Upper Year Advice MS1 Summer Experience: Part 2

Forty-one second, third and fourth year Sidney Kimmel medical students provided information regarding their summer between first and second year. Below are a few statistics that give more information regarding students’ decisions as well as their written statements detailing their experience. Some students provide their email and invite you to email them if you have any further questions regarding their summer experience.

Answer to the section titled “Other” include: Half of time was spent on research and half on a startup, nothing, time with family, international medical mission trip, study abroad
Was there a cost associated with the program? (ie Global Health) Please list such items in the box labeled "Other."

Answered: 41  Skipped: 0

- Yes
- No
- Other (please specify)

Those who answered yes listed: Transportation

Did you receive a stipend? Please list the stipend amount in the box labeled "Other."

Answered: 41  Skipped: 0

- Yes
- No
- Other (please specify)

Those who answered yes listed: Stipends ranging from $1,500 to $4,500, Foerderer grant $1,000, work study $1,000, Lavine Scholarship $1,000, and Bridging the Gap $3,000
SKMC Student Responses

Headlines: Research, Public Health Work/Global Medicine, Shadowing/Clinical Externship, Relax, Outside the Box

Research

“I worked on a couple research projects:

1) Applied for and did the Jefferson Coordinating Center for Clinical Research (JCCCR, but I believe it's Jefferson Clinical Research Institute, or JCRI now). In the program, you are matched up with a mentor, usually a Cardiology mentor. I worked with the head of the JCRI and fairly esteemed investigator Dr. David Whellan on a literature review paper on cognitive outcomes after coronary artery bypass, which hopefully will be submitted soon. I have mixed opinions about the program as you're essentially rolling the dice on whether or not you will get a good mentor/project that will set you up for presentation/publication.

2) During the second half of first year, I took over to help finish up a malignant brain cancer database (retrospective) with one of the radiation oncology residents. I spent some time after the JCRI hours working on this to complete the database. Luckily, this has been fruitful with an abstract accepted and two more papers on the way.

The summer is really fun since after research, you're free to do whatever you want. Most people are still around as well. Clinical research (usually retrospective) is pretty boring and tedious depending on what you're working with but I didn't mind too much. It's worth putting in the dues during the summer in order to make it easier to land the desired residency down the stretch. Definitely important to get an early start so the summer can be as productive as possible. I'm certainly happy to talk about my experience/give advice to any 1st years.” ~ Deepak Bhamidipati (dxb076@jefferson.edu)

“I did research with Dr. Emmett of the pediatrics department, and received a stipend through the Dean's Summer Research Program. My project looked at the differences in breastfeeding rates in mothers who
give birth at Jefferson, and the impact of sociodemographics on breastfeeding continuation. Dr. Emmett gave me full control of the project, so I got lots of experience with all aspects of the research process, and it forced me to do a lot of independent problem solving. I ended up enjoying research a lot more than I had anticipated! Though my project was too small for a paper, I was able to submit abstracts to three different conferences. Doing the Dean's Research Program was especially great because I received some money for the research, and the program requirements really don't take too much time. I also loved being in Philadelphia for the summer, because most of my friends stayed here, and I got to go out and experience the perks of the city, much moreso than during the school year.” ~ Laura Even (LME007@jefferson.edu)

“I worked with Dr. Winter in the department of surgery on a clinical database project focused on pneumonia following pancreaticoduodenectomy. I was able to accomplish a lot and collect a lot of data as well as analyze it which was very exciting!” ~ Ramzy Nagle (rtb012@jefferson.edu)

“I participated in Memorial Sloan Kettering's Summer Fellowship Program in New York City. I worked in the radiation oncology department on research related to skin cancer. I really enjoyed living away from Jefferson for the summer and met some great people and mentors. I would highly recommend anyone interested in oncology to apply!” ~ Nicole Cimbak (nxc039@jefferson.edu)

“I did research for Dr. Sidney Jacoby and Dr. Randall Culp at the Philadelphia Hand Center. It was a retrospective chart review comparing the success of different fixation techniques for metacarpal fractures. It was very self-directed, and the doctors I worked with gave me a lot of autonomy. I was also able to scrub into some surgical procedures with both doctors at the methodist hospital OR.” ~ Zach Reese (zachary.reese@jefferson.edu)

“Dean's Summer Research Neurosurgery Program - Retrospective Mechanical Thrombectomy Study with Dr. Tjoumakaris.” ~ Kate Hentschel (kah027@jefferson.edu)
“I worked in the Department of Anesthesiology here at Jefferson under a stipend from FAER, the Foundation for Anesthesia Education and Research. The best part was that they paid for me to attend the ASA meeting in San Diego this past October to present my poster.” ~ Jessica Vidas (jlv006@jefferson.edu)

“Summer research program. Available to incoming ms2 class. You get set up with a PI in an area of your interest. There is a light lecture curriculum and end of project presentation. Work study stipend is great.” ~ Brian Blumhof (bdb008@jefferson.edu)

“HSS Medical Student Summer Research Fellowship
- New York, NY
- 8 week program
- $1,200 stipend
- Research project with a mentor, shadowing mentor in clinic, scrubbing in on OR cases
- Weekly didactics
- Present final project to attendings
- Opportunity to publish
- Apply by end of January.” ~ Dan O’Brien (dfo004@jefferson.edu)

“I completed the Dean's Summer Research program with the Rothman Institute and the Philadelphia Hand Center. I started working on research projects after anatomy, so the program was an excellent way for me to continue on my projects, as well as expand my research interests. In addition, I also completed a three week orthopedics externship, so I was able to gain a lot of experience in the operating room as well.” ~ Emily Pflug (emp011@jefferson.edu)

“I worked in a cancer immunology lab at the Wistar Institute in University City. I went back to work with a physician who I had done chart review research with before. I specifically was working with breast (and some ovarian) tumor cells to expand different human cell lines and grow them in mice. It was a great opportunity to learn lab techniques, and I also was able to write up a short abstract that I will present in February at the Academic Surgical Conference (based off of the retrospective chart review project, not the benchtop work.)
I also did some research at the Rothman Institute doing spinal measurements of X-rays. While I did not spend as much time on this study, it was actually pretty fun and we are waiting to write something up to submit soon.

Finally, I helped coach a youth track summer program 3 times a week, and it was awesome! ~ Laura Steel (lts003@jefferson.edu)

“Basic science research on pancreatic cancer in the department of surgery. Resulted in a first authorship paper, an application for a patent and abstract presentation at AACR 2016.” ~ Edwin Cheung (exc124@jefferson.edu)

“I did research at AI DuPont hospital for children. I worked in the department of general pediatrics, specifically with the ethics committee and Dr. Jonathan Miller. I got to do a lot of shadowing and got to practice a lot of patient interviewing and physical exam. One the most rewarding things of my summer was getting to go to the resident morning reports and noon conferences because I could really see how much I learned first year and how much I still had to learn! My specific project involved analyzing the ethics cases at the hospital and I ended up writing an abstract and I'm working on a manuscript as a co author.” ~ Olivia Seecof (oms003@jefferson.edu)

“I worked in a cardiovascular physiology lab at Penn State studying mitochondrial mechanisms of cell death after ischemia/reperfusion injury in an ovariectomized rat model. It was a lab I worked in during undergrad, and I wanted a paying job and needed to be close to home for some family events over the summer.” ~ Jenna Hackenberger (jenna.hackenberger@jefferson.edu)

“NIH/NCI summer research program - clinical research involving the potential use of disulfiram to treat acute lymphoblastic leukemia mouse models. Having a background in basic bench research, I wanted to find something that was more clinical. Working on a true clinical trial would take a minimum of a year, so this was a good compromise as an 8 week internship. I got to see the struggles of clinical trial in a timespan that was realistic for our schedule.” ~ Christine Dang (cad018@jefferson.edu)
“Medical Student Summer Research Fellowship at HSS (ortho). I did the 8 week program. There was a central application. After acceptance into the program, you go through a mini-match process/interview with potential mentors. [https://www.hss.edu/medical-student-summer-research-fellowship.asp](https://www.hss.edu/medical-student-summer-research-fellowship.asp)” ~ Jesse Lou (jesse.lou@jefferson.edu)

“Anesthesia department through national American Society of Anesthesia research grant (deadline coming up soon). Worked on developing improved medical devices, animal work was involved. I had a great experience and was able to do a lot of networking through my summer experience! Please contact me with any questions!” ~ Matthew Wiltshire (matthew.wiltshire@jefferson.edu)

“Basic science research at the Aplin Lab at BLSB in the Departments of Cancer Biology & Dermatology and Cutaneous Biology. Don’t recommend basic science research. Do something clinical, as you will develop research connections and skills that are immediately applicable to you during 3rd year.” ~ Neha Pancholy

“I knew I wanted to do research in tactical medicine, so I sent a ton of emails and made lots of phone calls over winter break during 1st year until I found someone in the Philadelphia who shared this similar interest. I ended up working with a trauma surgeon from UPenn, and I’m currently still doing research with him. I ended up getting involved in a few different projects that he was doing, which has been great. He has been really helpful in getting me published and to conferences to present what we’re researching, which has been great. I really enjoy working with him since I am interested in what we are researching, and it’s all on my own time. He just says when things are due and whenever I feel like working on the projects, I do.”

“I did the summer research program offered at Jefferson. Honestly though, I wish I would have spent some of my summer at home with friends and family. During the rest of medical school, time only becomes more limited, so you should take advantage of the time you have while you can. If I have any advice, it would be to really take time to think through what is best for YOU this summer, may that be research, travel,
spending time with family or friends because this is the last summer break you will get and it is difficult starting off 2nd year not feeling like you really had a break.”

“Working at the pediatric clinic by giving patients surveys about how to give parents information after the visit. We were trying to see if they would like to get their post-visit information by email, a phone call, regular mail, etc. It was clinical research so the hours were very flexible and was a lot of fun to play with the kids while their parents filled out the surveys.”

“I worked with the Center for Urban Health through the Dean's Summer Research Program. I worked with Dr. Brawer and two elementary school principals to develop a wellness assessment for the schools.”

“Authored a paper with a Johns Hopkins ID pediatrician, but primarily spent my summer enjoying life and having fun.”

**Public Health Work/Global Health**

“I spent six weeks interning with Safe Mothers Safe Babies (SAFE) in rural Uganda. My internship consisted of working with SAFE's community groups to develop a maternal and child health curriculum to use in the villages. Working with local villages that want to see change in their communities was extremely rewarding. It was neat to see the projects the groups run that SAFE helps them with. I also appreciated knowing that SAFE has longterm Ugandan staff that works year round to ensure continuity within the communities I worked in.” ~ Rebecca Newbrander (rjn002@jefferson.edu)

“Through the Bridging the Gaps summer program I taught a healthy living/introduction to organ systems curriculum to 10th grade students in north Philadelphia who were interested in pursuing a career in the health sciences. I was able to design the curriculum and execute it with a partner according to what we thought the students would be interested in. We also were given the funds to take the students on field trips to the Mutter museum and Franklin Institute. I was also given a stipend for the 10 weeks of work.” ~ Katie Pleet (katherine.plet@jefferson.edu)
“Bridging the Gaps - working with South Philly kids age 3-18 at Aquinas Center summer camp, including developing a Healthy Living curriculum for one week of camp.” ~ Elissa Dalton (mec019@jefferson.edu)

“Traveled to Rwanda with JeffHEALTH. JeffHEALTH is an interdisciplinary student run organization that works with rural villages in Rwanda. We do public health projects such as teaching the community health care workers on various topics and community infrastructural projects. This program is an exchange between Jefferson students and medical students at the University of Rwanda. It is a great chance for public health work and an amazing cultural exchange.” ~ Amanda Nemecz (Amanda.Nemecz@jefferson.edu)

“I spent 5 weeks at Pop Wuj, a Spanish-language school in Xela, Guatemala. I enrolled thru their Spanish immersion program, which meant 4 hours of 1-to-1 tutoring in Spanish, 5 days a week. The rest of the time, I spent volunteering thru various public health and child education programs associated with the school, and exploring the town and surrounding areas of the country. The school also hosts a primary care clinic on its first floor, and weekly mobile clinics geared toward the many underserved communities in rural Guatemala. You can also do a specific "Medical-Spanish" program with regular clinic time, if you're determined to doing something with clinical experience during your break. I will doing that program as a 4th year elective, but on my "last summer vacation" it was important to me to do something different and fun.” ~ Rachel Turchin (rachel.turchin@jefferson.edu)

“I went to Rwanda with the JeffHEALTH program. It was an amazing experience for those wanting to learn about global health!”

“I participated in bridging the gaps. I worked at a summer camp in West Philly with children 3 to 5. I learned that I don't want to do pediatrics.”

**Shadowing/Clinical Externship**

“I did the Med Students for Choice Reproductive Health Externship. The basic way that it works is there are sites across the country that will take on "externs," and you can look at where you want to go and contact the sites to see if they have space. You can then work with med students for choice to get a stipend to cover the costs of living in that place for the
Brooke Scheidemantle ’17

time you will be working. I worked at Bellevue Hospital in NYC for 1 month on the Reproductive Choice Service. I had a really amazing experience working essentially interchangeably with NYU’s third years and learned a lot about both OB-GYN/reproductive health and what my life would be like as a third year.” ~ Mary Shorey
(mes033@jefferson.edu)

“Having spent 2 years as a research assistant before starting at Jefferson, I wanted to spend my "last summer" involved in a clinical experience instead of picking up a summer research project. I found out about a great opportunity, to do an 8 week externship in PM&R (aka rehab medicine) and was placed at the University of Wisconsin - Madison. (For all program details and possible hospital sites, see: http://www.physiatry.org/?mssce_programs). Based on my interest in neurorehabilitation, I spent 2 weeks each on inpatient adult, inpatient pediatric, outpatient neurorehab, and outpatient musculoskeletal rehab. There were 4th year med students from other programs doing these same mini-rotations, so for me it was an early exposure to rotations.

Over the summer, I worked with all the attending physicians in the rehab department at UW, while also spending lots of time with residents. I saw patients coming in for all type of needs, from post-car-accident rehab to spasticity management, epidural steroids for back pain to advanced limb prosthetics. It was a remarkable experience which I highly recommend. On top of providing a generous $4K stipend and high flexibility, the program allows you (and pays for all expenses) to present a case report at the annual PM&R conference. Feel free to reach out to me with any questions about this program, or for advice on what to do during the summer.” ~ Brian Dahlben (Brian.Dahlben@jefferson.edu)

“I shadowed many subspecialties this summer but the main highlight was the Betty Ford clinic program, where I got a more informed and sensitive approach to talking and helping patients with addiction.”

Relax
“My summer experience involved relaxing back at home and worrying a single bit about anything school related. It was fantastic. I spent a lot of time with my family and close friends that I neglected during the school
year. I got to go on fun trips with family and friends to different parts of the US. I got to catch up on some readings for pleasure. It was great and would not do anything differently if given the opportunity again.”

“I watched the entire series of the Wire and tutored a kid for 3 days a week. At the end of the day I made about as much as people doing Bridging the Gaps but I worked 6 hours a week.”

“I rested and recovered from first year!”

**Outside the Box**

“I worked on a couple research projects with some neurosurgery residents. I also joined a healthcare startup and took several fun courses on Coursera.” ~Niko Mouchtouris (nxm057@jefferson.edu)

“Research: Neurosurgery research with Dr. Tjoumakaris- very productive, got a few publications. set it up beforehand to have specific projects. did not do official Deans Research Program. Got work-study and won levine research award for $1000 to offset tuition.

Orthopedic Externship: 1mo externship at Riddle Hospital, basically shadowing all types of orthopedic surgeries. case presentation at the end of the externship

Medical Mission Trip: spent 3wks in the Himalayas with Himalayan Health Exchange camping, staying at Buddhist monasteries and providing ambulatory care for underserved areas in northern India.” ~ Cory Bovenzi (Cory.Bovenzi@jefferson.edu)