



# MedCat Jr.

## Important MedSci Dates (January 2017)

- Mon., 1/9: Classes begin
- Wed., 1/11: UCCOM 2017 Winter Review MCAT Course Deadline (4:00PM)
- Mon., 1/16: Dr. Martin Luther King Jr. Day (no classes)
- Tues., 1/24: University Honors Program Research Fair (SURF, WISE, BRIMS, ROSE)
- Thur., 1/26: Crosstown Classic Men's Basketball Game vs. Xavier University (7:00PM)
- ROSE Program Information Session specifically for MedSci students (5:30PM-6:30PM)



**Celebrating Baby Shah:** The Undergraduate Program in Medical Sciences jointly celebrated a successful Fall Semester and the upcoming arrival of our new MedSci Bearcat, Baby Shah, at the Fall Celebration on November 30th.

## Fall Celebration 2016

Faculty, staff, and students of the Undergraduate Program in Medical Sciences and University of Cincinnati College of Medicine came together on November 30th at the annual Fall Celebration to cap off a successful semester and celebrate the upcoming arrival of our new MedSci Bearcat, Baby Shah. In addition to sharing a fantastic pasta dinner, mingling with professors and mentors, and watching *Elf*, MedSci students had the opportunity to contribute to the creation of a library, which will be housed in Rachel's office, for our newest MedSci member. Despite the sizable increase in students and mentors attending this year's event, the Fall Celebration was a spectacular success and reward for all of the hard work our faculty, staff, and students have dedicated to the program throughout the semester. As the Undergraduate Program in Medical Sciences inevitably grows in the coming years, we are confident that the Fall Celebration will continue to be a fantastic MedSci tradition for subsequent classes of Major and Minor students.

*Special thanks to Beth, Rachel, and Dr. Menon for a terrific Fall Celebration and Medical Sciences Fall Seminar series!*

## Friendship in Unlikely Places



**Paul Murdock**  
Medical Sciences Major  
Class of 2019

From the moment I arrived at Blue Ash Care Center I knew I was called to be there. It was a sunny day in late August and I walked into a nursing home. I had seen the inside of a nursing home before due to my grandmother's presence in one. In addition, when I was younger I would sometimes go with my mom and give communion to the sick, so I had been in several other nursing homes before. Even with these experiences, I still would not be ready for what was to come.

I walked into a musky, dark room and saw a brittle looking man lying on his side facing the wall. The volunteer coordinator I had arrived with tried to wake him, but with little luck. Bill simply groaned as we tugged at him. We were persistent nonetheless, and I watched as we checked his diaper and linens for any signs of them needing to be changed. Immediately upon having investigated this we determined that his diaper was indeed filthy. I watched as a nurse and the volunteer coordinator changed him, having to progressively roll him back and forth in his bed in order to try to disturb him as little as possible.

This was my first day meeting Bill. What seemed like a genuine relationship was met with much sadness as the proceeding weeks did not seem to be any easier for him. He neglected to eat quite regularly, while preferring to sleep his days away. Often times I would simply sit with the television blasting and wait for him to wake up. Once I could hear him groaning from the sound of the television having woken him, I would turn it down and try to talk with him. What usually sounded like him mumbling due to his missing teeth became minimal and I gained a better understanding of Bill with each consecutive visit.

My brightest encounter with Bill was when I stumbled upon him lying down during lunchtime. I saw that his lunch had been brought to him but he had not touched it. I woke him up and made sure that he tried to eat, after all he suffered from malnutrition and one could tell by his brittle frame that he often neglected to eat. I helped him sit up and placed him in front of his food to help him prepare to eat. He looked at me and complained about his food being cold, so I took his tray to the kitchen and had it heated up. Next, he complained about his coffee. He insisted that I try it. Unaware of the thicket used in his coffee, I lifted the cup to my mouth and sipped it. I instantly started to gag from the subtle and unfamiliar thickness and taste. It was also extremely cold. Bill, requesting that it be sweeter, asked for my help. I went around looking for sugar and one of the nurses gave me some of her "personal stash" as well as some creamer. Bill seemed satisfied. This was one of the many lessons I learned from Bill and an experience I will take with me forever. Not only was I graced by the ability to help brighten his mood but I also would ensure that he was eating properly. This was something the nurses mistook for family love despite the fact that Bill and I were not related.

Bill passed away yesterday, November 20, 2016. He was an artist during his lifetime and it became evident he was struggling when I saw him arguing with the manager of the facility over where his check was. He had said he had not received Bill's check yet, and that concerned Bill. The man calmly reassured him that he would find it and let Bill know once it arrives. But Bill was persistent at that. Bill wanted to make sure he understood that the check was coming and did not want any complications. He was both a source of both humor and happiness for this man, as I saw the easiness in his eyes while reassuring Bill.

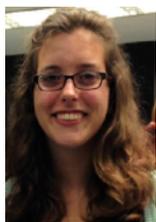
Bill had a true love for people, especially women. Once when I came to see him and he was with a physical therapist. She was talking to Bill and smiling down at him. I simply greeted him, and what seemed like seconds later he sort of waved at me and said "see you later." Bill was clearly denoting that I should scram so he could have time alone with this younger, attractive physical therapist. Bill had a big heart and an even bigger personality.

While away this weekend I missed my regular Monday visit with Bill. On Sunday I texted my volunteer coordinating, reassuring her that I would go and see Bill at the beginning of next week so I could check on him as soon as possible. Unknown to me was the eminent threat facing Bill. As I was planning in my head and excited for a new Bill story, I received an email saying that Bill was actively dying. Still aloof as to what this meant exactly, I figured I still had a few weeks left to spend with Bill. I reached out and texted my volunteer coordinator again and reassured her that I would see Bill soon. She responded saying that he had just passed and said she was sorry to deliver the news.

Bill's death had a devastating blow on me. Receiving yesterday's news has caused me to reconsider what exactly a medical career entails. Dealing with loss is something we all face, and having only experienced the loss of two family members this was particularly hard for me. This would count as my third loss. I am still unaware as to how I am to move on in the future or what effect this will have on my career. This event has caused me to reflect on how deep one's love can be towards those who truly need us the most. Bill's life, although fragile, gave mine strength and opened my horizons as well as my heart to those who need love. Caring for someone in need is often difficult, and I think the most important medicine providers can provide is grief. Physicians who can grieve for their patients and live through them is a powerful thing, similar to how our patients have lived through so many others.



# Beyond Book Smarts: Understanding the Ethical Obligation of a Health Care Professional



**Missy MacDonald**  
Medical Sciences Major  
Class of 2019

Between the horrors of resonance structures and free body diagrams, it can be hard to keep the end goal of a degree in Medical Sciences in mind. Whether looking for a career as a scientist or a physician, it is important to remember that knowledge does not end with science. There are other factors that make up a good employee and caregiver. How should a hospital allocate resources in an emergency situation? Should a physician be allowed to decline performing a legal procedure? How does a professional separate their own values from the decisions they are making? These are all questions that are covered in the course Ethics in Healthcare.

Ethics in Healthcare is a course designed to teach students the side of healthcare that is, unfortunately, often overlooked as an undergraduate. The class is discussion based, providing a safe place where students can share their thoughts without fear of being attacked. Students learn the three types of ethical problems as well as four frameworks to approach these problems with. The class is split into groups, where each group presents on four ethical issues throughout the semester. Students are taught to think through each prompt from all angles, gathering as much relevant information as possible in order to make the best decision.

There is also a community outreach portion of the course, where the groups go to a local organization of their choice and volunteer for a minimum of ten hours. My group volunteered at Saint Vincent de Paul food pantry, an organization that provides food to the less fortunate that live in the Cincinnati area. This experience was a very eye opening one for me. I saw people who were grateful for the services being offered, even coming to tears at the end of their visit. I saw those who would become upset if they could not take everything they wanted. I saw an organization full of people who truly cared for those they are serving, but often had to make difficult decisions in order to serve as many as possible.

Although my section was an 8 AM, it quickly became my favorite class of the semester. It can be easy to get caught up in the specifics of the science courses; it is good to take a step back sometimes and see the bigger picture. I would highly recommend this course to anyone, especially those who are interested in becoming the best physician they can be.

## Perspective: A “Pre-Grad” Girl Swimming in a “Pre-Med” World



**Lauren Styczynski**  
Medical Sciences Major  
Class of 2020

“Hi. My name is Lauren Styczynski, and I am a medical sciences major at the University of Cincinnati. But no, I’m not pre-med”. This is how I’ve been introducing myself for the past month and a half. There is some amount of respect and esteem associated with the words “Med Sci” and “pre-med” around campus, but there is also the assumption that all Med Sci students are pre-medical students, wanted to go to medical school and becoming doctors. I was once pre-med, but now I am not. I want to be a “doctor” but I don’t want to be a practicing physician, and I am so eternally grateful for a program that will support me as I journey to achieve my goals, even though I am taking a track that is a bit different than the majority of the medical sciences students.

However, being a part of this major means that I spend the majority, if not all of my time surrounded by people that want to become practicing physicians. I respect and honor their dreams, just as they respect mine. However, it can be hard to hold conversations while discussing people dreams and goals of what specialty they dream to pursue, and the struggle of not getting an A on a chemistry test because they fear this will mean they can’t go to medical school. Even though the final is an unfounded fear (if you get a B on a chemistry exam, you will still be okay), it can be tough. I still work tremendously hard for the grades I desire, but when speaking to other students and even faculty about my graduate school hopes and dreams, it can become both rattling and unnerving when they allude to (and directly state): “Oh, your GPA doesn’t matter as much as it would have if you had wanted to go to medical school”. Something about that does not seem right. This has shifted my perspective; although I am taking a different path than the majority of my cohort, I am treated differently. During presentations about “getting into medical school” and “how to shadow” and “what the PPAC can do for you” I am one (of maybe 2) that gets to raise my hand when the presenter says “Who wants to do something other than medical school?”

I am no longer competition to the pre-meds, so please, be kind.



# STUDENT SPOTLIGHTS



**Name:**  
Megan Wilson  
**Hometown:**  
Cincinnati, Ohio  
**Major(s)/Minors(s)/Certificate(s):**  
Majors: Biological Sciences & Africana Studies  
Minors: Chemistry & Medical Sciences  
**Graduation Date:**  
Spring 2017  
**Why MedSci?:**  
I love the classes and all the opportunities for mentoring offered through the program. I also loved being surrounded by other students who are passionate about medicine and learning.  
**Fun Fact:**  
I'm very interested in global health and I spent last fall studying abroad in Ghana.



**Name:**  
Justin Smith  
**Hometown:**  
Summer, Illinois  
**Major(s)/Minors(s)/Certificate(s):**  
Major: Medical Sciences  
**Graduation Date:**  
Spring 2018  
**Why MedSci?:**  
Medical Sciences is a perfect major for me - I have always known that medicine was my end goal, so it allows me to take classes that will prepare me for medical school and truly challenge me to become the best student I can be. It also gives me direct access to all the things I want to do - shadowing, mentoring, and the faculty are truly there to help you succeed.  
**Fun Fact:**  
I hope to one day be an Emergency Medicine Physician (and I'd love to be in the Air Medical industry).



**Name:**  
Matt Stall  
**Hometown:**  
Avon, Indiana  
**Major(s)/Minors(s)/Certificate(s):**  
Major: Medical Sciences  
**Graduation Date:**  
Spring 2019  
**Why MedSci?:**  
This major really meshed with my interests in being pre-med and everyone has gotten to be a good friend in the program.  
**Fun Fact:**  
I competitively sail and was on the rowing team for a while here at UC.



**Name:**  
Minh Tran  
**Hometown:**  
Vietnam  
**Major(s)/Minors(s)/Certificate(s):**  
Major: Medical Sciences  
**Graduation Date:**  
Spring 2019  
**Why MedSci?:**  
Structured major; lots of experiential learning; friendly community; great courses  
**Fun Fact:**  
I love ice cream, bubble tea, and chemistry.



**Name:**  
Olulayole Adedeji  
**Hometown:**  
Wilmington, Delaware  
**Major(s)/Minors(s)/Certificate(s):**  
Major: Medical Sciences  
**Graduation Date:**  
Spring 2020  
**Why MedSci?:**  
I chose Medical Science because I believe that it will allow me to explore and understand the importance of being a doctor.  
**Fun Fact:**  
I love dogs. I like to eat a lot. I want to become a Neuropathologist. During my free time I like to read, knit, run or play volleyball.



**Name:**  
Maneesh Chidambaram  
**Hometown:**  
Sycamore, Ohio  
**Major(s)/Minors(s)/Certificate(s):**  
Major: Medical Sciences  
**Graduation Date:**  
Spring 2020  
**Why MedSci?:**  
With my life experiences, I have dreams of working in the hospital and helping other people. Nothing is more satisfying than knowing that you helped heal someone or saved someone's life.  
**Fun Fact:**  
I love to sing Bollywood and American music and play tennis and soccer.

# MEDICAL SCIENCES JANUARY 2017 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New Year's Day I	2	3	4	5	6	7
8	Classes begin 9	10	UCCOM Winter 2017 MCAT Review Course Deadline 4:00pm II	PPAC Pre-Health Introduction Workshop 1:30pm-2:30pm Men's Basketball vs. SMU (Home) 9:00pm I2	13	14
15	Dr. Martin Luther King Jr. Day (no classes) 16	17	PPAC Health Professions Application Workshop 5:00pm-6:30pm Men's Basketball vs. Temple (Home) 7:00pm 18	MedSci Ballers Practice & Game 7:00pm 19	Inauguration Day PPAC Pre-Health Introduction Workshop 1:00pm-2:00pm 20	21
22	PPAC Personal Statement Writing Workshop 3:30pm-5:00pm 23	University Honors Program Research Fair (SURF, BRIMS, WISE) 3:00pm-4:00pm 24	PPAC Pre-Health Introduction Workshop 12:00pm-1:00pm 25	PPAC Pre-Health Shadowing Workshop 10:00am-11:00am Men's Basketball vs. Xavier (Home) 7:00pm 26	27	28
Men's Basketball vs. USF (Home) 4:00pm 29	30	PPAC Pre-Health Introduction Workshop 11:30am-12:30pm 31	ROSE Program Information Session* (specifically for MedSci students) 5:30pm-6:30pm I			

**Stay up-to-date with everything MedSci!**

- [Twitter](#)
- [Facebook](#)
- [MedCat Jr. Website](#)

