



# UMHS PRECLINICAL SEMESTER

SOUTH PORTLAND, MAINE CAMPUS

**MICM 1010: INTRODUCTION TO CLINICAL MEDICINE II**

**MICM 1020: BIOLOGICAL BASIS OF CLINICAL MEDICINE**



❄️ ❄️ WELCOME TO MAINE ❄️ ❄️



# UMHS MAINE CAMPUS – FACULTY & STAFF



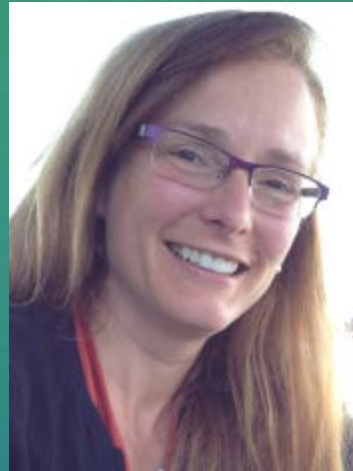
**Mia Jaworski**

Associate Director of Academic Support & Student Affairs



**Donna Thompson, MD**

UMHS Associate Clinical Dean



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UMHS Maine Campus Director & Prof. of Intro. to Clinical Medicine II



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Program Coordinator & Office Manager



**Vicki Stevens, NEMT-P**

ICM II Preceptorship Coordinator, CSL Instructor, ACLS Instructor

# UMHS MAINE CAMPUS – FACILITIES

Clinical Skills Lab



Virtual Clinic Room

Learning Resource Center



Classroom

# PREPARING FOR MAINE

## MAJOR CONSIDERATIONS before coming to Maine:

### ! Maine Incoming Student Questionnaire

- Complete the SurveyMonkey Questionnaire ASAP!

### ! Health Records

- Immunizations up-to-date & submitted ASAP
- Preceptorship Assignments

### ! Housing

- 4-months minimum housing rental
- Check Maine Housing Database first!

### ! Transportation

- Buying? Renting? Carpooling?
- Register & insure your vehicle!

### ! Immigration

- Border crossing concerns for Non-US citizens



# PREPARING FOR MAINE

## HOUSING

Read the HOUSING attachment in **Welcome Letter** email 1<sup>st</sup>!!

- Check the UMHS Maine Housing Database:  
<https://umhs-housing.com/maine>  
USERNAME: student, PASSWORD: BlueOcean2020
- Student will contact a landlord – ask about:
  - ! \$\$ Deposit required?
  - ! Reference from past landlords needed?
  - ! Background Check &/or Credit Check?
  - ! Lease Requirement – be sure you read/understand!
- Maine Student Facebook Group:  
“UMHS Maine Students”

### Other housing resources:

- Airbnb.com
- Apexluxuryrentals.com
- Atlanticoceansuite.com
- Furnishedfinder.com
- Oceanparkrealty.com
- Trulia.com
- Zillow.com

!! DO NOT use **Craigslist**  
for housing – lots of scams!



# INTERNATIONAL STUDENTS

## For the Border Crossing into the United States

### YOU WILL NEED:

- Government-Issued Photo ID / Passport
- UMHS Student ID Card
- UMHS Immigration Packet
  - ◊ Sent via UPS to your physical address
- UMHS Representative Contact Info
  - ◊ Mia Jaworski's cell phone: **718-710-5059**

Students are issued a B-1 VISA

### HINTS & TIPS:

- Air-travel is easiest!
- If you are **driving**:
  - Dress professionally!
  - Best time to cross is 9AM-5PM, Monday-Friday
    - lines will usually be shorter
    - more experienced Border Agents

# PREPARING FOR MAINE

## REQUIRED MATERIALS:

### 1. Clothing:

- **Professional dress, white coat & ID card**  
(Virtual Clinics, Preceptorship, Grand Rounds @ Maine Med)
- **Business-Casual attire**  
(Lectures)
- **Scrubs/casual clothing**  
(Small Groups, Clinical Skills Lab, exam days)



# PREPARING FOR MAINE

## REQUIRED MATERIALS:

### 2. White Coat & UMHS Student ID card **required** on Registration Day!

- NEW ID Card **pictures** taken on Registration Day – professional dress!!

### 3. Required Textbook:

- Bates' Guide to Physical Examination and History Taking  
Bickley, LS & Szilagy, PG (12th edition)

### 4. Equipment:

- Laptop computer + software  
(i.e. Exemplify, word processing)
- Stethoscope
- Reflex hammer
- Pen light
- Watch w/ seconds-hand
- Non-Bluetooth headphones

*Suggested (not required): Otoscope/Ophthalmoscope, BP cuff*



# MAINE PRE-CLINICAL SEMESTER COURSES: ICM II [MICM 1010] & KAPLAN REVIEW [MICM 1020]

## STUDENT MANUAL (aka “Black Binder”)

- Distributed on Registration Day
- You will use your Black Binder daily during ICM II

### Black Binder includes:

- Course Schedules & Syllabi
- Curriculum Materials for ICM II
- Maine Campus Policies & Rules
- Other Resources for your time in Maine!



# MAINE PRE-CLINICAL SEMESTER COURSES: ICM II [MICM 1010] & KAPLAN REVIEW [MICM 1020]

## General Schedule for Maine Campus courses:

- Week 1: Registration Day (TUESDAY), Orientation Day (WEDNESDAY), Diagnostic Exam (Kaplan 8-hr, THURSDAY), Classes begin FRIDAY
- Weeks 2-9: Introduction to Clinical Medicine II [MICM 1010]
- Week 10: Introduction to Clinical Medicine II Finals Exams, Clinical Info. Session, Kaplan Live Review [MICM 1020]
- Weeks 10-16: Kaplan Live Review [MICM 1020]
- Week 16: Study Break & Step 1 Qualifier Exam (Kaplan 8-hr)

# INTRO TO CLINICAL MEDICINE II [MICM 1010]

## Extensive hands-on curriculum:

- Organ-System Lectures & Case-Based Learning
- Small Groups
- Virtual Clinic with Extra Practice Virtual Clinic sessions
- SOAP Note Writing
- Clinical Skills Lab
- Clinical Therapeutics Lectures
- Grand Rounds at Maine Medical Center
- Preceptorship Experience
- **CPR, OSHA, HIPAA & Needlestick Prevention Training**
- **Personalized Study Plans**

\*\*Attendance at 80% of all lectures, group meetings, and other scheduled activities required to pass MICM 1010\*\*



# INTRO TO CLINICAL MEDICINE II [MICM1010]

## ICM II General Weekly Schedule:

[varies depending on your group assignments – course schedule provided at registration]

### Monday (9 AM - 3:30 PM)

- Organ System Case-Based Learning
- Small Groups

### Tuesday (variable)

- Virtual Clinic
- SOAP Note Writing
- Clinical Skills Lab (Tuesday groups)

### Wednesday (8 AM – variable)

- Grand Rounds @ Maine Medical Center &/or Clinical Therapeutics Lectures
- Clinical Skills Lab (Wednesday groups)

### Thursday (variable)

- Preceptorship or
- CPR Training, ACLS Training
- ICM II & USMLE self-study

### Friday (variable)

- Preceptorship or
- Clinical Therapeutics Lectures
- CPR Training, ACLS Training
- ICM II & USMLE self-study

### Saturday & Sunday

- CPR
- ICM II & USMLE self-study
- MID TERM
- REST & RECREATION !!!

# ICM II COURSE COMPONENTS: ORGAN SYSTEM LECTURES & CASE-BASED LEARNING

## Monday morning - Case-Based Learning

[2.5-hours on Monday morning]

- Foundation of each week!
- Clinically oriented lectures & discussions
  - Integrated with Small Groups, Virtual Clinic & Clinical Skills Lab
  - Powerpoint lectures, videos & handouts provided via UMHS LMS
- Organ-systems covered:
  - Respiratory, Cardio & Peripheral Vascular, Gastrointestinal, Neurology, Musculoskeletal/ Rheumatologic, Endocrine, Renal/Reproductive, Hematology/Oncology



# ICM II COURSE COMPONENTS: SMALL GROUPS

## Monday Afternoon - Small Groups

[3-hours on Monday following Organ System Case Based Learning]

- “Beyond VC” - in-depth review of previous week’s Virtual Clinic cases
- Prepare for upcoming Virtual Clinic: Clinical reasoning exercises / role-play
- Refine Physical Exam techniques
- SOAP Note writing hints & tips
- Share preceptor experiences



# ICM II COURSE COMPONENTS: VIRTUAL CLINIC & SOAP NOTE WRITING

*Develop and improve your skills in the “Art of Doctoring” and  
Oral & Written Communication of clinical cases*

## Tuesday - Virtual Clinic

[2-hours on Tuesday]

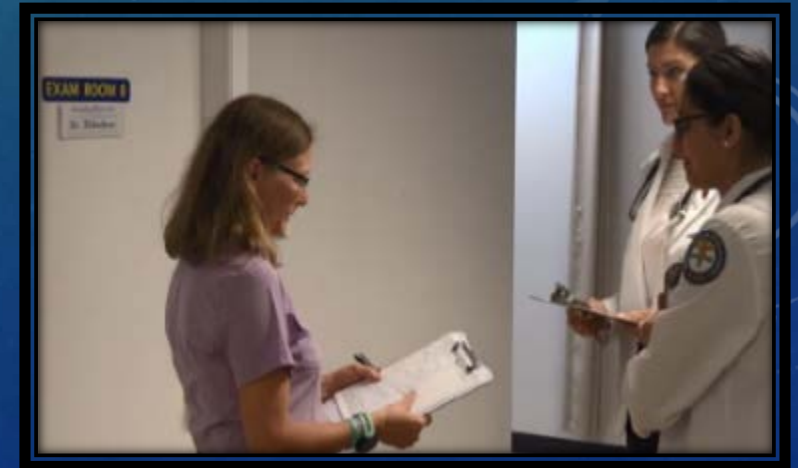
- Weekly mock clinical experiences with a student partner
- Two cases each week during ICM II based on the Organ System of the week
- One-on-One feedback from Attending Instructors & Standardized Patients
- Written evaluations available for review
- Videotaped extra practice sessions



## SOAP Note writing

[30-minute bi-weekly following Virtual Clinic]

- Proctored SOAP Note writing exercise using your notes from the case presented in Virtual Clinic
- Acute SOAP Note template provided
- Reviewed/critiqued by your Small Groups leader



Link to a VIDEO of a mock Virtual Clinic →

<https://vimeo.com/348474203/58596c7496>

# ICM II COURSE COMPONENTS: CLINICAL SKILLS LAB

## Tuesday/Wednesday - Clinical Skills Lab

[2-hours on Tuesday or Wednesday]

- Small group & one-on-one instruction
- 13 procedures presented & checked-out
  - ABG, Breast exam, EKG, Endotracheal intubation, SQ and IM injections, IV placement, LP, Pelvic exams, Peak Flow, PPD, Prostate/Penile/Testicular exam, Venipuncture, Vital Signs and Orthostatic Vital signs
- Written assignments, quizzes and Skills checkout exams



# ICM II COURSE COMPONENTS: CLINICAL THERAPEUTICS & GRAND ROUNDS

## Wednesday - Clinical Therapeutics &/or Medicine Grand Rounds

[2-hour lectures on Wednesday mornings & one all-day Friday]

### Clinically oriented lectures & discussions:

- EKGs
- Vaccines & Travel Medicine
- Behavioral Science
- Pediatrics
- Obstetrics
- Genetics
- Geriatrics
- Palliative Care
- Ethics
- Addiction Medicine
- Ophthalmology

### at Maine Medical Center

[1-hour conferences on Wednesday]

- On-site at the Dana Center @ MMC or  
Videotaped conferences
- Professional dress & white-coat required



# ICM II COURSE COMPONENTS: PRECEPTORSHIP EXPERIENCE

## Thursday/Friday - Preceptorship

[~30-hour “observership” during the 10-week ICM II course]

- Specialties assigned based on your SurveyMonkey Questionnaire preferences
- Family Medicine, Hematology/Oncology, Hospitalist Service, Internal Medicine, Neurology, Pediatrics, Radiation Oncology, Rehabilitation, Surgery

### **Contact your preceptor to introduce yourself ahead of time!**

- Ask about start-times, parking pass, etc.
- Preceptors’ offices may be a 1+ hour drive

### **Daily Journal of patient interactions**

- Due Monday after the last day of Preceptorship

UMHS is proud to partner with:



# INTRO TO CLINICAL MEDICINE II [MICM1010]

## Assignments:

Virtual Clinic (8 per semester)  
SOAP Notes (4 per semester)  
Clinical Skills Lab assignments  
Case preps for Small Groups  
Preceptorship Journal

## Exams:

ICM2 Midterm Written Exam  
ICM2 Final Written Exam  
OSCE Exam for Virtual Clinic  
Skills Lab – checkout exams & quizzes



# INTRO TO CLINICAL MEDICINE II [MICM1010]

## CERTIFICATIONS & TRAINING GIVEN DURING ICM II COURSE

Certain certifications / training are **required** for ICM II Preceptorship & Clinical Semesters:

### **OSHA, HIPAA & Needlestick Prevention** training

- Cost covered in ICM II tuition – no additional charge

American Heart Association approved

### **Basic Life Saving (CPR)**

- Cost covered in ICM II tuition – no additional charge

American Heart Association approved

### **Advanced Cardiac Life Support (ACLS)**

- Full-course offered at Maine Campus during ICM II
- Cost NOT covered in ICM II tuition – additional fee
- Details sent in “Introduction to Maine” email from Vicki



# MICM 1020: BIOLOGICAL BASIS OF CLINICAL MEDICINE

## Kaplan Live Review

only during Weeks 10-16

### Topics presented:

Pathology, Pharmacology, Physiology, Biochemistry, Microbiology, Immunology, Genetics, Test-taking strategies

**Kaplan Qbank available in Basic Sciences – start NOW!!**

**Attendance at 80% of classes is mandatory & attendance is taken multiple times daily**

\*8-hour Simulated Step 1 Exam = **Kaplan Qualifying/Exit Exam**  
**55%** is required to pass 5<sup>th</sup> Semester & to be certified for the USMLE Step 1



# MAINE & BEYOND

PREPARING FOR KAPLAN QUALIFIER, USMLE STEP 1, CLINICAL ROTATIONS & BEYOND...

## Personalized Kaplan Qualifier/USMLE Step 1 Study Plans

- Study Plan is available to any interested student
- <45% on the Kaplan Diagnostic Exam  
= seeing **Mia Jaworski** is mandatory
- Ongoing support provided  
until you pass Step 1!!



## Mandatory Information Sessions

- Kaplan Medical resources for USMLE Step 1 prep [Week 1]
- Clinical Semesters & The Road To Residency w/ Q&A [TBA]
- USMLE Step 1 Application Process & Deadlines [TBA]



# UMHS – S. Portland Maine Campus

24 Atlantic Place ❖ South Portland, Maine USA

Phone: (207) 253-5656 ❖ Fax: (207) 541-3667

Office Hours: 8:30AM to 5:00PM, Monday – Friday

## Address questions to:

**Patrice Thibodeau, MD** – [pthibodeau@umhs-sk.net](mailto:pthibodeau@umhs-sk.net) [re: curriculum]

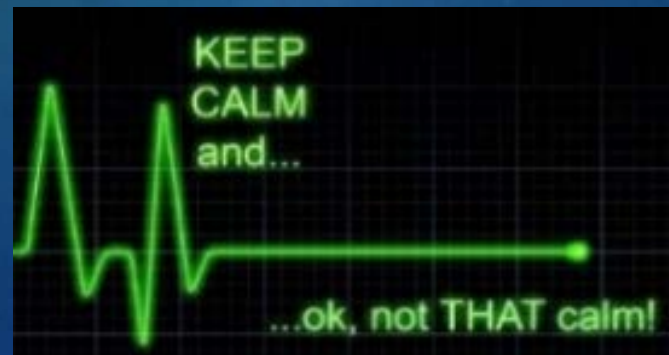
**Mia Jaworski** – [mjaworski@umhs-sk.net](mailto:mjaworski@umhs-sk.net) [re: immigration, academic counseling, student affairs]

**Vicki Stevens** – [vstevens@umhs-sk.net](mailto:vstevens@umhs-sk.net) [re: preceptorship, health records, ACLS course]

**Rachael Roberts** – [rroberts@umhs-sk.net](mailto:rroberts@umhs-sk.net) [re: scheduling, technology, online resources]

**Jackie Winant** – [jwinant@umhs-sk.net](mailto:jwinant@umhs-sk.net) [re: housing]

**Julie Rice** – [jrice@umhs-sk.net](mailto:jrice@umhs-sk.net) [re: general questions]



# THANK-YOU EVERYONE

WE LOOK FORWARD TO MEETING YOU IN MAY!

