



RUMINATIONS

THE HIPPOCRATIC COUNCIL NEWSLETTER

Back from the Holidays

Hey Everyone!

Happy New Year! And welcome back to the new semester!
I hope you all had a wonderful, relaxing, well-deserved break!

We started the semester off in a big way with a trip to Montreal to compete in MedGames! A huge THANK YOU goes to Natasha Seemann for all her hard work and dedication in making it one of the best weekends of the year! Schulich was well represented, as we placed 4th overall, even beating out one of the Quebec schools! Also, a shout out goes to those dedicated 2009's, who have made it to MedGames ALL four years!!!



I also want to highlight some incredible student initiatives taking place at Schulich:

- **TRAUMA Project:** This is a new program being run by second year medical students working with Dr. Bhayana, a family physician here in London. The students have partnered up with the London Cross Cultural Learner Centre, an organization that helps with the settlement process of refugees coming into London, in particular, assisting with accessing the health care system. The program involves over 50 first and second year medical students who will do a thorough screening and full medical history on incoming refugees, with the goal being to identify people who are in the most need of medical care, and to help them gain access to a family physician or specialist
- **Moving With Meds:** This is a community-based program where medical students have partnered with Lord Elgin Public School. The goal is to try and get kids excited about physical activity, specifically those children who may not have the desire, athletic ability or financial means to participate in competitive organized sports. Students go to the school once a week during the kid's lunch break and play FUN games with them, give some subtle nutrition advice and basically get the kids 'moving' instead of just standing around during their recess time.
- **Hungry For Change:** This second annual event is an evening gala to bring together globally minded students, faculty members, area physicians and community members to provide a forum for discussion and education about current issues facing resource poor areas. Funds raised from this event go to support the Huruma Children's Home in Kenya and the Global Health Funding Committee, which provides scholarships to students pursuing global health electives. Students who have medical experiences in the developing world become physicians who are more community-minded and are ready to respond to global health issues, both at home and abroad.

Some of the students involved with the above projects were featured in an article in the London Free Press on January 6th, 2009.

It looks like we have another exciting and busy semester ahead! This coming weekend we have another Windsor to London Weekend, with many planned activities, including the FMIG Clinical Skills Day, the MHAS Talent Show, and the Summer Opportunities Fair. Students have also started planning for Head for a Cure (HFAC), Inter-Generational Gala (IGG), Tachycardia, and much, much more!

We hope that this newsletter will give you an idea of what Hippo has been up to, as well as what is coming up this semester. If you have any questions, comments, suggestions, or concerns please don't hesitate to send me an email at sknowles2011@meds.uow.ca.

Good luck with the new semester!

Sarah Knowles
Hippo President



Insider Info: VP Internal Update

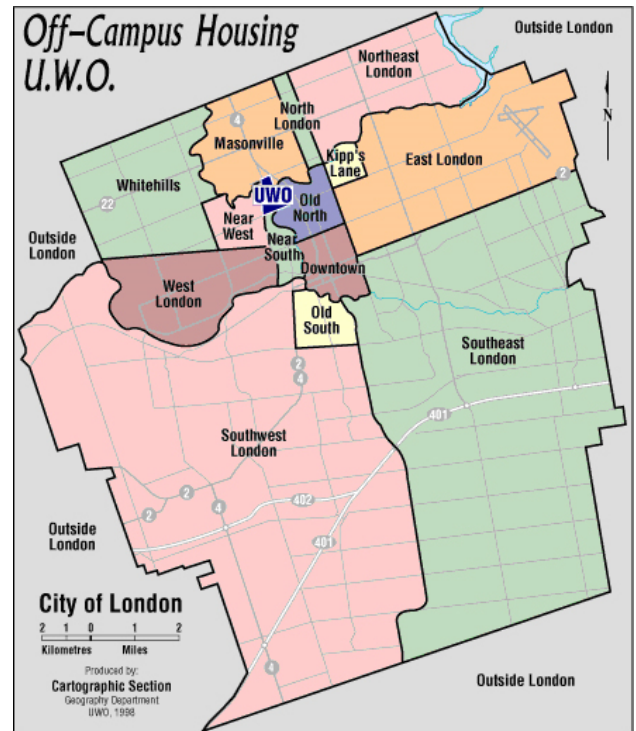
The Holiday Season is always a time to reflect on the successes, setbacks, and overall changes of the year gone by and The Schulich School of Medicine and Dentistry is no exception. Here's a look at the semester, in review.



The first Windsor to London weekend, organized by a group of student leaders under the guidance of the Schulich Windsor Integration Committee, was a great success! The majority of the Windsor class was able to make the long trek out to London to partake in Schulich's Halloween Hijinx celebration, as well as a Clubs Fair, the fall clothing sale, a meet and greet with the Hippocratic Council members, a screening of last year's Tachycardia productions, an informative talk on the history of abortion access in Canada put on by Schulich's chapter of Medical Students

for Choice, and a sports afternoon – all spanning a time period of just over 24hrs! Rated a success by all involved, plans are already well underway for the next Windsor to London weekend, which will occur January 16th to 18th. Keep an eye out for more details to come!

The Student Affairs Committee has been busy working on improving the Housing Guide to make it more comprehensive and user-friendly, as well as better incorporating information regarding housing in Windsor. The revisions to the Summer Opportunity Guide are also well underway, and the updated version is due to be released in early January, in conjunction with the Summer Opportunities Fair. In addition to ensuring the Windsor campus is welcome in London, SAC's been working towards ensuring the London campus is welcome in Windsor. A small contingent of London-based student leaders were able to spend a morning in Windsor to discuss student issues, and the annual Windsor Discovery Weekend, where second year students to learn about clerkship in Windsor, occurred. This year, in addition to the Discovery Weekend, a student-run videoconferenced information session was held to further promote clerkship in Windsor, with rave reviews!



The Valberg Educational Resource Centre is due for a high-tech makeover! A working committee made up of faculty, staff, and students has compiled recommendations to the Dean regarding changes to be made that will enable the centre to better meet the needs of those who use it. The changes will result in an increased amount of space available for individual and group work, as well as an updated computer system. Just a note to interested individuals; the educational resources previously held at the information desk have been moved to their new home in Taylor Library, where they are available for student use.

Finally, plans are already looking ahead to the spring planting season and the revival of the Quadrangle Beautification Project. Those of you with green thumbs, keep an ear to the ground for more ways to get involved in the coming months!

Now you're in the know,
Liz Randle

The World According to the VPXs

Last semester wrapped up with a few key events important to the VPX portfolio. In November, **Mike Richardson** was selected as a student representative on the Political Advocacy Committee (PAC) of the CFMS. Congrats Mike! Since then, he has been hard at work conducting a survey of medical students to decide upon advocacy efforts for PAC. At the beginning of December, we hosted an epic Introduction to the CFMS/OMSA pizza lunch. One student in the 2012 class, while examining CN III, IV, and VI with their new OMSA penlight, was quoted saying that this was the best pizza lunch yet at medical school. Now the entire Schulich contingent is equipped with the knowledge necessary to take full advantage of all services and benefits the CFMS and OMSA have to offer! For those heading

off to CaRMS interviews soon- best of luck and remember, you get a 10% discount with WestJet for January/February!

On February 22-23rd, your loving VPXs along with **Kara Schneider, Calvin To** and **Mike Richardson** will travel to the country's glorious capital as UWO delegates to meet with MPs and other government officials for the annual CFMS Lobby Day. Our principle agenda item remains improving conditions for student debt and loan deferral. Another Lobby Day for the OMSA will be held in the spring- so stay tuned. In April, the OMSA in partnership with the University of Toronto will host an inaugural Ontario Medical Students Research Day. Submit your abstracts by Friday, January 23rd to represent Schulich at this event!



From your loving VPX's,

John and Caitlin

ACADEMIA NUT Cookies, Schulich Style

PCCIA (Patient Centred Context: Integration & Application) has been a hot topic of conversation. We are looking at practical ways to improve this experience for students, improving areas that need it and supporting those that are already successful. Steps to be taken include setting a purpose forward for each week so that it is obvious what will be covered, teaching students how to provide peer feedback and improving facilitator training.

Integrated Health Care is also a concern for faculty and students. Faculty is working on developing and supporting education that integrates health care providers and prepares students for a team based practice upon graduation.

Ditributed Medical Education continues at Schulich with positive comments coming from both the Windsor and London campuses. Each campus has its advantages and that students are able to take advantage of.

BCOE (Best Curriculum On Earth) reports have been presented to PTC (pre-transition to clerkship committee), including Introduction to Medicine, Endocrinology and Metabolism, Community Health and Patient Centred Clinical Methods (PCCM). These reports are presented to all course co-ordinators so that they are able to learn from each other's successes and, um, less successful attempts.

A **Curriculum Resource Task Force** is in the process of choosing text books that will be recommended to faculty to use as resources for students in the upcoming year. These choices are based on student and faculty input.

Trish Uniac
VP Academic
puniac2011@meds.uwo.ca

Community Loving...



Last month we had our first blood drive of this school year, and it was a great success! We got to learn our blood types, hear about the importance of blood donations, and donate. To those that donated - thank you so much for taking time out of your busy schedule to help

save a life. And thank you to everyone that came to the talk to learn more about blood donation. As most of you that donate know (since Canadian Blood Services has probably already contacted you!), you are eligible to donate again 58 days after your donation....so we are planning another drive! Unlike the last drive, this one will be ONE day in University Hospital in February. Stay tuned for more details! We are hoping that everyone that donated in November will come out again. New donors are welcome too so if you haven't donated before, this is a great chance to try it out! Special thanks to Jacqui, Val, Leslie, Morgan, Kara, and Caitlin for helping out with the blood drive.

The Children's Aid Society Holiday Gift drive ran for 2 weeks in December. Thank you so much to everyone that contributed gifts and helped make the holiday a little brighter for a very deserving child from the London area. We provided gifts for 50 children! Many students also bought presents for children at the Rotholme Children and Women's Centre. The children received their presents during a wonderful party put on by the volunteers, complete with a team of cheerful elves, and a jolly Santa!



Last but not least, thank you to all of the cub execs who have been working hard as ever to put on tons

of great events for us all to enjoy. Don't forget to check out the Events Calendar (in OWL) so that you don't miss out on anything



Yours,
Kelly and Ashley
Community Relations

Wisdom from the Past

A Limerick from the Past President:

Electives and CaRMS apps all done,
The Past Prez comes back for some fun!
Consti-tu-tion updates,
Spring election debates,
And lending a hand to ev'ryone!

Dave.



Class of 2012



Happy 2009! The class of 2012 is refreshed and ready for the second half of the school year. After growing moustaches (the XY's) for charity in the weeks preceding our Christmas exams, we are looking forward to the numerous things on our agenda that many people have been hard at work preparing. These include a trip to Montreal for our first ever Medgames Jan. 9th – Jan. 11th, our second Windsor-London integration weekend Jan. 16th – Jan. 18th, preparing awesome admissions weekends for the potential Schulich students of Meds 2013, TACHYCARDIA, and our last Windsor-London integration weekend that will take place in Windsor! Throw into the mix our class clothing sale and we all have a very busy schedule. It will be great when all is said and done and we can go visit the W24 in Windsor for a tour of their campus and a formal at Caesars casino! Until then its respiration and airways and Montreal!

-Chris Gall, President Meds 2012

Class of 2011



The 2011s are nearing the end of our preclerkship journey. Our clerkship lottery requests were due this past Sunday and we are waiting to see what city we'll find ourselves in for the coming year. Many people were initially hesitant to make the jump over to Windsor but interest has risen considerably over the last few weeks. We're halfway done our repro block at the moment. Neonatal care is coming up. Yikes.

In other news, Olivia, our Make-A-Wish child will be at Schulich Tuesday Jan. 18th. In her first installment, our princess protagonist rescued her friends from the grips of two malcontents-the surly ladybug and bumbling bumblebee. This Tuesday we celebrate the anniversary of our hero's feats through song.

!!!!!!!!!!!!!!Congrats to Hobbs about his recent engagement!!!!!!!!!!!!

- Greg Devet, 2011 President

Class of 2010

Hey all,

Wow... another year went by... bringing us all one step closer to that light at the end of the tunnel (graduation or retirement... depending on the person I guess). The 2010 council, like all 2010s, are busy being clerks. Thus, this update will be neither lengthy nor exciting. We have had success first time around selling the 2010 Review Manual to help out in the pre-clerkship years, and there appears to have been enough excitement to warrant additional sales sometime in the New Year. We have also been working on end of block social activities to allow for end of block shenanigans. Beyond that, we have Tachy in our crosshairs, and have also been talking with Scotia Bank to uphold our end of the fundraising bargain. A big push this year will be to catalogue the 2010 activities during the clerkship year to help out with the Deans letter for CaRMS.

Hope school is treating everyone well.

Brent

2010 Class President



Class of 2009

It is difficult to believe that the class of 2009 has completed three and a half years of medical school and that graduation is only four months away. There are such a wide range of events that take place in our final year that I am sure May will arrive before anyone is ready.

Throughout the fall months, students traveled nationally and internationally for an opportunity to perform discipline specific electives in fields of their choice. This was an excellent experience allowing students to gain further exposure to specialties and programs that may interest them in the future. The CaRMS application deadline was in early December providing students with an enjoyable, relatively stress-free holiday season.

The class is at last back at the Schulich School of Medicine site in London participating in Transition Period courses. These sessions are designed to supplement and consolidate learning that has taken place over the past three years and prepare us for residency. At the end of January and the start of February students will once again travel the province and country to interview for potential residency positions. The CaRMS process will culminate with Match Day in early March when students learn of where they will be spending the next few years of their professional lives.

Amongst the academics and professional planning, the graduating class is taking advantage of their remaining time as students and participating in activities such as social events, Tachycardia and intramural sports. We are anxiously looking forward to the upcoming years and the inevitable changes that they will bring, but in the meantime the class of 2009 will enjoy what time they have left at the Schulich School of Medicine.

Tim Dalseg, BHSc.
Schulich School of Medicine and Dentistry
Medicine Class of 2009, President

Ready, Get Set, Go! Athletics Update

Alas all the planning for MedGames is done (and boy am I happy). This year's MedGames was the biggest to date with students from every single medical faculty across Canada participating. Of course there's no pride like Schulich pride and we definitely came out to show all the schools who has the most school spirit with record participation in sports, parasports and cheering!



Also coming up, a FREE self-defense workshop will be offered to all medical students interested on Tuesday January 27 at 5:30 in room M193. Come out and learn how to protect yourself....or just learn some cool moves!

Natashia Seemann
Athletics Director

Tachycardia 2009!!!



Tachycardia dates are set for April 16, 17, and 18 at Althouse! Preparations are underway as all four classes are working hard to put together a fantastic Tachycardia 2009! In particular, the class of 2012 will be masterfully integrating their respective London and Windsor campuses, as this year marks the first year of the Windsor satellite campus. Ambitions and talent are high, so the race will be tight for the coveted Tachy cup!

Stay tuned for ticket sales, which will go on sale in March. Tickets will be available for the medical classes in person from selected representatives, and through Info Source. Tickets will also be available online for the general public...details to follow! If you are interested in 'Patron Tickets' please contact us and let us know. As always, we are proud to announce that extra proceeds from Tachy will support a charity, which for the fifth year running is the local charity Aids Committee of London. Our Tachycardia Fundraising Committee has run several very successful initiatives this year, working tirelessly in fundraising. Also, our very own medicine groups, Head for a Cure, India Health Initiative, and Med Outreach will also be present on the nights of Tachycardia with tasty treats and goods for sale!

Exciting times are ahead in the countdown to Tachycardia 2009!

The Tachycardia Producers
Amber Menezes, Susan McNair, Stephen Zborovski

From Around the World

GET Ready! for exciting Global Health News!

Like snow piling up on the ground, the global health initiatives at Schulich are accumulating! Are you Ready?! We've got lots of global health activities to be proud of thus far and lots more to look forward to for the winter of 2009! Grab a hot chocolate and read up on all the great things happening around Schulich!

GET Ready! Whether you are going abroad this summer/fall or just want to learn more about global health, the GET Ready! conference is for you! If you are traveling on an *International Federation of Medical Student's Association* (IFMSA) exchange or you are applying for funding from the *Global Health Funding Committee*, then the conference training is a pre-requisite for your participation. The conference kicks off with a *Global Health Speaker Series* and *GET Ready!* joint presentation of Raj Patel, who will address the world systems that propel the spread of poverty, happening on Thursday February 28th at the Spencer Engineering Building, Room 1059. Then, Friday night through to Saturday afternoon, with the help of experts from Schulich and beyond, we'll navigate the



challenges of cultural sensitivity, personal and patient safety and the ethical dilemmas of trying to help in the developing world. For information, please contact me, Dax Biondi - dbiondi2@meds.uwo.ca

HFC 2009. The Hungry for Change Gala is only 3 months away! Check out our new website: www.schulich.uwo.ca/hfc Tickets will be on sale soon and we are raising money, once again for *Huruma Children's Home* in Kenya and for our Hippocratic Council's *Global Health Funding Committee*. Together, we can help out an orphanage of needy children as well as create opportunities for

our peers to experience global health. Feel free to contact me, Dax Biondi - dbiondi2@meds.uwo.ca for information!

Global Health Funding Committee. Funding you do not want to miss out on! Scholarships are brought to you by your Hippocratic counsel and are intended for students planning to travel to resource poor areas in Canada and beyond to learn and serve for a summer elective. The funding committee is supported by revenue from the *Hungry for Change Gala* and as well as well wishers including our dean, Dr. Herbert. Applications for the funding be downloaded from <http://www.uwomeds.com/funding/GHFC.php> and are due March 30, 2009. For information, please contact Michael Slatnik - mflatnik@gmail.com.

IFMSA Exchanges. Prior to the holidays, the selection process for the outgoing international exchanges for 2009 was completed. There was great interest in the program and many students applied. As such, the Schulich School of Medicine will be sending 12 students on clinical and research exchanges to medical schools in Europe, South America, Africa and Asia! As part of our agreement with other medical school student organizations, we will also be hosting three students from Austria, Egypt and Ecuador in the upcoming months. ~ Thanks to *Natasha Aleksova* for this contribution!



Global Health Mentorship Program. The Global Health Mentorship Project is now in full swing across the country. With all mentors and mentees matched, students and development professionals are engaging in introductory conversations about a variety of topics in global health. In the new year, pairs will receive educational material to further develop their relationships and discussions. Some mentorship pairs will also begin to work together through volunteering experiences. If you are interested in learning more about the project, and/or gaining access to the educational materials, please visit our website at <http://ghmp.cfms.org>, or email Nitasha at mentorship@cfms.org. ~ Thanks to *Nitasha Puri* for this contribution!

TRAUMA Project. This program gives Schulich medical students the opportunity to assist new Canadian immigrants right here in London. Coordinated through the Cross Cultural Learning Centre, students take detailed histories and clinical exams; thus far, 3 pairs of medical students have spent time working with refugees and the feedback from both the centre and the students has been overwhelmingly positive. Weekly clinics will resume as soon as classes begin again. As the project continues to develop, capacity for student participation will continue to expand; students will have the opportunity to participate in one of two weekly clinics. ~ Thanks to *Heather Osborn* for this contribution!

Congratulations to Michael Slatnik and Kirsten Jewell! Michael has been elected as the *National Officer of Global Health Education*. This is a *Canadian Federation of Medical Students* position and we should be proud to have such a leader hailing from Schulich! On the local front, Kirsten Jewell has been selected as Schulich's *Global Health Advocate* and she will work with advocates from across the country on the issue of aboriginal health this semester.

MedLink Update. MedLINK 2008-09 is now underway with 76 participants signed up from the National University of Rwanda (NUR) and UWO. Although students at NUR come back from summer holidays shortly, some partnerships are already off to a great start with the pairs exchanging emails and pictures. A new photo website has been created with pictures of the UWO participants for the NUR students to look at and we're working on getting photos from them to upload as well. Look out for the MedLINK bulletin board going up in the 2011 classroom in the new year that will be full of related news you can talk about with your partner. 2012s can catch that info on a slide during their breaks.

Dominicana March 2009. A remarkable number of 2011's will be traveling to the Dominican Republic over reading week. I would like to propose that we select a charity in the Dominican and make a contribution to them as part of our trip! Perhaps a movie night fundraiser? If you have any fundraising ideas or worthy charities in mind, please let me know. I'd welcome the help of anyone who wants to get involved too!

On behalf of your GHM Sr., Michael Slatnik and myself, Dax Biondi (GHM Jr.), thank you for reading!

A Message from Dean Herbert

Dear students,

The economic downturn has created many challenges for the university and the School. We are working hard to ensure that scholarship and bursary support for students can be maintained, not an easy task when you consider interest rates have plummeted and endowments have lost considerable value. I



have just spent a week, visiting some of our alumni in California, to explain what we have accomplished at Schulich Medicine & Dentistry, but also to articulate the challenges we face. We are hopeful that sympathetic alumni will provide support for additional expendable student awards during this next couple of years.

It is exciting to see the physical changes that have been in progress at LHSC and St. Joseph's for a number of years, finally coming to fruition. Within the next eighteen months, a number of additional programs will relocate to excellent facilities, which will benefit our learners, our educators, and our researchers.

A ten-year space planning document for the Medical Sciences Complex has been completed by our consultants, the same firm that designed the new Windsor Medical Education Building. It is an outstanding plan, but we must raise substantial funds to carry out the phases. Meanwhile, as we do renovations and small reconstruction projects, we will ensure they fit the overall blueprint for the future. It is evident that we need a similar document for academic space at the London hospitals over the next ten years, to incorporate conjoint planning that the university, School and hospital partners have been doing for clinical research as well as to develop a plan for clinical education space.

While the economic situation will slow down some of our planned projects over the next while, it is critical that we not lose momentum in key areas. We were sorry that our search for a new Hannah Chair of History of Medicine could not be completed at this time, but very pleased and grateful that Dr. Paul Potter will remain on board for the next two years. We continue to pursue the opening of a Centre for Educational Scholarship and Innovation, which entails considerable investment from the Dean's Office and some departments - but education is core business, after all. We will also establish the Office of Global Health, and hope to close with a candidate for part-time Director by the end of the month. We know you will understand that the Global Health activities will need to ramp up gradually, since our resources are limited at this time.

Rest assured that the Schulich School of Medicine & Dentistry will continue to provide excellent education, to generate world-class research, and to afford outstanding medical care to the citizens in London and Southwestern Ontario, and other Canadians who access special medical services.

This spring brings a number of medical student events which depend on the commitment and hard work of many of you and bring honour to the School. These include the Hungry for Change Dinner, the Intergenerational Gala, Tachycardia and all the fundraising that goes into that event, including karaoke, Windsor-London weekend, and, of course, Convocation in May. Thanks to all of you who continue to ensure our reputation as the Canadian medical school with the most student involvement, from curricular planning through community engagement. You help us to live up to our mission.

Sincerely,

Carol Herbert
Dean

Fun-Fun-Fundraising

As this new year rolls out, we are pleased to announce our generous sponsors without whom all of our many hippocratic initiatives would not be possible. Scotiabank as our title sponsor



has been our primary supporter, showing interest in all of the endeavours of the medical students.



Other generous donors include Gillian Johnston,



Terry Zavitz, MD Management, the province of New Brunswick, Dr. David Leasa (Respirology/Critical Care), TD, CPSO, OMA, and Dr. Kathleen Ferguson



THE COLLEGE OF
PHYSICIANS &
SURGEONS
OF ONTARIO

In total, over \$35000 dollars have been raised, and all parties involved in fundraising are pleased. However, in order to reach 2009 budget goals, much more work is required. With the financial difficulties of the current economic times, it may be difficult to find community sponsorship this year; however we are up to the task and will be creative in our approach.



Elena Paraskevopoulos

Finances



It was a successful first semester for the VP Finance portfolio. Club spending is at 21% of their allocated budget, with council spending up to 34%. Since the last update several key financial transactions for the school have taken place. OMSW and Medgames went very smoothly (especially from a financial perspective). Special thanks to Natasha Seemann for being so diligent and helpful with the Medgames funds.

Early in January the Clubs budget was reallocated in order to ensure budgeted money is distributed more effectively. This task was done in concert with the Community Relations experts, and I have to thank Kelly and Ashley for all their help.

Fundraising is coming along nicely thanks to our donors both corporate and private. Special thanks to Scotiabank for their donation of \$25 000, which will go a long way in aiding the four groups in the Partners for Excellence program in reaching their funding goals for this year.

I am looking forward to working with the graduating class council in regards to the financial aspects of their graduation celebrations, and I want to wish all the 2009's the best of luck in their CaRMS interviews.

Cheers,
Bradley Rowe

P.S. Don't hesitate to contact me with any questions! browe2011@meds.uwo.ca

Med Students Relaxing...

This year's social events have gone better than expected and we are hoping for more of the same in 2009. October saw Halloween Hijinx, an amazing event at Robinson Hall which provided delicious appetizers and bussing to the bar in exchange for our patronage. In December we blew the roof off of the Brookside Banquet Centre during the Winter Formal, which saw the 2011s up to their usual zany antics with some 2012s joining in, and others just shaking their heads. In January we took part in an INTERFAC event along with faculties including occupational therapy, physical therapy, nursing and dentistry at the London Tap House which gave us a great opportunity to mingle with a variety of allied health care professionals-to be. This spring will bring the highly anticipated Tachycardia and the almost-as-highly-anticipated after party which will allow all four years of medical students to forget their dramatic differences over drinks at the Wave.



Andrew Hemphill

Hippo Social

And, Finally....

I hope that you all enjoyed this newsletter. Look for the next one in the spring term.

If you have any questions/concerns related to this newsletter or Hippo in general, please do not hesitate to contact me at cng2011@meds.uwo.ca.

Carly Ng,
VP Communications

