



# DUCK MED

*The Official Stevens Pre-Health Professionals Newsletter*

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## **AMERICAN MEDICAL WOMEN'S ASSOCIATION (AMWA)**

*By: Jeel Shah*

Hi everyone, my name is Jeel Shah. I am currently a 3/4 Biology major serving as President for AED (Alpha Epsilon Delta - Health Preprofessional Honor Society) and Newsletter Coordinator for DuckMed. I would like to start a new Premedical Branch at Stevens for AMWA.

AMWA (American Medical Women's Association) is a national organization empowering women in medicine. Their mission is to advance women in medicine, advocate for equity, and ensure excellence in healthcare. AMWA offers many membership benefits including discounts for MCAT prep, medical school prep, and even coffee places! You can find more information [here!](#) They also offer awards and scholarships.

Being part of such an astounding national organization will reflect greatly on your resume and will allow you to connect with premed students, medical students, residents, and even physicians nationwide!

PLEASE NOTE YOU DO NOT HAVE TO BE FEMALE-IDENTIFYING TO BECOME A MEMBER. Anyone who supports the goals and initiatives of AMWA is welcomed to join.

There is a one-time membership fee of \$45 that will cover all your premedical years.

Faculty Advisor: Dr. Patricia Muisener

Quick reminder, this is still an [interest form](#). I will follow up with more information soon. In the meantime, if you have any comments/questions/concerns, feel free to reach out to me at [jshah55@stevens.edu](mailto:jshah55@stevens.edu)!

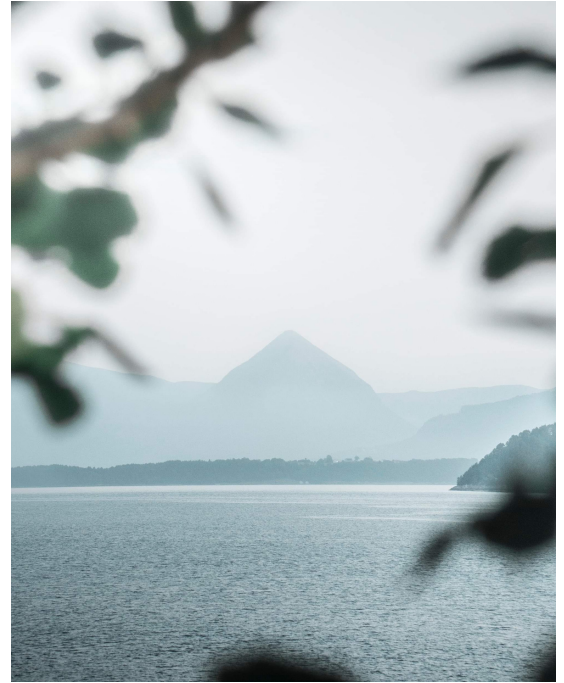


## MENTAL HEALTH DURING THE SUMMER

*By: Mariam Siam*

With the much-anticipated summer break approaching, it is easy to think of all the things we would like to do, or all the things we want to take a break from doing. Whether you enjoy an activity-packed summer or a more relaxed, laid-back one, it is important to keep your mental health a priority. Here are some things you can do to take care of your mental health in the summer:

1. **Get some fresh air:** Sunlight, fresh air, and the outdoors can be good for your mental and physical health and can leave you refreshed as well as provide a change of scenery. Breathing fresh air can also boost the oxygen levels of the brain which will result in a boost of serotonin levels, a neurotransmitter that is considered a mood booster.
2. **Get adequate sleep:** Make sure you are getting enough sleep to allow your body to function efficiently. Lack of sleep is proven to affect our mood, memory, and ability to think and concentrate, among many other things.
3. **Do small activities:** Activities like painting and solving puzzles can get our creative and problem-solving skills working. They are also activities that may take us more than one day to complete so it can become a creative project.
4. **Create a to-do list or agenda:** For some people, the summer induces stress or anxiety because it lacks the structure that they may have had in school or at a job. To help with this, try creating a to-do list with small tasks to accomplish or a daily agenda that you can follow.
5. **Mindfulness and meditation:** Whether your summer is fast-paced or not, taking a few minutes every day to unplug, reflect, and think about things that relax you and make you happy can possibly help your mental health.
6. **Spend time with those who make you happy:** Throughout the year, it may be difficult to spend quality time with your friends or family due to busy schedules, so the summer may be a good opportunity to see these people and enjoy your time together while taking preventative measures, and remaining safe and cautious, as there is still an ongoing pandemic.



Best wishes, and enjoy your summer.

## MENTAL HEALTH IN THE MEDICAL COMMUNITY

*By: Leigha Tierney*

As the COVID-19 pandemic has continued, conversations about mental health have come to the forefront of our society as we cope with widespread isolation and dramatic lifestyle changes. The mental health of healthcare providers has been especially affected by COVID-19, due to changes such as heavier workload with patient care and fear of catching and transmitting COVID-19 in the workplace. However, physician mental health has been a longstanding issue in the medical community since even before the pandemic began.

There are many factors that contribute to mental health issues in physicians. One factor is the rigorous nature of medical education. For instance, one [study](#) found that entering medical students demonstrate mental health comparable to the general population, but by the end of first year 57% experience symptoms of anxiety and 27% experience symptoms of depression. Resident physicians also experience difficult working conditions, often working up to 80 hours per week and occasionally working 24 hours shifts. Even as attending physicians, many doctors feel overwhelmed by their workload. For instance, [the 2018 Survey of America's Physicians](#) found that 80% of physicians across specialties report being at full capacity or overextended and 78% reported feelings of burnout.

While burnout and mental health issues can be common in the medical community, [nearly 40%](#) of physicians are reluctant to seek out treatment. One major factor that influences the choice to seek out mental health treatment is the threat of losing professional reputations or even medical licenses. The medical licensing boards of many states often ask invasive questions regarding mental health. One [study](#) conducted by Mayo Clinic found that only one-third of the 51 state medical licensing boards asked questions only pertaining to current mental health conditions or did not inquire about mental health conditions at all. This is significant because if medical licensing boards choose to ask about any past mental health issues, the physician's medical license could be in jeopardy even if they have dealt with and improved their mental health. This is important because the [Americans with Disabilities Act \(ADA\)](#) prohibits discrimination on the basis of disability. While it is important to note that it is possible for mental health issues to impair the ability of a physician to do their job, it is discriminatory to put medical licensure in jeopardy over past mental health issues or diagnoses that do not currently impair physicians.

There are many ways in which physician mental health can be improved, including reducing the stigma surrounded by getting mental health treatment. The 2017 study conducted by Mayo Clinic also noted that physicians in states where medical licensing boards asked about past mental health issues were less likely to seek help for mental health issues, so removing these invasive questions may be beneficial. Improving other areas of physician practice that are harmful to mental health such as long hours and patient workload could be beneficial as well. It is important to remember that mental health issues and burnout are not a personal failure, but natural occurrences and reactions to our lives that require treatment and care just as physical issues do.





## APPLYING TO MEDICAL SCHOOLS

By: Jeel Shah

If you are a pre-med student interested in applying to medical schools for the 2022 Application Cycle, the following dates are important to consider:

For allopathic (MD) medical schools, applications are submitted through AMCAS (American Medical College Application Service).

- The applications opened on May 3, 2021.
- The first day to submit the applications is on May 27, 2021.

For more information, check out the [Premed Calendar](#) on the AAMC (Association of American Medical Colleges).

For osteopathic (DO) medical schools, applications are submitted through AACOMAS (American Association of Colleges of Osteopathic Medicine Application Service).

- The applications were opened for submission on [May 4, 2021](#).



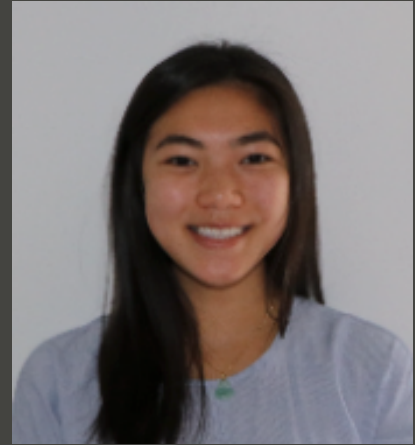
## STUDENT HIGHLIGHT

### Lizzie Chu

Major: Chemical  
Biology

Minor:  
Marketing

Graduating Year:  
2022



"Being involved in sports growing up affirmed my passion to help and heal others and pursue healthcare and medicine in my future. I initially found Stevens because of volleyball opportunities, but the science and research opportunities only made the decision to come here easier. The balance between varsity volleyball and academics is difficult, but not impossible. I am able to excel in both with the support of my classmates, teammates, coaches, and professors. Besides volleyball, in my time at Stevens so far I have participated in research in the summers of 2019 and 2020 with the Stevens Healthcare Educational Partnership. In 2019, I also participated in the I&E Scholarship which helped me further understand why business healthcare research is so important. Additionally, I am part of the Phi Sigma Sigma Sorority and have held leadership positions to further grow and learn to work with others, skills that are of utmost importance in the medical field. With the volunteer opportunities from Phi Sigma Sigma, I have been able to support and give back to the Hoboken community. Currently, I am shadowing an OB-GYN, which has been a great experience, one that I recommend to all medical students. During quarantine, I was participating in a short spring volleyball season, the active president of my sorority, shadowing, and studying for school. You can do it all and find a healthy balance! My advice to anyone nervous to pursue medicine is that you can do it all if you want to! As long as you have a support system, you can be an athlete, a stellar student, and an involved student on campus!"

# Professor Spotlight



**University Teaching Professor and  
Program Director, Healthcare  
Leadership & Management,  
Dr. Donald Lombardi**

After having the pleasure and honor of working with scores of Stevens Undergraduates who have subsequently gone on to medical school, dental school, and other post-graduate and professional programs in healthcare and medicine, there is a set of seven insights that I always provide.

**1.) You are as good as your best work** – It is very easy at Stevens to wonder if one is able to “make the grade – or better put, “make the grades” needed to make your career dreams become reality. Try to always keep in mind that You didn’t get to Stevens by being mediocre and that your best work – which You are always capable of and strive to produce all the time – is very likely to be more than good enough to get You to your desired next step.

**2.) It is better to forget things which are not worth remembering** – Hey, all of Us at Stevens are very driven, highly motivated and as a result, often overly self-critical. There is no percentage in being self-flagellating to the point of being self-defeating. So when You make a mistake or things just don’t break the right way, determine what You learned and what different strategy You might use next time, and get on to the next thing!

**3.) Keep a balanced perspective** – Creativity and the ability to solve problems successfully and effectively are the first victims of stress and fatigue. So make sure that You take time to enjoy the things that You love whenever possible, and in fact, don’t just do those things “when you have time”, but *make the time* to enjoy downtime and pastimes that help You maintain a balance in your school life.

**4.) If one door closes, bust another one down!** – I have seen many Stevens graduates go on very successfully to attain Ph.D.s in various medically related areas such as nursing and biomedical engineering, obtain doctorates in physical therapy, and other incredibly valuable professions in healthcare. And there are boundless **opportunities in healthcare leadership and management** that are available for the hard-working, highly qualified graduates of our programs.

So remember to always focus on controlling what You can control, and don’t worry too much about where it will all lead! The healthcare and medical sectors need your talent and integrity of purpose, and there is always an opportunity for truly good people who want to do truly good work.

## UPCOMING EVENTS



### Student Health Professions Club

- Enjoy your summer break!



### Alpha Epsilon Delta

- Remember to interact with our Instagram stories this Summer for an attendance point

*“Have any healthcare related topics you are interested in or passionate about?”*

*If you want to submit a piece for our next newsletter or if you know of a student who deserves a shout out in our Student Highlight, please contact us at [duckmedicine@gmail.com](mailto:duckmedicine@gmail.com)!*

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