

Bowman's Capsule

OCTOBER 2003

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THE UN-FORGOTTEN

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DIAGNOSIS: FULLY ACCREDITED

BY JILL PAYNE

Recently, the PA program of Wake Forest University underwent the process of accreditation review by the ARC-PA [Accreditation Review Commission on Education for the Physician Assistant]. According to the mission statement of the ARC-PA, the commission "awards accreditation to programs through a peer review process that includes documentation and periodic site visit evaluation to substantiate compliance with accreditation standards for PA education." Given the increasing level of competition within the realm of PA education and subsequent practice in the medical field, the expectations for PA education have been changed. The WFUSM PA program has duly risen to these challenges with the incorporation of a complete problem-based learning process, along with the establishment of a master's level curriculum. The recent accreditation review was one of the first major tests of the program's reformed educational curriculum.

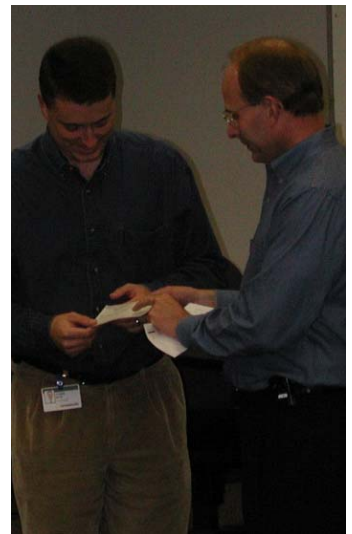
The process of accreditation began with the program's self-assessment of its overall design. This critique involved an analysis of several different dimensions of Wake Forest's PA program, including the characteristics of its sponsoring institution, its administration and curriculum, the admissions process, its current students, and the general progress of the program (its graduates, etc.). Based on these analyses, a comprehensive report was composed and submitted by Wake Forest's PA program to the ARC-PA for review.

On July 31 and August 1, representatives from the ARC-PA con-

ducted a site visitation to Victoria Hall in an effort to verify the accuracy of the submitted report. The site visit included interviews with the faculty of the PA program, as well as current students from both classes, preceptors for clinical rotations, and graduates of the program. Following the visitation, the Review Commission thoroughly examined the collected reports and reached a definitive conclusion announced in early October: the Wake Forest PA program is fully accredited!

Perhaps one of the most rewarding aspects of the accreditation review is the cyclical nature of the process. Once the accreditation report is returned, each institution is charged to carefully evaluate both its strengths and weaknesses, addressing any areas needing improvement in an effort to maintain its accredited status in the future. The most significant issue currently facing the WFUSM PA program is the search for a full-time director to continue the dedicated efforts of Eleanor Russell, MA, interim director of the program. With this search currently underway, as well as its recently renewed accreditation status, the PA program is meeting the challenges it faces and successfully moving forward.

You can also visit the ARC-PA at <http://www.arc-pa.org/>.



Andre Huie was the recipient of the NCAPA scholarship. Congratulations Andre!

ANNOUNCEMENTS:

There will be a large group of PA students volunteering for the Special Olympics in November. The community service chairs are also planning upcoming activities with Meals on Wheels, Ronald McDonald House, local elementary school health education and much more for December.

The holiday season is near, and the KAS Fundraising Committee is planning to sell long sleeve t-shirts, sweatshirts, and polo shirts!! We will keep you updated regarding pricing and orders. For more information, please contact Sandi Einhellig or Brooke Edmisten.

THE ELUSIVE GOOD NIGHT'S SLEEP BY LINDSEY HAWKS

It's 3 am and you just woke up thinking about the thyroid again. What is it with that gland! And last night you couldn't fall asleep at all. Losing hours of shut eye can be extremely frustrating, especially when you have an intense course load and want to get the most out of lectures. Insomnia is defined as "frequent trouble falling asleep and/or staying asleep". This can be caused by a variety of factors including depression, stress, stimulants like caffeine, depressants like alcohol or sedatives, pain, poor sleep habits, and changing sleep patterns. Lack of sleep can lead to increased irritability, decreased concentration, and impaired task performance.

So what can you do to increase your chances of catching quality zzzz's? Many recent studies have shown regular daytime exercise to

be as effective as medications in increasing the quality and amount of sleep. While that might mean sacrificing a few hours out of your busy week for exercise, it will overly compensate for lost productivity and help you to feel more energized. Avoid that cup of coffee and excessive late night alcohol consumption. Large amounts of alcohol induce light sleeping and increased wakefulness. Don't take naps and establish a regular bedtime and waking time. Confront and resolve problems and confide in a friend to reduce stress. You can get in the mood for a good night's sleep by using relaxation techniques, meditating, or performing leisure activities right

before sleep. Close blinds and curtains to keep the bedroom dark and adjust room temperature to a comfortable, cool setting. Lastly, if you cannot fall asleep after 20 minutes, get up and do something relaxing in a dim lighted area until you feel sleepy. Staring at the clock or counting sheep could make you even more anxious, and less likely to fall asleep. If you have chronic insomnia despite all efforts, don't get discouraged. Call the HEC helpline or consult your family physician for further help.

If you would like more information on this topic email lhawks@wfubmc.edu. Resources: Clinical Reference & Nidus Information Systems via MDConsult.com



Troy Kassab obviously wasn't having any trouble falling asleep during an exam break. Heh,heh!

BRENNER 5K RESULT'S BY SABRINA KUHN

On Saturday August 23rd, four students from the Wake Forest PA Program Class of 2005 participated in the Brenner Children's Classic, a 5K race held here in Winston-Salem to raise money for Brenner's Childrens Hospital. There were 765 participants ranging in age from seven to 92. Congratulations go out to Kelly Wood, who placed 3rd in her age group. Other participants included Sabrina Kuhn, Bill Rigsbee, and John Wood. information about the race and the results can be viewed at:<http://www.bccrun.org>

HONOR-ABLE ADVICE BY KAREN BOOTH

In the grand tradition of health care professional programs everywhere, the first year of study is like "drinking from a fire hose". At a time when the volume of information is at peak flow (at least, I hope so), survival tips from our predecessors are in order.

"Before our exam week, I would be at the school by about 8am and would stay until late each night in a small group room. I used the boards a lot to write stuff over and over. I would make sure Janie left the lab open and would practice any lab stuff (slides or tests that we learned). For cardio, I used a lot of web sites that had practice EKG strips which really helped. The cardio stuff off of a web site called Howstuffworks.com is extremely basic. Whatever you do: READ THE CARDIO SECTION IN THE BATES BOOK. Look at the tables and remember as much as

you can about everything in the chapter. Know the heart murmurs as if they were your own." Kirsten Bidix.

"Starting off with anatomy and physiology in this section is really important. Once you have the all the details of heart and lung A & P, the pathophysiology will make a lot more sense. Study the pharmacology thoroughly and understand the drugs' mechanism of action related to the heart and lungs. Put a quality amount time into studying throughout the section because trying to play catch-up at the end will backfire. If you are having trouble understanding a concept, don't wait to get help. I think I spent the most time studying for this section..." Erin Garris

And just when you forgot why you are doing all this studying, Erich Grant will remind you that "the skills we develop in the first year are absolutely necessary in the Clinical Phase - working in the hospital or clinic setting gives little time to fumble through books and web pages if you're looking for info. Knowing how to research and digest information quickly and efficiently is not only helpful, it's a must. This doesn't mean that we know everything when Day 1 of the Clinical Year begins, but it means we are well prepared to learn and adapt."


Good luck, and drink up!

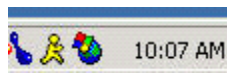
"I used a lot of websites that had practice EKG strips, which really helped"

WF
GO DEACS!

TECH TIPS BY BILL RIGSBEE

Installation of critical updates

Do you ever look down in the tray next to the clock and see an icon that looks like a globe, with a little Windows flag on it? Usually the icon is just to the left of the clock, and just to the right of the AOL Instant Messenger icon (which I never use....yeah, right!). However, your globe/flag icon may show up anywhere in the tray.  This is Microsoft's way of letting you know that there are critical updates

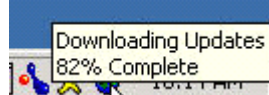


to your operating system that you need to download and install. A little background first Remember a few months ago when the AC folks took away our ability to open Outlook when we were at home? Well, it was because of a virus that was able to hack into our Outlook and send E-mail messages out automatically, without our knowledge. Microsoft actually released the update to quash the virus a month before that, but not many folks downloaded and installed it. That's why it is important to install these updates immediately as soon as they are released.

The procedure for doing this is simple....Just left-click on the globe/flag icon and a window

titled "Updates for Your Computer" will pop up. Click on the Start Download button and allow your PC time to download the updates (time will vary depending on how fast the Internet connection is and how large the download is). You can chart the download progress by just positioning the cursor over the globe/flag icon, like so.

After the laptop has downloaded the updates, a little bubble will appear over




the icon saying that downloads are ready to install. Just left-click the globe/flag icon again and a window titled "Ready to Install" will pop up. Click on the Install button and your laptop will go to work installing these updates. After they have finished installing, the computer will ask you to restart. Make sure you save all your documents at this point before clicking the Yes button. You can click No if you don't want to restart your PC right then, and the next time you shut the computer down and restart it, the updates will finish loading. Cool...now



your operating system has been completely updated!

Change your home page

Don't you just hate it when the www.wfubmc.edu page pops up every time you open up Internet Explorer? Well, you can actually set your browser up to open to any page you wish, including our PA Curriculum page, www.espn.com, www.paschoolisstressingmeout.com, or any other site you can think of.

The procedure for this is very simple. Open up Internet Explorer and click on the Tools menu at the top of the page. Scroll down to Internet Options and click on that, which will open up the Internet Options page. Now, just click in the Address bar and type in any web page you wish (for the PA Curriculum home page, type in <http://ewake.wfubmc.edu/pa>). Then click the OK button at the bottom. The next time you open up Internet Explorer or click the Home icon at the top of the page → , your home page  will now load. Good luck...and don't get caught setting your home page to any risqué sites.

Mr. Deacon says "My solution for patient noncompliance is fire and brimstone, baby!"



"Never ask, Are you 'Mom' or 'Grama'?" to the woman who is accompanying the child, 'Auntie' is a much more socially acceptable term to the mother who may look like 'Grama!'"


SECOND YEAR REALITIES

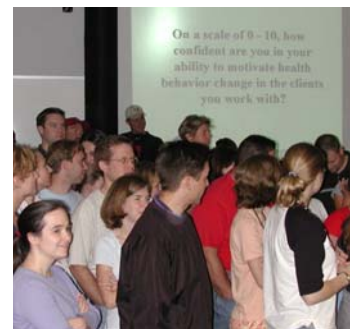
I'm doing my pediatric rotation in Hawaii and the kids here are pretty much community to all friends and family. You never know who's brought the child to the doctor (unless, of course, you're familiar with the family, which, of course, is one of the hardest things about doing a 4 week rotation in a new place. You don't know anyone!) In Hawaii, everyone is an "Auntie" or an "Uncle" and sometimes "Grama" or "Grandpa" to all the kids, it's a

term of endearment, regardless of the relationship of the child to the adult.

1. Never ask, "Are you 'Mom' or 'Grama'?" to the woman who is accompanying the child, 'Auntie' is a much more socially acceptable term to the mother who may look like 'Grama!'"
2. Never ask the woman accompanying the child if she is pregnant - you never know if

she just hasn't lost the "baby fat" yet! I was an unlucky victim of Mom/Grama dilemma and that mother was NOT happy with me!

* Our  first reality was sent in by Jacqueline Rowland. The moral of this story is pretend every patient is 21 years old for clinical protection!



The first year students get in on the action during a behavioral modification lecture.

Catch us on the web at: <http://www.wfubmc.edu/school/OurStudents/index.htm>

Half Life by Lindsey Hawks

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PA STUDENTS VOLUNTEER AT ANNUAL "LEGS FOR LIFE" SCREENING BY LINDSEY HAWKS

Forty-Five students from the class of 2005 recently participated along with PA's and Doctors in the annual "Legs for Life" screening held at Forsyth Memorial Hospital on September 13, 2003. An estimated 200 patients received screening for peripheral vessel disease. It was a lot of fun to interact with the patients who were very appreciative of our services. Learning how to calculate Ankle Brachial Indexes and use portable dopplers provided a valuable learning experience. A big thanks goes out to Dr. Golwyn and the staff of Forsyth Hospital who introduced us to this important screening intervention and the patients who allowed us to hone our skills.

2005 WORKS THEIR MOJO



As the Rugae CHURN

Despite convincing evidence of past research linking b12 and intrinsic factor, a recent study has shed new light on the intimate relationship between these two entities. The following interaction has been conclusively proven after observation within 3,000 stomach's.

It's like we were meant to be together.

Oh intrinsic! I don't think I can go on without you...



Hey Sexy, my friends told me about this new hangout, the ileum. Wanna check it out?

Your protein is so cute!



AND the rest, as they say, is absorption....

