

**AUGUST
2022**

ALUMNI NEWSLETTER

Special Events- July
Upcoming Events- August



Letter from the Dean

“Our campus comes alive when you are here and I am always happy to see students learning in our lecture halls, study rooms, labs and chatting in the halls and lounge areas.”



Dr. Catherine Yang, Ph.D.

Dear alumni and students,

I am happy to continue the tradition of our alumni newsletter, to celebrate your accomplishments and support friends, classmates, and alumni from all classes. We are bonded through our unique identity with CNU, and each year, we have a new class with whom we can celebrate our successes and joys. To our alumni, I am sure you can remember what it felt like to be a medical student – it is such an important and priceless moment for so many of us.

It is an honor to welcome the Class of 2026 to California Northstate University, and congratulations on your acceptance to the College of Medicine. Our campus becomes a second home for the coming years, where you will spend countless hours in classrooms and study halls, accompanied by our highly experienced faculty members, mentors, and advisors. They will guide and impart important skills in your path to becoming a physician, and all the qualities you will need to be an excellent one.

To all our returning students, welcome back to another semester and we look forward to seeing you continue to hone your skills and talents. With the CNUCOM community, you contribute to excellence in medical care, professionalism, ethics, compassion, social accountability, and disruptive innovation – the core values that define who we are.

In order to train physicians who can treat and oversee the well-being of our society, COM has expanded relationships with health systems in California for rotation sites, received national research grants, led our region in providing COVID immunizations, boosters, and tests, welcomed more prestigious faculty and staff, increased diversity scholarships for students who are underrepresented in medicine, and have laid the foundation for our new state-of-the-art teaching hospital. This was just in the past year. I cannot wait to see what we can accomplish this year.

I look forward to the growth of our communities as we progress through each year together and I am inspired by the knowledge that our alumni will develop their careers along with the expansion of our medical college. I invite you all to return and serve future classes; your dedication and commitment to our journey will define CNUCOM's legacy. In turn, as your alma mater, we look forward to supporting you each step of the way throughout your career. Let us see what we can do to improve medicine, in our world — together.

Cathy F. Yang, Ph.D.
**Interim Dean of College of Medicine
& Senior VP of Academic Affairs**

NEW FACULTY!



Roger D. Woodruff, MD, FAAFP

Interim Chair -
Clinical Medicine
Department



Mohammed Ahmed, MBChB, MSc

Assistant Professor of
Anatomy



Thamir Essayyad, MD

Interim Chair-
Clinical Science
Department

NEW STAFF!



Ko Sue Yang, MSW

Educational Skills
Specialist



Pakauhlee Vang, BA

Curriculum
Coordinator



Isabella Villagomez, BA

Administrative
Assistant
OME



Feiran Hu, EMBA

Director of Admissions



Charles Ware, D.H.Ed.

Director of Academic
Services



Rosamaria Cerezo

Clerkship Coordinator

APAPA ASPIRATIONAL TALK

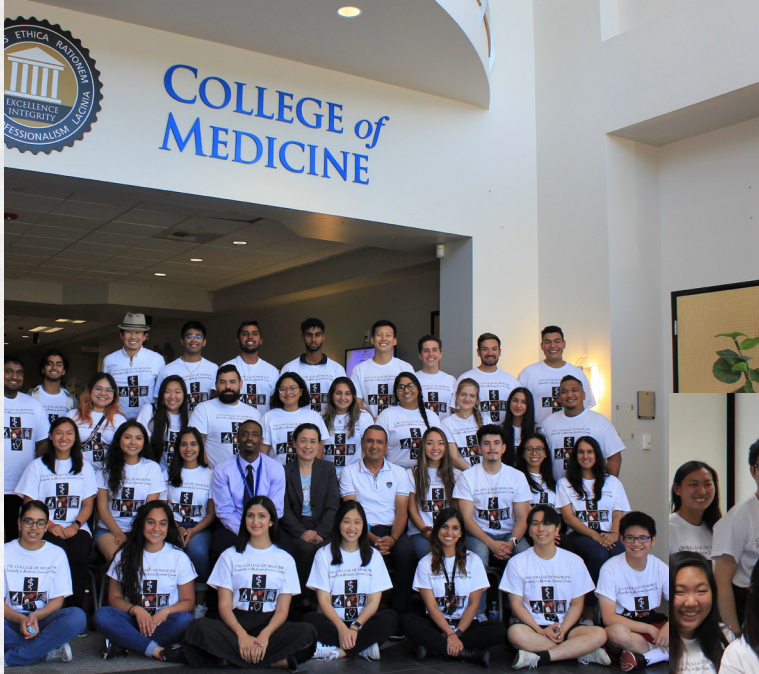


APAPA students received Dr. Catherine Yang - Interim Dean of CNUCOM for a career aspirational talk. This conference included: Important facts and achievements in medicine, the importance of setting short and long - term goals, the art of working hard to become the absolute best you can be, and the valuable skills medical students need to have in order to become a physician.

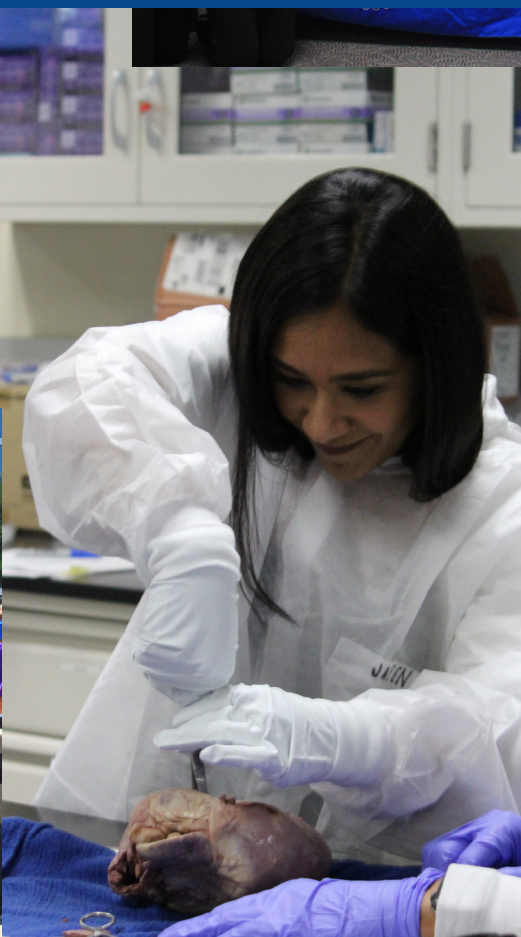
CURRICULUM RETREAT

COM held its annual Curriculum Retreat on Wednesday June 29th, 2022. The retreat invited staff and faculty members to evaluate the College of Medicine's curriculum. Course and co-course directors presented post-course findings to discuss latest progression trends and provide feedback. This annual meeting provides the opportunity for faculty and staff to discuss best practices and identify curricular modifications to support student learning.





Diversity In Medicine Summer Camp



COM's 3rd Annual Diversity in Medicine Summer Camp was made possible through a grant from APAPA-Elk Grove. The camp was created in 2020 to inspire interest in health professions among communities of color, populations that are underrepresented in medicine, and local area students.

This year's camp was a completely student-led effort!

Thank you to all our student volunteers for giving local students a real glimpse into the first year medical student experience! Participants stated: "It was a great experience and made me feel a lot more comfortable with pursuing a career in medicine" - Jasleen K. Thakar from Sacramento State University.

TEACHING

2022

AWARDS

M1

CONGRATULATIONS!

PROFESSOR OF THE YEAR



DR. NRIPENDRA DHILLON

SMALL GROUP FACILITATOR OF THE YEAR AWARD



DR. PATRICIA CHEN

BEST SINGLE LEARNING EVENT OF THE YEAR



DR. FORSHING LUI'S
8-HOUR NEURO REVIEW

M2

PROFESSOR OF THE YEAR



DR. SAILABALA VANGURI

PROFESSOR OF THE YEAR



DR. DAVID ARENSON

SMALL GROUP FACILITATOR OF THE YEAR AWARD



DR. DERMOT FONG

BEST SINGLE LEARNING EVENT OF THE YEAR



DR. THAMIR ESSAYYAD'S
OSCE EXAM PRACTICE SESSIONS

M3/M4

PRECEPTOR OF THE YEAR



DR. BILJINDER CHIMA

PHYSICIANSHIP AWARD



DR. BILJINDER CHIMA

STUDENT'S AWARDS & SCHOLARSHIPS

PRESIDENT'S SCHOLARSHIP

Abha Sathe
David Lindars
Elaine Cheung
Jacquelyn Combs
Kieu Tram Bach
William Bautista

COMMUNITY/LEADERSHIP

Tanya Talwar
Elaine Cheung
Abha Sathe
Adam Sauer
Bhagvat Maheta
Charlotte Ellberg
David Lindars
Pranav Sathe

RESEARCH

Bhagvat Maheta
Elaine Cheung
Perneet Powar
David Lindars
Tara Gallant
Anna Thiemann
James Zhou
Anand Dhaliwal
Abha Sathe
Charlotte Ellberg

DIVERSITY IN MEDICINE

Teza Harrison

Message from the Student Body Council



Bahaar Kaur Muhar

The Student Body Council (SBC) serves as a liaison between the COM student body and the university by representing student interest in accordance with the university’s mission, policies, and regulations. In addition, COM SBC works with the councils of other CNU colleges to create interprofessional relationships and overall unity at CNU.

This past academic year, 2021-2022, COM SBC played a pivotal role in collaborating with other colleges. We assisted in the set-up of the Masters in Pharmaceutical Sciences (MPS) and College of Dental Medicine (CDM) SBCs. COM SBC further initiated monthly meetings to discuss relevant issues across all CNU colleges. These efforts allowed for successful events last year such as the Halloween bash, ugly sweater competition, spring bash, and leadership training seminars. Further, the discussions amongst all the colleges’ SBCs allowed for campus-wide changes such as a change in campus hours and white coat name embroidery. Our deans were actively involved; they supported our efforts financially and gave SBC the autonomy to make an impact.

In the 2022-2023 academic year, COM SBC will be working more closely with the COM Organized Medicine government to increase our participation in community events, such as having COM sponsor the Sacramento Sierra Valley Medical Society (SSVMS) Medical Honors Night and active participation in CA Legislative Day. To learn more and get involved in interprofessional leadership, we encourage you to reach out to the SBC.

Bahaar Kaur Muhar
SBC President
M2 Student, Class of 2025

Messages from our Students

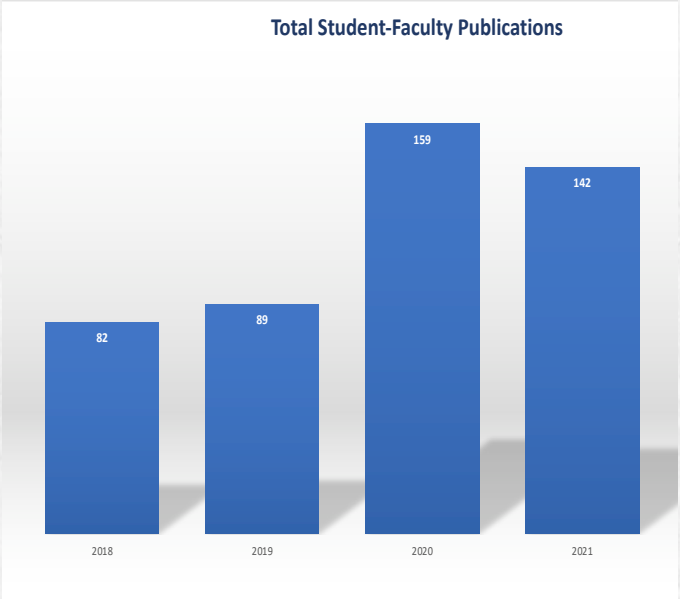


William Bautista

Thank you CNU for granting me such a prestigious scholarship. I am truly honored and humbled. All the credit belongs to my CNU family. I could not have done this without the continued support of the faculty, staff, and my fellow classmates. The encouragement and team camaraderie that we all share is what has allowed this medical school to produce such amazing physicians. Let us continue to work together to strengthen the well-being of this school and to nurture the development of future outstanding physicians.

William Bautista
M3 Student, Class of 2024

STUDENT-FACULTY PUBLICATIONS



2018: 82 (37% with student co-authors)
2019: 89 (57% with student co-authors)
2020: 159 (64% with student co-authors)
2021: 142 (65 % with student co-authors)

Research is an essential component of the CNUCOM curriculum:

- 2019:** 8 students received research awards or grants.
- 2020:** 4 students received research awards or scholarships, CNUCOM students published 106 peer-reviewed articles.
- 2021:** 6 students received research awards or grants.
- 2022:** 15 students received research awards, scholarships, or grants.

CNUCOM offers research scholarships and advising to medical students. As a result, several **students have received NIH-sponsored research scholarships** and a CNUCOM student was awarded the prestigious Howard Hughes Research Fellowship.

CLINICAL HIGHLIGHTS

The 2022 GQ results are in! When asked about the quality of educational experiences in clerkships, the percentage of students that rated clerkships as “excellent” was significantly higher or higher than the national average. This was true across all clerkships, particularly Neurology and Surgery who were 29-30% higher than the national average – congratulations to all Clerkship Directors and preceptors for this enormous achievement!

CLERKSHIP	% CNU STUDENTS WHO RATED CLERKSHIP AS EXCELLENT	% NATIONAL STUDENTS WHO RATED CLERKSHIP AS EXCELLENT
Emergency Medicine	79.7%	55.4%
Family Medicine	72.2%	52.6%
Internal Medicine	80.6%	61.7%
Neurology	72.2%	42.6%
Obstetrics-Gynecology	63.9%	43.6%
Pediatrics	70.8%	53.3%
Psychiatry	56.9%	54.6%
Surgery	77.5%	46.6%

Mentorship Opportunities for our Rising Medical Students!

Our Leon L. Haley, Jr., Bridge to the Future of Emergency Medicine Academy is specifically designed to provide URiM rising second-year medical students the opportunity to participate in an in-person, all-expenses-paid, two-week mentorship program at the ABEM headquarters in East Lansing, Michigan. Ten rising second-year medical students were selected for this two-week opportunity offered by ABEM including our M2 Student Teza Harrison. As part of their experience, each student developed a unique capstone project addressing health disparities and presented their findings at the closing of the Academy.



“

I had the honor of attending the inaugural Dr. Leon L. Haley Jr. Academy Bridge to the Future of Emergency Medicine Academy at the ABEM Headquarters. I can't begin to describe how grateful I am and how much this program means to me.

The American Board of Emergency Medicine and the Haley Academy gave us the opportunity to learn about the legacy of Dr. Leon L. Haley and what he stood for, learn from thought leaders across the field of Emergency Medicine about health inequities impacting patient populations, the importance of diversity, equity and inclusion, visiting residency programs, the practicing clinical skills, learning how to build a career in emergency medicine, and our power as minorities in medicine.

The connections I have made are invaluable. Thanks to the other 9 participants, who became like family, and new mentors I have gained, this mentorship program was more than I could have asked for. This experience was truly a once-in-a-lifetime experience. A big thank you to American Board of Emergency Medicine and Dr. Barton, Dr. Calderon, Ms. Livingston, and all the amazing individuals behind this incredible program for making this possible and their commitment to shaping the future of medicine! A special thank you to Dr. Haley for leaving an amazing legacy and touching so many lives.

Teza Harrison

M2 Student, Class of 2025

ALUMNI EXCELLENCE IN TEACHING

Dr. Howard Capon, inaugural class of 2019, is the recipient of the 2022 **Davidoff Society Award for House Staff Excellence in Teaching** from the Albert Einstein College of Medicine. This recognition is granted to their PGY-3 residents who have consistently served throughout their 3 years of residency as outstanding teachers and role models for Einstein medical students.

Selected comments from students included: **“Always took the time to provide teaching moments, even on busy days” . . . “Fantastic teacher, generous with time and allows for independent learning” . . . “Great resident to work with, led us through how to do a focused physical exam and how to write notes”**

LUNCHEON WITH THE PRESIDENT!



This fall, CNUCOM welcomed its largest class of 118 students! This was no small feat and could not have been accomplished without the relentless efforts of our staff. As a thank you, President Alvin Cheung hosted a luncheon at The Sutter Club in Sacramento where he recognized and shared his appreciation for staff and their dedication to our students.

Staff are currently preparing for the class of 2026 white coat ceremony on August 27, 2022. All are welcome to join and congratulate our 118 students!

Save THE Date

**SATURDAY, AUGUST 27, 2022
AT 12:00 PM**

**CNUCOM WHITE COAT CEREMONY
HONORING
THE CLASS OF 2026**

RSVP DETAILS TO FOLLOW



Made possible by the **Office of
Medical Education, Students
Faculty and Staff.**

To submit photos or topics for
future newsletters, please email
us at **ome@cnsu.edu.**