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# Saint James Student News

Fall 2016



**SAINT JAMES**  
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ANGUILLA



**SAINT JAMES**  
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ST VINCENT



## 61st Annual CARPHA Health Research Conference

SVG students and professors were proud to be invited to participate in the 61st Annual CARPHA Health Research Conference, “Family Health – Living Healthy at All Ages.” The Caribbean Public Health Agency sponsored the conference, which was held June 23-25 in Turks & Caicos. Saint James students were responsible for four of the conference’s presentations.



## HeartSaver Adult CPR/ AED and First Aid Course Continues

On Tuesday, September 20th, 2016, Saint James' Anguilla campus hosted a certified HeartSaver Adult CPR/AED and First Aid Course for Department of Probation and Zenaida Haven Juvenile Rehabilitation Center staff. The program was offered in association with the Ministry of Health and Social Development Government of Anguilla. Held on campus, this was the third semester of the student-led initiative, which has seen marvelous enthusiasm by both the public and the Anguillian government. We look forward to continuing this program into the future, and furthering our efforts to serve and empower the island community.

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## Welcome Fall 2016 MD1s!

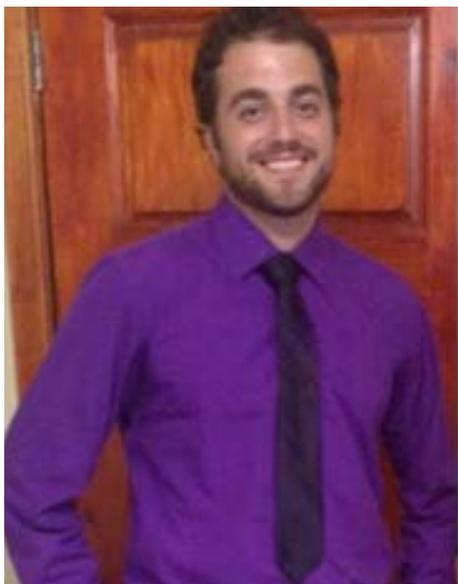
On Monday, September 5th, 2016, Saint James School of Medicine Anguilla and St. Vincent campuses

welcomed brand new MD1s for new student orientation. New students and their families were introduced to the Faculty and had the opportunity to review important school policies and procedures. We enjoyed our time meeting all the Fall 2016 MD1s, and we are so delighted to have them join us on the islands this year. We can't wait to see what the future has in store for their medical careers!



**Welcome to all new and returning students for Fall 2016 we look forward to another excellent Fall semester!**

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## Hello from Michael Massei, Newly Elected SGA President

My name is Michael Massei and I am the newly elected Student Government Association (SGA) President for SJSM St. Vincent Campus. My journey into medicine started after the completion of my Master of Science (Kinesiology) degree at Lakehead University and arriving on the island January 2016. I am currently in MD3 and carry a strong work ethic towards my studies and everyday duties surrounding the SGA. One of my main focuses for the upcoming semesters is to enhance student community involvement. Being a medical student can be very stressful and there is nothing more rewarding than improving the lives of those less fortunate. I believe these opportunities will help foster a positive morale and give students the ability to develop the communication skills needed for the clinical setting. With this in mind, I believe we could reach our goals of being well-rounded physicians and proud students of Saint James School of Medicine.



## GIVE Gives Back to Community

By Alyssa Fairservice, MD3

Last semester GIVE started Wellness Wednesday in partnership with Massey stores. Every 2nd Wednesday, two students set up at Massey to provide free screenings of Blood Pressure and Blood Glucose to local residents. These events were well received and students were kept busy the whole time. Students have participated in one Wellness Wednesday so far this semester, and many more are scheduled over the next few months.

GIVE provided students with the opportunity to volunteer at St. Benedict's Children's Home in Georgetown twice last semester. We had 10 students attend in June and nine students in August. The first trip of this semester was this past Sunday, September 18th. Sixteen students attended this most recent event, and the students brought Princess dresses and shoes for the girls to put on a fashion show. Some members from Tuffaan dance team also did a performance, which turned into a dance party with the students and kids. GIVE has three other trips planned for this semester and are expecting a great turnout. A bake sale was also organized the week prior to our St. Benedict's trip to raise funds for transportation to Georgetown for the event.

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## USMLE-Prep Lab Session

USMLE Club offered a Clinical Lab Session on September 22, 2016. During this event, Dr. Jain created an environment that allowed students to get hands on training with clinical skills such as Breast Examination, Pap Smear, Rectal Examination, Phlebotomy, Urinalysis and how to write a prescription. Each section allowed students to become clinically orientated with different examinations commonly performed at the bedside.

This opportunity was first presented to the MD4s, and the students found this Lab Prep extremely helpful. They believe it will be very beneficial to other MD levels and were thankful for the opportunity.





## Lunch and Learn with Doctors of Tomorrow

By Krystal Theberge, MD43

During the Summer 2016 semester, Doctors of Tomorrow had a “Lunch and Learn” with their fellow students to approach the subject of Cardiac Monitoring Basics. A pasta lunch was provided as students sat in on Gisselle Coflin’s (MD2) lecture concerning the various ways to approach reading electrocardiograms. Giselle has an extensive background in heart monitoring and her knowledge was very beneficial for the students who attended the event. Giselle mentioned during her lecture, “If you do not understand this now, it will haunt you for the rest of your careers.” This event gave Doctors of Tomorrow the opportunity to incorporate its students in the planning of activities and encourage a hands-on learning approach to basic sciences.

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## SVG Sexual Health Association and DOT Organization Work Together

By Krystal Theberge, MD43

This summer, Doctors of Tomorrow took part in the community Health Fair, focusing primarily on the subject of sexual health and HIV/AIDS.

Ms. Roache and her team from the SVG Sexual Health Association on the island were asked to participate in the sexual health portion of the fair, distributing condoms and offering HIV tests along with Doctors of Tomorrow Club Members. The students handed out condoms and pamphlets while informing the public of the numerous means of transmitting sexual infections, as well as various methods of protection and contraception.

The HIV testing station had a three-step process. Patients were first asked to see a counselor and discuss the basics of the HIV test and how it would be performed. Conducting the actual HIV test was the second step, which consisted of a simple finger prick. Finally, the follow-up was conducted and trained counselors informed the patients of their results. This event had an amazing turnout and it was a great way to reach out and give back to the community of Saint Vincent.

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## Doctors of Tomorrow Organize Skype Lectures

By Krystal Theberge, MD43

Over the last two semesters, Doctors of Tomorrow hosted a wide range of Skype calls with doctors currently practicing in the United States. The physicians included Dr. Sarmiento (Allergist/Immunologist), Dr. Cayelli (Integrative Medicine) and Dr. Divina (Osteopathic Surgery). More Skype calls are scheduled with other physicians during the Fall 2016 semester. These doctors allowed the students to grasp a better understanding of the various aspects of medicine and what the duties of these various fields entail. The physicians gave students amazing advice concerning their approach to the USMLE exams and how to maintain balance in their lives despite hectic schedules.

These events have been a great success with the students of Saint James School of Medicine. Positive feedback has been received from both the students and faculty following each Skype call, enticing Doctors of Tomorrow to continue reaching out to their contacts in the United States.

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# Calliaqua Residents Delighted by SJSM Initiative

By Chloe Waters, MD3

On September 17, 2016, more than 50 students reached out to the community for AMSA's first health screening initiative. The health screening included body mass index, glucose and blood pressure assessments. Over 150 Calliaqua residents stopped in to take advantage of what AMSA had to offer—and all were extremely delighted to see such an activity happening in their community. Additionally, SJSM students were able to conduct research and interact with Saint Vincentian culture. Students learned how to communicate effectively with Saint Vincentians and how to deliver information in a manner that's meaningful. Dr. Hughes Dougan, general surgeon in Saint Vincent, expressed his gratitude: "Thank you for reaching out to my community. It is refreshing to see the medical students take interest in the wellbeing of the island they are guests on. This is a unique quality I have seen from students at Saint James—they are making a positive impact, and we welcome them."

Last semester, the Saint James School of Medicine, Saint Vincent, American Medical Student Association (AMSA) "adopted" the Calliaqua community in Saint Vincent and the Grenadines. The students of AMSA have pledged to reach out to the community and help foster an environment of health awareness. As a pivotal component of this pledge, AMSA is hosting monthly health screenings in Calliaqua. This health screening awareness is primarily focused on

Diabetes Awareness; however, many SJSM organizations are seeking to participate. For example, PHI CHI (AlphaTau Chapter) Medical Fraternity will be participating in spreading Kidney Health Awareness and Doctors of Tomorrow (DOT) will be spearheading Sexual Education and Awareness. Local support has been overwhelming—AMSA has been lauded for their efforts by the Hughes Dougan Association World Pediatric Project, as well as the Saint Vincent Olympic Team Association.

Based on the 2008 Statistical Office of St. Vincent and the Grenadines census, approximately 32 percent of Calliaqua lives in poverty. Of the 22,000 people living in the Calliaqua region, over four thousand have been identified as living with a chronic illness. More specifically, 15 percent of those who disclosed a chronic illness identified their diagnosis as Diabetes; another 20 percent identified as having chronic Hypertension.

The next health screening will be October 22, 2016 and will be held monthly to build relations between SJSM and the Calliaqua community. AMSA is taking initiative to lead the way in medical education—not just for the students, but for the community as well. Students are eager to participate and develop skills—but more importantly, the students are eager to be the change in the health community."



## More Than 300 Vincentian Attendees at Annual Health Fair

On July 16, 2016, the students of Saint James' SVG campus committed their skills to hosting a health fair for the Arnos Vale Community. The event saw a majority of the school's clubs and organizations collaborate to provide screening and awareness activities to members of the community. With more than 80 students and faculty in attendance, this year's health fair reached more than 310 members of the Vincentian community.

SGA President and health fair lead coordinator, Kirk Stewart, worked with an eager team to organize this event. The health fair allowed community members to peruse the hallways of the school's, moving through more than 12 stations. Each station was unique in their activities while supporting the event's focus. If a community member had an interest in learning more about Diabetes, they would start their tour of the health fair on the campus' top floor, where American Medical Student Association (AMSA) representative Andres Madrigal and ACTIVE organizer Icesis Cain led members of their association and club in hosting a Diabetes stand that measured blood pressure, blood glucose and body mass index readings.

The MD4s volunteered time to the community by providing Chiropractic Examinations and EKGs. Rami Elsmay, MD4 representative, highlighted the importance of

providing opportunities for students who have additional skills that support the welfare of the community. Bone density screenings and urinalyses educated health fair attendees about the benefits of healthy lifestyles. PHI CHI representative Emmanuel Ravichandar worked with this team to provide more than 150 Vincentians with a closer look at their kidney function by way of urine 'dipstick' analysis.

DOT worked with a public health representative in providing HIV screening opportunities for those interested. TropMed representatives highlighted the willingness of community members to participate in healthy hand washing techniques.

Spirometry assessments were conducted by Aly Fairservice and her team. The Ophthalmology Research Team, led by Rachel Maudlin and supervised by Dr. Mirjana Milutinovic, performed vision tests using charts. TUFAN Dance Group representative Devin Harricharan and LIGER's Female Flag Rugby Team representative Jessica Fernandez joined forces in providing nutritional and physical fitness education for all those who had an interest. Both parties were also able to provide entertainment in the form of Indian Dance as a way of demonstrating unique ways of being active and healthy.



## Campaign Promoting Safe Sex Fosters Healthy Community Relations in SVG

By Chloe Waters, MD3

Students at Saint James School of Medicine volunteered their 4th of July to spread HIV/AIDS awareness during the last week of Carnival in Saint Vincent and the Grenadines. In 2015, the Ministry of Health in Saint Vincent documented a total of 1,484 cases of HIV/AIDS in SVG. There is a rise in the number of new cases that have been reported according to the new statistical data available to the ministry in 2015.

In an effort to spread awareness and encourage safe practices, the National AIDS Secretariat Office requested the help from SJSM students to hand out condoms during one of the country's biggest celebrations. Three students (Thornia Hunt, Chloe Waters and Sharjeel Qureshi) highly involved in the school and in the American Medical Student

Association (AMSA), jumped on the opportunity to get involved. In a matter of two hours, the three students and the National AIDS Secretariat team distributed over three thousand condoms to the public.

Some observations made by the students reveal potential and unique research opportunities for the SJSM student body. There is an interesting stigma on condoms and their intended purpose. Research in this area can help identify a tailored approach to reach the population of SVG and curb the HIV/AIDS epidemic.

AMSA Students at SJSM are always eager to foster healthy community relations while seeking every opportunity to build upon their ever-growing medical foundation.

## Clinical Communication Lecture by Dr. Zeine “SPIKES Six Steps Protocol for Breaking Bad News”

Breaking bad news is a fact of life for the doctor, so being able to do this well is an essential skill for an effective practitioner. On July 13th, AMSA organized a lecture by Dr. Rana Zeine highlighting the importance of clinical communication when delivering bad news to the family regarding a serious clinical condition or death of a patient. The enthusiastic participants took part in a teaching demonstration highlighting the essential components of SPIKES: Clarity of Information, Detect Anxiety, Detect Sadness, Handle the Patient’s Emotional Reactions and How to Respond Empathetically.

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## SJSM Sports Day Brings Students and Faculty Together

*By Vedprakash Maharajh, MD3*

Last semester SJSM’s very own Bollywood team, Tufaan Dance Crew, hosted Bollywood Night! This event showcased various student performances, which included Bollywood dance and singing. The night also included a full buffet of authentic EastIndian cuisine cooked by our very own members. Live music was provided by DJ Sanjay who kept the dance floor going all night! Tufaan also participated in the SJSM Health Fair where they measured BMI and prescribed fitness regimines for participants, while promoting dance as an alternative form of physical activity. This semester, they hope to continue with regular weekly practices, new choreographies and experimenting with new dance styles.

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## Dealing with Study Burnout and Stress in Medical School – AMSA Workshop Sessions

Stress caused by pressure to perform during exams is a common phenomenon. It’s a proven fact that this stress actually results in poor academic outputs. To combat this, AMSA organized a workshop teaching students useful skills to alleviate stress. The 20 students in attendance learned about symptoms of burnout and preventative strategies.

The various sessions involved yoga, progressive muscle relaxation, laughter yoga and deep breathing techniques. The workshop was followed by freshly prepared fruit smoothies. The goal of this workshop was to promote healthy living and self-care among medical students. Dr. Jain provided guidance and support.

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