THE PULSE

- NEWSLETTER

Volume 3, Issue 2

THE ALL AMERICAN INSTITUTE OF MEDICAL SCIENCES

Medical Education Par Excellence









Inside This Issue

This issue of the newsletter features updates across the institution ranging from the Basic Sciences to the Clinical Sciences. It also highlights the extracurricular activities hosted by the Student Guild Association. Enjoy!

Mission Statement

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 Statement

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.

Nelcome Message

eartiest congratulations to the All American Institute of Medical Sciences (AAIMS) cadre of students who have completed their examinations and have been successful. You have done yourself proud amidst the challenges experienced with the COVID-19 pandemic. The entire team at AAIMS is thrilled to have you on board at our prestigious institution. We wish for your continued successful journey as you strive towards your ultimate goal, that of being, a world class Medical Doctor.



Reflecting on Francis Bacon's statement, I quote, "Reading makes a full man" all students are invited to visit the library at open hours, Mondays to Fridays. It is your call, come and utilize the products available. Be reminded that extensive reading fills the mind with relevant knowledge, information and valuable ideas which can inspire. This can also provide for further thoughts and ideas as you progress in your studies. Textbooks are available in all the subject areas that are included in your curriculum activities. There are also medical journals covering a wide range of topics relevant to your studies, as well as CDS to further enhance your reading.

Change is synonymous with AAIMS as it plots a positive trajectory of growth, development and proficiency. The transformation of the library space to a multipurpose center is another innovation, now accredited as" The Internal Basic Sciences Comprehensive Examination Centre". Welcome, welcome to our fully air-conditioned library, well-fortified with computers and individual study carrels, area conducive to learning, relaxation and meditation.

Miss Evadne Vennor, AAIMS Librarian

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New Academic Quarter

he new academic term for 2021 started in July, 2021 continuing with the use of a Hybrid Learning Model: a combination of online and onsite instruction. The institution has been using this model since 2020. This Hybrid Learning Model is facilitated with the use of online resources (google meets, google classroom, and zoom meetings) and several online platforms (Lecturio, Access Medicine, EduThrill and ClinicalKey Student). The newest online

platform ClinicalKey Student is now being used as part of online instruction.

Currently, all new Pre-Med students are present in Jamaica and are attending classes using the Hybrid Learning Model. The Annex 1 is still being used as an off-campus quarantine housing unit amidst the ongoing COVID-19 pandemic. Students are allowed onto the main campus after completing a mandatory two (2) weeks quarantine.

NBME Site Visit Review

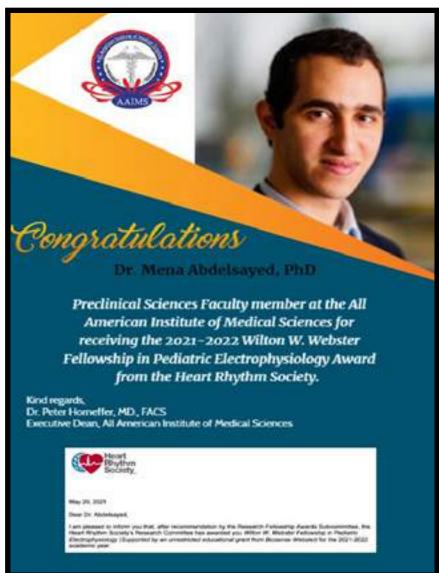
wo members from the National Board of Medical Examiners (NBME), conducted a site visit of the AAIMS Black River Campus on July 19, 2021. Team AAIMS and the NBME visitors spent the day meeting with the Executive Chief Proctor (ECP) and other proctors, meeting with the school leadership and a mixed group of faculty, and meeting with the student body. They also took a tour of the expected testing area on the campus and a general tour of the school campus and the new extension. The day ended with an exit meeting in the conference room with AAIMS President, Dr. Pothula. Since their visit, AAIMS received approval from the National Board of Medical Examiners (NBME) to offer NBME Examination Services to our students at our Black River Campus. Thank you to everyone who participated during the NBME site visit which resulted in a successful outcome.

Staff Member

Harvey to the AAIMS family in the capacity of IT
Coordinator. Michael is an honor roll graduate from Northern
Caribbean University with
Bachelor of Science Degree in
Computer Information Systems. He filled the position of Mr. Dale
Stephenson to coordinate IT needs of students and faculty as of July 28,

Prior to joining AAIMS, he worked as an E-learning developer. He is proficient in MS office, Database Management and has professional certifications in TestOut Network Pro and TestOut Security Pro. Michael enjoys interacting with people, reading and learning new skills. Again, please welcome Michael to the AAIMS family and if you have any issues with IT, do not hesitate to contact him at michael.harvey@aaims.edu.jm or support@aaims.edu.jm.





** AAIMS Alumni Feature **

Dr. Samantha Wilkinson, Research Associate Potomac Institute for Policy Studies, USA

Dr. Samantha Wilkinson first nurtured her professional interests in health sciences and technology in her undergrad years. She obtained her B.S. in Biological Sciences from Nova Southeastern University. As an undergraduate, she interned in an NSF Biotechnology-funded bench research project centered on

Fluorescent Protein (GFP) production. she earned her Doctor Medicine from All American Institute of Medical Sciences. After completing medical school, she worked as a Research Assistant for Howard University's Pharmacology Department on projects focused on Parkinson's Disease therapy improvements. Most recently, to bridge her interests in health and technology, she interned at a Health IT firm and a Cybersecurity firm as a Clinical Informaticist helping to analyze healthcare technology opportunities. Now, she is excited to contribute her abilities to the forward-thinking studies and actionable intelligence produced at the Institute.



ABOUT THE POTOMAC INSTITUTE FOR POLICY STUDIES:

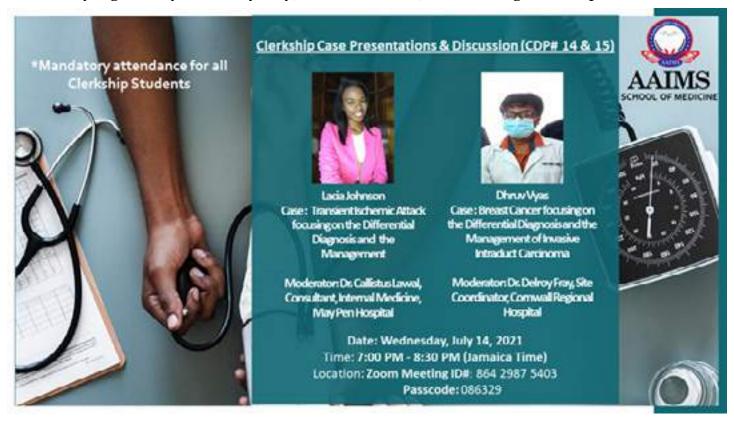
Founded in 1994, the Potomac Institute carries on the legacy of the U.S. Congress' former Office of Technology Assessment (OTA), providing nonpartisan, data-driven analysis and policy recommendations on a range of S&T topics. Over the decades, the Potomac Institute has become the "go-to" place for independent, objective, and informed S&T policy and analysis. The Institute has conducted studies and provided high-level strategic support to the U.S. Congress, White House, Department of Defense, National Science Foundation, National Aeronautics and Space Administration, Department of Homeland Security, Department of Energy, Intelligence Community, and a host of others. https://potomacinstitute.org/

Clinical Sciences Updates

Case Presentation & Discussion (CP&D #14 & 15)

The following Clerkship Case Presentation & Discussion (CP&D #14&15) session was held on Wednesday, July 14, 2021. Interesting cases will be presented on by AAIMS Clerkship students as follows:

- 1. Lacia Johnson guided by Dr. Callistus Lawal, Consultant, Internal Medicine, May Pen Hospital
- 2. Dhruv Vyas guided by Dr. Delroy Fray, Site Coordinator, Cornwall Regional Hospital



Case: Transient Ischemic Attack focusing on the Differential Diagnosis and the Management by Lacia Johnson

Case: Breast Cancer focusing on the Differential Diagnosis and the Management of Invasive Intraduct

Carcinoma by Dhruv Vyas

Date: Wednesday, July 14, 2021 at 7:00pm

Join Zoom Meeting

https://uso2web.zoom.us/j/86429875403?pwd=QXB1a3lTdkhJUU5hdo1NUytaZmtSQTo9

Meeting ID: 864 2987 5403

Passcode: 086329



CLERKSHIP STOCK PHOTOS















Student Guild Association (SGA) Gathering 'An Interaction of Wisdom'

SGA planned a gathering of Clinical Students with Preclinical Students in the Auditorium on the AAIMS Black River Campus. The program started at 10:00am with prayer, followed by many cultural programs. Notably, all the previous SGA Presidents were called onto the stage so that appreciation could be shown to them for their hard work over the years. Rohi Rachel Mundru (MD 15 Student) was also called onto the stage so that the students could show her appreciation for the work she has done with The Pulse Newsletter over the years. Finally, the program ended with a speech delivered by Dr Poornima and Dr Raman. This speech was very motivational for all of the students present.



Student Guild Association (SGA) Gathering...CONT'D



Medical JEPARDJ

Another game of Medical Jeopardy was held on July 29, 2021 at 4:00pm. The students who volunteered for this round of the game are listed below. It was an exciting event!

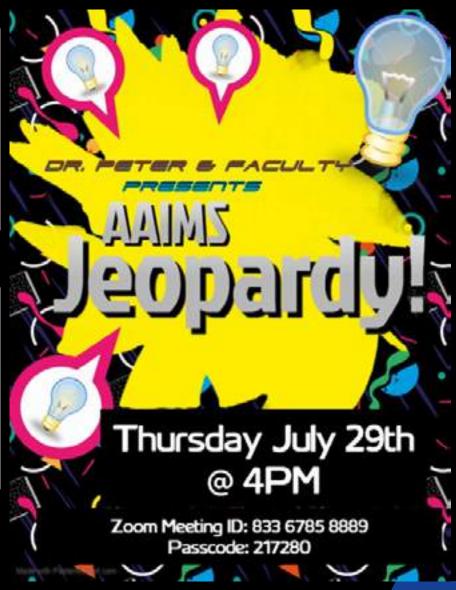
Special thanks to Dr. Pothula for generously donating \$10,000JMD for the prize money for the Medical Jeopardy games each month.

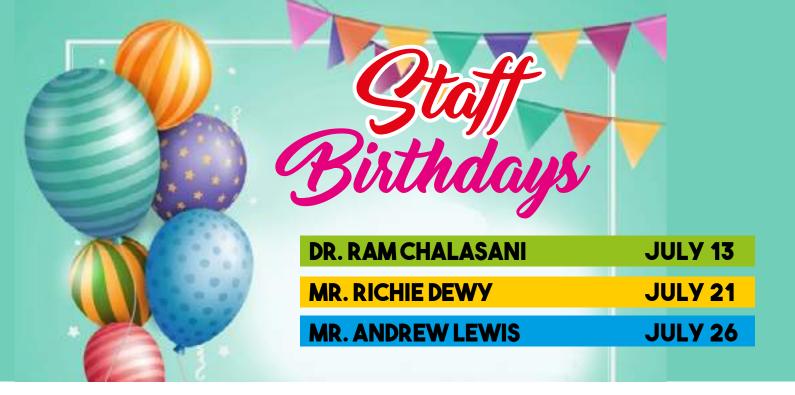
Team A

- 1. Senthil Selvaraj
- 2. Jayaseelan Jayaraj
- 3. Aafiz Anzar
- 4. Ashwin Arulraj
- 5. Aparna Anu
- 6. Adithyan Ananthajothi
- 7. Tejaswini Ghantsala

Team B

- 1. Zario Wint
- 2. Ruba Balu
- 3. Jeevika Wilson
- 4. Suryaprakash Soundararajan
- 5. Saipriya Sathiyamurthy
- 6. Abishek Muthaiyan
- 7. Srujana Jaladhi





WORLD NATURAL CONSERVATION DAY

"Conservation is a great moral issue, for it involves the patriotic duty of ensuring the safety and continuance of the nation." – Theodore Roosevelt.

World Nature Conservation Day 2021: Conservation of resources has a significant role in protecting our Earth. The natural beauty of the Earth can be maintained via preserving several components of nature including water, air, soil, energy, vegetation, minerals, and fauna.

The day provides us an opportunity to spread the message about the conservation of nature and to recognize that a healthy environment is a foundation for a stable and productive society. Therefore, it is necessary to come together and participate to protect, conserve, and sustainably manage our resources. Resources that we rely upon each day are supplied by the Earth and are limited.

- Reduce, reuse, and recycle. Cut down on what you throw away.
- Conserve water. The less water you use, the less runoff and wastewater that eventually end up in the ocean.
- Shop wisely. Buy less plastic and bring a reusable shopping bag.
- Plant a tree. Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.



COVID-19 UPDATES FOR THE MONTH OF JULY 2021

COVID-19 Clinical Management Summary

NEW CASES Confirmed Cases	49		24 HRS 70	OVERALL 50,983
SEX CLASSIFICATION Females Males Under Investigation			35 35 0	28,533 22,447 3
AGE RANGE			7 months to 80 years	1 day <mark>to 108</mark> years
PARISH CLASSIFICATION C Clarendon Hanover KSA Manchester Portland St. Ann St. Catherine St. Elizabeth St. James St. Mary St. Thomas Trelawny Westmoreland	OF NEW CASES		0 8 10 2 0 8 7 16 7 2 1	2,744 1,418 14,048 3,042 1,599 3,414 10,013 2,096 4,904 1,666 1,994 1,721 2,324
COVID-19 TESTING Type of Tests	PCR	Antigen Te		
POSITIVES Today Cumulative POSITIVES NEGATIVE Today	56 46,296 738	Public Faci 7 2,150 All negative in PCR test	s are included	
Cumulative NEGATIVES TOTAL TESTS TODAY TOTAL TESTS CUMULATIVE Positivity Rate	276,952 794 323,248 7.9%	7 2,150		
DEATHS IN COVID-19 POSI Deaths Coincidental Deaths Deaths under investigation	TIVE INDIVIDUA	LS	4 0 0	1,140 157 110
RECOVERIES & ACTIVE CA Recovered Active Cases	SES		1,050 70	44,207 5,278
QUARANTINE MANAGEMENT Number in Facility Quarantine Number in Home Quarantine	NT		8 47, <mark>209</mark>	
HOSPITAL MANAGEMENT Number Hospitalised Patients Moderately III Patients Critically III			99 24 11	
TRANSMISSION STATUS O Contact of a Confirmed Case Imported Local Transmission (Not Epi Link Under Investigation Workplace Cluster		ES	4 2 0 64 0	2,669 975 2,574 44,529 236

WEATHER

Hurricane Elsa - July 1, 2021 to July 9, 2021

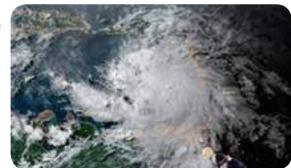
Lurricane Elsa was the earliest hurricane in the Caribbean Sea and the earliest-forming fifth named storm on record in the Atlantic Ocean, surpassing Edouard of the previous year. The first hurricane of the 2021 Atlantic hurricane season, Elsa was first monitored by the National Hurricane Center (NHC) as a tropical wave on June 29, and was designated as a Potential Tropical Cyclone on the next day, while moving westward across the Atlantic. After showing signs of a better-defined low-level



circulation, the cyclone was upgraded into a tropical depression early on July 1, then further to Tropical Storm Elsa a few hours later. After undergoing rapid intensification, the following morning on July 2, Elsa was upgraded to a Category 1 hurricane, before peaking later that day with maximum 1-minute sustained winds of 85 mph (140 km/h) and a minimum central pressure of 991 millibars (29.3 inHg). This made Elsa the strongest July hurricane recorded in the eastern Caribbean Sea since Emily in 2005, and the fastest-moving Atlantic tropical cyclone recorded undergoing rapid intensification in that part of the Atlantic. On July 3, Elsa weakened back into a tropical storm before slowing down by July 4, as it passed just north of Jamaica. On July 5, Elsa made landfall in Cuba, before emerging into the Gulf of Mexico early on the next day. It then paralleled the west coast of Florida, briefly becoming a minimal hurricane again as it passed west of Tampa, early on July 7. Elsa then weakened back to a tropical storm, before making landfall later that day, with 65 mph (105 km/h) winds in Taylor County, near the community of Steinhatchee, in Florida. Afterward, Elsa began accelerating northeastward while strengthening, due to baroclinic forcing, before becoming extratropical on July 9, while moving through New England. Afterward, Elsa's extratropical remnant accelerated northeastward, passing near Greenland and moving toward Iceland, before being absorbed into another extratropical storm on July 14.

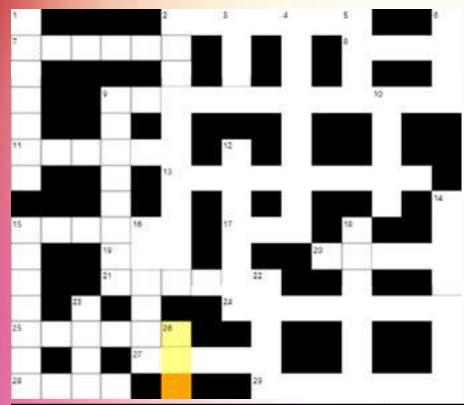
In the Caribbean, as Elsa raced past the rest of the Antilles, it caused extensive damage to the islands. In Barbados, the storm brought down trees, damaged roofs, caused widespread power outages, and caused flash flooding. Elsa prompted many watches and warnings for Florida and the rest of the

east coast as it moved towards the state's peninsula. At least five people were killed by Elsa: one in Venezuela, three in the Caribbean and one in the United States, while nine people went missing due to the system off the coast of Cuba. The storm caused widespread damage throughout the states, especially in the Northeast. Atlantic Canada experienced many outages and high amounts of rainfall from a post-tropical Elsa. Plenty of workers were put on standby for the immediate aftermath of Elsa, mostly to tend to power outages and other hazards.



Games Trivia

Crossword Puzzle - All Things Medical



Across

- 2. Too many of these, and it is called acne
- When some inner part ruptures through another it is called a - what?
- 8. Although this word means 'theatres', it does not mean operating theatres!
- What item of equipment would be called for in a cardiac emergency? (2 words)
- 11. Which single word describes these four: muscle, nerve, epidermal and connective?
- Vera Britain wrote about her experiences as a VAD in WWI in her book '- of Youth'
- 15. Which word, meaning cacophony, was once used to describe a mental institution?
- 17. The fleas on which rodent were the cause of the Black Death?
- 19. Temporary Restraining Order
- 20. Respiratory problems, often experienced by young children
- 21. What colour does the skin turn when a person is jaundiced?
- A frontal lobe operation once used extensively for mental disorders
- 25. How would you describe something which is full of nutrients?
- 27. Whose rod, with a single snake around it, is used as a symbol of medicine?
- 28. Complete this saying 'For pity's '
- What do you call the first part of the small intestine, just at the stomach end? (give plural please

Down

- 1. The feeling one has when one calls for a drink of water
- 2. This is a popular over-the-counter painkiller
- 3. What television programme shows life in an army hospital in Korea?
- A substance which will moisten and thus assist a medical person to examine a patient
- 5. This part of the human is not cared for by doctors but religious leaders
- 6. What is the expected outcome when someone goes into labour?
- Which UK hospital drama started in 1986 and was still running strong into the 21st century?
- 10. Which part of the human body is usually covered by pants?
- 12. This hormone, also called theelol is found in pregnancy
- This condition is the cause of death in drowning and strangulation basically lack of oxygen
- 15. Patients who cannot get out of bed will have to use these regularly
- 16. A ring of colour, such as the iris in the eye
- 18. Someone with Munchausen's Syndrome does this to gain medical attention
- 22. When a person has been hurt, they could have this
- 23. When you are well, it could be said you were 'in' this colour
- 26. Which part of the human body is looked at by using an otoscope?

Riddle Me This Riddle Me That

- 1. Doctor Harish and a bus driver Manish are both in love with the same woman named Priyanka. The bus driver needs to go for a long trip of 10 days. Before he left, he gave Priyanka 10 apples. Why?
 - Answer: An apple a day keeps the doctor away!
- 2. Two girls were born to the same mother, on the same day, at the same time, in the same month and year and yet they're not twins. How can this be?

 Answer: They're in a set of triplets
- 3. Two men are in a desert. They both have packs on. One of the guys is dead. The guy who is alive has his pack open, the guy who is dead has his pack closed. What is in the pack?
 - Answer: A parachute
- 4. What did the doctor say to the patient when he finished removing his appendix? Answer: That's enough out of you
- 5. What did the nervous kid say when the doctor asked if he had been getting enough iron?
 - Answer: Yes, I chew my nails everyday





- 1) Whin abnormal narrowing in a blood vessel or other tubular organ or structure.
 - A. Atresia
 - B. Fistula
 - C. Stenosis
 - D. Varices

Answer: c

- 2) Ulceration, bleeding and rupture are possible complications of which of the following?
 - A. Achalasia
 - B. Oesophageal Hernia
 - C. Mallory Weiss Syndrome
 - D. Esophagitis

Answer: b

MNEMONICS Pancreatitis: causes

Posterior

Alcohol

Neoplasm

Cholelithiasis

Rx (Lasix, AZT)

ERCP

Abdominal surgery

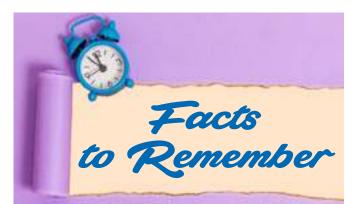
Trauma

Infection(mumps)

Triglycerides elevated

Idiopathic

Scorpion bite



- Sciatic nerve is the thickest nerve of the body.
- Greater sciatic notch is the gateway of the gluteal region.
- Piriform is the key muscle of the gluteal region.
- Lesser sciatic foramen is the gateway of the perineal region.

Quadriceps Femoris:

- $oldsymbol{\Box}$ It consists of four distinct parts which are usually describes as four muscles.
- □ All parts of it are supplied by the femoral nerve L2-L4.
- ☐ It is composed of the rectus femoris and three vasti muscles.



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.

Access Medicine.

Access Medicine is an online library filled with medical books for aspiring medical students to refer to. This library is constantly updated with new resources, and helps medical students 'stay on top of their game' by giving them unlimited access to the most recent information from the best physicians.

Access Medicine provides students with instant access to videos, self-assessment, and leading medical textbooks, and allows practicing physicians to brush up on their medical knowledge to ensure the best patient outcome.

"MAKE IT STICK"

1. Elaborate by-:

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

2. Generate by-:

- Attempting to solve a problem before being shown the solution.
- ☐ Giving your best guess then correct
- 3. Reflect on your learning experiences, by determining-:
 - ♦ What went well?
 - What could have gone better?

4. 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.

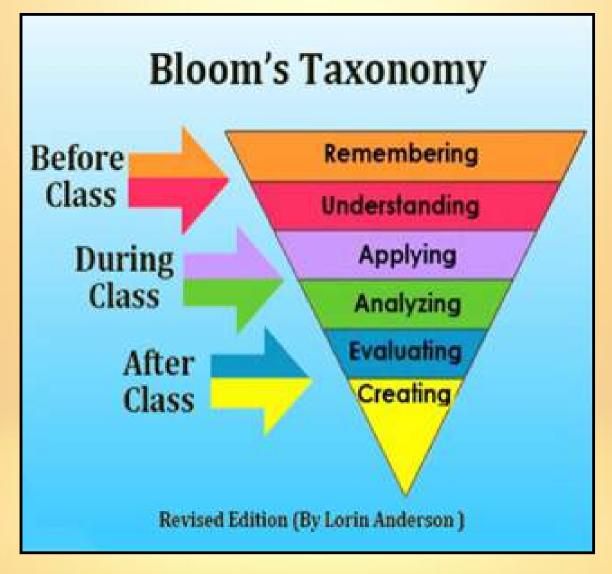
What is Flipped learning?

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

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.



SOURCES:

- $1. \qquad https://omerad.msu.edu/teaching/teaching-strategies/27-teaching/162-what-why-and-how-to-implement-a-flipped-classroom-model and the strategies of the$
- $2. \quad https://cdn.vanderbilt.edu/vu-wpo/wp-content/uploads/sites/59/2010/06/12092513/BloomsTaxonomy-mary-forehand.pdf$

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
- O 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
- Access to 850+ videos ranging from practical demonstrations of anatomical dissections to instructional clinical examination examples.
- O Access to 4200+ questions (1,800 in basic science and in 2,400 clinical medicine).

2. It turns information in to knowledge by:

- 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.
- 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.



UPCOMING EVENTS



AAIMS ACADEMIC CALENDAR 2021 QUARTER 2: April 12, 2021 - June 25, 2021

Activity	Date(s)		
First Day of Classes	Monday, April 12, 2021		
Mid Term Advisory Days	Thursday-Friday, May 13-14, 2021		
Public Holiday, Labour Day	Monday, May 24, 2021		
Last day of Classes	Friday, June 19, 2021		
Coursework Grades Due	Friday, June 19, 2021		
End Term Exams	Wednesday-Thursday, June 23-24, 2021		
IBSCE EXAM	TBD		
End Term Break	June 26 - July 4, 2021		
Next Quarter Begins	Monday, July 5, 2021		



AAIMS ACADEMIC CALENDAR 2021 QUARTER 3: July 5, 2021 - September 17, 2021

Activity	Date(s)
Pre-Registration Begins	Tuesday, June 29, 2021
Registration Deadline	Friday, July 2, 2021
First Day of Classes	Monday, July 5, 2021
Public Holiday, Emancipation Day	Monday, August 2, 2021
Public Holiday, Independence Day	Friday, August 6, 2021
Mid Term Advisory Days	Thursday & Friday, August 12-13, 2021
Last day of Classes	Friday, September 10, 2021
Coursework Grades Due	Friday, September 10, 2021
End Term Exams	Tuesday-Wednesday, September 14-15, 2021
IBSCE EXAM	TBD
End Term Break	September 18 - 26, 2021
Next Quarter Begins	Monday, September 27, 2021

UPCOMING EVENTS



AAIMS ACADEMIC CALENDAR

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

Activity	Date(s)		
NEW STUDENT ORIENTATION	Begins Week of September 20, 2021		
Pre-Registration Begins	Monday, September 20, 2021		
Registration Deadline	Friday, September 24, 2021		
First Day of Classes	Monday, September 27, 2021		
National Heroes' Day, Public Holiday	Monday, October 18, 2021		
Mid Term Advisory Days Graduation Day	Thursday & Friday, November 4-5, 2021		
	Sunday, December 4, 2021		
Last day of Classes	Friday, December 3, 2021		
Coursework Grades Due	Friday, December 3, 2021		
End Term Exams	Tuesday-Wednesday, Dec 7-8, 2021		
IBSCE EXAM	TBD		
End Term Vacation Break	December 11, 2021 - January 16, 2022		
Next Quarter Begins	Monday, January 17, 2022		

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@ @AAIMS_MEDSCHOOL



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