



SAINT JAMES SCHOOL OF MEDICINE STUDENT NEWSLETTER

Vol. 13 Issue 19 February 2012



AMA RELEASES FREE 'WEIGH WHAT MATTERS' APP

Many Americans resolved to become healthier in the new year, but are having trouble monitoring their progress to achieve their goals. Now there's an app for that. The American Medical Association (AMA) released a free app today to help patients improve their overall health as part of the AMA Healthier Life Steps program, which promotes healthy choices and healthy lives.

The AMA Weigh What Matters app makes it easy to work with your physician to establish weight, healthy eating, and physical activity goals, and track your progress toward achieving them. It also calculates your BMI score, and provides a mechanism to view progress reports and email them to your physician.

BONAIRE RESEARCH ACTIVITY

As medical students, you are fully aware of the importance of prevention of infective diseases and the first step is proper hand washing. A group of SJSM students contributed to the Hygiene education of school children at an elementary school on Bonaire last semester.

Bonaire is a small island with a population is 15,600 residents. The temperature and other environmental factors, outbreaks of diarrhea and the presence of other diseases, accentuates the need for hygiene education from an early age.

A hand-washing study done by SJSM students at the nearby elementary school showed that none of the school children washed their hands according to WHO specifications (some didn't even use soap). SJSM students educated the children according to the guidelines suggested by the WHO for the appropriate age group and after two weeks, the follow up showed that around 17% of total population started washing hands according to WHO standards. A poster presentation on the study is on display in the Bonaire campus.

A brief write up was sent to the WHO and students received an email from the WHO Patient Safety Group: [http://www.who.int/gpsc/en/\(savelives@who.int\)](http://www.who.int/gpsc/en/(savelives@who.int)) expressing their great interest in these activities and welcoming training activities on hand hygiene in schools to improve the hygiene behavior among school children.

Students that are interested in continuing this research and community activities, please contact the Research Committee (Dr. Davidson or Dr. Filipovic) for further information.

TUITION INFORMATION

All current students should note that the tuition payment deadline for the Summer 2012 semester is Friday, March 30th. To help

students with the financial planning over the course of the next several semesters, the Finance Department will shortly be releasing a Financial Calendar which will outline the tuition due dates and other important financial information.

GIVE US 5!

SJSM has launched a brand new referral program called Give us 5! Students can now refer 5 of their friends and get a choice of 5 rewards in return. All you have to do is fill out the referral cards that are available at the reception of both campuses (see receptionists) or the online referral form <http://anguilla.sjism.org/referral/>. Our qualified team of advisors will then contact your referrals and in return we will send you 1 of 5 fantastic gifts of your choosing.

Choose from these 5 great rewards:

- \$50 iTunes Gift Card
- \$50 Amazon Gift Card
- \$50 Fandango Gift Card
- \$50 voucher for Un Amore Café (Anguilla) or Rose Inn (Bonaire)
- \$50 Darden Group Card (Olive Garden, Red Lobster Bahama Breeze, Long Horn Steakhouse)



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