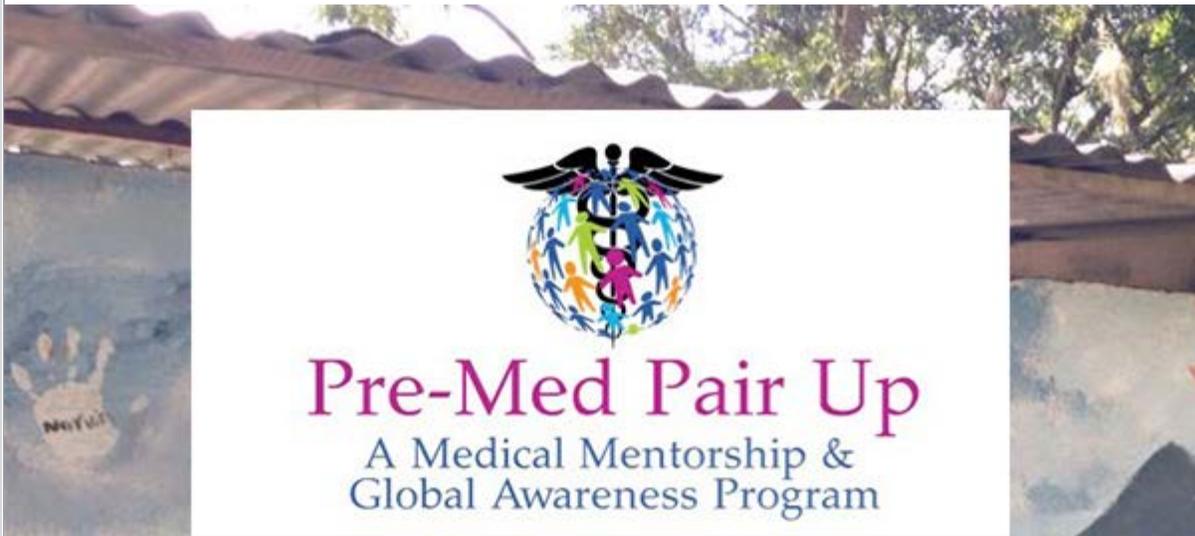


Pre-Med Pair Up March 2017 Newsletter



The Luck of the Irish

Match Day is a much anticipated day for fourth year medical students, for it is the day they learn where their career in medicine will take them after graduation. On this day, M4s discover which residency program they have been "matched" into to continue their training as physicians. Lucky for this years' M4s, their Match Day fell on one of the "luckiest days of the year", St. Patrick's Day.

So how do you get into a residency program?

The road to residency is no easy feat. Medical students spend much of their first 2 years in lecture-based settings, learning about the normal happenings of the human body and beginning their mastery of pathological processes. Intermixed within these lessons of basic sciences and human body systems are courses intended to enhance students' clinical skills. At the end of their 2nd year, students take their first round of board exams - the USMLE Step 1. This exam score is used to determine which fields of medicine students will be eligible to practice in. Most students' clinic experiences occur in the 3rd and 4th years when students begin rotations and gain experience in a variety of medical fields. A second board exam - the USMLE Step 2 Clinical Skills- is completed at the end of a student's 3rd year. Similarly to applying to medical school, medical students apply to residency programs. After interviews, medical students rank their preferences and residency programs rank the students. "Matching" occurs when both a student and a residency program "rank" each other. This "match" is then revealed on Match Day!

To learn more about Match Day 2017, click the button below!

March toward the MCAT

For those of you interested in medical school, the MCAT will surely be in your future. Whether you're planning to take it this coming spring/summer or in the next few years, it is a pivotal milestone all pre-medical students will complete. It is no doubt a source of much anxiety for many students, but with the right tools and preparation, you can succeed!

1. Make a study schedule for yourself - keep yourself on track by setting daily or weekly goals
2. Establish a good support system - stressful times are always made easier when you have friends & family near who are understanding of the pressures you feel
3. Give yourself a break, literally & figuratively - find a good balance between work & play to rejuvenate yourself after long stretches of studying and try not to overwhelm yourself with thoughts of how you'll do, just do the best you can & the rest will work itself out
4. Do nothing the days leading up to the exam - seriously, DO NOTHING! Just relax and give your mind a rest, so come the big day, you will feel ready to go
5. Take practice tests, lots and lots of practice tests

Not sure what resources to use? Kaplan & ExamCracker make comprehensive exam review books and audiobooks. Check out AAMC for more resource ideas & study tips.

AAMC MCAT

Rwandan Health: Post-Genocide

The 1994 genocide in Rwanda left the country in disarray and was seen by many as a lost cause in terms of public health. Throughout the course of 100 days, nearly 1 million people were massacred and even more were displaced from the country. Hospitals and clinics were destroyed and most health workers had been killed or had fled. Rape was used as a weapon of war, leading to a drastic increase in HIV infections. The economy was left in collapse. Rwanda was the poorest country in the world, and the Government of Rwanda was unable to afford antiretroviral drugs. Meanwhile, nearly 70% of humanitarian assistance to Rwanda was channeled to refugees in asylum countries, while seriously neglecting the plight of survivors within Rwanda.

Twenty years later, Rwanda's rapid recovery has been nothing short of historic. Rwanda

has made incredible leaps in the battle against HIV. Under the support of President Kagame, National AIDS Commission was established in 2001 and HIV awareness became a top priority of the government. One of the primary initiatives focused on promoting integration of funds and services in order to create sustainability. The Government of Rwanda began to integrate donor funds into a single fiscal framework called a compact agreement which put focus on a single national strategic health plan. As noted by one health care worker, “For us it was clear you can’t fight AIDS optimally if you don’t sustain the health system, if you don’t strengthen the health system. That’s why our proposals became innovative, with different components.”

Rebuilding the healthcare system in Rwanda is an ongoing challenge. However, the large steps toward progress are easily apparent. By 2012, 97% of all health facilities in Rwanda offered voluntary counseling and testing services for HIV. Rwanda has provided 115,000 people with HIV treatment, representing 91.5% coverage of people eligible for treatment. Mortality associated with HIV disease fell by 78.4%, the largest decrease in the world from 2002 to 2012. It is clear that not only has Rwanda been able to initiate a vast number of people on treatment, but that it has built a system capable of sustainability.

As Rwanda persists in overcoming the hardships of the genocide, the country’s numerous successes continue to inspire healthcare systems worldwide.

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<http://www.mcw.edu/Medical-School/PMPU-Mentorship-Program.htm>

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