

THE PULSE

MAGAZI

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THE ALL AMERICAN INSTITUTE OF MEDICAL SCIENCES



Inside This Issue

This issue of the newsletter features updates across the institution ranging from the Pre-clinical Sciences to the Clinical Sciences and allied healthcare. It also highlights the extracurricular activities hosted by the Student Guild Association and the AAIMS Administration. Enjoy!

Mission

To coordinate resources necessary to deliver excellent medical education leading to generating physicians that will serve the community, and to form lifelong learners committed to excellence, faith, leadership and service.

Vision

To attain an international reputation as an outstanding medical institute distinguished by excellence, leadership, research and innovation in the quality of our teaching, in student learning and achievement, and in engagement with our communities.

Core Values

Leadership, Integrity, Innovation, Faith, Excellence, Lifelong Learning, Service to Community

to the Rule Magazine!

TABLE OF CONTENTS

TITLE	AGE
Basic Sciences Updates	
MD Faculty Interview	4
AAIMS Alumni Spotlight	5
Clinical Sciences Updates	
Clerkship Presentation & Discussion (CP&D #28-31)	. 6
Clerkship Stock Photos	. 7
General Updates	
AAIMS AHD Feature	. 8
Social and Other Events Coverage	
Cyber Security Workshop	10
Employee Recognition Function	. 11
Journal Club	12
Staff Birthdays	. 12
AAIMS Graduation Ceremony 2021	. 13
Trip to Treasure Sports Park & Jack Sprat	15
AAIMS Fun Avenue	
Pre-Clinical Questions	. 16
AAIMS Resource Page	. 17
Reminders and Announcements	. 20
Upcoming Events	. 21





Dr. Scott Cunningham, MD PhD

Chief Academic Officer



• What motivated you to pursue a career in the field of Medicine?

When I entered college I had hoped to become a social worker. I began doing virology research during my 2nd year in college, and the lab director encouraged me to apply to MD & PhD programs. I received scholarships from the National Institutes of Medicine and Luce Foundation to study infectious diseases and a scholarship from the Navy to study medicine.

• Describe your professional experience at AAIMS.

I was given the opportunity by Drs. Ram and Peter to help prepare students for USMLE several years ago. It was a very positive experience, and I was subsequently able to join the teaching faculty.

• What are your goals and visions for AAIMS?

It is my hope that AAIMS becomes a well-respected medical school with graduates serving Jamaica, and also achieves an international reputation.

• Describe your style of instruction in the classroom

I favor the flipped classroom model in which students are provided detailed learning objectives and are prepared for a lively discussion based on the assigned reading and other resources. Active learning is more effective than passive learning.

• What do you think are the most significant characteristics of a proficient instructor?

Medical school professors should be knowledgeable, have excellent communication skills, and the capacity to challenge all students alike; students who are struggling, for whatever reason, should not be left behind.

• What is your greatest strength as an instructor? Your greatest weakness?

I believe my greatest strength is a very broad understanding of the basic medical sciences and unusual clinical experiences. My perceived greatest weakness is an inability to prevent student failure 100% of the time.

• How do you engage students, especially those that appear less motivated or disinterested in the course topic?

I encourage all students to participate in our interactive sessions and I praise students regularly.

• What are you long term teaching goals?

I would like AAIMS graduates to have a solid understanding of basic science and clinical concepts, have good communication and critical thinking skills, and acquire a lifelong insatiable thirst for knowledge.

• Describe your viewpoint on the importance of the use of technology in the teaching and learning process.

When I applied to medical school I was asked in an interview, "What is the greatest global health issue?" My response was "infectious diseases." I believe I was correct then and the answer is correct now. If not for advances in technology, the medical education process would have come to a standstill during the COVID pandemic. Students today not only have more resources available than in years past, but resources, such as Lecturio, that facilitate the assimilation of a high volume of very complex material.

• What are your current research interests?

I have always had very broad research interests. At AAIMS, I would like to help students conduct research with a focus on public health matters.

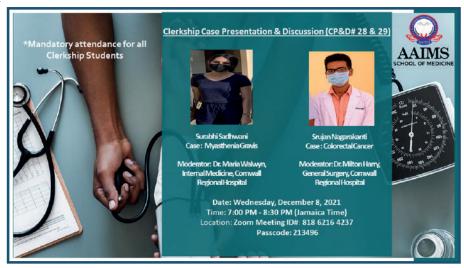


Gavin Tyndale MD, AAIMS Alumni graduated from the institution in 2016. Gavin is ECFMG certified and got selected for the Doctor of Medicine (DM) in General Surgery program at the University of the West Indies (UWI), Jamaica in July 2021. The DM General Surgery (General Surgery Residency program) at UWI is one of the most competitive programs to get accepted into. He made it because of his dedication and perseverance. Gavin was a very sincere and determined student. He was AAIMS' first student to attempt and pass the USMLE Step 1 (please review the featured article in the Gleaner when he cleared the USMLE Step 1 (https://jamaica-gleaner.com/gleaner/20131130/news/news5.html).

Gavin travelled every day from Mandeville to Black River for attending Basic Sciences classes via public transportation (he practiced Qbank questions during the journey). He woke up early hours to assist his family in farming before starting his journey to school. After completing his clerkships at May Pen Hospital and Houston, he did internship at the May Pen Hospital and later, he worked as the Senior Health Officer (SHO) at the Mandeville Hospital before getting accepted to the UWI DM program in 2020 (due to lack of available positions at that time he was deferred to start in July 2021). The AAIMS family is extremely proud of his achievement and wish him all the best.

Case Presentation & Discussion (CP&D #28-31)

Two Clerkship Case Presentation & Discussion sessions were held on December 8, 2021 (CP&D #28&29) and December, 29, 2021 (CP&D #30&31). Interesting cases were presented by the AAIMS Clerkship students Surabhi Sadhwani, Srujan Nagarakanti, Venkat Vankadara, and Harshavardhan Vulavala. Below are the topic details:

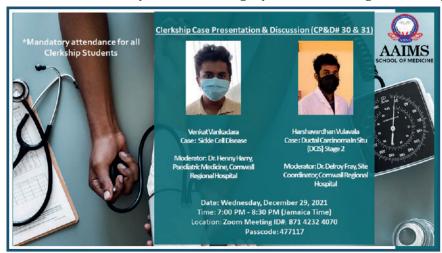


Case: Myasthenia Gravis by Surabhi Sadhwani

Moderator: Dr. Maria Walwyn, Internal Medicine, Cornwall Regional Hospital

Case: Colorectal Cancer by Srujan Nagarakanti

Moderator: Dr. Milton Harry, General Surgery, Cornwall Regional Hospital



Case: Sickle Cell Disease by Venkat Vankadara

Moderator: Dr. Henny Harry, Paediatric Medicine, Cornwall Regional Hospital

Case: Ductal Carcinoma In Situ (DCIS) Stage 2 by Harshavardhan Vulavala Moderator: Dr. Delroy Fray, Site Coordinator, Cornwall Regional Hospital







To open up the horizon for Allied Health Courses to people in Jamaica and provide education. AAIMS- AHD believes that every Jamaica should have the chance to be educated and to take with them the ability to utilize their new found talent, for the purpose of uplifting themselves and their community.

AAIMS Alliance Health Division (AAIMS-AHD) is an Allied Healthcare Institute established in Jamaica, since 2008, and is registered with the Ministry of Education as an Independent School. It is also recognized by the Ministry of Health through the South East Regional Health Authority (SERHA). The Program offerings include: Pharmacy Technician, Medical Assistant and Phlebotomy Technician, Surgical Technician and Dialysis Technician.

AAIMS- AHD has a small cadre of dedicated, committed and hard-working staff, who remain committed to its mantra 'Making a Difference.... One Student at a Time!"

CHOOSE US TODAY- The Paramedical Institute of Choice!

PRACTICUM FRAMEWORK Pharmacy Technicians

Our Pharmacy Technician Program is completed over a 10- month period, and is inclusive of 6 months of theory and four months of practicum. Practicum is scheduled post clearance- academically and financially. Following this, an official letter of request for placement is sent through the Regional Health Authority, as well as Private Facilities.

Once approval is obtained, a meeting is scheduled with interns to discuss the following:

* Documentation that supports the practicum, these include:

Log Sheet

 This is used to capture succinct information regarding main duties or tasks completed during the practicum.

Students Review Sheet

• This is used to outline skills and competencies developed, as well as challenges faced, along with potential solutions.

Objectives

• These are developed in conjunction with Course Objectives, in order to ensure that students demonstrate their practical knowledge and conceptual understanding.

Evaluation Form

• These include descriptors based on job knowledge and skills, quality of work, work habits and attitude.





On the 20th of December 2021, AAIMS held its second consecutive Cyber Security Workshop. As an institution, data security was identified as a main area of focus that needed to ensure all employees were more knowledgeable and recognize its significance. In this workshop the following topics were discussed.

- 1. PII (Personal Identifiable Information) Exploring ways that can secure our data.
- 2. CIA Triad (Confidentiality, Integrity, and Availability) Properly maintaining our data.

The first session was done by Mr. Prassi Adusumilli, Advisory IT Specialist at IBM, USA. He primarily focused on the best practices in relation to data privacy. An important highlight was the security tip he shared at the beginning of the session, "commit to a disciplined practice of information security and continue to refresh yourself so you don't become a point of vulnerability in our security defenses." This statement challenges us to keep learning, staying current with trends so that all are aware of the threats and know how to protect themselves.

The second session was done by Mr. Damian Chambers, Assistant Professor at Northern Caribbean University, Jamaica. Mr. Chambers looked on cybersecurity in the workplace: What is Data? Who owns the data? Can someone lose the right to their data? Several questions posed by attendees and by his thorough explanation, it helped to understand the rights users have.

Overall, this workshop reinforced the importance of cybersecurity and made all the difference in knowing all the best practices to cultivate within the institution.









AAIMS Employee Recognition Event 2021

he AAIMS Employee Recognition Event was held on Thursday, December 16, 2021 at 2:00pm in the AAIMS Auditorium. Employee recognition is the timely, informal or formal acknowledgment of a person's or team's behavior, effort or business result that supports the institution's goals and values, and which has clearly been beyond normal expectations. The objective of this function was to enable all AAIMS employees to see that the institution value them and their contributions to the success of their team and AAIMS overall. This recognition function fostered a sense of employee security in their value to the institution, motivating them to continue great work.

The function commenced with an interlude of music. Mr. Jhoneil Smith, Master of Ceremonies, opened the function by outlining the afternoon's activities. The opening remarks and welcome were then given by Mrs. Jennifer Guthrie, AAIMS Administrator. After which, Reverend Pauline Brissett prayed and blessed the institution and the meal. Remarks were then given by Dr. Viswanadham Pothula, AAIMS President and Mrs. Kadien McKenzie, AAIMS Director of Operations. After another interlude of music, Ms. Joyeth Brown introduced the Guest Speaker, Mrs. Joyce Irving, Retired Principal.

In Mrs. Irving's address, she encouraged the audience to build a resume of the person that aspire to become. They should try to be self-aware and find a way to eliminate complaining from their lives. She stated that, their focus in life makes a difference when they learn to appreciate who they are. She ended her address by giving the audience six (6) helpful tips to help them navigate through the hurdles of life. She left them with this statement, the top of the mountain begins another climb so keep on climbing. The employees were then presented with their awards after which Mrs. Scott delivered the response on behalf of the recipients. Mrs. Guthrie gave the vote of thanks and Mr. Smith concluded the function by delivering the closing remarks. Please see the highlights of the afternoon's activities below:





JOURNAL CLUB

The Journal Club meets once every three (3) weeks to critically evaluate articles in the academic literature, such as the scientific literature and medical literature. Objectives of the Journal club and the highlights of the session:

- To educate the students to make them become more familiar with the advanced literature in the medical field.
- To help them to look critically at relevant articles to become familiarized with research and analysis and how you can use research projects to better manage patients.
- To gain an understanding of the "bench-to-bedside" process.
- To develop critical thinking skills along with an ability to read, comprehend, and analyze the medical literature.
- To develop oral communication skills in a collegial setting.
- To appreciate the importance of lifelong learning as the student transitions from lectures and textbooks to the primary medical literature.

A session of the Journal Club was held on December 21, the topic Hypertension Heartbreak was presented by Ms. Vinutna Kolluri., fourth year medical student.

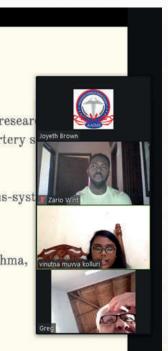


ETIOLOGY

The pathophysiology of Takotsubo cardiomyopathy is not well understood, but resear suggests that catecholamine excess, microvascular dysfunction, and coronary-artery s may play a role.

Triggers include emotional stress, surgical stress, increased sympathetic nervous-syst activity, and catecholamine-producing tumors.

Risk factors include female sex, postmenopausal status, anxiety, depression, asthma, diabetes, and substance-use disorders.



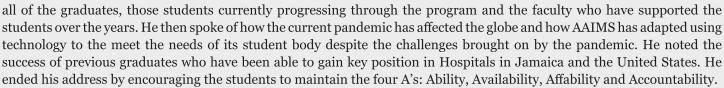
Stoff Madgeline Foster 14 Evette Flowers 21 Theresa Scott 30

AAIMS Graduation Ceremony 2021

Congratulations **graduates!** The All American Institute of Medical Sciences hosted a virtual **ceremony** to celebrate our graduands on Sunday, December 05, 2021 at 2 PM. Event was streamed on YouTube with some of the **graduands** and staff present at the hosting location in Black River campus following COVID 19 protocols.

The ceremony commenced with Mrs. Guthrie, Chairperson, delivering the opening remarks and welcome. This was followed by the processional to the platform by the graduates. After which, the Jamaican National Anthem was played to which all members of the audience stood attention in recognition. Mr. Carl McKenzie, faculty member, prayed for the ceremony, the graduands and for the successful growth and development of the AAIMS institution. Dr. Pothula then delivered his address to the graduating class and the audience. He welcomed all members of the audience in person and remotely and thanked the keynote speaker, Dr. Herbert J. Thompson, for being present. He congratulated the graduating class and urged them to thank all who have helped them to reach this far in their educational pursuits. He shared the information and excitement about the AAIMS new extension campus opening in Black River in 2022.

Once Dr. Pothula had completed his address, Dr. Peter Horneffer then gave his address to the graduating class of 2021. He congratulated



Dr. Maurice Smith, Chair, AAIMS Advisory Board and His Excellency, Mr. Masakui Rungsung, High Commissioner at the High Commission of India in Jamaica gave greetings and congratulatory note to the graduating class. This was followed by a video musical selection, the song 'Winning Right Now' by Agent Sasco. Once the musical selection concluded, Mrs.AndreaReid, AAIMS Registrarthenintroduced the Keynote Speaker, Dr. Herbert J. Thompson, CD, JP, PhD. Dr. Thompson's address to the graduating class of 2021 was a very interesting and engaging one. He commended the graduates for the way they were able to handle the challenges brought on by the pandemic. He further commended the founder of AAIMS, Dr. Ram Chalasani for his vision in starting this institution.

Dr. Thompson noted the growth that he witnessed of the country of Jamaica has seen over the decades. He encouraged the audience to never let anyone put any labels on them to confine them based on their background. He noted the positivity in the economic development that AAIMS has offered Jamaica through offering various programs for study at the tertiary level. As he states, 'Jamaicans need more options.' He expressed that the administration is responsible for gaining accreditation for institution but it is the responsibility of the student to sell the institution. He encouraged the students to talk about the institution to encourage its growth so that others an enjoy what the students were able to gain at AAIMS. He encouraged the students to be contemporary and open to change after graduation from medical students. This is to ensure that they are prepared to face the new realities. He encouraged the students to be humane according to the quote by Hippocrates.

Once Dr. Thompson's concluded his address, the valedictorians, Kerry Ann Flemmings from AAIMS Alliance Health Division (AAIMS AHD) and Mahesh Dayyala from AAIMS School of Medicine gave their address to the graduating class of 2021 and to the audience. Their addresses were followed by the diploma conferring to the graduates at the School of Allied Healthcare (Certificate in Pharmacy Technician, Medical Assistant & Phlebotomy Technician, Dialysis Technician and Surgical Technician) and the School of Natural & Applied Sciences, (Associate of Science Degree in Health Sciences,



Bachelor of Science Degree in Health Sciences) and School of Medicine (Doctor of Medicine). The Hipprocratic Oath was then administered followed by the presentation of awards and the graduation ceremony concluded with the vote of thanks delivered by Mrs. Kadien McKenzie, AAIMS Director of Operations. Please see the highlights of the ceremony in the photo gallery below:



STUDENT'S TRIP

TO TREASURE BEACH SPORTS PARK & JACK SPRAT



Preclinical Questions



Competition!! Students, please submit the answer to the two cases below to Dr. Scott Cunningham at scott.cunningham@aaims.edu.jm. The first place winner will be declared as Top of the Class!

1. CASE: A 62-year-old female sought evaluation of easy bruising. She is healthy and on no medications. The physical examination was significant for hepatomegaly and splenomegaly. Laboratory testing was significant for anemia (Hct = 28% [39% 1 year ago]) and elevated ferritin and acid phosphatase levels. What is the enzyme deficiency?

Figure 1: Plump macrophages with a crumpled tissue appearance

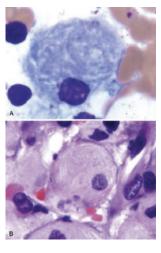




Figure 2: Erlenmeyer flask deformity

ANSWER: _____

2. CASE: A 38-year-old man sought evaluation for "heartburn." He first experienced heartburn in his 20s, but the frequency and intensity has decreased over the years. Although acid neutralizers (Tums) were once effective, he now uses Tums by the handful without effect. He sleeps sitting up to control the nighttime symptoms. Of greatest concern, this patient is at increased risk for _____.

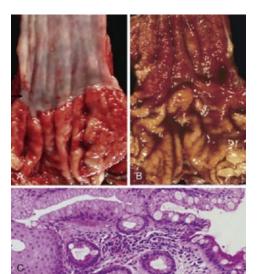


Figure 1:

- A. Normal gastroesophageal junction.
- B. Squamous mucosa to metaplasia transition.
- C. Goblet cells within columnar epithelium.

ANSWER: _____

turie Medical Education **Development Initiative**

Lecturio is a leading international e-learning platform for medical video education, serving students as well as universities and medical institutions.

Dr. Peter Horneffer, the Executive Dean of the All American Institute of Black River, St. Elizabeth, has been instrumental in introducing this flipped-classroom approach to the curriculum.

It provides an advantage for medical students preparing for the USMLE and includes features such as: video lectures, extra reading material, and question banks with a wide range of MCQs. Video lectures are conducted by the professors in a simple and understandable format.

The extra reading material provided by Lecturio can be used for revision, as well as the questions, which are given after each video lecture. The question bank also provides video links for each question, so that students can learn from previous mistakes. This platform is a valuable asset for any aspiring medical student.

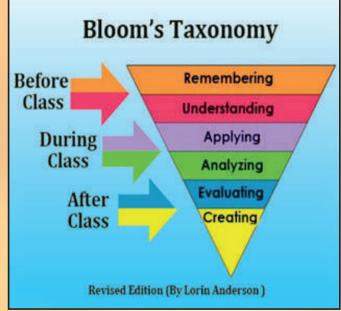
What is Flipped learning?

The Four Pillars of F-L-I-P™

- F-Flexible Environment
 - L-Learning Culture
 - I-Intentional Content
- P-Professional Educator

Fitting with the revised Bloom's **Taxonomy**

n traditional learning, lower level of learning such as remembering and understanding is happening in class, while students are usually left to work on activities that involve higher level of learning outside of classroom. However, in the flipped classroom model, learning is flipped. As you can see from the pyramid, students can finish the lower level of cognitive work before class. And when they come to class, they can engage in higher cognitive levels of learning with peers and teacher present.



- https://omerad.msu.edu/teaching/teaching-strategies/27-teaching/162-
- what-why-and-how-to-implement-a-flipped-classroom-model

 https://cdn.vanderbilt.edu/vu-wpo/wp-content/uploads/
 sites/59/2010/06/12092513/BloomsTaxonomy-mary-forehand.pdf

REASONS TO USE CLINICALKEY STUDENT AS A LEARNING RESOURCE

ClinicalKey Student is an interactive education platform with a tremendous assessment capability that supports students and faculty by enhancing the learning experience with tools tailored to develop and assess the medical knowledge of aspiring professionals. The reasons to use ClinicalKey Student as a learning resource are outlined below:

1. It provides access to the most complete and trusted medical content through:

- 200+ acclaimed textbooks covering 50 medical specialties, including Gray's Anatomy for Students and Medical Physiology
- 1,500+ quick access summaries of common diseases and topics.
- Access to 85,000 high resolution images, unlocked and discoverable for visual learning.
- O Copyright cleared images
- O Access to 850+ videos ranging from practical demonstrations of anatomical dissections to instructional clinical examination examples.
- Access to 4200+ questions (1,800 in basic science and in 2,400 clinical medicine).

2. It turns information in to knowledge by:

- O Providing a personalized bookshelf.
- O Flashcard tools.
- O Note-taking (with OneNote integration)

- and highlighting.
- O Sharing notes and learning with students around the globe.
- O Saving Faculty and student time through the use of the presentation maker tool.
- Enhancing lectures using copyright cleared images.
- O Study anywhere, anytime using the App (online & offline)
- O Text to Speech to learn on the go.

3. It improves the learning out comes of students as:

- O Students can self-assess at their own pace.
- O Get personalized feedback and benchmark themselves with their peers.
- O Students can customize their tests to focus on their weaknesses.
- O Students can access weak topics matched to additional learning resources (links to Foundation capabilities).

4. It gives faculty time back for teaching/research/practice as:

- Faculty can identify struggling students earlier by setting assignments.
- O Every question comes with in-line remediation, written and vetted by an Editorial Board.
- O There is instant access to data-driven insights to proactively pinpoint specific areas where students are weak.

ClinicalKey® Student

Author: Peter Brown

"MAKE IT STICK" Llaborate by:

- ✓ Synthesizing ideas in your own words.
- ✓ Teaching them to someone else.

Generate by-:

Attempting to solve a problem before being shown the solution.
 Giving your best guess – then correct.

Reflect on your learning experiences, by determining -:

- ✓ What went well
- ✓ What could have gone better

Calibrate by-:

- ✓ Using tests to objectively and periodically gauge your level and progress.
- ✓ Treating calibrations like actual tests, do them don't skate over them.

Use Mnemonics

- ✓ Find or create mnemonic devices to learn information.
- ✓ Learn mnemonic systems to greatly increase your

Be optimistic, as :-

✓ Learning needs striving, striving leads to setbacks and set-backs lead to learning.

Spaced Repetition by:-

✓ Establishing a regular, low-stakes, selfquizzing schedule, by adjusting gaps from a few minutes, to a few days, to once a month.

Interleaving by:-

✓ Studying more than one type of problem within a topic at a time and scattering new problem types throughout your practice schedule.

REMINDERS & ANNOUNCEMENTS

Updates from the Clerkship Department

Message from Dr. Jawad Saade, AAIMS Associate Clinical Dean, Clinical Education Policy Re: Camera

Going forward, during all Online Educational Activities inclusive of the following:

- Preceptor Clinical Lectures
- Clerkship Case Presentation and Discussion (CP&D)
- Journal Club Presentation

All cameras should be turned on, failure to do so and you will be marked as Absent and this will consequently affect your passing grade.

NBME Shelf Assessment Dates, January 2022 to June 2022

Below are the NBME Shelf/Subject Assessment dates from January 2022 to June 2022. Just a reminder that the examination will be administered at the Black River Campus Library as of January 12, 2022. Kindly note that students will have three (3) attempts to pass the shelf exam and the OSCE (passing score of 60% or more at each attempt). If a student does not pass within the three (3) attempts, the rotation will have to be repeated in its entirety. If a student fails and receives a score of between 50-60%, the exam can be repeated in two (2) weeks. If the mark is below 50% then the exam can be repeated in four (4) weeks.

NBME Dates January 2022 – June 2022



January 12
January 26
February 9
February 23
March 9
March 23
April 6
April 20
May 4
May 18
June 1
June 15
June 29





- Students are being reminded that the next academic term begins promptly on Monday, January 17, 2022. New students' orientation will begin on Tuesday, December 15, 2022. Pre-registration opens on Wednesday January 12, 2022 Friday January 14, 2022. Students are urged to make the necessary arrangements with the Bursary Department during this period or before, as we will be strictly enforcing the registration policy in the first week of the new term.
- Students are also being reminded that as of January 2022, classes for all Students will be held on Black River Campus. Students who have traveled abroad for the holidays, please therefore ensure to book your tickets to return to campus such that you may start classes on the first day of the new term, making the necessary allowances for quarantine requirements. Please keep following the Visit Jamaica website for updates on travel authorization and quarantine requirements.

https://www.visitjamaica.com/travelauthorization/

3. The end of rotation NBME - shelf assessments (the examination administered at the end of each Core Clerkship Rotation) will be offered in the library on the Black River campus as of **January 1, 2022**. Hence, the NBME will not be administered online after this date.

AAIMS Academic Calendar



AAIMS ACADEMIC CALENDAR (Pre-Clincal)

2021 QUARTER 4: September 27, 2021 - December 10, 2021

Activity	Date(s)
Pre-registration/New Student Orienation	Wednesday-Friday, September 22-24, 2021
First Day of Classes	Monday, September 27, 2021
IBSCE EXAM	Monday October 11, 2021
National Heroes' Day, Public Holiday	Monday, October 18, 2021
NBME IFOM1 EXAM	Friday, October 29, 2021
Mid Term Advisory Days	Thursday & Friday, November 4-5, 2021
Transitions to Clerkships Start	Monday, November 8, 2021
Transitions to Clerkships End	Friday, November 19, 2021
Clerkship Start for New Students	Monday, November 29, 2021
Last day of Classes	Friday, December 3, 2021
Coursework Grades Due	Friday, December 3, 2021
Graduation Day	Sunday, December 5, 2021
End Term Exams	Wednesday &Thursday, Dec 8-9, 2021
End Term Vacation Break (5 weeks)	December 11, 2021 - January 16, 2022
Next Quarter Begins	Monday, January 17, 2022



AAIMS ACADEMIC CALENDAR (Pre-Clinical)

2022 QUARTER 1: January 17, 2022 - April 1, 2022

Activity	Date(s)
Pre-Registration/New Student Orientation	Wednesday-Friday, Jan 12-14, 2022
First Day of Classes	Monday, Jan 17, 2022
IBSCE Exam	Monday, February 7, 2022
NBME IFOM 1 Exam	Friday, February 18, 2022
Mid-Term Advisory Days	Thursday & Friday, February 24-25, 2022
Transitions to Clerkships Start	Monday, February 28, 2022
Public Holiday, Ash Wednesday	Wednesday, March 2, 2022
Transitions to Clerkships Ends	Friday, March 11, 2022
Clerkships Start for New Students	Monday, March 21, 2022
Last day of Classes	Friday, March 25, 2022
Coursework Grade Submission Deadline	Friday, March 25, 2022
End Term Exams	Wednesday-Thursday, March 30-31, 2022
End Term Vacation Break (1 week)	April 2 - 10, 2022
Next Quarter Begins	Monday, April 11, 2022







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