Note from the Editor

Dear all,

Thank you for supporting the Stethoscope! This newsletter would not exist without the help of all of you, especially those who have written up articles, publicized events, and done outstanding things throughout the year! Want to help out with the Stethoscope? Please e-mail me at dfok@ualberta.ca. Hope you enjoy this issue!

MSA and Faculty Quick Update

1) Welcome class of 2014, the Para14zers! I hope that all of you have had an amazing orientation week courtesy of our MSA Orientation Committee! We just want to thank you for all of the hard work you have put in to making it an unforgettable experience for the new class.

2) Pedway construction will begin shortly between the Edmonton Clinic and the Medical Sciences Building/Katz Building Junction (where the Fishbowl is located). The Fishbowl will be moved to the HMRC bridge between mid-October to early November. Please note that this will be a reduced space and that not all items from the current Fishbowl will be able to be kept in the new temporary Fishbowl location. We will be getting more updates in the near future. Please let us know if you have any concerns or issues regarding this matter.

3) 13 Peer Networked Medical Education (PNME) Students from the class of 2013 will be leaving this long weekend to Hinton, Peace River and Grande Prairie to start their Rural GI Pilot Program. They will be away from the main campus until the first weekend in October. Please don’t forget about them! They would love to share their experience with you when they return. Here are the following
students leaving for this project: Amelia Ethier, Cindy Du, Daniel Fok, David Liknes, Dawn Poisson, James Van Camp, Jamus O’Brien, Jessie Ursenbach, Kristina Kettenbach, Lindsey Sutherland, Michelle Ruhl, Rannie Tao, Wendy Hammer

3. Announcements

Shinerama

Please volunteer for Shinerama!

What: An annual fundraiser for the Canadian Cystic Fibrosis Foundation where you shine shoes for donations. Shinerama has raised over $20.5 million since 1964. Our goal for the U of A this year is $15 000.

Where: Starts in Celebration Plaza (outside SUB), but you’ll get stationed somewhere in Edmonton.

When: Saturday, September 11, starting at 8:30 AM for registration and a wonderful pancake breakfast (It’ll taste better because it’s free).

Who: YOU! And anyone else you can get.

Why: Pride (be the med student that shines the most shoes), that fuzzy feeling, hangout with your new classmates, Dean’s letter recognition, fantastic prizes, and maybe even more free food in BBQ form!

How: Sign up and/or donate on www.ualberta.ca/~shineram
2nd Annual “Laughter is the Best Medicine” Comedy Night

WHO: Presented By The Faculty of Medicine & Dentistry’s Health and Wellness Committee
WHAT: 2nd Annual “Laughter is the Best Medicine” Comedy Night
An awesome night of fun with friends and hilarity to welcome back the school year!!
Featuring the famous comedian: Debra DiGiovanni, from Much Music’s ‘Video On Trial’
and voted Funniest Female Comedian in Canada in 2009
Tickets are $15.00. Proceeds go to The Leukemia & Lymphoma Society of Canada
WHERE: The Comic Strip – West Edmonton Mall
WHEN: Wednesday, September 8th, 2010
Silent Auction 7:30 pm: Awesome items to bid on: All proceeds going to the Leukemia & Lymphoma Society.
Show Time: 8:00 pm
WHY: Wendy Hammer and several other Faculty of Med & Dent students and friends are running the 
Nike Women’s Marathon and Half- Marathon on October 17th, 2010. This race is in support of The 
Leukemia and Lymphoma Society. The Faculty’s Health and Wellness Committee is presenting the “ 
2nd Annual Laughter is the Best Medicine” in order to i) Promote balance in our student’s lives through 
fun and laughter, and ii) Aid our faculty’s students in their fundraising efforts towards the Leukemia & 
Lymphoma Society
HOW: Get your tickets at a booth during O-week or contact Wendy at: 
whammer@ualberta.ca or (780)983-4995
THANK YOU! for your support! Can’t wait to see you there!
8th Annual Fall Social

The Medical Alumni Association would like to invite you and your family to the 8th Annual Fall Social being held on Saturday, September 4th at Dr. Louis Francescutti’s Estate in Sherwood Park. Join other University of Alberta alumni, residents and students for an evening of live music and games. The event starts at 4:30pm with a buffet dinner at 5:30pm.

Here are just a few reasons why you should attend:

1. S.T.A.R.S is making an appearance... you can check out the inside of a S.T.A.R.S helicopter.
2. Represent your class in the Class vs. Class Tug of War... The Class of 2013 are reigning champions.
3. Team up for the scavenger hunt and the winning team gets $500 cash
4. Great prizes
5. Fun games
6. Fantastic food

A fireworks show will finish off a great evening.

Please see the attached poster for further information. If you have any questions, feel free to email vanderpo@ualberta.ca
An Affair of the Heart:
An Evening in Support of the Kids with Cancer Society

Fashion Show and Silent Auction

Featuring Guest Speaker:
Dr. Paul Grundy
Director of the Northern Alberta Children's Cancer Program at the Stollery, Director of Pediatric Hematology, Oncology and Palliative Care, and Chairman of Kids with Cancer

Saturday October 2, 2010
at the Delta Centre Suites Edmonton
Tickets are $80.00 ($55.00 Students)
for tickets contact: affairoftheheart2010@gmail.com
payable through paypal, cheque, or cash
Narcissus and Delilah – by Andrea Kreitz (class of 2011) Written after Psychiatry Rotation

My dear Narcissus,
How you admire your reflection so
Like day Like Night
You let your mask go

I hear you out,
"Oh Delilah you have done me wrong"
No my sweets, my love
The curtain of illusion is strong

The flaws, the falsehoods
The focus of your thoughts
No empathy, no insight
Concerned for others naught

I love you my dear
I’m not out to destroy
Though your thoughts are clouded
I’m not a decoy

You can only love yourself
Not so me
Memorized by a reflection
So I say goodbye to thee
Students for Cellphone Free Driving – by Cindy Du and Jenna Pylypow

Did you know...

- A cellphone conversation while driving increases your risk of collision by 4-6 times?\(^1\)
- Hands-free devices are not safer than hands-held devices,\(^2\) because it is the conversation, not the electronic device itself, that is the distraction?
- Cellphone use while driving is as or more dangerous than driving drunk at the legal limit of alcohol?\(^3\)

We didn’t know these startling facts before starting summer program coordinator positions with the Students for Cellphone Free Driving (SCFD). SCFD is an interdisciplinary group of medical and nursing students at the University of Alberta, working within the School of Public Health. Our mentorship organization is the Coalition for Cellphone-Free Driving, founded by Dr. Louis Francescutti, an emergency room physician at the Royal Alexandra Hospital and professor at the University of Alberta who is an avid supporter of our work. In addition, SCFD is funded and endorsed by ConocoPhillips Canada, Alberta Traffic Safety and the Medical Students’ Association.

Our goal is to save lives through injury prevention. We are effectively stopping the problem before it starts by educating youth in Alberta about the dangers of cellphone use while driving before they form dangerous habits.

As university students in medical faculties, one of our primary jobs is to visit high school Career and Life Management (CALM) classes and give an hour-long presentation to students. This presentation is designed to empower youth to make well-informed, responsible decision when they are driving.

Our pilot project in 2009 was focused in Edmonton. We presented to over 3000 high school students in summer school and the school year. The response was overwhelmingly positive. This year, we have expanded the scope of the program from Edmonton to the entire province; and we have been very busy this summer “blitzing the province”. In addition, we attended conferences all over Alberta. Our activities range from attending conferences in Fort Vermillion and Red Deer, interviews with Red Deer Advocate, setting up booths for Castrol Raceway events and Summer Safety Expos, and traveling

to 8 rural communities for presentations. This summer, we presented to over 3000 Albertans!

Some of the comments we have received from students this year include:

“I am definitely never letting my mom use her phone while she’s driving ever again!”
“Sad to think that something so small can affect so many lives in such a negative way.”
“My view has completely changed. This presentation may in fact have saved my life.”
“If someone pulls out their cellphone while driving, I’ll tell them to pull over and let me out right then cause I’m not going to have my life at risk for a stupid message or phone call.”

Some of the comments we have received from teachers include:

“Powerful and really thought/emotion provoking. Other real people’s stories have a huge impact on us.”
“Very impressive. This is a well-needed presentation that should be shared with all drivers.”

We want to thank SCFD for such a great opportunity to be involved in public health advocacy. It was very rewarding to know high school students are requesting this presentation on the first day of class, and to receive standing ovations after presenting. This message has changed our lives and driving habits. We look forward to working with many more medical students this school year to continue to increase public awareness and save lives. We would love you to volunteer with us in the MSA club group: Students for Cellphone Free Driving.

**Rockin’ Docs Summer Camp – By Ambica Parmar and Emma Heydari**

The Rockin’ Docs Summer Camp wrapped up another successful summer! The camp event ran from July 12 through July 23 with over 30 kids (aged 7-13) in attendance! For those who are not familiar, the Rockin’ Docs Summer Camp is an event put on by medical students with the goal of engaging the youth of Edmonton in all things health related. This year, an effort was made to target the youth of Edmonton who came from lower socioeconomic status families as these students are typically underrepresented in the field of medicine. Our goal was to provide early exposure to help foster interest in health – whether it is for future careers or simply, everyday well-being.

The challenge for the coordinators and camp councilors was to present relevant health topics in an educational, but fun way. Topics addressed included: the Heart and Lungs, the Gastrointestinal System, Special Senses and much more! The various educational activities planned included the Hemoglobin Relay Race (where the kids acted out the pathway of a Hemoglobin molecule), Sensory Olympics (a test of how acute each of their senses was) and the Glove-and-Gown Relay (where the campers had to gown up according to different precautions). The activity that most kids seemed to remember and find exciting was the dissection of a real cow heart where the campers were introduced to the structure of a heart and the various structures within which are required to pump blood through the circulatory system.
Aside from the lectures put on by the coordinators, we were fortunate to have professional help through the generosity of various residents and physicians. Each week began with our beloved pre-clinical coordinator, Dr. Damant, highlighting interesting facts about the life of a doctor! Throughout the week, various specialists came in to talk about relevant health related topic including the function of the heart, diabetes, infection and anatomy! Finally, each week wrapped up with a question and answer period with Dr. Dawn Davies, a paediatrician at the University of Alberta Hospital.

Overall, the camp was a great success with gratitude and kind thoughts expressed from both the kids and parents, as well as from physicians and residents who contributed. We would like to extend our great thanks and appreciation to the staff who took time out of their busy day to present to the students. And moreover, this camp would not have been a success without our amazing volunteers from the classes of 2012, 2013 and even, 2014!

Thank you to everyone who helped make this year’s Rockin’ Docs Summer Camp a success! We are eager to see how the camp will evolve next year!

Your 2010 Rockin’ Docs Coordinators,

Ambica Parmar & Emma Heydari

A Russian Lesson on Aseptic Technique - by Lindsey Sutherland, MD Class 2013: General Surgery IFMSA Exchange to Samara, Russia 2010

When I signed up for a 4 week IFMSA exchange to Russia, I definitely did not expect the 45 degree weather, wild fires, and risk of exposure to airborne nuclear waste due to the fires. After arriving, I quickly realized that I would need to be highly adaptable to this very new and unstable environment, in and out of the hospital. The biggest medical cultural shock that my Italian and Quebec colleagues and I experienced was the “Russian aseptic” technique in the General Surgery department at the “3rd best medical school in Russia”. I would like to share it with you. Enjoy.

Step 1: When arriving, be sure to use the bathrooms. Note: They are not equipped with toilet paper (they do not even pretend like they are out, there are just no dispensers at all), nor do they have soap (they pretend, but we learned that the soap dispensers are permanently empty).

Step 2: Pass the security guard, which depending on which one it is you may receive an angry lecture in Russian and may fear you will not be let in, or you may receive a friendly high-five and an attempt at an
English “hello”. This is also the footwear control area where you may be required to change your footwear, put on little blue plastic shoe covers, or none of the above.

**Step 3:** Make your way through the underground passages and up to a little classroom to change. Beware of the Soviet lock on the door: allow for 10 extra minutes to obtain entry by key.

**Step 4:** Change into your scrubs that you brought and proceed to the General Surgery Department. Before entry, put on your mask (the thin type that dental hygienists commonly use) and hair net (if you have bangs or would like some of your hair to hang out because it looks better, feel free to do so).

Note: Optional reuse for at least a month, since you provide yourself. When entering the Department put your blue plastic shoe covers over your sandals, high heels, or shoes (whatever is most fashionable).

**Step 5:** Note the nurses sporting their sandals equipped with 3 inch heels (no blue plastic shoe covers required, it would hide their toe nail polish) and transparent white coat “dresses” (so that you know which colour of bra and thong they wore that day). If you are a male surgeon and want to fit in, be sure to flirt with the nurses; it’s a “Russian Tradition”.

**Step 6:** If doing surgery, scrubbing in is *usually* encouraged. Wash in the hallway sink to mid-forearm 2-3 times, walk into the Operating Room, dry off with a white towel (students must do this correctly, surgeons can do whatever they want), then wash with alcohol 3 times up to mid-forearm and dive into the white gown. Either put on the sterile gloves yourself (as you would for non-sterile gloves) or after the nurse puts on your first glove, adjust it with your bare hand before putting on the second. Masks are usually worn down below the nose for comfort, fashion, or ease of breathing (unsure of the purpose of this protocol). Re-sterilize your ‘sterile’ gloves with an alcohol swab and dive in.

**Step 7:** If tired or bored, feel free to sit down or go next door to another OR to chat with the nurses or other surgeons as they work on another patient before returning to your surgery. Scrub nurses are encouraged to go to other rooms to flirt or get gossip updates (aseptic status is magically maintained).

**Important:** Gloves should be reused as many times as possible: rub with an alcohol swab between uses.

**Exceptions:** Certain surgeons are permanently aseptic. They can lean in over the patient with their greens on and at any time throw on sterile gloves (being sure to adjust with the free bare hand) and then reach inside the patient’s abdomen. Do not worry no one is contaminated in this procedure. And it is *most* important to remember that “there are no nosocomial infections at this hospital”.

I hope you enjoyed my crash-course in the Russian aseptic technique, please do not try this at home. The irony is that the surgeons all *believe* that they are maintaining a clean environment and are proud of this. So, this experience left my Quebec colleague and I wondering how little you can do without impacting patient outcome and what money could be saved as a result. Dr. Forgie’s study on the safe reuse of Sharpie markers comes to mind. Are there other things that we are doing that are redundant and costing us WAY too much money? I am certain there has to be something, but we were never told the truth about patient outcomes in Russia, so maybe they do *not* have poorer post-op outcomes, but maybe they do. We may never know... but until then, I will stick with the Canadian technique instead.
Edmonton Teens Trade Summer Vacation for a Week of Med School – by Tara McGrath

From July 5th-9th, 2010 students of a different sort flocked into the University of Alberta’s Katz Centre for Pharmacy and Health Research lecture theatre. Twenty-eight local high school students were on campus to attend Asclepius: Medical Camp for Youth. The week was designed to give these 15 – 17 year olds a sense of what it feels like to be a medical student. In addition to hands-on clinical activities such as suturing, casting, and interviewing patients, they participated in group discussions, medical lectures, and a range of med school themed games.

Asclepius Medical Camp for Youth was an initiative spear-headed by a committee of U of A medical students, The MD Ambassadors - Social Outreach Committee. Their mission is to increase diversity in medical school by exposing young people from currently under-represented demographics to the field of medicine. The idea was based on findings from a UK study that showed that exposing high school students from non-traditional backgrounds to the field of medicine positively influenced attendance at post-secondary institutions generally and medical school specifically (BMJ 2006; 332: 762-767).

Asclepius participants were nominated by their high school teachers based on a number of criteria including: aptitude for learning, empathy, integrity, maturity, positive attitude, and ability to work in a team. Teachers were also asked to nominate students of lower socio-economic status. The participants came from 3 Edmonton high schools, which were selected based on the demographics of their communities.

Generous sponsorship from ATCO Gas, the U of A Faculty of Medicine & Dentistry, UAH Emergency Physicians, the Alberta Medical Association, and the College of Physicians & Surgeons of Alberta made it possible for the camp to be offered free of charge. In addition, five local restaurants donated lunch for the campers.

The camp was planned and facilitated by a team of first and second year medical student volunteers from the U of A. Three physicians offered lectures on subjects such as HIV, heart conditions, and orthopedic injuries. Emergency Medicine Residents taught the students how to cast, showed them X-Rays, and demonstrated use of an ultrasound machine. Medical students ran sessions on a number of topics such as taking patient histories, suturing, assessing reflexes, ethical issues, and mental health.

A highlight of the week was an afternoon of ‘shadowing’, where nine physicians from various specialties brought in patients who were willing to be interviewed by students. The students rotated in small groups through the stations and practiced their history-taking skills. In addition to gaining exposure to a variety of specialties in medicine they gained a real appreciation of the doctor-patient relationship.
The camp closed-off on Friday with ‘Grand Rounds’, where parents and volunteers gathered in the lecture theatre to hear groups of students present the medical case they had been working on throughout the week.

Overall, Asclepius Medical Camp for Youth was a great success. With positive feedback from lecturers, shadowing physicians, volunteers, and especially the campers, the medical student camp coordinators are looking forward to a larger, improved, and even more exciting program next summer. The coordinating team is also planning to using the data collected in pre- and post-camp surveys to study the effects of the Asclepius experience on students' confidence, medical knowledge and future education and career decisions.

Docs in Drawers – by Lindsey Sutherland

In the June 2010 Edmonton Underwear Affair, a group of UofA medical students and friends forged together to raise money to help fight cancers below the waist. Together the team raised $3,140 for the 10km run. In total, 1400 participants in Edmonton raised $848,985, to go towards the Alberta Cancer Foundation’s research and patient support programs. The event was a great time with an after party equipped with prizes, a DJ, and free food and drinks. Be sure to check your email next spring to join next year’s Docs in Drawers team! We would love to make the UofA Docs in Drawers team bigger and better in 2011!
Thank you all for reading the Stethoscope! If you have questions, comments, and/or suggestions, please send me an e-mail at dfok@ualberta.ca. There will be a PHOTO CONTEST for the next issue of the stethoscope so stay tuned!

*Comic courtesy of xkcd
*Thank you to all article writers for their submissions and photographs.