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March 2011

Issue No. 4

Dean's Comer...

Rotation Snapshots



It's a busy spring here at LMU-DCOM!

The Annual Spring Gala was a huge success this year. Under the direction and guidance of OMS-I Alicia Pazik, we filled Crowne Plaza in Knoxville to capacity with our largest crowd ever.

The Doggy Dash - 5K raised more than \$3,200 for the Claiborne Animal Shelter and brought a running field of 150 runners from both near and far.

Our students have traveled to Belize, the Netherlands, Belgium, New Zealand and many other international locations to learn and grow in the profession.



OMS-III Jen Smithers, on Internal Medicine rotation at Sweetwater Hospital Association: Paracentesis on Clinic Patient with Cirrhosis

And finally, our Match season has come to a close with our Inaugural Class having been extremely successful in all specialties. More details to come!

I am proud of all of you. Keep up the good work out there!

-Dean Stowers

Graduation Countdown!



One-Stop Shopping for all you need to know about Graduation.

[Inaugural Class Graduation](#)

Things to Remember

ORDER YOUR ANNOUNCEMENTS!

Regalia will be handed out after Commencement Rehearsal on **Friday, May 14.**

Bring your laptop!!

Business casual dress for all commencement activities unless otherwise stated.

Surprise! we've been getting a lot of questions about ordering [Diploma Frames](#). As a special gift from the Alumni Association to our Inaugural Class, you will all be receiving an engraved frame that will be unique to just your class. There have been too many questions to keep this a surprise!

Graduation Festivities

Financial Planning Seminar
Wednesday, May 11th 11am-1pm
DCOM
Spouses Invited
Lunch provided

Awards Ceremony
Thursday, May 12th 12-2pm
Duke Hall (Main Campus)
Professional Dress
Families Welcome

Commencement Banquet
Thursday, May 12th 6-10pm
Off Campus to be announced
Semi-Formal Dress
Student and one guest

Faculty & Graduate BBQ
Friday, May 13th 12-2pm
Class of 2011 BBQ Pavilion at DCOM
Casual Dress

* Do you have a Rotations Snapshot to share?
Email it to [Erin Lenz](#) Director of Development and Alumni Affairs.

Words of Wisdom

This month's words of wisdom are brought to you by

**H.S. Teitelbaum DO,
PhD, MPH**

A message to the Class of 2011,

In the shortest of time you will become Doctors of Osteopathic Medicine. All of us are proud of your accomplishments and look forward to you entering your residency program and to continue to make LMU-DCOM the best College of Osteopathic Medicine in the U.S.



The faculty can recall their graduation where they received their DO and PhD's and you are bringing back good memories for them as well. In addition to you becoming a physician you will also become an alumnus of Lincoln Memorial University-DeBusk College of Osteopathic Medicine. Congratulations.

Every College of Osteopathic Medicine has an alumni association and we are making plans to form the LMU-DCOM alumni association and want to make it active right from the start. Because you will be eligible to join this association as soon as you graduate, we would like to encourage you to think about this now.

You are the LMU-DCOM family!

Your ideas and willingness to participate are important to us. Come to our events at your association meetings. Attend the annual dinner at the AOA convention and let us take you to dinner if we come to your area! Yet another way of getting involved is to volunteer to be a regional representative for the Alumni Association. Another very important thing for you to do is **always keep us informed as to where you are - email, address, phone number and name changes.** You may be relocating as you start your residency, so PLEASE keep us up to date. There will be times we ask for this information in the coming weeks and we need everyone to participate!

We have a lot in store for you and hope you will remain as involved as possible!

Spotlight: 5 Questions with...



**Grace W. Kao,
OMS-IV**
Hometown: *Johnson City,*

Student only event

Military Dinner
Friday, May 13th 6-9pm
Pine Mountain State Park
Military Dress
Invitation Only

Match Day Celebration!



Inaugural Class Match Celebration

**April 2, 2011
5 - 7 p.m.
Club Le Conte
Knoxville, TN**

Members of the
Class of 2011
and one guest*
*are invited to a reception
celebrating this exciting
medical school milestone.*

**Adults Only Please*

[Click Here to RSVP](#)
By March 28

Upcoming Events



[Match Day Celebration](#)

[4th Annual Golden Scalpel Golf
Tournament](#)

[Lunch & Learn: "Estate planning: Do](#)

Tenn

Core Rotation Site: *Morristown, Tenn*

What has been your favorite rotation so far, and why?

This question is tough to answer because I've had so many really awesome rotations and super preceptors. If I had to make a choice it would be a tie between my core pediatrics and OB/Gyn rotations - it's the babies or oxytocin.

What has been the biggest challenge while out on rotations?

A failure to communicate seems to be the biggest challenge that continues to be the most difficult to overcome while out on rotations. It sometimes feels like when we're out on rotations we've been set adrift and forgotten.

How do you stay prepared on rotations?

I contact the preceptor or site coordinator about a week to a week and a half in advance to get information regarding the dress code and equipment needed, as well as where and what time to show up on start day.

What part of your first two years at LMU-DCOM has helped you the most?

The people.

Describe a patient encounter that has made an impact.

Every patient encounter makes a difference just by being part of our experience impacting the way we'll practice, act and treat our future patients from the mundane we've seen before and know well to the unusual or interesting cases. The two that impacted me the most are my biggest triumph and my biggest failure.

My biggest triumph is easy to sum up in a few short sentences. Man in physical therapy rehabilitation stops responding on toilet. Therapist asks me to come look and listen, and no heartbeat is found. We call a code, and I start chest compressions while trying to run the code until a real doctor can get to our area. Man starts breathing and responding as the real doctors arrive. Man lives to discharge (and as far as I know continues to live).

My biggest failure is harder to summarize. A 20 y/o female admitted for hematemesis, who claimed to be in exceeding amounts of pain. She had a history of bleeding ulcers and had taken aspirin in several forms. After her gastroenterologist cleared her, but prior to discharge it was found that her sharps container had been ripped from the wall and opened. She was discharged and eager to leave when her pain medication dose was trimmed to a more reasonable amount. I failed to make any attempt to stop her self-injuring drug seeking behavior or even to take another look at how she was endangering herself. It will likely end poorly for her.

Residency Countdown

Are you on track?

OMS II's

Be sure to check out our [Residency Application Guide and Resources WebPages!](#) You will find [step-by-step instructions](#), [timelines](#), and [FAQs](#). I will be going over all of this and more during the Orientation to Clinical

[you have the documents you need"](#)

[Inaugural Class Graduation](#)

Class Rings

**BALFOUR REPRESENTATIVE
WILL BE ON CAMPUS!**

March 30th
9am-5pm
Room 105

Be part of the tradition.

LMU-DeBusk College of Osteopathic Medicine graduates will enter the workforce prepared, compassionate and skillful physicians.

As a symbol of your journey we are proud to offer you the Official LMU-DeBusk College of Osteopathic Medicine class ring.

This ring is a physical reminder of all that you have achieved at LMU-DeBusk College of Osteopathic Medicine. We hope that wearing it brings you pride, honor and a feeling of great accomplishment.

[Now available online!](#)

Library Nook



[The Lon and Elizabeth Parr Reed Medical and Allied Health Library.](#)

Good News!

We are working diligently to be able to provide our Alumni with access to Library Resources after graduation.

Access will be granted through our online Alumni Community and so far, we have signed on with:

[DynaMed \(to begin Fall 2011\)](#)
[Visual DX](#)

We will keep you posted!

The Go-To List

[DCOMDO](#) - Your everything guide to student life at LMU-DCOM

[LMU-DCOM](#) - Official website

Rotations on May 11th.

OMS III's

Continue your research of residency programs and pay careful attention to eligibility requirements and deadlines. You may also want to review the 2011 Match results from the [AOA](#) and [NRMP](#) to determine the competitiveness of your specialty of interest as well as the latest [NRMP's Program Directors Survey](#).

If you are still unsure of your specialty choice, you may want to explore [AACOM's Career Advising Program](#) and [AAFP's How to Start](#).

OMS IV's

Congratulations to all of you who have matched and/or accepted residency positions! I am here to help anyone who needs assistance during the Scramble. I look forward to seeing all of you at the Match celebration in Knoxville on Saturday April 2nd!

[Donna Palazzolo](#), Ed. S., Extramural Education Coordinator
423-869-6832

LMU-DCOM Sponsored Residency Programs

[Wellmont Health System Osteopathic Residency Programs](#)

AOA accredited Family Practice Residency Program at Lonesome Pine Hospital in Big Stone Gap, Va., and an Orthopedic Residency Program at Holston Valley Medical Center in Kingsport, Tenn.

[ETSU/Quillen College of Medicine-Family Practice Residency](#)

ACGME & AOA accredited residencies in Kingsport, Bristol and Johnson City, Tenn.

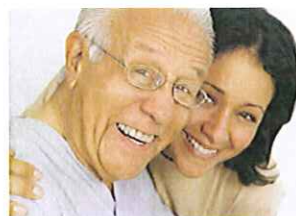
[UT Graduate School of Medicine - Family Practice Residency](#)

ACGME & AOA accredited residency in Knoxville, Tenn.

Other Resources:

[American Osteopathic Association \(AOA\) Opportunities Database](#) [A-OPTIC Residency Opportunities](#) [AMA: Fellowship and Residency Electronic Interactive Database \(FREIDA\) Online](#) [Military Graduate Medical Education](#)

Did You Know?



US Death Rate Falls for 10th Straight Year

The age-adjusted death rate for the U.S. population fell to an all-time low of 741 deaths per 100,000 people in 2009 - 2.3 percent lower than the 2008 rate, according to preliminary 2009 death statistics released today by CDC's National Center for Health Statistics. This marks the 10th year in a row that U.S. deaths rates have declined.


Life expectancy at birth increased to 78.2 years in 2009, up slightly from 78.0 years in 2008. Life expectancy was up two-tenths of a year for males (75.7 years) and up one-tenth of a year for females (80.6 years). Life expectancy for the U.S. white population increased by two-tenths of a year. Life expectancy for black males (70.9 years) and females (77.4 years) was unchanged in 2009. The gap in life expectancy between the white and black populations was 4.3 years in 2009, two-tenths of a year increase from the gap in 2008 of 4.1 years.

The findings come from "Deaths: Preliminary Data for 2009," which is

Calendar - Get your datebook ready and write these down!

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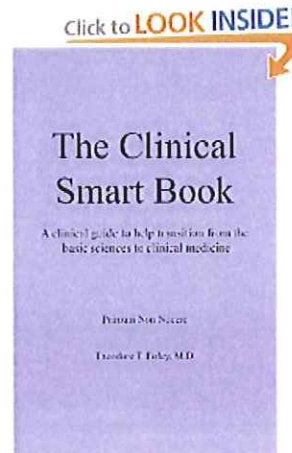
based on death certificates provided to NCHS through the National Vital Statistics Reporting System from all 50 states, the District of Columbia and U.S. territories.

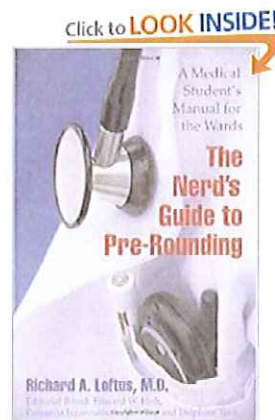
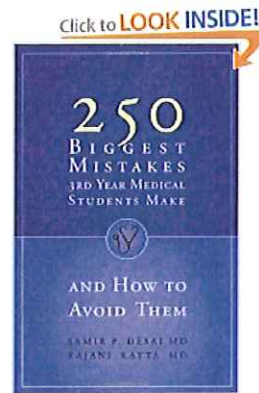
Other findings:

- Age-adjusted death rates declined significantly for 10 of the 15 leading causes of death in 2009: heart disease (declined by 3.7 percent), cancer (1.1 percent), chronic lower respiratory diseases (4.1 percent), stroke (4.2 percent), accidents/unintentional injuries (4.1 percent), Alzheimer's disease (4.1 percent), diabetes (4.1 percent), influenza and pneumonia (4.7 percent), septicemia (1.8 percent), and homicide (6.8 percent).
- In 2009, suicide passed septicemia (blood poisoning) to become the 10th leading cause of death. Although the U.S. suicide rate did not change significantly between 2008 and 2009, the number of suicides increased from 35,933 in 2008 to 36,547 in 2009 (1.7 percent increase). Deaths from septicemia declined 1 percent from 35,961 in 2008 to 35,587 in 2009. Otherwise, the rankings for the 15 leading causes of death did not change between 2008 and 2009.
- Overall, there were 2,436,682 deaths in the United States in 2009 - 36,336 fewer than in 2008 (1.5 percent decrease).

The full report is available at www.cdc.gov/nchs.

Rotation Reading





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