PFA Advisory Council

President
Wendie Grogan

President-Elect
Susan Wilson

Treasurer
David Svingen

Council Members
Julianne Svingen Staci Cannon
Greg & Sherla Post Cindy Otten
Jean Thomsen Cynthia Lambert
DeeJay Snyder Laurie Hanna
Carolyn Schmitz Joan Keit
Mary Hegemann Kelly Thedinger
Jan and Dan Dudley
Jay and Tiffany Opperman

The PFA Advisory Council would like to thank Wendie Grogan for her leadership as this year’s president.

The next meeting of the PFA Advisory Council is June 12, 2018.

M4 Match Day Held March 16

Students learn their Residency matches

Hard work, determination and sacrifice paid off for 121 UNMC medical students who received their residency assignments on March 16, 2018 during Match Day. Other than graduation, Match Day is one of the biggest days for medical students nationwide. Match Day is a national event when medical students find out where they will spend the next three to six years of training in their chosen medical specialty. It is a unique rite of passage for physicians as they launch into the years of training after earning their MD. One interesting fact about the class of 2018 is that the class has 28 children!

To see more Match Day photos by Rich Watson, [click here](#).

To see a full list where students matched, [click here](#).

Pictured at right:

Main photo, top: Fourth year medical student Alexander Caniglia marks his match on the class map during the Match Day ceremony March 16th. He matched into Otolaryngology at the University of Illinois-Chicago.

Bottom of page, L to R:

Wendie and Scott Grogan with their son Patrick; Morgan Dornbos with her son Henry; Julianne and David Svingen with their daughter Leah.
From the President

Dear Fellow UNMC College of Medicine parents and families:

As I am preparing to celebrate my son Patrick’s graduation, I am also concluding my term as President of the Parents & Family Association. It has been a rewarding experience to work with such a dedicated and caring group of volunteers and to observe medical school through the eyes of our students.

UNMC offers an outstanding opportunity for your students. With your continued support these students are on their way to be successful doctors treating patients for many generations to come.

My advice would be to stay involved, stay supportive, and take time to help them celebrate their success and face their challenges head on.

Thank you for supporting the Parents and Family Association!

Sincerely,

Wendie Grogan, PharmD
President
College of Medicine Parents & Family Association
University of Nebraska Medical Center

Make a Gift to the Parents & Family Innovation Fund

You can help support the work of the Parents & Family Association with a tax deductible gift to the Parents & Family Innovation Fund at the University of Nebraska Foundation. Visit [www.nufoundation.org/unmc](http://www.nufoundation.org/unmc) and search for fund number #14245. Thank you for your generous support!
Student Feature: Mark Ringle

Name: Mark Ringle  
Hometown: San Ramon, Calif.  
Program/Year: College of Medicine/Class of 2020  
Education:  
B.S., nutrition science (minor - biochemistry and chemistry); University of Nebraska-Lincoln

Activities:  
Co-vice president of the COM Orthopaedic Surgery Interest Group  
Chair of special operations for the COM Surgery Interest Group

Hobbies:  
Woodworking and playing with my dog Ceasar

Staying Balanced:  
I think staying balanced is crucial in life. I stay balanced by making time to connect with friends outside the classroom, specifically Tuesday Trivia nights. It is very easy to get bogged down with daily studying, but making time to do something fun outside school helps relax my mind and gear up for another round of studying. I also dabble in woodworking and most recently have refinished my coffee table, built a tool cabinet and a coat rack. Working with my hands and creating something out of nothing is very satisfying and calming.

Three things people may not know about me:  
1. I was a competitive gymnast for 20 years before medical school and competed for the Huskers.  
2. Peach rings are my favorite candy.  
3. I can juggle and unicycle, though not simultaneously yet.

M1 Students Reach Out to Patients in Need

In the UNMC College of Medicine’s new curriculum, first-year medical students meet patients sooner than ever – with the goal of seeing these patients as real people, not their conditions. Earlier this academic year, M1 students met such a patient – and then something cool happened. Click here to read the article.

Pictured at right:  
After Michael Clayton met with first-year medical students, the students helped him get new shoes, supplies and even facilitated a visit to the podiatrist.
Student Story: Nepal Trip

Submitted by: Patrick Grogan, Class of 2018

It wasn’t long after my arrival at the Chicago O’Hare International Airport that the magnitude of the adventure that lay before me began to set in. My feelings were a mix of excitement and nervousness. Being around people from all over the world, gathered in one place, each about to embark on a unique adventure of their own, gave me chills. For the first time in my life I would leave the country without any family by my side. I could not wait to learn about the nature of eye care in Nepal.

When I arrived in Kathmandu I quickly realized how different things were going to be, compared to life in the United States. For the first time in my life I was the minority with a limited ability to communicate with the locals. While this was possibly one of the most stressful moments in my life, I came out with more confidence and a greater capacity for handling things in very unfamiliar environments, something that will most definitely benefit me throughout my professional career.

The Nima Household, whom I stayed with, did not waste a millisecond making me feel at home. Sharing breakfast and dinner with them each day was such an enjoyable time. Trying the different home cooked dishes such as water buffalo, steamed rice and homemade momos was fun.

One thing I learned early during my stay in Kathmandu, was how to better appreciate the little things in life. The faculty and students at the Tilganga Institute of Ophthalmology opened my “eyes” to significant problems facing people around the world on a daily basis. These challenges dwarf most problems I deal with in the United States. The number of patients that diligently waited for hours each day to get an eye exam was jaw dropping. It was hard to comprehend having to arrive at four in the morning to secure a spot for a health check. Many patients would wait nearly all day to be seen, contrasted with those in our country where we get agitated waiting 15 minutes.

Even with hundreds of patients to see, the staff would find time each day to stop what they were doing to enjoy life a little. Both tea time and lunch appeared to be a sacred time for this group. With this in mind I began to reflect on my own experiences with the healthcare system in the United States, a system where breaks are often hard to come by.

Outside of Tilganga, and exploring Kathmandu, one of my favorite experiences was aiding with a surgical outreach camp in Bhaktapur. Over the course of four days I was able to assist with the pre and post-operative care of nearly 160 patients. The follow-up visits the day after the surgeries were an amazing opportunity to discover how grateful these people were for the service provided for them. Helping remove the eyepatches and seeing the looks of joy on their face was one of the best experiences ever.

Overall, I learned so much during my stay in Kathmandu. I learned to enjoy the little things in life a bit more, gained more confidence in handling uncomfortable situations, and learned so much about international ophthalmology. I even had the opportunity to fly by Mount Everest, a view I will never forget. My journey to Nepal was the single greatest experience of my life. I hope to have more opportunities like this in the future, and I strongly encourage future medical students to embark on an adventure of their own.
SECOND SEMESTER

Second Semester (M1)   January 2, 2018 – May 25, 2018
Second Semester (M2)   January 8, 2018 – May 4, 2018
Second Semester (M3)   January 2, 2018 – June 22, 2018
Second Semester (M4)   January 2, 2018 – April 27, 2018

RECESSES AND HOLIDAYS

Spring Recess (M1)   March 3, 2018 – March 11, 2018
Spring Recess (M2)   March 17, 2018 – March 25, 2018
Spring Recess (M3-M4)   March 24, 2018 – April 1, 2018
Memorial Day   May 28, 2018 (Monday)
Summer Recess (M3)   June 23, 2018 – July 1, 2018

2018 UPCOMING SPECIAL EVENTS

Honors Convocation (M4 Class of 2018)  Saturday, May 5, 2018
Friday, May 4, 2018  Baxter Arena
Holland Center, 1200 Douglas St, Omaha, NE 68102  9 a.m.
2 p.m.

UNMC Commencement

M1 Words of Wisdom: Justin German

What is the number one piece of advice you would give to the incoming M1’S?

There are so many things I would like to say, but I’ll boil it down to be genuinely friendly, nice, and helpful to your classmates. These are the individuals you are going to be around for the next 4 years of your life. Reach out and make friendships with them as these are going to be some of the best people you will meet.

What was your biggest aha moment as a first year medical student?

My biggest aha moment was when I discovered I could do school, have a social life, and workout. It definitely took a while for all of these things to come together, but do not get discouraged and keep trying. Medical school is a beast, but eventually you learn how to do it in your own way and you will be just fine!

If you could do your M1 year over again what would you do differently?

I would not compare myself to my classmates. That is a surefire way to send you down a self-destructive thought process. Every single one of us here deserves to be here and are smart individuals. Keep doing your best and pushing yourself and you will be just fine.
**UNMC News Briefs**

**Dr. Wysong named chair of UNMC’s new department of dermatology**

A California dermatologist with Midwest roots, Ashley Wysong, M.D., has been selected as the founding chair of UNMC’s newly created Department of Dermatology in the College of Medicine. The appointment, effective May 1, was announced today by Brad Britigan, M.D., dean of the College of Medicine. Dr. Wysong will begin seeing patients this summer. The UNMC Department of Dermatology was approved by the Board of Regents in May 2016. Learn more about Dr. Wysong.

**UNMC releases Rural Health Care Workforce Report**

A 2018 rural health care workforce report issued by UNMC reveals that while there has been an 11 percent increase in the number of physicians in the state over the last 10 years, there are 13 counties that still do not have a primary care physician.

**Other key findings:**
The number of registered nurses increased 61 percent in 10 years, from 17,335 to 27,922.
There are now 1,148 nurse practitioners in Nebraska.
The number of dentists per 100,000 population has decreased slightly from 57.1 to 56.5 over the last 10 years.
There are nearly 400 more pharmacists and 1,200 more pharmacy technicians now compared to 2009.
Nebraska currently has nearly 1,400 paramedics available — more than 70 percent more than 10 years ago.
There are substantial gaps in the distribution of allied health professionals across Nebraska, particularly in north central Nebraska, which has virtually no occupational therapists, speech language pathologists or medical nutrition therapists. The full report is available for download here.

**UNMC biopreparedness program receives visit from key HHS officials**

Robert Kadlec, M.D., assistant secretary for preparedness and response (ASPR), U.S. Department of Health and Human Services, visited UNMC with members of his leadership team on March 27 and called biopreparedness programs like the National Ebola Treatment Center and the National Ebola Training and Education Center at UNMC/Nebraska Medicine “a national treasure.”

Dr. Kadlec toured campus to learn more about the unique expertise and capabilities in public health emergency preparedness housed at UNMC. The HHS assistant secretary addressed 130 biopreparedness professionals from 25 states who were attending training and education sessions at UNMC as part of the National Ebola Training and Education Center (NETEC). Dr. Kadlec also met with a host of med center researchers, faculty, clinicians, and staff.

Read more or view a photo album of the visit.
One Last Thing: Congratulations Natasha!

Natasha Hongsermeier-Graves, a medical student set to start at UNMC in the fall of 2018, is a recipient of the Dennis R. Washington Leadership Scholarship, awarded through the Horatio Alger Association of Distinguished American. A graduate of Morningside College and a Nebraska native from Phillips, Neb., Natasha will receive $120,000 to support her studies at UNMC.

Gold Humanism Honor Society

The Gold Humanism Honor Society at UNMC continues to grow.

The GHHS Chapter at UNMC was founded in 2015 with support from the Arnold P. Gold Foundation. The chapter is part of the greater national GHHS organization that recognizes and supports humanistic exemplars in medicine. The inaugural class of medical students, residents, and faculty was elected and inducted in spring 2015 and joined together with the common aim of instilling a culture of respect, dignity, and compassion for patients and professionals at UNMC. Being a member of GHHS is a significant honor.

This academic year, the GHHS was awarded $1,500 to assist in funding their events and activities for College of Medicine students through the College of Medicine Alumni Council’s Student Fund. The student fund is a peer-led project created by the Alumni Council where medical students award grants to student organizations.

The funds will be put toward GHHS-sponsored activities that emphasize the humanistic side of medicine and to remind students of their calling to make a difference in the lives of their patients, while balancing their own hobbies and needs. Here are a few of the GHHS projects:

- "The Debrief" is a new event for M1 students adjusting to the new curriculum to have lunch with GHHS members who provide advice, support, and encouragement
- GHHS Coffee Breaks are a way for underclass medical students in need of encouragement and advice to reach out on an individual basis to GHHS members
- Burnout Dinners have been an incredible success thus far to the point of needing to host additional events; these dinners are open to all students of the COM and are an opportunity to gather at a faculty member’s home for dinner and to share stories and reflections on careers in medicine; these events often include UNMC alumni and are exceptional networking opportunities for students.
- Sunday Rounds are a meaningful event sponsored by GHHS in which medical students visit with patients in the hospital and provide a listening ear and genuine smile during often hopeless and lonely hospitalizations; this is again open to all students and has been an impactful event for many, especially the patients.
- The annual induction ceremony is a celebration of past and new members inducted into GHHS, including faculty and resident members.

For more information about the Gold Humanism Honor Society at UNMC, click here.