



Latino Medical Student Association at UCIrvine

Fall 2009 Newsletter



THE 9TH ANNUAL PRE-HEALTH CONFERENCE

EMPOWERING YOU TO BE THE FUTURE OF MEDICINE

Friday and Saturday of Halloween weekend, UC Irvine was overrun with hundreds of energetic and motivated future health professionals. The Ninth Annual Pre-Health Conference—the largest and most successful yet—drew high school, undergrad and post-baccalaureate students from all over California. Jointly hosted by the UCI LMSA & SNMA, nearly a thousand participants took part in the weekend's activities.

For the first time in conference history, participants were split into two groups to allow for more space, with high school students on Friday and pre-health undergrads and post-bacs on Saturday. The decision to create a two-day

split came off the heels of last year's success, which had us bursting at the seams of our previous conference location. This year's trial run of the new two-day format was so successful that it may become the norm.

By 8:00AM Friday morning, school busses from numerous school districts lined the streets outside the UCI Student Center, with rambunctious masses spilling onto the sidewalks nearby. Throughout the preceding three months, SNMA and LMSA partnered with Southern California high schools, identifying over 340 promising disadvantaged students to take part in Friday's program. The conference had officially started, the students had arrived, and it was time to give them a good show. Managing the schedules of over 300 rowdy adolescents proved a monumental task. In the end, however, the event's success was evident on the departing high school students' faces.

SNMA and LMSA recruited medical students to teach high schoolers in jam-packed, half-hour medical workshops. The kids toyed with stethoscopes, suture kits, and IV training arms, all under our guidance. They learned to measure



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blood pressure, take medical histories, suture synthetic skin, and analyze x-rays, among other things. These workshops demystified medicine for the students. After an inspiring closing speech by Dr. Thomas Parham, Assistant Vice Chancellor of Counseling and Health Services at UCI, the students returned on busses back to their communities encouraged and empowered by the day's events.

Saturday's participants. [Note: a dedicated handful of caffeinated volunteers stayed up until 3:00AM printing and collating the programs before assembling those bags.] Over 600 undergrads and post-bacs registered for Saturday's conference. Thankfully, about fifty med students and undergrad volunteers presided over this teeming mob.



Empowerment, after all, was the overarching conference theme. The program's title, "Empowering You to Be the Future of Medicine," neatly embodied what LMSA and SNMA hoped to accomplish in the two-day gathering. This mantra was emblazoned on every program, before being stuffed into one of 1000 gift bags—donated by the UCI bookstore—for

A glance at the program showed big names in medicine, public service, and health education. Admissions officers from fourteen medical schools and almost twenty allied health professional schools tabled the grand ballroom. The students navigated, clamoring, among more than fifty-five conference exhibitors, each of which had shelled out big money for table



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space. Test prep companies, residency programs, dental schools, and nonprofits galore hocked their wares, dropping conference swag into the students' swelling gift bags. Ushers from LMSA, SNMA, CCM and MAPS glided through the ballroom, handling things, directing traffic.

The day's program started with remarks by the student directors of the conference and Dr. Alberto Manetta. Dean Clayman opened for the Keynote Speaker, Dr. America Bracho, Founder and CEO of Orange County's Latino Health Access. Her keynote address focused on the importance of creating a new generation of health care professionals who value community engagement and social justice. After a talk on medical school admissions from a UCI SOM admissions officer, students divided into workshop groups.

The four workshop periods engaged the students in a range of pertinent health-care topics. Led by medical students, doctors, and UCI SOM faculty, the workshops were offered about ten at a time, with students attending only those they wished. Students could attend "Superwomen: Strong Women, Strong Medicine" to learn about being a woman in medicine, and then follow that with "Writing Your Story" to learn about the intricacies of personal statement writing. MCAT strategy sessions were next door to talks on networking, financial aid, and an assortment of other topics. For the pre-health students, each workshop offered something unique; each workshop was a piece of the puzzle. Interrupting the almost four hours of workshops was a two-hour lunch session of mock admissions interviews and feedback.



Saturday's Keynote Speaker Dr. America Bracho

In the end, the Ninth Annual Pre-Health Conference exceeded everyone's already high expectations. Conference speakers and school administrators gave glowing reports. Associate Dean of Admissions Dr. Elena Peterson said she was "blown away by standing...in front of all the faces filled with dreams." The success of the event owed largely to the outreach activities conducted by LMSA members. We contacted a total of forty-seven universities and community colleges from the Southern California area. Our members also



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conducted fourteen site visits, giving speeches, dropping flyers, and chatting up students and faculty. Of course, none of this success was possible without the manpower and funding of SNMA, CCM, MAPS, and UCI SOM's Office of Diversity & Community Engagement.

One day, when we all have shiny MDs after our names and we arrive at the Umpteenth Annual Pre-Health Conference to give our speech or lead our workshop, who can say how many hundreds—or maybe, by then, thousands—of students will be staring back at us? What will our message be? How will we inspire them? Luckily, we all have at least until next Halloween to figure that out.

**By Tommy Hand, MS1
Newsletter Editor & Historian**

Check out our Home on the Web!

<http://www.ucilmsa.org/index.html>

We're also on Facebook!

<http://www.facebook.com/group.php?gid=3500850096>

Contact our officers at:

<http://www.ucilmsa.org/cabinet.html>

THANKS TO OUR CURRENT LMSA OFFICERS!

Co-Chairs: Nancy Anaya-Navarro, Craig Harrison, and Joanna Hernandez

Treasurers: Karen Ambert and Jeff Cashin

Mentorship Coordinators: Katia Sanchez, Brenda Campos-Spitze, and Stephanie Bravo

Medical Student Representatives: Megan Tan and Bryce Spitze

Community Affairs Liaisons: Julio Monterrey, Thiago Halmer, and Karina Salazar

Outreach Coordinators: Tania Portillo, Ignacio Velazquez, and Dinora Chinchilla

Undergraduate Representatives:
Marco Angulo, Manuel Cortes, and Odette Chida

Newsletter Editor & Historian: Tommy Hand

Secretary: Kim Ramirez

Webmasters: Rueben Paul and Marcos Peña

Post-Bac Admissions Liaison: Didi Mwendela and Brandon Sievers



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DUROVILLE HEALTH PROJECT

If the name “Duroville” does not ring a bell, you may have been living under a rock for the last few months. On the Torres Martinez Indian Reservation near Coachella and Palm Springs, California, the Duroville trailer park is home to between 4,000 and 6,000 people. According to Dr. Alberto Manetta, Director of the UCI SOM Office of Diversity and Community Engagement, Duroville is one of the largest and poorest trailer parks, and David Kelly of the LA Times likens it to a “third world village.”



UCI medical students counsel community health workers in Duroville

The Office of Diversity and Community Engagement is currently supporting student volunteer efforts in the community. As volunteers and, mostly, LMSA members, we are assessing health and essential community

needs. While no additional volunteers are needed at this time, you may contact Anna Fellmann at afellman@gmail.com if you have any resources to share with the Duroville community. David Kelly’s *LA Times* article about UCI’s endeavors in Duroville may be found here: <http://articles.latimes.com/2009/oct/08/local/me-duroville-doctor8>.

CAMPMED 2010

UCI CampMed is a non-profit educational-enrichment program that is geared toward exposing educationally and economically disadvantaged high school students to the health sciences through a unique outdoors learning experience. This peer-mentoring program targets youth who show academic promise and are interested in pursuing health and science careers but don’t have the resources to develop their potential. Undergraduates, graduate students, medical students, and post-bac students work as counselors and mentors for high school students throughout Orange County during a two-day camp. The camp will include outdoor activities, workshops, feature guest speakers, games, skits, a night dance, and more! CampMed 2010 will be held at Griffith Park Boys Camp in Los Angeles from April 23-25.

Website: www.campmed.org

Contact: campmed@gmail.com

**By Kimberly Ramirez, MS2
LMSA Secretary**



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DIVERSITY WHITE COAT DINNER

In early August, the UCI SOM Office of Diversity and Community Engagement sponsored a special white coat dinner to celebrate the amazing accomplishments of our incoming UIM students. The outdoor dinner coincided with the day's earlier White Coat Ceremony, so many students' family and friends were able to attend. In addition to the new students and their guests, many current medical students, minority faculty, and post-bacs were on hand.

NEWS FROM THE TREASURERS

LMSA National is urging everyone to remember to pay their four-year membership fee. On the home front, MS1 Treasurer Jeff Cashin is "working on streamlining the reimbursement process in an effort to increase spending oversight." This will allow for quicker reimbursements and better tracking of our expenses. We're also looking at other fundraising ideas like BBQs and poker tournaments.



Diversity White Coat Dinner, August 9th, 2009



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MS1 WELCOME WEEK EVENTS

During the Welcome Week activities of August, 2009, incoming first years were introduced to UCI and LMSA. For those students interested in LMSA, a panel of MS2, MS3, and MS4 students spoke about their 1st year experiences and answered questions. LMSA members also distributed textbooks and materials to each of the students along with academic files to help them succeed during their first year.

DIVERSITY COALITION DINNERS

We have continued holding our Diversity Coalition dinners for diversity applicants the night before their interview day in conjunction with SNMA and FAIM. In these dinners, applicants can ask any questions they like, and hear answers from current UIM medical students.

HIPPOCRATES' CIRCLE

This year's Hippocrates' Circle took place on November 14th. Hippocrates' Circle is an annual mentoring program through Orange County Kaiser Permanente. Physicians at Kaiser volunteer their time to show students from disadvantaged backgrounds that a career in medicine is not out of their reach and encourage them to pursue higher education.

For our event, there were twenty-eight eighth graders from Santa Ana schools. We had five workshops on the medical school campus in E-building, including radiology, medical school tour, vitals, respiration, and ultrasound. Before the event started, we talked to the students about our backgrounds and how we got to medical school. Odette Chida and Sergio Figueroa-Aragon led the tours, while Thiago Halmer organized and presented the respiration workshop with Nacho Velazquez's help. Eddie and Marco helped with teaching students how to take vitals. Also, two undergrad students, Jackie and Joselyn, gave a tour of the main campus at the end. Thanks everyone for coming out and supporting Hippocrates' Circle 2009!

**By Karina Salazar, MS1
Community Affair Liaison**

GENERAL MENTORSHIP PROGRAM

This year we are focusing on our General Mentorship Program which is currently serving 43 undergraduates and post-baccalaureate students interested in a health career. We paired these 43 students with current medical students at our initial event, which took place in the Palo Verde Housing Community Lounge. Our initial event consisted of dinner, meet n' greet, and icebreakers so the students could get to know their mentors in a relaxed atmosphere. In May, we conclude with a similar social event to wrap up the year. Another big event we are



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planning is Cadaver Day, in which our mentees visit the anatomy lab at UCI and are exposed to a small slice of what medical school is like. To further their exposure to medical school, we would like to invite them to visit some of our classes as well. Contact our Mentorship Coordinators for more information:

Katia: katia84@gmail.com

Stephanie: stephanie.bravo@gmail.com

Brenda: brenda.r.campos@gmail.com

UCI OUTREACH TO CSUs

As Cal State Universities (CSUs) are strongly underrepresented in California medical schools, we are expanding our outreach efforts to these campuses. We started off this project by inviting Cal State Dominguez Hills, Fullerton, San Bernardino, Long Beach and Los Angeles to the Pre-Health Conference. Later in the year we will invite students from these campuses to spend a day at UCI full of personalized admission, academic and empowerment workshops and panels. In upcoming months we want to further develop a program and a curriculum in which they will come to UCI and get continuous help from advisors and medical students.

In addition to inviting other schools to our campus, some of our LMSA members have been conducting outreach visits to area colleges in order to spread the gospel of UCI SOM. Dinora

Chinchilla and Nacho Velazquez spoke at CSU Los Angeles and East Los Angeles Community College this fall, with CSU Dominguez Hills and CSU Long Beach planned in the coming months. To plan an outreach trip, attend an existing one, or just for more information, contact Nacho Velazquez at nachitl@gmail.com.

SERVICIO EDUCATIVO AWARD

LMSA at UCI is proud to announce its new Servicio Educativo award recognizing health professionals who demonstrate exceptional service to our Latino community. Through their “educative service” to patients and medical students, these individuals are advancing our mission of improving healthcare access and delivery for Latino and other medically underserved communities. The Servicio Educativo award is a simple way for us to thank our role models for culturally competent patient care. We learn by their examples every day.





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When I started my third-year clinical rotations, I was inspired to find several healthcare workers who not only lived up to the LMSA value of culturally competent patient care, but were effective in teaching medical students by example. I thought if LMSA could award these individuals for their outstanding service, it would further strengthen and support our widening network of caring allies in the healthcare community. But just another fancy piece of paper doesn't directly help patients, so there had to be another component to the award. Many doctors are known for using their white coat lapels as billboards for various causes—from silver-plated IUD-shaped pins promoting contraception to “PhRMA Free” badges—so I decided to design a pin promoting service to Spanish (and Portuguese) speakers. Hopefully, the pin will function as both a symbol of pride for the wearer and a visual cue for Latino patients to feel comfortable asking questions.

Do you know someone who deserves recognition for outstanding educative service? We want to hear about your experiences with medical students, residents, attendings, preceptors, nurses, social workers, nutritionists, hospice workers, psychologists, counselors, clinical staff, community volunteers, and any

other health professionals who teach by example. By showing us how to integrate the

passion of patient advocacy with the sensitivity of cultural competency, these individuals are truly teaching the art of medicine. You can find our easy nomination form at:

www.ucilmsa.org/servicioeducativo.html

By Reuben Paul, MSIII
Webmaster
Former Co-Chair ('06 – '07)

