

NEWSLETTER

The Texas Undergraduate Medical Academy



The New UMA Scholars pose at PREM with UMA Alumni Dr. Kasie Okonowo and Angie Basquine from the University of Houston College of Medicine.

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WELCOME AND WELCOME BACK, UMA SCHOLARS! I HOPE EVERYONE'S FALL SEMESTER IS STARTING OFF WONDERFULLY. STAY STRONG AND KEEP FOCUSED ON YOUR STUDIES AND PREPARATIONS FOR PROFESSIONAL SCHOOL. REMEMBER, DON'T BE AFRAID TO REACH OUT AND ASK FOR HELP WITH ANYTHING. THE UMA AND EVERYONE IN IT ARE HERE FOR YOU.

"EDUCATION IS THE PASSPORT TO THE FUTURE, FOR TOMORROW BELONGS TO THOSE WHO PREPARE FOR IT TODAY."

MALCOLM X

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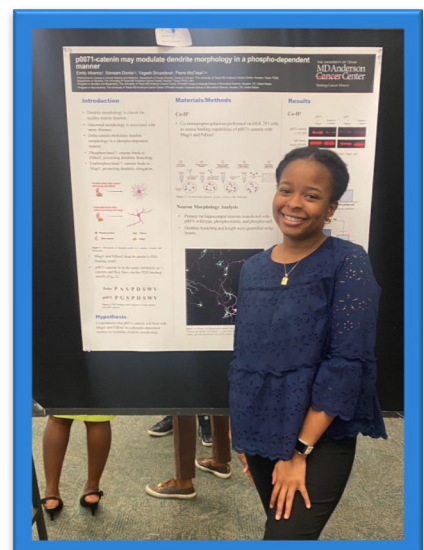
I INTERINED THIS SUMMER IN MY HOMETOWN, AURORA, COLORADO, AT THE UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS AS AN INTERN IN THE CHILD HEALTH RESEARCH INTERNSHIP ASSOCIATED WITH CHILDREN'S HOSPITAL, COLORADO. I COLLABORATED WITH MY MENTOR, DR. SARIT POLSKY, THE DIRECTOR OF THE PREGNANCY AND WOMEN'S HEALTH CLINIC AT THE BARBARA DAVIS CENTER FOR DIABETES. MY PROJECT FOCUSED ON THE RELATIONSHIP BETWEEN PREGNANCIES AND TYPE 1 DIABETES. SPECIFICALLY, I CONDUCTED A RETROSPECTIVE CHART REVIEW, BASED ON DR. POLSKY'S IDENTIFICATION OF SIXTEEN PREGNANT WOMEN WITH TYPE 1 DIABETES WHO USED A HYBRID CLOSED-LOOP INSULIN DELIVERY SYSTEM FOR MOST OR ALL OF THEIR PREGNANCIES. THROUGHOUT THE SUMMER, I COLLECTED DATA ON THE PRECONCEPTION, PREGNANCY, AND POST-PARTUM INFORMATION ON THESE SIXTEEN WOMEN, ANALYZED THE GLYCEMIC CONTROL, AND REPORTED THE MATERNAL AND NEONATAL OUTCOMES THAT RESULTED FROM USING A HYBRID CLOSED-LOOP SYSTEM. THIS SUMMER WAS SUCH AN INCREDIBLE EXPERIENCE, AND I HAVE NOW DEVELOPED A NEW PASSION FOR CLINICAL RESEARCH AND LEARNING MORE ABOUT THE IMPACT OF DIABETES ON WOMEN'S HEALTH.

Trinity Brigham, UMA Senior



THIS SUMMER, I PARTICIPATED IN A PARTNERSHIP FOR CAREERS IN CANCER SCIENCE AND MEDICINE AT MD ANDERSON, IN DR. PIERRE MCCREA'S GENETICS LAB. THIS WAS A GREAT EXPERIENCE WHERE I MADE CONNECTIONS WITH RESEARCHERS, LEARNED LAB SKILLS, AND PRESENTED AT A POSTER SESSION. I AM TRULY GRATEFUL FOR HAVING THIS OPPORTUNITY!

Emily Irikannu, UMA Junior



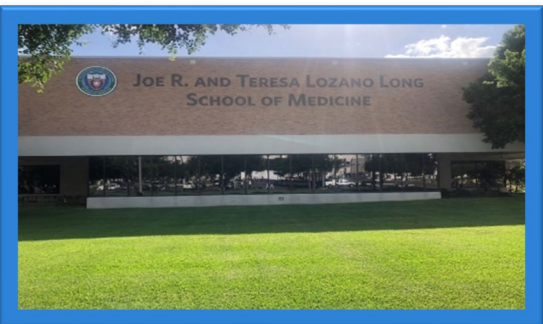
I INTERNEED AT THE UNIVERSITY OF RIO GRANDE VALLEY SCHOOL OF MEDICINE THIS SUMMER. DURING MY TIME AT UTRGV, I SHADOWED VARIOUS PHYSICIANS WHILE TAKING COURSES IN ANATOMY AND PHYSIOLOGY, MEDICAL TERMINOLOGY, AND THE MCAT CARS SECTION. SHADOWING LOW-INCOME CLINICS PROVIDED ME WITH MORE INSIGHT INTO THE NEEDS OF THE POPULATION AS I AM DEDICATED TO SERVING UNDERREPRESENTED AND DISADVANTAGED COMMUNITIES AS A PHYSICIAN. I TRULY ENJOYED MY EXPERIENCE AT UTRGV SCHOOL OF MEDICINE AND WORKING WITH THEIR FACULTY.

Edom Kidane, UMA Junior



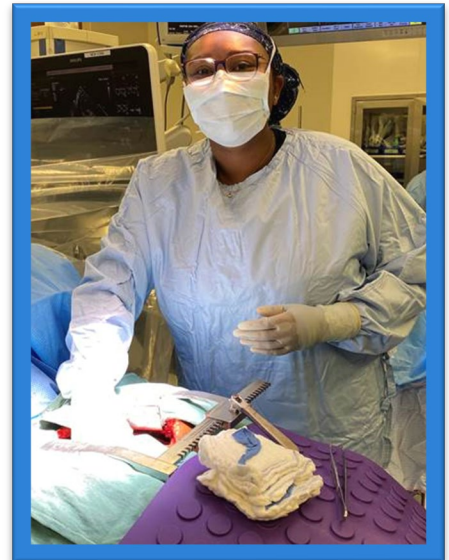
THIS SUMMER I SPENT THE MONTH OF JUNE AT UNIVERSITY OF TEXAS SAN ANTONIO LONG SCHOOL OF MEDICINE. THE SUMMER INVITATIONAL PROGRAM AT LONG SCHOOL OF MEDICINE PROVIDED INSIGHT INTO THE FIRST YEAR OF MEDICAL SCHOOL CURRICULUM IN ORDER TO PREPARE STUDENTS FOR THE RIGORS OF MEDICAL SCHOOL. THE INTERNSHIP PROVIDED A HANDS-ON CLINICAL SKILLS COURSE, AN INTERVIEW WORKSHOP, AND VARIOUS PRESENTATIONS ON TOPICS RELATED TO CAREERS IN MEDICINE. DURING THE ACADEMIC EXPERIENCE, I LEARNED A LOT ABOUT THE FIELDS OF ANATOMY, PULMONOLOGY, NEPHROLOGY, CARDIOLOGY, AND HEMATOLOGY. IN THE CLINICAL COMPONENT, I LEARNED HOW TO SUTURE, TAKE AN ABDOMINAL, THORACIC, AND CARDIO EXAM, AND MEASURE HEART RATE AND BLOOD PRESSURE. OVERALL, IT WAS A TERRIFIC OPPORTUNITY TO EXPERIENCE THE CURRICULUM AND THE ATMOSPHERE OF UTSA LONG SCHOOL OF MEDICINE. I WANT TO THANK DR. DANIELS FOR PERSONALLY INVITING ME TO PARTICIPATE IN THE PROGRAM.

Darius Caldwell, UMA Senior



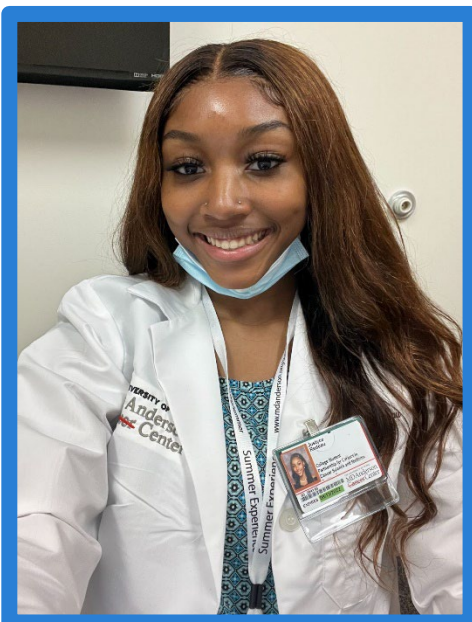
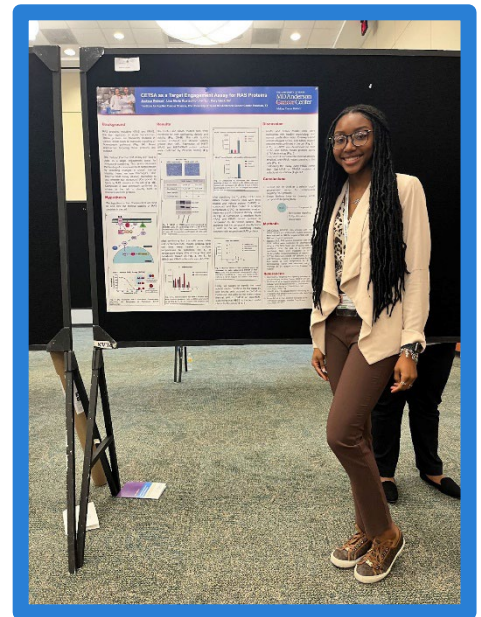
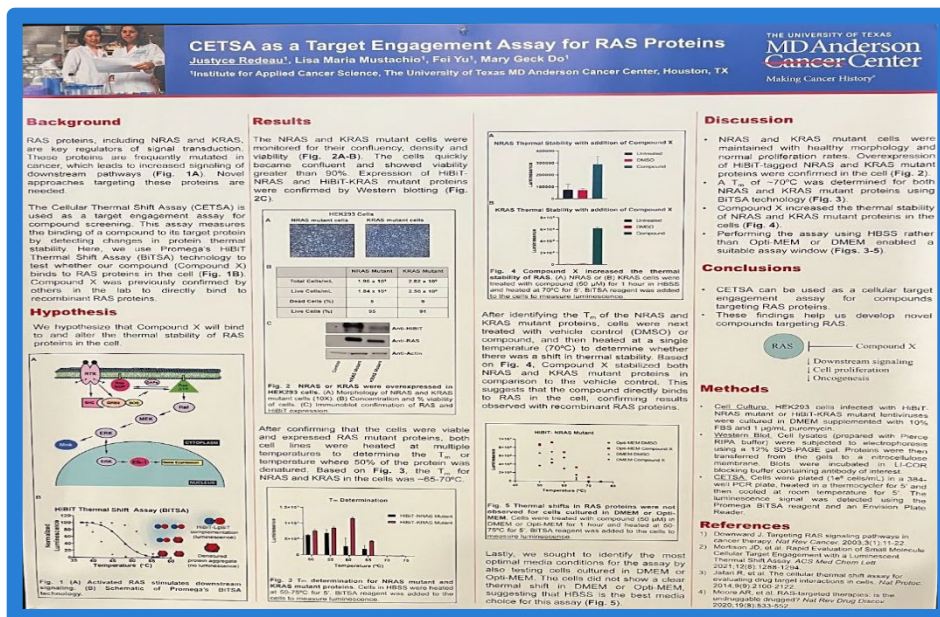
THIS SUMMER, I WAS AFFORDED THE OPPORTUNITY TO BE AN INAUGURAL INTERN AT HOUSTON METHODIST HOSPITAL IN DOWNTOWN HOUSTON, AT THE DEBAKEY HEART AND VASCULAR CENTER. THROUGH THE COURSE OF THE INTERNSHIP, I WAS ABLE TO SCRUB IN AND OBSERVE HEART AND VASCULAR SURGERIES RIGHT ALONGSIDE THE SURGEONS, AND DELVE INTO CARDIOLOGY FROM BOTH THE INPATIENT AND OUTPATIENT PERSPECTIVE. EACH WEEK I PARTICIPATED IN SKILLS LABS TO LEARN ABOUT SUTURING AND PROPER KNOT-TYING TECHNIQUES IN THE OPERATING ROOM. THE CONNECTIONS I MADE AND EXPLANATIONS I RECEIVED WERE INVALUABLE AND FURTHER REINFORCED MY LOVE OF MEDICINE.

Paige Wilson, UMA Sophomore



DURING SUMMER 2022, I INTERNED AT MD ANDERSON IN THE IN-VITRO PHARMACOLOGY LAB AT IACS. I COMPLETED A RESEARCH PROJECT OVER COMPOUND SCREENING AND ASSAY DEVELOPMENT. OVER THE SUMMER, I ACQUIRED LAB SKILLS BY LEARNING HOW TO CULTURE, MONITOR, AND COUNT CELLS—SPECIFICALLY, HUMAN EMBRYONIC CELLS. LEARNING HOW TO SUCCESSFULLY RUN WESTERN BLOTS AND GAINING OTHER ESSENTIAL LABORATORY SKILLS WAS EXCITING. NETWORKING WITH LIKE-MINDED STUDENTS, DOCTORS, AND OTHERS WAS A GREAT OPPORTUNITY. I PRESENTED MY RESEARCH PROJECT AT THE END OF THE INTERNSHIP AND WAS JUDGED ON MY PRESENTATION AND POSTER.

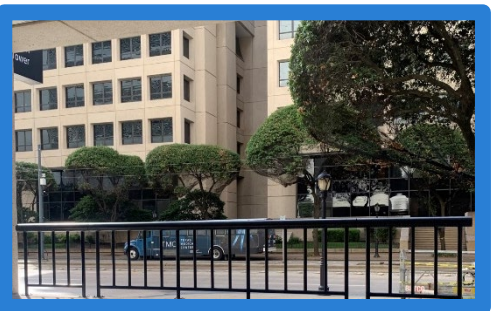
Justyce Redeau, UMA Sophomore





THIS SUMMER, I HAD THE PLEASURE TO BE A PART OF THE FIRST COHORT OF HOUSTON METHODISTS' DIVERSITY, EQUITY, AND INCLUSION (DEI) SUMMER SCHOLARSHIP PROGRAM. I WORKED WITH THE DEI DEPARTMENT AND ASSISTED IN RESEARCHING LITERATURE REGARDING THE IMPORTANCE OF DEI'S PRESENCE IN THE WORKPLACE. I PARTICIPATED IN DEI TRAINING SESSIONS ON MICROAGGRESSIONS, UNCONSCIOUS BIAS, WRITTEN AND VERBAL COMMUNICATION SKILLS, AND PRIORITY MANAGEMENT. I ALSO HAD THE CHANCE TO WORK IN THE COMMUNITY BENEFITS DEPARTMENT, WHICH HELPS TO FUND CLINICS IN THE GREATER HOUSTON AREA TO INCREASE HEALTHCARE ACCESS. I MET THE CEO AND PHYSICIANS IN ROUNDTABLE DISCUSSIONS AND MENTORSHIP MEETINGS. IN MY LAST WEEK, I ASKED MY PRECEPTOR IF I COULD HAVE SOME SHADOWING EXPERIENCE, AND SHE CONNECTED ME WITH A SURGEON, AND I HAD THE OPPORTUNITY TO SHADOW TWO SURGERIES. ALL IN ALL, I LEARNED THIS SUMMER THE IMPORTANCE OF USING MY VOICE. IT WAS A GREAT EXPERIENCE, AND I'D HIGHLY RECOMMEND THIS PROGRAM!

Siah Green, UMA Senior



CERT + CPR Training Coming Soon!



Ms. Brekke and Ms. Sablatzky received their CPR Instructor's certifications. CERT classes will include CPR training! CERT classes will start in October, dates TBA.

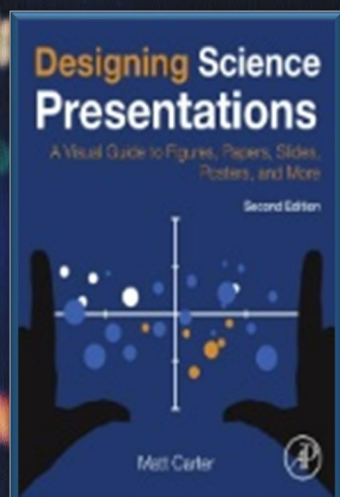
Crochet Club Activities



The UMA Crochet Club visited the Waller Pregnancy Center on Friday April 29, 2022. The group was able to make and donate 52 crocheted baby hats. While visiting, they toured the facility and socialized with the staff and volunteers.



Library Resources

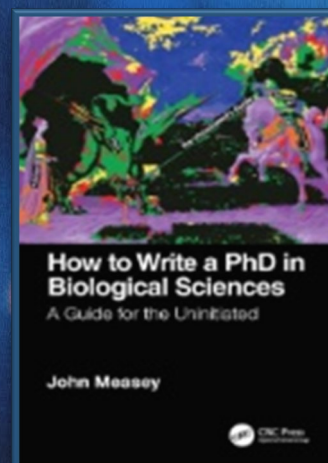


[Designing Visual Presentations](#)

Most scientists never receive formal training in the design, delivery, and evaluation of scientific communication, yet these skills are essential for publishing in high-quality journals, soliciting funding, attracting lab personnel, and advancing a career. This clear, readable volume fills that gap, providing visually intensive guidance for every step of the process.

[How to Write a PhD in the Biological Sciences](#)

Despite the title, Measey's 2022 book is a wonderful resource for anyone starting a research project, not just PhD candidates. The book explains how to write a literature review, create search strategies, and make a systematic methodology.



HELPFUL LIBRARY GUIDES

[VOLUNTEER OPPORTUNITIES](#)

[UNDERGRADUATE PUBLICATION OPPORTUNITIES](#)

[PERSONAL STATEMENTS FOR MEDICAL SCHOOL ADMISSION](#)

[UMA GUIDE WITH MCAT RESOURCES, THE UMA'S JOURNALS AND RESEARCH, AND MUCH, MUCH MORE!](#)

Upcoming Events

