Hello Awesome Care Extenders,

Hope your winter quarter ended well with finals! Some changes were made in formatting the newsletter hopefully improving its quality. I would love to hear any comments that you have about these changes.

This newsletter includes articles about the pre-med process. Our staff of the rotation is Espedita Jardenil from the Medical Surgical Department. In addition, the Care Extenders of the Rotation are also recognized!

Taral Patel
Newsletter Coordinator
Pre-Medical Timeline

General Information

Colleges want to see some evidence of the following:
1. High Scholastic achievement in college coursework and on the MCAT.
2. A clear understanding of what it means to be a doctor.
3. Ability to work in a team, to be a leader, to manage time effectively and to prioritize.
4. Genuine concern for the welfare of others.
5. High moral character, integrity, honesty, and humility.

Freshman Year

Fall
1. Consult your counselor
2. Join pre-medical programs and clubs
3. Develop good study habits

Spring
1. Finalize your plans for summer.
2. Being involved in a job helps.
3. Get started in some volunteering plan.

Sophomore Year

Fall
1. Check with counselor to confirm your plan
2. Consider starting in some research program
3. Continue to work on what you have developed.

Summer
1. Continue exploring the entire field of medicine.
2. Get some rest since you are about to enter the most challenging year.

Junior Year

Fall
1. Make sure you have completed the pre-medical classes.
2. Continue honing your leadership skills through extracurricular programs.
3. Start making decision about what type of medical school would work the best for you:
   a. Region of country
   b. Size of school
   c. Minority makeup
   d. Faculty/ student ratio
   e. Curriculum- traditional or problem based learning style
Junior Year continued

Spring
1. Take the MCAT exam as soon as you feel prepared.
2. Send those scores to the institutions that you are applying.
3. Meet with an advisor about applying to medical schools to make sure you have met all of the requirements
4. Visit schools to get a feel of their environment.

Summer
1. While participating in summer programs, also make sure to work on your medical school application. Most applications are not accepted until June 1st.
2. Have the transcripts sent to AMCAS. Pay attention to fee waivers.
3. Study over the summer if you are retaking MCAT.

Senior Year

Fall
1. Carefully plan the final year of undergraduate career.
2. Prepare to go on to interviews. Find out if your school offers practice interviews and use them to improve your interviewing skills.
3. Make sure to wear formal wear for interviews.
4. Now that you know your college, be a leader, mentor and share what you have learned with others.

Spring
Complete the final course requirements. Don’t skip the commencement ceremonies, this is your time to shine.

Important links

AMCAS
https://www.aamc.org/
School Rankings
http://grad-schools.usnews.rankingsandreviews.com/best-graduate-schools

If you have comments, concerns, or questions about this article, feel free to email me at CEnewslettercoordinator@gmail.com.

Care Extenders who participate in the newsletter will earn volunteer hours for their contributions.
Espedita Jardenil, more commonly known as Dita to those of us who have volunteered in Med Surg on 5th Floor Pavilion in Santa Monica Hospital, is a hardworking nurse who loves her job and helping others.

**What is your most memorable experience?**
My most memorable experience was while working in ICU. I took care of a patient; her relative (the caregiver) was always with her. I took care of this patient like I do with all of mine. However, one day when I floated to Oncology, I met the caregiver again. At first, I didn’t recognize her, but she recognized me instantly. She remembered my face and name and she expressed her gratitude for taking care of her aunt. The caregiver was a patient in oncology and this incident really made me aware of how a caregiver, at one time, can become the next person needing care.

**How long have you been at this department?**
In December 1998, I moved from ICU, where I had worked for approximately 2 years to Medical Surgical department.

**From all the departments that you have volunteered, what is unique of Medical Surgical?**
I have volunteered in many different surgical wards: orthopedics and general as well as meeting several types of patients. I like the post-surgical patients, overflow patients and interacting with these patients in general.

**What changes have you made in your life and how has this shaped whom you are?**
Originally, I was in accounting and then changed to nursing. I feel that I progressed and that this progression helped me become detail-oriented, which really helped in nursing.

**What do you like the most about Care Extenders?**
I like everything. Specifically, I like the supporting of patient's needs. The qualities of selflessness, positive attitude, and care that Care Extenders contribute make me feel that they are truly part of the patient care team.

**If you could change something about CE, what would you change?**
- Give more information about Care Extenders in first rotation what they are really in for.
- Learn more about basic tools like answering phone calls, filing charts, and the roles of different hospital staff members.
- Checklist of what kind of patients is on each floor.
Care Extenders of the Rotation

RRH-8EW
Lynn Li:
I talked to a Medical Student named Caroline. She explained all the details about medicine.

RRH-MICU
Phillip Pham:
I witnessed my first code blue where a patient flat-lined and the RT n Docs were able to save her with Epinephrine injection and 45 mins of CPR.

RRH-WW-ICU
Yasaman Demehri:
The most amazing experience was when I watched dialysis, and the technician explained everything to me.

Jeniece Alvey:
I met a little boy who was energetic and loud all the time despite why he was there, he really made me think about appreciating all the small things in life.

Sarah Bundogji:
My most memorable experience was watching an endoscopy of the lungs, esophagus, stomach, and duodenum.

SMH-CCU
Katy Carey:
I dealt with death from very difficult illnesses. I learned from these experiences with staff.

Palwasha Khan:
My most memorable experience was watching broncoscopy.

SMH-Concierge Program
Jose Trinidad:
Helping a lady get to L&D department, while she was in labor.

Gabriela Robles

SMH-ER A
Takahiro Ohara:
My most memorable shift was when the 15-20 patients filled the waiting room.

Nicole Leiser:
Doing compressions on a full code.
SMH- ER B
Alexis Fisher:
With help from the techs, I irrigated and cleaned wounds and even performed CPR!

SMH- CCL
Lawrence Chung:
I observed the doctors insert an ICD into an elderly patient, when the patient started screaming.

SMH- Floaters
Kyle Nguyen:
It was amazing volunteering in this department because I get to explore many new departments.

SMH- L&D A
Cameron Van:
My most memorable experience is when there was an emergency c-section while there was a scheduled c-section going on.

SMH- L&D B
Dana Kabashima:
I loved assisting in my first vaginal delivery.

SMH- LKC
Jonathan Phoung

SMH- NICU
Clara Lee:
Soothing babies soothed me, observing a c-section of triplets, getting in touch with my maternal instincts and knowing that it ain’t time for me to have one of my own.

Sara Bergquist:
Alexandra DiCaprio:
I observed a C-section of woman who had two uteri with a baby in each of her uteri.

SMH- OR/ Escort
Sanjit Bhullar:
My most memorable experience was listening to a little girl tell her family jokes before her surgery.

SMH- Orthopedics
Ashley Palmire:
I took over the secretary’s job when she was gone, I felt that I this was the start of my relationship with staff.
SMH- Oncology

Michael Krak:

Monica Gieske:
My most memorable experience by far is being able to give cancer patients hope that they can beat this illness.

Charles Ng:
A family member of a young patient told me she was inspired to volunteer after seeing how her sister had enjoyed visits from CE.

SMH- Pediatrics

Corissa Mavroides:
My most memorable experience was being able to hold a little girl’s hand as she had a heart ultrasound.

Cherisse Watts:
My most memorable experience was spending time with a girl who had down syndrome and was in for a leg surgery.

SMH- Radiology

Eric Lin:
I really got to see how some of the material we learned in school connects to real health care.

SMH- Post Partum

Leah Carillo:
My most memorable experience was being able to help the staff solve something that even the charge nurse was having trouble with.

Mellisa Morales

Jokes Column:

1) Doctor: Nurse, how is that little boy doing, the one who swallowed ten quarters?
Nurse: No change yet.

2) Nurse: Doctor, there is an invisible man in your waiting room.
Doctor: Tell him I can’t see him now. Next.

3) What do you call a depressed dentist?
A little down in the mouth

HELP NEEDED!

If you would like to make any contributions to the newsletter via jokes or articles please email me at CEnewslettercoordinator@gmail.com.
You will receive volunteer hours for your contributions.