



March 2, 2009
Volume 2, Issue 3

Notes from the HPAO Staff:

A Reminder for 2010 Applicants!!



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The Reed-Yorke HPAO has posted all pertinent material for those of you applying for the 2010 application cycle. Among the materials posted are the Student Information Inventory for both first-time and re-applicants, the Letter of Recommendation Waiver form, student conduct form, as well as some other resourceful items. **APPLY EARLY!!!!** Applying early is the only way to ensure that all of your materials will be prepared in a timely fashion by the HPAO, otherwise you may have to wait as the summer months approach and application numbers soar!

<http://prehealth.umd.edu/2010%20Forms.html>

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Important Dates:

- March 4: AMCAS (SKN 0200, 4-5 p.m.)
- March 6: Harvard Program Application Deadline
- March 9: GWEA Application Deadline
- March 10: JR/SR workshop (PHY 1201, 2-3 p.m.)



Pre-Health Society Events!

Pre-Medical Society: AMCAS speaker

The pre-medical society is cosponsoring an event allowing an AMCAS application spokesperson to speak to university students. The event takes place on Wednesday, March 4th at 4 p.m. in 0200 Skinner Hall.

Pre-Optometrist Society: Student Panel

The pre-optometrist society is sponsoring a student panel featuring current first-year optometry students from Salus University on Wednesday, March 4th at 6 p.m. in the Poe Room at the Stamp Student Union. If you have further questions, contact the pre-opt president, Eric Heaps: ehaps1@umd.edu

Pre-Dental Society: Dr. Booker from VCU

The pre-dental society is hosting Dr. Booker of student services at VCU’s Dental School on campus Thursday, March 5th at 5:30 p.m. in 2309 Art-Sociology.

AMSA: Stand Against AIDS Rally; Dr. Elaine Anderson

The UMD chapter of AMSA has two upcoming events. On Wednesday, March 11th, they are participating in the Stand Against AIDS rally in DC with DC Fights Back; the times of attendance will be announced soon. On Thursday, March 12th, they are hosting a “How to Advocate” seminar with Dr. Elaine Anderson at 6 p.m. in the Banneker Room in the Stamp Student Union.

HPAO Workshops

Suggested for Juniors & Seniors

****All students planning to utilize the credentials process and to seek a committee letter from the HPAO for their 2010 application are expected to attend a session.****

Walk-ins should not be used to gain this general information.

Utilizing the HPAO Credentials Service & Personal Statement Tips

DATE	TIME	PLACE
Tuesday, March 10	2:00 - 3:00 PM	PHY 1201
Tuesday, April 14	4:00 - 5:00 PM	CHM 0119
PERSONAL STATEMENT TIPS		
Tuesday, March 24	3:00 - 4:00 PM	TBA

Suggested for Freshman & Sophomores

****Intended for those just starting out on the road to medical or dental school.****

DATE	TIME	PLACE
Monday, March 2	2:00 - 3:00 PM	EGR 3106
Thursday, March 26	1:00 - 2:00 PM	EGR 0110

Featured Health Career: Optometrist

Doctors of Optometry (ODs) are the primary health care professionals for the eye. Optometrists examine, diagnose, treat, and manage diseases, injuries, and disorders of the visual system, the eye, and associated structures. They also identify related systemic conditions affecting the eye.

ODs diagnose and treat, prescribe medications, perform certain surgical procedures, provide vision therapy and low vision rehabilitation, and assist patients with spectacle and contact lenses. They counsel patients regarding surgical and non-surgical options to meet their visual needs, and in cases involving surgery they provide both pre-operative and post-operative consultation and care. ODs also diagnose systemic conditions that have eye-related symptoms (i.e., diabetes or high blood pressure) and refer patients to other health practitioners, as needed.

Optometrists should not be confused with ophthalmologists or dispensing opticians. Ophthalmologists are physicians who perform eye surgery, in addition to diagnosing and treating eye conditions. Dispensing opticians fit eyeglasses and contact lenses, following prescriptions written by ophthalmologists or optometrists. *U.S. News & World Report* listed optometry as one of the Best Jobs for Investigative People, because it's "a profession with a high cure rate, regular hours, good pay, and realistic potential for being successfully self-employed."



For more information on working conditions, preparations, and related fields, go to:

<http://www.explorehealthcareers.org/en/Career.11.aspx>

AAFP Video: Global Health



Over the past couple of years, the interest in global health activities by both undergraduate students and medical students has increased exponentially.

To address this issue, the American Association of Family Physicians (AAFP) created a video about what the discipline of family medicine is doing to address global health concerns.

This 25-minute video was created for a medical student audience, but it also has information that might be interesting to undergraduate students.

You can access the video anytime at the following website:

<http://fmignet.aafp.org/online/fmig/index/resources/fmigvideos/globalhealth/video1.html>

Featured Volunteer / Study Abroad Opportunity: Unite for Sight in Ghana, Honduras, or India

Become A New Leader in Global Health
Unite For Sight: High Impact Volunteer Abroad Opportunities

Volunteer in Ghana, Honduras, or India
Spring, Summer, Fall, and Winter Opportunities

<http://www.uniteforsight.org/volunteer-abroad>

Unite For Sight has been featured weekly on CNN International and in The New York Times

Unite For Sight engages, inspires, and trains volunteers to support and assist eye clinics globally. Our volunteers receive hands-on training in international community-based eye care, public health, and international development, and while immersed in effective Unite For Sight programs, they gain skills to become new leaders in global health dedicated to creating lasting solutions for change. Volunteers work with local ophthalmic nurses, optometrists, and ophthalmologists to support and assist the clinic in outreach programs that reduce barriers to health care. With the assistance of volunteers like you, Unite For Sight has restored sight to 20,028 patients and provided eye care to 600,000.

Why Is Eye Care Important? 80% of all blindness is preventable or curable. Blindness impacts quality of life, ability to work, and leads to increased mortality in the developing world, where the life expectancy of a blind person is one-third less than that of their sighted peers. More details and citations:

<http://www.uniteforsight.org/community-eye-health-course/module1>

Why Become A Unite For Sight Volunteer?

- Experience the thrill of contributing to change on the highest level
- Be part of global problem solving
- Receive hands-on training in community-based program delivery
- Be immersed in effective global health and eye care programs
- Be inspired to become a leader in global health
- Join a movement of social innovators committed to global health and sustainable development
- Be engaged in ethical, high quality and high impact volunteerism
- Volunteers are encouraged to pursue entrepreneurial projects and research studies

Locations (volunteer for 10 days, 20 days, 4 weeks, 6 weeks, 8 weeks, or more)

- Accra Region, Ghana
- Rural Villages, Ghana
- Tamale, Ghana
- Tegucigalpa, Honduras
- Bihar, India
- Chennai, India
- New Delhi, India
- Orissa, India



Contact: volunteers@uniteforsight.org, <http://www.uniteforsight.org/volunteer-abroad>

National Health Service Corps Scholarship

The NHSC offers a competitive scholarship program designed for students committed to providing primary health care in communities of greatest need. Scholarship recipients serve where they are most needed upon completion of their training.

The program offers the following benefits for up to 4 years of education:

- Payment of tuition and fees
 - Twelve monthly stipend payments per year of scholarship support
 - Payment of other reasonable educational expenses, such as books, supplies, and equipment
- NHSC scholarship awards for tuition, fees, and other reasonable expenses are exempt from Federal tax. The stipend is taxable income.

To be eligible for the NHSC Scholarship Program, you must be a U.S. citizen enrolled, or accepted for enrollment, in a fully accredited U.S.:

- Allopathic or osteopathic medical school
- Family nurse practitioner program (master's degree in nursing, post-master's or post-baccalaureate certificate)
- Nurse-midwifery program (master's degree in nursing, post-master's or post-baccalaureate certificate)
- Physician assistant program (certificate, associate, baccalaureate, or master's program)
- Dental school

Scholars attending medical school are expected to complete residency programs in one of the following specialties:

- Family medicine
- General pediatrics
- General internal medicine
- Obstetrics/gynecology
- Psychiatry
- Rotating internship (D.O.s only) with a request to complete one of the above specialties

Dental Scholars may do residencies in general practice or pediatric dentistry.

Directly upon completion of your training, you will choose a practice site in a federally designated health professional shortage area identified as having the greatest need. Period of service is 1 year for each year of support you receive, with a 2-year minimum commitment.

For more information, please visit:

<http://nhsc.bhpr.hrsa.gov/applications/scholarship/>

Application due dates for 2009 will be posted soon.



March 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 <i>AMCAS wksbp (SKN 0200, 4pm); Opt Student Panel (SSU, 6pm)</i>	5 <i>VCU's Dr Booker (2309 Art-Soc, 5:30pm)</i>	6 <i>Harvard Pro- gram Deadline</i>	7
8	9 <i>GWEA app deadline</i>	10 <i>JR/SR wksbp (PHY 1201, 2-3pm)</i>	11 <i>Stand Against AIDS Rally</i>	12 <i>Dr Elaine Anderson (SSU, 6pm)</i>	13	14
15	16	17	18	19	20	21
22	23 <i>Pre-Opt guest speaker (SSU, 6pm)</i>	24 <i>Kaplan DAT Work- shop (TBD)</i>	25	26 <i>FR/SO wksbp (EGR 0110, 12-1pm); Personal Stmt wksbp (CHM 0119, 3-4pm)</i>	27	28

Early Assurance Programs!

So you've heard of the George Washington Early Assurance Program (GWEA), but did you know there are a number of other early assurance programs out there? An early assurance program will allow you to apply to medical school while in your sophomore or junior year, and be accepted prior to the normal application deadline. This usually means that you don't have to take the dreaded MCAT, you don't need to take so many science classes that your brain turns into golgi, and it means that the pressure is off for the remainder of your undergraduate education. So what could you possibly do in this spare time? For starters, you could go on that study abroad trip that was conflicting with Mamm Phys, you can finally take that class on Greek and Roman mythology, or you can just finish your science prerequisites and spend your time engaged in that journalism major.

The pre-health website has a few of the schools that have early assurance programs listed, but make sure you check out the full list in the Medical School Admissions Requirement (MSAR), which is published by the AAMC. This book is located in the prehealth office, so feel free to stop by and check it out. The online list of early assurance schools can be found at: <http://www.prehealth.umd.edu/otherearlyassuranceprograms.html>

Second Featured Health Career: Physical Therapist

Physical Therapists (PTs) provide services that help restore function, improve mobility, relieve pain, and prevent or limit permanent physical disabilities of patients with injuries or disease. PTs work closely with patients to restore, maintain, and promote their overall fitness and health. Patients may include accident victims and individuals with disabling conditions such as low back pain, fractures, head injuries, arthritis, heart disease, and cerebral palsy.

PTs examine patients' medical histories, then test and measure their strength, range of motion, balance and coordination, posture, muscle performance, respiration, and motor function. They also determine the patient's ability to be independent and reintegrate into the community or workplace after injury or illness. Finally, they develop treatment plans describing a treatment strategy, its purpose, and the anticipated outcome.

Many Physical Therapists practice in hospitals, clinics, and private offices with specially-equipped facilities, although some PTs treat patients in hospital rooms,

homes, or schools. Most full-time PTs work a 40-hour week, which may include some evenings and weekends.

This job can be physically demanding, because therapists often have to stoop, kneel, crouch, lift, and stand for long periods. In addition, physical therapists move heavy equipment and lift patients or help them turn, stand, or walk.

Becoming a physical therapist requires approximately 2-5 years of training outside of college. This is a relatively short amount of time and is excellent because the job outlook for PT is very good. On top of this, the average pay is ~\$68,000, a good amount of money offered in economically difficult times.

To learn more about how to become a physical therapist, click the following link:

<http://explorehealthcareers.org/en/Career.70.aspx>

Please e-mail us with any comments or questions you would like to see addressed in the HPAO Newsletter!

Prehealth7805@gmail.com

Find us online!

<http://prehealth.umd.edu>

Health Professions Advising Office Mission

The mission of the undergraduate Health Professions Advising Office supports the overall objectives of the University of Maryland, particularly its commitment to health care education and the training of health care professionals for the 21st century and beyond.

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