from a LifeStar helicopter took place this Spring. Some other activities that took place this year were an IV Clinic, ACLS reviews, OMS II Intensive Skills Review Day, as well as various speakers on EM topics and EM Club pinning. The main fundraiser this year was the sale of polo/windbreakers embroidered with LMU-DCOM logos on them. The officers attended the National ACOEP Spring Seminar in Orlando, FL. The goals for next year include even bigger attendance at all the events at DCOM along with a bigger group of LMU-DCOM students to the National ACOEP Fall Seminar in Boston.

## **Christian Medical and Dental Association (CMDA)**

CMDA exists to motivate, educate, and equip Christian physicians and dentists to glorify God. A national organization, CMDA is located at over 80% of medical and dental schools across the country. The LMU-DCOM chapter of CMDA is a vibrant organization that exists to serve the students, faculty and staff at our school through Bible Studies, service projects, fundraisers for local charities, medical mission opportunities, and speakers throughout the year. As with any organization, your involvement is what you make of it.

## **Health Equity Club**

The organizational goal of the LMU-DCOM Health Equity Club is to heighten our understanding of the inequities in the distribution of health care in order to make a difference today as students and tomorrow as physicians. We have worked on a SIDS research project, held a World Malaria Day fundraiser, and we sponsor the RAM Volunteer Snack Drive. We are currently working on beginning a community garden as well. We have movie nights and watch portions of the Unnatural Causes series or other videos. We have also sponsored two Mr. DCOM contestants, including Mr. DCOM himself! We are a very unique club with no national sponsor (We are a brand new club so we are cutting edge!)

## **Internal Medicine Club**

The Internal Medicine Club is designed for those interested in pursuing either general Internal Medicine or one of Internal Medicine's numerous subspecialties. We are supported by both the American College of Osteopathic Internists (ACOI) and the American College of Physicians (ACP). Our goal is to answer any questions students may have concerning the path to becoming an internist or a subspecialist while providing information about all the different aspects of internal medicine. There is no fee for becoming a member of our club, as we are supported through the ACOI and ACP, as well as our annual fundraiser, and all are welcome to join.

## **International Medical Society**

The purpose of the LMU-DCOM chapter of the International Medical Society is to increase awareness of international health issues as well as promote cross-cultural understanding by facilitating involvement in clinical settings abroad. We have showed several movies that depicted different issues of healthcare in underdeveloped countries, after which we discussed those issues and our impact as future physicians. We held a fundraiser for BeadsforLife.org, in which we sold several pieces of beautiful jewelry made by Ugandan women raising almost

\$2,000! This program helps them support themselves through the making beads from recycled paper. Finally, we organized a duathlon race, consisting of two runs & a cycling portion (a triathlon with an extra run instead of the swim). The purpose of this race is to help subsidize international medical trips made by LMU-DCOM students.

### **Orthopedic Surgical Association**

The DCOM Orthopedic chapter is now called LMU-DCOM OSA (Lincoln Memorial University-DeBusk College of Osteopathic Medicine Orthopedic Surgical Association). We plan to continue the scrub fundraiser that was started two years ago. We are excited for our future and our new members.

### **Otolaryngology and Plastic Surgery Club**

This club is for all those interested in Otolaryngology and/or plastic surgery. We are relatively new on campus but we have some BIG plans for the fall. Our mission is to establish a network with local doctors and help DCOM students learn more about these fields and make an easy transition into rotations and residencies. Dr. Rathfoot, an ENT doc from the greater Knoxville area, spoke about life as an otolaryngologist, providing some tips for 1<sup>st</sup> and 2<sup>nd</sup> year students. We will have many more speakers and hopefully setting up dates for the members of the club to shadow and gain some valuable experience! We will be having monthly meetings and have something exciting at each one of them. We look forward to recruiting more members in the fall and are open to any ideas you may have!

### **Pediatrics Club**

The LMU-DOM Pediatrics Club kicked off the school year with a fundraiser, selling professional monogrammed doctor bags for our equipment. We brought in a recent Pediatric residency graduate, Dr. Melinda Wenner, DO, to counsel us on the inside scoop of applying for and surviving residency. Most recently, we had Dr. Thompson teach a Pediatric Osteopathic Manipulative Medicine lecture and corresponding practical the following day in which we were able to practice on real pediatric patients! The Peds Club will end the year with a bang at our Second Annual Kid's Health Fair in Harrogate City Park. We have face painting, kids yoga, a nutritionist, an arts and crafts table, an obstacle course, relay races, and a raffle, all emphasizing a healthy lifestyle for the children of our community. During the summer, the Pediatrics Club, along with LMU-DCOM physicians will participate in PALS (Pediatric Advanced Life Support) courses and practice. The club puts on a DCOM t-shirt sale as their yearly fundraiser. We are looking forward to the incoming class; come join us!

## **Physical Medicine & Rehabilitation (PM & R)**

The Physical Medicine & Rehabilitation is an organization that is for anyone who is interested in sports medicine, spinal cord injuries, rehabilitation, nerve pain and much more. Last year this organization went to the PM & R conference in Annapolis, MD, had a barbeque and had several talks from LMU-DCOM's own Dr. Michael Wieting. We are very excited to be involved in even more activities this year and meet all of the new students!

## **Sigma Sigma Phi**

Sigma Sigma Phi is the national honorary scholastic osteopathic medicine fraternity. Its objectives and purposes are:

- To further the Science of Osteopathic Medicine and its standards of practice,
- To improve the scholastic standing and promote a higher degree of fellowship among its students,
- To bring about a closer relationship and understanding between the student bodies and the officials and members of the faculties of our colleges, and
- To foster allegiance to the American Osteopathic Association and to perpetuate these principles and the teachings through the maintenance and development of this organization.

A minimum GPA of 3.0 is required to be invited to apply in the spring. An application to list service activities, which are relevant to the school/community/religious affiliation performed since matriculation at DCOM, will be made available to those who are eligible based on GPA. The number of members of the Phi Chapter can be equal to 25% of total enrollment at LMU-DCOM (dictated by grand chapter). Candidates for membership are taken each year and must maintain 3.0 GPA and active service until end of first semester of OMS-IV.

Sigma Sigma Phi, Phi Chapter supports various service activities throughout the year that are open to all students at LMU-DCOM. One of the most popular programs is the volunteer watercolor program at Laurel Manor Nursing Care Center. SSP-P also sends volunteers to support the Waltz for Wishes, a benefit to support Make-A-Wish Foundation of East Tennessee, which occurs in the spring in Knoxville, TN. Finally, the Mr. DCOM pageant is held in the fall and is a fun event that raises money for Make-A-Wish.

## **Student Association of the American Osteopathic Family Physicians (SAACOFFP)**

The Student Association of the American Osteopathic Family Physicians (SAACOFFP) is a great organization for students interested in or curious about family medicine. We often have

speakers from the national ACOFP board and various other physicians come to speak with us about the current state of primary care and its future. In addition, we are always looking for opportunities to have fun group events. For the 2008-2009 school year, SAACOFPP was able to accomplish a great deal. The main fundraiser was selling LMU-DCOM glass mugs! SAACOFPP is really active in the community with service activities including Mobile Medic Blood Drive and the Bell County Repair Affair. The members of SAACOFPP participated in DO Day on the Hill in Washington D.C as well as the SCOFPP convention held at Capitol Hill as well. SAACOFPP had many speakers this year, including community clinic medical director Steven Vincent, MD on the Patient-Centered Medical Home, and family physician George Sawabini, DO, ACOFP Vice President. Various faculty members spoke to the SAACOFPP group and its members throughout the year.

### **Student Association of Military Osteopathic Physicians and Surgeons (SAMOPS)**

2009 was the first official year for the Military Medicine Club. Membership is open to anyone interested in military medicine and the Health Professions Scholarship Program. The major branches that are represented are Air Force, Army, and Navy. Some of the events that we have done include a hygiene drive for soldiers in Iraq, a trip to Fort Benning to learn more about military medicine and meet with commanding officers, a Viking military spaghetti dinner and a movie night as a fundraiser for the club, and Kick for Nick, which we raised money to donate soccer balls to children in Iraq. We are excited about next year with some more activities planned such as participating in the Marine mud run in the fall and doing a yard day for veterans as our community service.

### **Student Government Association (SGA)**

The Student Government Association (SGA) is comprised of students who are elected by their peers to represent them in all aspects of student life from club funds, to curriculum committee, to planning the Spring Gala, to representing LMU-DCOM on a national level. There are many different facets of SGA including the E-Board, composed of the President, 1<sup>st</sup> Vice President, 2<sup>nd</sup> Vice President, Treasurer, Secretary and Webmaster. The full SGA includes class officers from OMS-I, II, and III. The SGA is a student-run entity who works closely with the faculty and administration to achieve the goal of continuously improving student life through organizations, community service, social and publicity awareness, as well as providing funding through fundraising and student fees.

## **Student Government Association Sub-Committees**

Under the SGA umbrella committees are chaired by one of the elected officers.

Activities Committee – Chaired by SGA 2<sup>nd</sup> Vice President. The Activities Committee is responsible for planning social events for LMU-DCOM. The main project of the committee is to plan the Spring Gala held each year.

Community Service Committee – Chaired by SGA 1<sup>st</sup> Vice President. The committee keeps record of organization community service hours as well as provides assistance to any community service projects requested.

Finance and Fundraising Committee – Chaired by SGA Treasurer. The committee's responsibilities include keeping a thorough record of all club and organization funds, including ones generated from fundraisers, donations and student fees.

Honor Code and Ethics Committee – Chaired by SGA President. This is a committee purposed to drafting the first Honor Code for LMU-DCOM. This committee will work to publish, educate, and uphold the Honor Code as well as act as the jury of peers for Honor Code infractions.

Public Awareness Committee – Chaired by SGA Secretary. The committee is designed to assist clubs and organizations with event advertising for both the community and LMU-DCOM. The committee produces the “Micturate and Educate” study guides as well as the monthly SGA newsletter.

Resolution Constitution Committee – Chaired by SGA President. This Committee's purpose is to harvest the ideas and thoughts of the student body to draft into resolutions to present to administration. All resolutions submitted so far are included in this folder. Please share any concerns, thoughts, or ideas to any member of this committee.

## **Student National Medical Association (SNMA)**

Student National Medical Association (SNMA) is an organization that cultivates and fosters a creative learning environment for minority medical students (D.O. and M.D.) of all ethnicities. SNMA is dedicated both to ensuring that medical education and services are culturally sensitive to the needs of diverse populations and to increasing the number of African-American, Latino, and other students of color and entering and completing medical school. Current membership includes more than 8,000 pre-med students, medical students, residents, and physicians. The LMU-DCOM chapter of SNMA holds regular meetings, volunteers regularly, and hosts one of DCOM's most anticipated fundraisers, The International Dinner. For further inquiries about SNMA, please visit [www.snma.org](http://www.snma.org).

## **Student Osteopathic Medical Association (SOMA)**

The Student Osteopathic Medical Association (SOMA) is the largest osteopathic student organization and is the student affiliate organization of the American Osteopathic Association (AOA). SOMA is dedicated to promoting the osteopathic ideals and communication among healthcare professionals in an effort to improve the quality of healthcare. Last autumn, the association hosted the 1<sup>st</sup> Annual Osteoblast, a social event to acquaint students and faculty and showcase the various student organizations LMU-DCOM has to offer. Members also participated in various community outreach projects this year, such as 'Mini Medical School' and 'What's In a Doctor's Bag,' to familiarize local elementary children with things they might encounter at a doctor's office and teach them about healthy living. SOMA was responsible for the Meet-and-Greet at Oasis Pizza which organized student volunteers to welcome interviewees and answer their questions in a more informal setting prior to their interviews at LMU-DCOM. Other highlights of the 2008 – 2009 school year included charity donations to the Better World Book Drive and to Second Harvest, the Fall social event at Chew Choo's Barbeque & Brew in Cumberland Gap, a Fall National Conference in Las Vegas, for which a scholarship was offered to one OMS-I student, and a Spring National Conference in Washington, DC. One of SOMA's largest annual events is D.O. Day on the Hill, to which LMU-DCOM sent 56 students last March to lobby at our nation's capitol for healthcare reform.

## **Student Tactical Operational Rescue Medicine (STORM)**

STORM is a club dedicated to training healthcare providers in austere settings and in situations that may require ingenuity with limited resources. STORM focuses on the aspects of a newer category of medicine known as "operational" medicine. Operational medicine touches on, and includes various aspects of, Emergency Medicine, Wilderness Medicine, and Military Medicine but is recognized nationally as a separate and distinct field from all three entities. Operational medicine includes SWAT medicine, Hostage medicine, Disaster management/Medicine, and other more rigorous fields such as medical support to commercial fishing vessels, cruise ships, oil rigs, high altitude alpine medicine etc. Our club's main emphasis is training. We are a new club, having been formed at the end of last year. We administer the CERT program for the Department of Homeland Security, as well as train the Tennessee State Police strike teams. Our adopted charity is the "Wounded Warrior Project" and we will have a fundraiser later in the year to support them. Our community service is combined with our training as we have adopted Tennessee State Police Strike Team #5 and are training them to handle various medical challenges that they may encounter during their operations. We enjoy strong relationships with the Department of Homeland Security, the Federal Bureau of Investigation, and the Department of Defense Special Operations Command.

## **Student Osteopathic Surgical Association (SOSA)**

The mission of the Student Osteopathic Surgical Association (SOSA) chapter at LMU-DCOM is to stress the understanding of osteopathic principles in relationship to disease in the practice of surgery, to help promote education in the field of surgery, and to provide a forum for discussion amongst students and surgeons. SOSA has had an extremely successful 2008-2009 year. In the fall, we brought a variety of speakers to talk about different aspects of practicing surgery. Several of our members also attended the Fall SOSA conference. In the spring, we hold the Annual Golden Scalpel Golf Tournament fundraiser. In addition, SOSA hosted another suture clinic, this time for our 1<sup>st</sup> years, and a scrub clinic for our 2<sup>nd</sup> years. Even though this year has been awesome, we want to make next year even better! Some of our plans for next year include bringing back our soon to be 3<sup>rd</sup> year students to talk about their experiences in their surgical rotations and answer all your questions. We also plan on bringing in a variety of surgeons to talk about their fields of surgery. And for our new fall fundraiser, we plan on having a pancake dinner!

## **Undergraduate American Association of Osteopathy (UAAO)**

LMU-DCOM's chapter of UAAO had a busy year. Continuing the work of the inaugural year, the addition of the class of 2012 brought fresh ideas and a new perspective of the future of UAAO. The club sold tables, jackets and many attended one of the coolest conventions out there, UAAO Convocation. Students had the opportunity to learn from and work with Fellowes, experience Osteopathic medicine in its many forms, and represent LMU-DCOM. We are already looking forward to Convocation, held in Colorado, this upcoming year. We had one of the largest community events on campus with the presentation by Dr. Bass discussing the nationally recognized Body Farm at the University of Tennessee. The future of the UAAO looks bright and we look forward to representing our school and chapter in the coming year.

## **Wilderness Medicine Club**

The wilderness medicine club - student interest group is a club for those that love the outdoors. We enjoy getting together on weekends, or whenever we have time and going on mountain bike rides, hiking, camping, etc. Our fundraiser this year was the yard clean up day for faculty and staff at LMU-DCOM, and once again, both semesters we made a TON of money. This money allowed us to pay for the registration of the teams we sent to MedWAR, down in Augusta, GA. We also are in charge of the first mile or two of Hwy 63 as you turn off of 25E towards Lafollette as it passes the Harrogate city park. We take a group of members at least once a semester and make sure it's nice and clean. We also try to get together a club camping trip at least once a semester so the 1st and 2nd year students are able

to bond a little bit and get to know each other better. In Fall 2008 we went to Boone, NC and stayed in the Blue Ridge National Forest. We spent all day Saturday either rock climbing, hiking, or a combination of the two. We also had a 4th year medical student from Wake Forest who is in charge of the student interest groups for wilderness medicine nationally come and give us a little lesson on some wilderness first aid and talk to us about 3rd and 4th year, and applying for residency. Pets and spouses are ALWAYS welcome on our trips, the more the merrier!

### **Women's Health and Medical Society**

The purpose of the Women's Health and Medical Society is to inform and educate our members and the community on topics regarding women in health and as health professionals. Our club has worked to raise awareness on the importance of mammograms, raise awareness about domestic violence, and has raised money for the Go Red for Women Campaign in association with American Heart Association. We plan on doing future fundraisers for breast cancer, domestic violence, and the American Heart Association, as well as doing multiple community service projects. We also plan on having various speakers come in and present on a variety of topics and work on new fundraising ideas. We are very excited for the upcoming year!

*"To leave the world a bit better, whether by a healthy child, a garden patch, or a redeemed social condition; to have played and laughed with enthusiasm and sung with exultation; to know even one life has breathed easier because you have lived. This is to have succeeded." Bessie A. Stanley*