Parity: Onward, Upward

What can we build on to ensure that regardless of what the future may hold, we will have security of character and self worth? Abraham Lincoln said, “The world will little note nor long remember what we say here, but it can never forget what they did here. It is for us, rather, to… take increased devotion to the cause for which they gave the last full measure of devotion,” as he spoke about the thousands slain during the Civil War. This suggests that the true and lasting stature of a person is measured by the amount of pure devotion he or she paid to a noble cause which benefited many and further, that it is important to pay homage to those who have gone before us by contributing to the progression of a shared noble cause.

A few months ago while on a clerkship, I had an enlightening opportunity to attend the graduation of two residents. I was delighted to see their complete integration with the graduating residents from other medical disciplines. In fact, they were honored first among their peers. I could not help but feel a sense of gratitude to them and for those who had gone before them for preparing the way for such parity.

I have visited other clerkships since then and have been pleased to witness similar broad based respect and integration. We owe much to our predecessors who have worked so diligently to prove to the medical world that DPMs deserve to stand beside and work interdependently with MDs and DOs in patient care.

It is up to our generation to continue this upward trend of mutual respect among our medical colleagues. In addition, we need to work hard on the political front to be fully recognized legislatively on par with our medical colleagues. Fortunately, with the great work of the APMA’s Political Action Committee (PAC), and the support given by physicians and students alike, the podiatric profession is in good position for legislative parity within the new health care reform. I must take this opportunity to congratulate all podiatric medical

Continued on next page
students who took part in this record-breaking year of student contributions to the APMA PAC. Also, thanks to those who responded to the call of duty in the May Day e-mailings and phone calls to Congress. Your efforts have paid off as the 20/220 bill for student loan deferment is now leaning positively in our favor.

On another note, and on behalf of all APMSA members, I wish to thank all those who are working so diligently on residency genesis across the country. During the recent APMSA House of Delegates meeting, we heard from major stakeholders concerning this issue and it was reassuring to hear their optimism that the disparity of programs to graduates will be somewhat equal by July 2010. All parties remain very hopeful that there will be placement for all qualified 2010 graduates.

In conclusion, let us continue our efforts this year in support of the betterment of our future by contributing to the APMA PAC. Let us do our part to add to the noble cause of parity and interdependence within the medical community as did our predecessors, by rising above mediocrity and preparing ourselves to work beside other medical disciplines. By these measures, we will fulfill our duty to those who succeed us and pay homage to those who have gone before.

DAVID McKENZIE
APMSA President, APMSA AZPOD 2010 Delegate

Blogging, Intertwined Communication

Millions obtain news from internet sources. But now, more than ever, news, entertainment, and opinion are more intertwined today and the power of discussing and reporting newsworthy items is placed firmly in the hands of everyday internet users.

In addition, some sites have a social networking news utility that incorporates the opinions and reporting of everyday viewers. Social networks offer lightning fast ways of exchanging information to and from interested parties.

It is no wonder then, that podiatrists want a piece of the social networking action. Through the efforts of American Academy of Podiatric Practice Management (AAPPM) member Andrew Schneider and APMSA liaison to the AAPPM member Lucy Malvitz, a student blogging network has been developed.

This blogging network offers students the opportunity to write articles for a podiatry offices around the country. I have been writing for a Florida office and the experience has been fantastic and has neatly supplemented my classroom learning. The editorial requirements have not been strict. I blog about professional athlete’s injuries, foot and ankle news, and common conditions of the foot and ankle. I have also delved into topics about health issues like weight loss, osteoporosis, and diabetes, just to name a few.

Through my experience with the student blogging network, I have learned the impressive impact students have on podiatric medicine. When we talk, people listen. When we write, people read. By writing for a podiatrist’s webpage, we dispel inaccurate information and can educate casual internet surfers on podiatry. We can promote an individual practice and the profession.

So far, there has been great feedback. Practicing podiatrists are excited and pleasantly surprised by the extra attention paid to their websites and practices through this blogging experiment. Not only has this campaign helped the physicians, it has also aided the students: student bloggers are paid to write! This effort has been so popular; there is a waiting list for students to participate. The more podiatrists that become involved in the student blogger network, the larger this network can grow.

For more information contact: Lucy Malvitz at Lucinda.Malvitz@my.rffms.org.

JOSEPH BAKER
IPMSA 2012 President
APMSA 2009 Company of the Year

The American Podiatric Medical Students’ Association (APMSA) is delighted to announce that ProLab Orthotics has been named the APMSA 2009 Company of the Year. Paul R. Scherer, DPM, and Lori Waters, Director of Sales and Marketing, accepted the award at the APMA House of Delegates meeting in July in Toronto, Canada.

As the newest member of the APMSA Corporate Advisory Board, ProLab Orthotics has shown overwhelming support of podiatric medical students. Starting last year, ProLab generously created a program which provides each third year podiatric medical student with one free pair of custom foot orthoses. In addition to this generous donation, ProLab is also dedicated to providing educational tools to enhance students understanding of orthotic therapy.

“Not enough can be said in regards to the tremendous dedication that ProLab Orthotics has shown for educating and supporting podiatric medical students,” proclaimed Lena Keester, APMSA Development and Corporate Relations Director. “This pioneering, energetic, and very philanthropic company is a great partner for the APMSA, students, and the podiatric profession”. She adds, “The APMSA is grateful to ProLab and are pleased to bestow this award in recognition of their contributions.”

LENA KEESTER
APMSA Dev. and Corp. Relations Dir.
APMSA SCPM 2011 Delegate

APMSA President David McKenzie (left) and APMSA Development and Corporate Relations Director Lena Keester (right) extend the APMSA’s appreciation to Lori Waters and Paul Scherer, DPM.

Note from the Editors
We extend our appreciation to the APMSA for the opportunity to serve as editors-in-chief of First Step this past year. It has been a wonderful experience to interact with podiatric medical schools and students to inform students about APMSA and student activities and the progression of our profession. Our goal was to report on the impact the APMSA and students have on the future of the profession. We encourage all students to submit articles for publication consideration. This is your communication vehicle!

Special thanks to APMSA Executive Director Dorothy Cahill McDonald and to our regional editors (listed below) for their contributions and assistance. Lastly, we wish Adam Siegel (SCPM 2012) the best of luck as the new editor-in-chief!

LENA KEESTER AND LUCINDA MALVITZ (SCPM 2011)
Editors-in-Chief

APMSA 2009-2010 Corporate Advisory Board

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ASICS America Corporation ◆ 800-678-9435
CrocsRx ◆ 801-455-8558
Darco International, Inc. ◆ 800-999-8866
Gill Podiatry Supply and Equipment Company ◆ 800-321-1348
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Moore Medical Corporation ◆ 800-234-1464
New Balance Athletic Shoes, Inc. ◆ 800-343-4648
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Pedinol Pharmacal, Inc. ◆ 800-Pedinol
Performance Health/BioFreeze ◆ 877-622-7004
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Present e-Learning Systems ◆ 888-802-6888
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Promet Custom Foot Orthotics ◆ 800-251-0377
SAS Shoemakers ◆ 210-924-6562
Universal Footcare Products, Inc. ◆ 800-323-5110
Upsher-Smith Laboratories, Inc. ◆ 800-323-5100
Pssst... Answers to the Board Exam Problems

Got your attention?  Great!  There are a few simple steps each student can take in preparing for Boards that can reduce the pain and anguish of the big exam. Boards may still hurt, just less.

• Visit www.NBPME.com early on for exam dates and registration deadlines, an outline of exam content, and practice NBPME Board exams (see Downloads tab).

• Immediately upon receipt of your admission to test (ATT), call Prometric to reserve a seat.

• Read all exam related information and be informed about what to expect on test day.

• Show up early to the exam, and bring your required identification.

However, despite all the preparations, some legitimate student concerns about the Boards are bound to arise. Handle issues professionally and be sure to communicate with the right people. This will ensure a better process.

The APMSA and the NBPME are currently working together to address and resolve student concerns. Here are some problems that arose recently and solutions devised:

Part I:

Problem:

Students who registered within 24 hours of receiving a ATT and did not get a seat.

Why are there seating shortages and what can be done? Prometric and the NBPME share a binding, legal contract created several years ago. It provides for about 500 seats to be reserved by Prometric. At the time of the creation of this contract, 500 was plenty of seating, but recent enrollment increases have made it difficult for Prometric to know how many seats to secure. Prometric makes every effort to accommodate each student needing a seat, despite the contractual obligations. A more permanent solution will take effect when the current contract expires and is renegotiated.

What should students do? Students should register immediately upon receiving their ATT. If seating is not available, students should contact their administration and their APMSA delegate, who will assist. Wait to register until instructed to do so. More than likely, a reasonable solution will be found and students will not need to travel long distances or incur extra expense to sit the exam. Keep a positive attitude and communicate the issues.

Part II:

Students request that more time be provided between the first and second administration of Part II. This will allow ample time to get results from the first test and, if needed, register/study for the second. Also, the APMSA has requested that the NBPME explore changing the dates of the Part II exams to be closer to CASPR/CRIP. This may allow students to concurrently study for residency interviews and for those who do not pass Part II and are required to do so for residency, may have ample time to explore alternative means of employment/study. Currently the exam is offered in March and again in May. Discussions are being held to explore a change to January and April or May.

To ascertain student opinion, a survey has been distributed to the APMA Young Members’ and to third and fourth year students. The result of this survey will be analyzed by the APMSA and Council of Deans (COD) and a request subsequently may be made to the NBPME regarding potential changes.

By following the above suggested guidelines, issues and anxiety will be lessened. Best of luck with your preparations!

TED BUTTERFIELD
APMSA Liaison to the NBPME
APMSA CPMS 2012 Delegate
And the winner is . . .

During the APMSA Annual House of Delegates meeting in Toronto, the Presidents’ Committee met and voted on the winner of the first APMSA National Outstanding Podiatric Medical Student Award. There were eight finalists, one 3rd year student from each podiatric medical school, all of whom were exceptional candidates. When the votes were tallied there was one winner, Laura Shin from the Scholl College of Podiatric Medicine. Ms. Shin will receive a $1000 scholarship on behalf of the APMSA.

“This award is a great honor to me and my university,” acknowledges Ms. Shin. “I have incredible mentors that have supported me through all my decisions as a student and it is so gratifying to represent my school in this arena. I think it’s amazing how much the APMSA supports students across the country and I feel so proud that they value the contributions I make to the community through my research and my extracurricular activities.”

When Ms. Shin graduates she will be a member of a very select few in our profession, she will have two professional degrees, a DPM and a PhD in neuroscience. “My previous interests were in cerebral palsy research because I was a caretaker of a child with CP for many years. I have always loved translational research and knew that my basic science training would further my career as a podiatrist.” Ms. Shin has also been published three times. “I feel that with our strong medical background and training we are in a prime position to contribute greatly to the scientific body of knowledge. I hope I can break barriers and help shine the spotlight on the importance of our specialty to the healthcare profession.”

Ms. Shin is the Past President of the Scholl Chapter of ACFAS and while she was president their chapter ran over 70 different workshops and lectures for their students ranging from suturing to injections. She is the current President of the Executive Student Council at the Rosalind Franklin University of Medicine and Science. She has been the recipient of the American Diabetes Association Clinical Scientist Training Grant, a three year grant, which according to Ms. Shin, “has been awarded almost exclusively to MD/PhD students in the past. To be the first podiatric recipient of this award was a tremendous honor and I believe it means that large organizations are seeing the value of our profession and our importance in diabetic health care.”

Students nominated members of their class and a finalist was chosen from each school by a committee comprised of students, faculty and administration officials. Each finalist was required to submit an essay in response to a particular patient that has caused them to reflect on their choice to enter the podiatric medical profession. Her essay described a patient that many, if not all of us, will encounter at some point during our career: a middle aged male with diabetes who comes to the clinic with a plantar wound that probes to bone. This patient assumes that this is routine visit and his small wound will heal uneventfully. However, his

Continued on next page
And the winner is... continued from page 5

routine visit became a pre-op consultation for a TM amputation. This patient has helped light the fire that is fueling Ms. Shin’s interest into research.

“I hope that I can continue to work on furthering our knowledge of wounds and the effect of diabetes so that all healthcare professionals will look to us for leadership. I feel that our training as podiatrists prepares us to not only compete, but to excel in all arenas of healthcare.”

Needless to say, Ms. Shin’s resume is impressive, and she has shown a tremendous level of dedication to further our profession. She concludes, “I believe that as long as we continue to do good science and provide skilled patient care we will achieve parody and beyond.”

APMSA’s CAB Supports Diabetes Awareness Program at San Francisco Medical Clinic

The St. Anthony Free Medical Clinic is a non-profit organization dedicated to providing patient care to the underserved populations of San Francisco. Most of the patients that visit this clinic are challenged by low literacy levels, language barriers, homelessness, and access (or lack thereof) to affordable health care. All of these factors combined are significant in hindering a diabetic patient’s access to proper foot care. In April 2009, the Diabetes Awareness Program was implemented to tear down patient health care barriers and to promote independent care-taking for diabetic patients. These objectives were accomplished by organizing diabetic screenings and emphasizing diabetes education in San Francisco. Thanks to a grant from the APMSA Corporate Advisory Board (CAB) Service and Education Grant, the Diabetes Awareness Program was also able to provide over 120 patients with resources like diabetic socks and disposable monofilaments.

To recognize this generous contribution, the Diabetes Awareness Program distributed information about the APMSA’s CAB along with diabetic socks and other essentials for diabetic care. This project, along with a list of the CAB sponsors, will be presented in the next CSPM E-Newsletter Update, which distributes to CSPM students, faculty, and alumni.

JAKE McLEOD
Chair, APMSA Presidents’ Committee
AZPOD 2011 President

EMILY KNICKREHM
CPMS 2011 President

Line of patients seeking care at the St. Anthony Free Medical Clinic

ANNIE NGUYENTAT
CSPM 2011 President
The American Public Health Association (APHA) is requesting student article submissions for the APHA Podiatry Section Newsletter.

The American APHA is the oldest, largest and most diverse organization of public health professionals in the world and has been working to improve public health since 1872. The Association aims to protect all Americans and their communities from preventable, serious health threats and strives to assure that community-based health promotion and disease prevention activities and preventive health services are universally accessible in the United States. APHA represents a broad array of health professionals and others who care about their own health and the health of their communities.

The guidelines for the Podiatric Section Newsletter articles are inclusive of various types of submissions since the nature of public health is multifaceted. They have a rolling submission date and if submissions are not able to be placed in the next newsletter they will be.

Calling All Writers!

The American Podiatric Medical Students' Association (APMSA) has selected APMA Board of Trustee Dr. Ira Kraus of Chattanooga, Tennessee to receive the APMSA's most distinguished honor, the APMSA 2009 Kenison Award.

The award was presented to Dr. Kraus during the APMSA 2009 Summer House of Delegates meeting. In stating why Dr. Kraus received this award by students, APMSA President Dave McKenzie said, “Dr. Ira Kraus has been an advocate for students ever since he was one at NYCPM. He served as student body president and later was one of the founders of the APMA Post Graduate Association which today is known as the APMA Young Members’ Committee.”

Mr. McKenzie adds that the contributions of Dr. Kraus to students are many. “He is an APMA Educational Foundation student scholarship endowment benefactor and a yearly sponsor of students at the annual Podiatry Management Hall of Fame Luncheon. As a member of the APMA Board he travels regularly to podiatric medical colleges to provide student support and education and has done tremendous work for the APMSA and APMA.”

When one looks at the contributions Dr. Kraus has made to students and the podiatric profession, there is no doubt, though there were numerous worthy nominations, he was the right person to receive the APMSA Kenison Award. His ongoing service, dedication and commitment to the profession led him to being elected to the Board of Trustees of the APMA where he has continued to be an integral part in progressing the field of podiatry.

The APMSA Kenison Award, named for Nehemiah Kenison, a visionary and leader in the profession of chiropody in the mid 1800’s, recognizes individuals who have made outstanding efforts and contributions to podiatric medical students and the profession.

Dr. Ira Kraus

BLAIR JOLLEY
APMSA Communications Liaison
APMSA TUSPM 2011 Delegate

Kraus Receives APMSA’s Highest Award

Kraus Receives APMSA’s Highest Award

Calling All Writers!

Continued on next page
Starting Fresh: The New APMSA Website

During the summer of 2008, the APMSA House of Delegates (HOD) and its Executive Committee proposed many ideas to promote and enhance podiatric education. These new ideas were anticipated to be directed to the general public as well as current podiatric medical students. One of the main avenues to be used was the APMSA.org website. Although a website has already existed for the APMSA for the last five years, this site was not fully functioning nor had it been updated in some time. So, the arduous task of revamping, rebuilding, and ultimately recreating this site was unanimously agreed upon and assignments were made accordingly.

Approximately one year later, I, along with the House of Delegates, am pleased and excited to announce the new and improved APMSA.org interactive website. This new website has far superior functionality as compared to the previous design and we are working to make it as user friendly as possible. Masses of information are available on this new site and will continue to be available as the site seeks to have continually updated information. Right now, the site functions as one-stop information center geared to podiatric students and those interested in podiatric education. In the near future, APMSA delegates and podiatric students will be able to update the front page with blogs concerning all aspects of podiatry. In addition, we look forward to implementing an online mentoring program where students can ask a variety of questions to residents and practicing podiatrists. It is our hope that this site will serve as a value resource and communication tool for APMSA members and the general public.

We invite and advocate student use of this site. A forum function is present on the site and can serve as a beneficial communication and networking tool. Exciting announcements are coming soon regarding site content and user access, so please stay tuned and current on this new and evolving tool. Better yet, visit www.APMSA.org and see for yourself!

IAN BURTENSHPAW
APMSA AZPOD 2012 Delegate
Each year, the American Podiatric Medical Students’ Association (APMSA) presents the APMSA Leadership Award to one APMSA delegate that has made outstanding effort and contribution to the APMSA House of Delegates and podiatric medical students.

This year, the award was presented to Laura Zagrocki of Temple University Class of 2010 during the July 2009 APMSA House of Delegates meeting by APMSA President Dave McKenzie. In presenting the award, Mr. McKenzie said, “Laura Zagrocki has been one of the most integral and hard working members in the APMSA over these last three years. Few know the countless hours of extracurricular work she does and has done for her fellow students. She has done a phenomenal job in representing and advocating for all podiatric medical students as the APMSA liaison to the Council of Teaching Hospitals (COTH) and most especially in the drive for residency genesis over these last two years.

Mr. McKenzie adds, “Ms. Zagrocki has represented her constituents with dignity, utmost responsibility and duty within the governing bodies of the COTH and American Podiatric Medical Association (APMA). We are all indebted to her for her sacrifice and diligence on our behalf. For these reasons and much more, she was awarded the APMSA House of Delegates highest award, the APMSA Leadership Award.”

In receiving this prestigious award, Laura Zagrocki commented, "Some people strive for greatness while others have greatness thrust upon them. I think my experience with the APMSA was a combination of both."

Ms. Zagrocki has also served as the APMSA Residency Survey Editor for the past two years and was also recently awarded with the APMSA First Step Award. This award goes to an individual who has contributed the most well written, professional, and informative article published within “First Step” which is the APMSA newsletter.

Ms. Zagrocki joins the following list of recent outstanding APMSA student leaders:

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<td>2008</td>
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<td>2005</td>
<td>Donald Harrison</td>
<td>TUSPM</td>
</tr>
</tbody>
</table>

Ms. Zagrocki accepting her award from David McKenzie, President of APMSA

In receiving this prestigious award, Laura Zagrocki commented, "Some people strive for greatness while others have greatness thrust upon them. I think my experience with the APMSA was a combination of both."

Ms. Zagrocki has also served as the APMSA Residency Survey Editor for the past two years and was also recently awarded with the APMSA First Step Award. This award goes to an individual who has contributed the most well written, professional, and informative article published within “First Step” which is the APMSA newsletter.

Ms. Zagrocki joins the following list of recent outstanding APMSA student leaders:

<table>
<thead>
<tr>
<th>AWARD YEAR</th>
<th>AWARD RECIPIENT</th>
<th>SCHOOL</th>
</tr>
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<tr>
<td>2009</td>
<td>Laura Zagrocki</td>
<td>TUSPM</td>
</tr>
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