

## MESSAGE FROM THE VICE DEAN



*Imran Ali, M.D.*

Dear Students,

We would like to welcome you back to a new academic year. We are excited about our future plans and will share them with you as they become organized and ready for implementation. In the next two months we will finalize the program for a two week transition to fourth year course for our current M3s. We are also gearing up for a LCME visit in 2020-21 which will involve students in a leadership role as part of the self-study and independent student analysis. More to follow in the next few months.

Based on student concerns for M1 and M2 years we have changed the attendance requirements. Additionally we have also discussed parking and student issues having been shared with University leadership related to those services. Information regarding parking is included in this newsletter.

We are also gearing up to have a curriculum retreat for ALL faculty and as always student leadership will be invited. We are focusing on enhancing the clinical curriculum and will be discussing best practices as well as our clinical programs.

Transition of major services to Toledo Hospital is moving forward as planned. Epic (EMR) remote access for students is being discussed with Promedica IT leadership, students currently still have full access at Toledo Hospital and have read and write capabilities.

As issues are identified we will do our best to address them.

Thank you and have a wonderful year!

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## M1 AND M2 CURRICULUM



*Jeremy Laukka, Ph.D.*

Welcome back! The faculty are looking forward to a great M2 academic year. The faculty have been busy working on curriculum and seeking ways to evolve your educational experience. I commend the commitment and dedication of the faculty towards the new curriculum and their genuine desire to be part of your educational journey. The cardiovascular system of Thread 3 started on July 9 and we are excited to have Drs. Carlos Baptista and Julie Kovach leading this important system.

Each day and week is a learning process as we continue to implement the curricular change. We appreciate the feedback you have provided throughout your M1 experience. We continue to make changes (i.e. NEW guidelines on attendance, examination/quiz review including more rationales and processes to increase faculty evaluations feedback). We will re-initiate the focus group sessions for the new academic year and they will take place at the conclusion of each system.

I would like to thank the student task force and leadership of Alex Petrak (M2) for their contribution in helping refine the Musculoskeletal System and Neuroscience in Health Disease curriculum. We appreciate the feedback through the lens of a student. We are excited about the curricular opportunities and integrating this feedback for our incoming M1 class.

Below are the dates for each of the systems in Thread 3 & 4. Starting Feb 11, 2019, a Boot Camp for Step 1 will **interweave** with your dedicated study to help support and prepare you for your Step 1 exam. More information will be provided at a later point on this aspect of the curriculum. In the early Fall you will have an informational session on Step 1, so please stay tune for this important session given by the Office of Student Affairs and Department of Medical Education.



UNIVERSITY OF TOLEDO COLLEGE OF MEDICINE  
IMPORTANT DATES 2018-2019

**NEW CURRICULUM – M2 – Class of 2021**

<b>Thread 3: ECOsystems Begins</b>	<b>Monday July 9, 2018</b>
Cardiovascular System	July 9 – August 16
Pulmonary System	August 22 – September 14
Renal System	September 17 – October 2
<b>Thread 3: ECOsystems Ends</b>	<b>Wednesday October 10, 2018</b>

<b>Thread 4: Cycles and Vices Begins</b>	<b>Monday, October 15, 2018</b>
Gastrointestinal	October 15 – November 20
Reproductive	November 26 – January 18
Endocrine	January 22 – February 1
<b>Thread 4: Cycles and Vices Ends</b>	<b>Friday February 8, 2019</b>

**Winter Break**    December 20, 2018 – January 4, 2019

**\*USMLE STEP 1 Prep & Exam**    February 11 – April 12, 2019

**Bridge to Clerkships**    April (date TBD)

## Toledo Hospital/Toledo Children’s Hospital Exercise Room

We are pleased to be able to offer UT COM fellows/residents/students with access to the employee/affiliate exercise room facilities on the campus of ProMedica Toledo Hospital/Toledo Children’s Hospital. If you wish to take advantage of this opportunity, please complete the participation forms located on the Learner Resources page on the Academic Affiliation section of *myProMedica* (ProMedica’s portal).

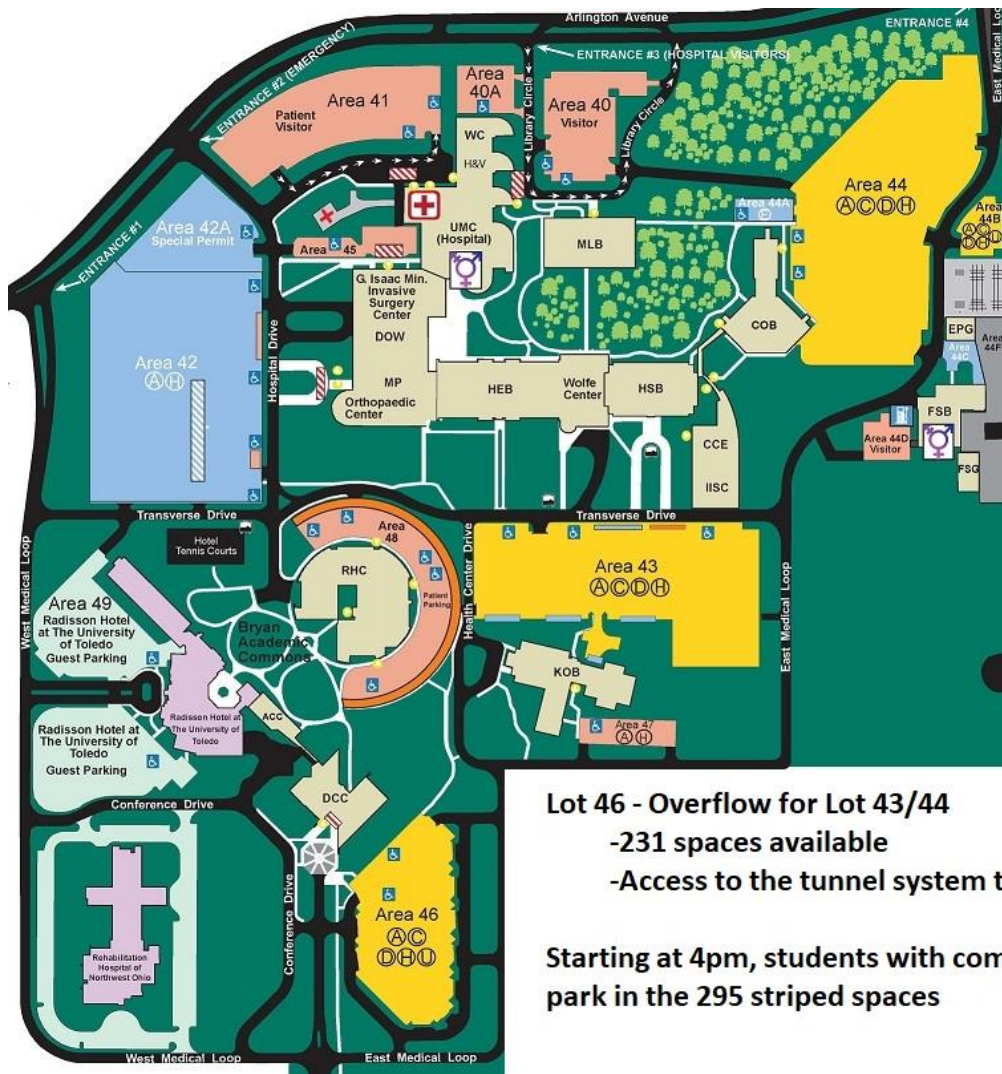
Please print the file, complete the enrollment forms and return to your Program Coordinator or the GME office, which is now located on the 3<sup>rd</sup> floor of the Jobst Tower on the Toledo Hospital/Toledo Children’s Hospital campus. Within 5-7 business days of receipt of the completed forms, your ProMedica ID badge will be programmed for access to the exercise room.

## Updates made to student parking spaces in Areas 43 and 44

Parking Areas 43 and 44 have been updated with colored stripes to distinguish the spaces that are reserved for specific parking permits.

Student parking spaces in Areas 43 and 44 are now striped with white parking lines. Yellow lines mark the areas reserved for A permit holders from 8:00 a.m. to 4:00 p.m. Students with permit types C or K may park in yellow-lined spaces after 4:00 p.m., unless otherwise indicated.

Areas 43 and 44 were updated to be consistent with other parking areas across UT’s campuses. To allow time for students to get used to these changes, warnings will initially be issued for students parking in a yellow-lined space. After September 4, tickets for parking violations will be issued. Please refer to the signs at individual spaces and/or light poles to ensure you are parked in the correct space based on your permit type.



Lot 43 - 685 Spaces  
 -179 Striped

Lot 44 - 772 Spaces  
 -116 Striped

Total - 1,457 Spaces  
 -295 Striped

Lot 46 - Overflow for Lot 43/44  
 -231 spaces available  
 -Access to the tunnel system to Dana Center

Starting at 4pm, students with commuter permits are eligible to park in the 295 striped spaces



## STUDENT MENTAL HEALTH SERVICES

Students have access to mental health and counseling services at Kobacker Center on the Health Science Campus. Additional counseling services are available at the University Counseling Center on Main Campus as well. To make an appointment, please call 419.383.3815

### Health Science Campus

Behavioral Health Services  
 Amy Riese, M.D.  
 Sandra McCluskey, LPCC-S  
 Kobacker Center  
 1400 East Medical Loop  
 419.383.3815



### Main Campus

University Counselling Center  
 Rocket Hall, room 1810  
 419.530.2426

## STUDENT WELLNESS SERVICES

Students have access to wellness services at the Ruppert Health Center on the Health Science Campus. Services include medical visits, travel consults, immunizations and program physicals. To make an appointment, please call 419.383.5000.

### Health Science Campus

0013 Ruppert Health Center  
419.383.5000

## PROMEDICA COMMUNICATION: Providers - Self Access - PPAP and Rules about Self Access

### Self- Access Information for Providers – July 17, 2018 Update

Our Proactive Privacy Auditing Program (PPAP) has the ability to follow footprints in the system. This software proactively:

- **Monitors** audit logs across the system
- **Identifies** potential HIPAA breaches 24/7
- **Alerts** if something occurs outside your normal access behavior

You know that protected health information (PHI) should only be accessed by staff members who are involved in the patient's care or as needed to perform ones job responsibilities. All other access is prohibited without a patient's written authorization.

But did you know that includes accessing your own medical records?

- Accessing your own medical records is a violation of ProMedica policy and a violation of both Ohio Revised Code 3701.74 and Michigan Compiled Laws 333.26265(2), which state that a patient or a patient's personal representative who wishes to examine or obtain a copy of their medical record must submit a written request.
- To obtain a copy of your medical records contact one of ProMedica's HIM departments to submit your request or **sign up for MyChart at [mychart.promedica.org](http://mychart.promedica.org)**.

**Any provider found guilty of intentionally violating this will be notified directly. Repeated offenses will result in escalation to medical staff services office.**





## CulinaryMD: A novel culinary medicine program at the University of Toledo College of Medicine

### Manish Karamchandani



In medical school, we're taught that diet and exercise are effective first-line preventative measures and treatment for a variety of chronic health conditions; however, what exactly that entails is not discussed in depth. As I progressed through my medical career, I came across more and more patients and individuals asking for my advice on nutrition as they presumed I was an expert in all aspects of healthcare. Realizing this information was not really part of my training, I decided to look to the literature for answers. The data showed that I was not alone, only 19% of medical students report readiness to offer adequate nutritional counseling to patients. This may be because 71% of US medical schools fail to teach the recommended 25 hours of nutritional education over the course of the four-year curriculum, and 36% of schools provided less than 12.5 hours during this time. Ultimately, without adequate training, providers cannot be realistically expected to effectively counsel their patients about their nutrition.

I wanted to change those statistics and I saw an opportunity here at the University of Toledo College of Medicine. I started CulinaryMD in 2016 with the intention of teaching medical students how to cook healthy meals for themselves, and ultimately educate their patients, while supplementing information acquired in the classroom. CulinaryMD is based on the concept of culinary medicine, an evidence-based field that combines the art of cooking with the science of medicine. The goal is to not only help develop general healthy eating habits, but also explore disease-specific dietary interventions that are easily implementable. A hypertensive patient, for example, would likely be told to eat a low salt diet, given a handout on the DASH diet from an EMR, and left to devise a culturally-sensitive diet to themselves.

As most patients will find this understandably difficult, it is necessary to encourage meaningful conversations between providers and patients that help patients better understand how to implement their recommended dietary changes. Studies have found physicians who practice healthy habits themselves are more likely to counsel their patients on health behavior change and these conversations are perceived as more meaningful by patients. CulinaryMD addresses these issues by starting at the source – educating the provider early in their training.

The objectives for the CulinaryMD program include, but are not limited to, teaching medical students and residents fundamental culinary skills and basic nutritional information, meal prepping, cooking cost-effective meals, building a pantry, and exploring popular diets and their clinical correlations. The goal is to ultimately promote cooking and nutrition as key components of lifestyle wellness for medical students and residents. What makes the CulinaryMD program truly unique is it is the only completely student-led culinary medicine program in the country and is financially self-sufficient. To date, we have trained over 100 students over 10 classes and have over 15 students involved in the CulinaryMD program. Eventually, we hope to integrate our program and culinary medicine concepts into the pre-clinical and clinical curriculums at the University of Toledo College of Medicine.

CulinaryMD classes are held at the Promedica Ebeid Institute in downtown Toledo, last 1.5 hours, and have a heavy emphasis on student involvement. Sign-up is available through the UTCOM Class Facebook pages. More information can be found by following our Instagram @UTCulinaryMD or reaching out to directly to our members with the contact information provided below.

Manish Karamchandani: [mkaramc@rockets.utoledo.edu](mailto:mkaramc@rockets.utoledo.edu)

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Chrissy Metcalf: [christina.metcalf@rockets.utoledo.edu](mailto:christina.metcalf@rockets.utoledo.edu)

Lauren Linker: [lauren.linker@rockets.utoledo.edu](mailto:lauren.linker@rockets.utoledo.edu)

Jared Bobulski: [jared.bobulski@rockets.utoledo.edu](mailto:jared.bobulski@rockets.utoledo.edu)

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### Get the UpToDate app with these easy steps:

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2. Click the **Log-in/Register** link in the top navigation bar or the mobile-app link to enter the registration page.
3. Create a unique user name and password on the UpToDate Anywhere registration page.
4. Download the app at your device's store.
5. Every 90 days renew access by signing into UpToDate via the Mulford library homepage (<https://www.utoledo.edu/library/mulford>) on your personal device.

### 90-Day Verification of Your Affiliation

Use UpToDate from the Mulford Library home page (signed in with your personal UpToDate account) at least once every 90-days for automatic verification of your affiliation with The University of Toledo. In-application & email messages will remind you to log into UpToDate from the Mulford Library, if you haven't done so in 90-days. You must log-in **every 90-days** to maintain access to the UpToDate app.



**Questions?** Contact UpToDate by emailing [customerservice@uptodate.com](mailto:customerservice@uptodate.com) using the subject line **UpToDate Anywhere**, or call 1-800-998-6374 or The University of Toledo IT on the Health Science Campus (419) 383-2400 or on Main Campus (419) 530-2400.



## No Change to Minimum Passing Score for Step 2 CK

*Announcement posted to the USMLE website May 24, 2018*

The USMLE® Management Committee voted to maintain the currently recommended Step 2 CK (Clinical Knowledge) minimum passing score at their May 2018 meeting.

As explained in a [previous posting](#) to the USMLE website, the minimum passing score for each USMLE Step examination is reviewed periodically and may be adjusted at any time.

At its meeting, the USMLE Management Committee conducted a review of the Step 2 CK examination minimum passing score. During the meeting, the Committee considered information from multiple sources, including:

- Recommendations from independent groups of physicians who participated in content-based standard-setting activities in 2018;
- Results of surveys of various groups (e.g., state licensing representatives, medical school faculty, examinees) concerning the appropriateness of current passing requirements for the Step 2 CK examination;
- Data on trends in examinee performance;
- Data on precision of pass/fail classifications.

As a result of its review, the USMLE Management Committee voted to maintain the recommended minimum passing score of 209.

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Send questions or comments to [medicalschoolservices@nbme.org](mailto:medicalschoolservices@nbme.org)