PRIVATE CLIENT GROUP

A higher level of service.
The BankPlus Private Client Group was created to meet the needs of successful customers like you.

Our Private Client Bankers provide the exceptional financial products and services BankPlus is known for, tailored to meet your unique needs and lifestyle.

With a Private Client Banker, you can get all of your banking done on your schedule and at your convenience. To experience this higher level of service, please call a Private Client Banker today.

Johnny Donaldson
John Pearson
Karma Williams
Natalie Arnemann

Private Client Group banking offers the ultimate in convenience and flexibility.

Highland Bluff North • 4450 Old Canton Road, Suite 101
Jackson, Mississippi


© Copyright 2011 BankPlus. Member FDIC.

In Every Issue

Table of Contents

Features:

6 Inter-Professionalism Committee: an update
8 Match Day Madness
13 Burnout: Chronic stress lowers test scores
14 Anatomy Ball Pics

School News

School of Medicine - pg 7, 17
School of Nursing - pg 7
School of Pharmacy - pg 12

Be sure to check out the Pink Promise Parade! The race and parade are April 14th. Contact Karen Smith at 601.500.0432 to either volunteer or participate in the race.

In the Hiloene-Fendman District

School of Medicine - pg 7, 17
School of Nursing - pg 7
School of Pharmacy - pg 12

Be sure to check out the Pink Promise Parade! The race and parade are April 14th. Contact Karen Smith at 601.500.0432 to either volunteer or participate in the race.

In the Hiloene-Fendman District

School of Medicine - pg 7, 17
School of Nursing - pg 7
School of Pharmacy - pg 12

Be sure to check out the Pink Promise Parade! The race and parade are April 14th. Contact Karen Smith at 601.500.0432 to either volunteer or participate in the race.
UMC Happenings:

Our Crawfest is scheduled for April 21st at the Mississippi Children’s Museum. Trey Lyons will be playing. We have also reserved the park across the street, so please bring your kids since there is a great playground. Feel free to bring picnic blankets and lawn chairs too! This event will be for the entire family! Also, on April 26th, we have one theatre in the Malco rented to watch 50/50. 100 lucky people will get admission tickets, one bag of popcorn, and the Malco rented to watch 50/50. 100 lucky people will be available. 

Jackson Audubon Society First Saturday Bird Walk
4.7 8:00am.
An experienced Audubon Society member leads the walk. Bring binoculars, water, insect repellent and a snack.

Gathering on the Green
4.7 10:00am. Old Capitol Museum.
Enjoy music, food, crafts and other festivities on the historic Old Capitol Green.

Burn the Dance Floor
4.7 6:30pm. Salsa Mississippi Studio and Club.
Enjoy a free rumba, ballroom, or salsa class. Then enjoy a salsa party!

A Mississippi Homecoming
4.7 8:00pm. Duling Hall.
Brian Fuente, Jeremy and Jonathan Lister, and Jason Turner perform.

Crossroads Film Festival
4.13 7:00pm. Malco Grandview Theatre.
Enjoy dozens of independent films and workshops at the 3-day event.

2012 Spring Market of Jackson
4.13-4.15 9:00am. MS Trade Mart. Visit Spring Market for new fashion trends in clothing, jewelry, accessories, and shoes. There will also be home decor, gourmet foods, and more.

Susan G. Komen Race for the Cure
4.14 at 9:00am. War Memorial Building.
Race includes a 5K run/walk and a one-mile fun run. Proceeds go toward breast cancer research, education, screening, and treatment programs.

Music in the City
In partnership with St. Andrew’s Cathedral, the museum brings a series of free concerts one Tuesday a month.

High Note Jam Concert Series
4.19 at 5:30pm. MS Museum of Art.
Enjoy music and refreshments in the Art Garden.

A Mississippi Homecoming
4.19 at 5:30pm. MS Museum of Art.
Enjoy music and refreshments in the Art Garden.

WaterFest 2012
4.21 10:00am. Old Trace Park.
Learn ways to protect the Ross Reservoir, and enjoy food, music, and children’s activities.

Be Bold Beer Run
4.21 4:00pm. Downtown Jackson.
There is a 3.5 mile loop with 3 stops or a 2 mile loop with 2 stops. Start and finish the race at Hal and Mal’s with the first stop at Parlor Market, then on to Old Tavern, and the final stop at Wingstop.

Magnolia Roller Vixens Rollery Derby
4.21 7:00pm. Jackson Convention Complex.
The team takes on the Capital Defenders. $12 in advance, $15 at the door.

Marcia Ball
4.21 9:00pm. Underground 119. The blues singer and pianist is a winner of eight Blues Music Awards. $25 in advance, $30 at the door.

Screen on the Green
4.24 7:00pm. MS Museum of Art.
Crossroads Film Society hosts the monthly outdoor film series in the Art Garden.

Operation Spring Fling
4.26 7:30pm. MS Museum of Art.
Enjoy refreshments and music in the Art Garden. Proceeds from sponsorships benefit Operation Shoestring.

Relay for Life-Jackson
4.27 6:00pm. Millsaps College.
All night event fundraiser for the American Cancer Society. Come and go as you please.

Spiritual Pilgrimage to the Mississippi Delta
4.28 7:30am. Jackson Medical Mall.
The caravan lines up at 7:30 am and leaves at 8 am. Stops include da’ House of Khafe in Indiana, Fannie Lou Hamer Memorial Garden in Ruleville, the Emmitt Till Historic Intrepid Center in Glendora and Bryant Store in Money where Emmitt Till was kidnapped and later murdered. Participants cover their own food, admission, and transportation costs.

Wild Walk and Run 5K
4.28 8:00am. Old Trace Park.
First-ever Wild Walk & Run in Ridgeeland will support improved habitats, air and water quality across the state. Proceeds go toward conservation work.

FILM Guide

My Linh Ngo is an M4. She enjoys eating PEEPS, movie theatre butter popcorn, and pad Thai - not together. Her biggest ambition is to skydive in Switzerland.
So, we are back from Spring break, and back to the grind, but there is a light at the end of the tunnel. Two more months and grades will be finalized so everybody can spend a few days at the Rez or by the pool grabbing the next stack of books. To those who are graduating, and those that are just wrapping up another year, congratulations! What can I say, progress is progress! As a first year graduate student, I have a long way to go, but have really enjoyed the ride this first year! There is so much to do as a student — so many organizations to get involved with, so many great leaders, and so many welcoming faces. Most importantly, though, how about the great lunches we can count on at least once per week!! Talk about positive reinforcement for professional development and extracurricular learning! It is so important to thank all of the people that work so hard to prepare seminars and training activities during the school year. Thanks everybody! These seminars do not just give us the ability to learn in multiple settings, find a career, learn about new treatments, or get new ideas, they can literally provide us with supplemental education that builds upon our coursework, making exams 100% easier!!

March has been full of excitement and continued service for the IPC! At the end of February our second M&M was far more complex, in that it dealt with the family’s wishes for a patient with multiple medical problems, and the proper way to educate family members about difficult end of life issues. Michael also discussed this patient’s Do Not Resuscitate orders, and the complex medical issues that the patient was suffering from. With modern medicine, very sick patients can be kept alive for a considerable amount of time; however, their comfort during this time has to be taken into account. Furthermore, it is important for family members to realize that once a patient reaches a certain point it is unlikely that they will leave the hospital. Michael made some great points regarding end of life issues and presented a very compelling and valuable case.

Brain Awareness Week at Brown Elementary School has also been a great success! The students from the PhD Program in Neuroscience from the School of Graduate Studies in the Health Science educated fourth and fifth grade students about neurons, brain regions, safety, and the roles of the central and peripheral nervous system. Had it not been for Dr. Ian Paul, our program director and the chapter President, and Jennifer Nailor, the leader of our Brain Awareness Week activities, this great community outreach activity could not have come together. Great job, guys!

As this semester winds down and April approaches, it is time for ASB elections, and picking the best men and women to lead our student body is really going to be tough! Everyone that I have received emails from has enthusiasm, experience, and the ability to get the job done. Although this is going to be a difficult decision, my vote will be for the people that can create the greatest collaboration between schools in terms of fun activities, but also in daily education and collaboration. By working together as students, and down the road as professionals, it is my hope that our ability to provide quality training and healthcare will be the most outstanding that UMMC has produced to date. Don’t forget to vote!!

We hope to have another M&M this month so watch those inboxes! As the semester winds down, let’s all remember to be gracious, seek understanding beyond A’s, and work to make UMMC a better place! The students, faculty, and staff that I was lucky enough to encounter my first year as a student made me strive to provide the same experience for incoming students next year. I hope that we can work as a student body to build upon the things that we value about UMMC and continue to make this the warm and professional environment that the state of Mississippi has come to know.
Match Day is one of the most stressful, yet exciting, days of a medical student’s journey. It is the day that each fourth year student finds out where he or she will be doing their postgraduate training.

Prior to Match Day, each medical student ranks programs across the country in their chosen specialty in order of their preference for their residency. Also, programs rank their interviewees in their preferred order. A fancy algorithm is run which “matches” the student with each program. Then at 11:00 am on Match Day, each medical school in the nation begins a special ceremony that reveals the results of that match.

At UMC, we have a special tradition for Match Day where each student’s name is drawn at random from a hat. The student walks up on stage, places a five dollar bill in a doctor’s bag, receives an envelop with the name of their program, and reads the results into a microphone in front of the entire class and their families. As compensation for the wait, the last student to be called gets to take home the doctor’s bag with all the loot inside. This year’s lucky last name was Keisha Bell.

It was a great day of anticipation, surprise, and the beginning of new adventures.

Keisha Bell, pictured with her daughter, Jai, was last to be called. In accordance with tradition, she received a doctor’s bag with $550 to make up for the anticipation.
### Orthopaedic Surgery

<table>
<thead>
<tr>
<th>Name</th>
<th>Specialization</th>
<th>Institution</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phillip Sandifer</td>
<td>Medical Center</td>
<td>University of Alabama</td>
<td>Birmingham, AL</td>
</tr>
<tr>
<td>Matt Murray</td>
<td>Family Med</td>
<td>Halifax Medical Center</td>
<td>Daytona Beach, FL</td>
</tr>
<tr>
<td>Laura Arnold Newman</td>
<td>Pediatrics</td>
<td>University of Mississippi</td>
<td>Jackson, MS</td>
</tr>
<tr>
<td>My-Linh Ngo</td>
<td>Pediatrics</td>
<td>University of Mississippi</td>
<td>Jackson, MS</td>
</tr>
<tr>
<td>Blake Oldham</td>
<td>Internal Med</td>
<td>University of South Carolina</td>
<td>Charleston, SC</td>
</tr>
<tr>
<td>Meghan Poulie</td>
<td>Med Peds</td>
<td>University of Mississippi</td>
<td>Jackson, MS</td>
</tr>
<tr>
<td>John Roberts</td>
<td>Emergency Med</td>
<td>University of Southern California</td>
<td>Los Angeles, CA</td>
</tr>
<tr>
<td>Elliott Robertson</td>
<td>Anesthesiology</td>
<td>University of Mississippi</td>
<td>Jackson, MS</td>
</tr>
<tr>
<td>Whitika Roj</td>
<td>Psychiatry</td>
<td>University of Texas Southwestern</td>
<td>Dallas, TX</td>
</tr>
<tr>
<td>Lane Ruth</td>
<td>Ortho Surgery</td>
<td>Tulane University School of Medicine</td>
<td>New Orleans, LA</td>
</tr>
<tr>
<td>Kirk Ross</td>
<td>Internal Med</td>
<td>University of Alabama</td>
<td>Birmingham, AL</td>
</tr>
<tr>
<td>Philip Sandifer</td>
<td>Ortho Surgery</td>
<td>University of Mississippi</td>
<td>Jackson, MS</td>
</tr>
</tbody>
</table>

### Internal Medicine

<table>
<thead>
<tr>
<th>Name</th>
<th>Specialization</th>
<th>Institution</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rajesh Gargi</td>
<td>Medical Center</td>
<td>University of Mississippi</td>
<td>Jackson, MS</td>
</tr>
<tr>
<td>Shabnam Sarker</td>
<td>Internal Med</td>
<td>University of Alabama</td>
<td>Birmingham, AL</td>
</tr>
<tr>
<td>Kathy Shoemaker</td>
<td>Family Med</td>
<td>University of Alabama School of Medicine</td>
<td>Tuscaloosa, AL</td>
</tr>
<tr>
<td>Elizabeth Simmons</td>
<td>Pediatrics</td>
<td>University of Tennessee</td>
<td>Memphis, TN</td>
</tr>
<tr>
<td>Chase Sims, III</td>
<td>Anesthesiology</td>
<td>University of Mississippi</td>
<td>Jackson, MS</td>
</tr>
<tr>
<td>Steven Smith</td>
<td>Otolaryngology</td>
<td>University of Texas Medical Branch</td>
<td>Galveston, TX</td>
</tr>
<tr>
<td>Thomas Smith</td>
<td>Emergency Med</td>
<td>University of Mississippi</td>
<td>Jackson, MS</td>
</tr>
<tr>
<td>Arina Good</td>
<td>Pediatrics</td>
<td>University of Arkansas</td>
<td>Little Rock, AR</td>
</tr>
<tr>
<td>Chelsea Steele</td>
<td>Pathology</td>
<td>Duke University Medical Center</td>
<td>Durham, NC</td>
</tr>
<tr>
<td>Ben Studdard</td>
<td>Internal Med</td>
<td>University of Mississippi</td>
<td>Jackson, MS</td>
</tr>
<tr>
<td>Paul Tackett, Jr.</td>
<td>Anesthesiology</td>
<td>University of Alabama Medical Center</td>
<td>Birmingham, AL</td>
</tr>
<tr>
<td>Casey Taylor</td>
<td>Transitional</td>
<td>Baptist Health System</td>
<td>Birmimngton, AL</td>
</tr>
<tr>
<td>Radiology Diag.</td>
<td>Baptist Memorial Hospital</td>
<td>Memphis, TN</td>
<td></td>
</tr>
<tr>
<td>Jared Taylor</td>
<td>Psychiatry</td>
<td>University of Mississippi</td>
<td>Jackson, MS</td>
</tr>
<tr>
<td>Jeremy Taylor</td>
<td>Internal Med</td>
<td>University of Mississippi</td>
<td>Jackson, MS</td>
</tr>
<tr>
<td>Jeremy Taylor</td>
<td>Internal Med</td>
<td>University of Mississippi</td>
<td>Jackson, MS</td>
</tr>
<tr>
<td>Lyssa Taylor</td>
<td>Internal Med</td>
<td>University of Mississippi</td>
<td>Jackson, MS</td>
</tr>
</tbody>
</table>

### Medicine

<table>
<thead>
<tr>
<th>Name</th>
<th>Specialization</th>
<th>Institution</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cameron Weiss</td>
<td>Emergency Med</td>
<td>University of Mississippi</td>
<td>Jackson, MS</td>
</tr>
<tr>
<td>Andrew Weeks</td>
<td>Internal Med</td>
<td>University of Mississippi</td>
<td>Jackson, MS</td>
</tr>
<tr>
<td>David Weiland, Jr.</td>
<td>Pediatrics</td>
<td>Vanderbilt University Medical Center</td>
<td>Nashville, TN</td>
</tr>
<tr>
<td>Lee Walker</td>
<td>Med Preliminary</td>
<td>University of Mississippi</td>
<td>Jackson, MS</td>
</tr>
<tr>
<td>Andrew Weeks</td>
<td>Internal Med</td>
<td>University of Mississippi</td>
<td>Jackson, MS</td>
</tr>
<tr>
<td>David Weiland, Jr.</td>
<td>Pediatrics</td>
<td>Vanderbilt University Medical Center</td>
<td>Nashville, TN</td>
</tr>
<tr>
<td>Zolo Whiffen</td>
<td>Internal Med</td>
<td>University of Mississippi</td>
<td>Jackson, MS</td>
</tr>
<tr>
<td>Alve Whiffen</td>
<td>Otolaryngology</td>
<td>West Virginia</td>
<td></td>
</tr>
<tr>
<td>Jason Williams</td>
<td>Radiology Diag.</td>
<td>University of Mississippi</td>
<td>Jackson, MS</td>
</tr>
<tr>
<td>Andy Wilson</td>
<td>Med Preliminary</td>
<td>University of Oklahoma</td>
<td>Oklahoma City, OK</td>
</tr>
<tr>
<td>Chasity Torrence</td>
<td>Pediatrics</td>
<td>University of Mississippi</td>
<td>Tuscaloosa, AL</td>
</tr>
<tr>
<td>Janae Taylor</td>
<td>Psychiatry</td>
<td>University of Mississippi</td>
<td>Jackson, MS</td>
</tr>
<tr>
<td>Jeremy Taylor</td>
<td>Internal Med</td>
<td>University of Mississippi</td>
<td>Jackson, MS</td>
</tr>
<tr>
<td>Jeremy Taylor</td>
<td>Internal Med</td>
<td>University of Mississippi</td>
<td>Jackson, MS</td>
</tr>
<tr>
<td>Jeremy Taylor</td>
<td>Internal Med</td>
<td>University of Mississippi</td>
<td>Jackson, MS</td>
</tr>
<tr>
<td>Jeremy Taylor</td>
<td>Internal Med</td>
<td>University of Mississippi</td>
<td>Jackson, MS</td>
</tr>
<tr>
<td>Jeremy Taylor</td>
<td>Internal Med</td>
<td>University of Mississippi</td>
<td>Jackson, MS</td>
</tr>
<tr>
<td>Jeremy Taylor</td>
<td>Internal Med</td>
<td>University of Mississippi</td>
<td>Jackson, MS</td>
</tr>
</tbody>
</table>

### Pediatrics

<table>
<thead>
<tr>
<th>Name</th>
<th>Specialization</th>
<th>Institution</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Channing Teynor</td>
<td>Anesthesiology</td>
<td>Mayo Graduate School of Medicine</td>
<td>Rochester, MN</td>
</tr>
<tr>
<td>Andrew Weeks</td>
<td>Internal Med</td>
<td>University of Mississippi</td>
<td>Jackson, MS</td>
</tr>
<tr>
<td>David Weiland, Jr.</td>
<td>Pediatrics</td>
<td>Vanderbilt University Medical Center</td>
<td>Nashville, TN</td>
</tr>
<tr>
<td>Chasity Torrence</td>
<td>Pediatrics</td>
<td>University of Mississippi</td>
<td>Tuscaloosa, AL</td>
</tr>
<tr>
<td>Jeremy Taylor</td>
<td>Internal Med</td>
<td>University of Mississippi</td>
<td>Jackson, MS</td>
</tr>
<tr>
<td>Jeremy Taylor</td>
<td>Internal Med</td>
<td>University of Mississippi</td>
<td>Jackson, MS</td>
</tr>
<tr>
<td>Jeremy Taylor</td>
<td>Internal Med</td>
<td>University of Mississippi</td>
<td>Jackson, MS</td>
</tr>
</tbody>
</table>

---

### The Game Room

**Sudoku Trivia**

1. If a man drives into town on Friday, stays three days, and leaves on Friday, how far did he drive?
2. What does the “S” in “Harry S. Truman” stand for?
3. What nationality was Chopin?
4. Who was the first man in space?
5. What is a group of unicorns known as?
6. Who was known as “The Wizard of Menlo Park?”
7. What gets more wet as it dries?
8. What does the “S” in “Harry S. Truman” stand for?
9. Where was Hawaiian Punch originally created?
10. If a man drives into town on Friday, stays three days, and leaves on Friday, how did he do it?

---

**Bargain Boutique is Coming to UMC!**

*101 Dalmatians and Peter Pan are the only two Disney cartoon features in which both parents are present, and neither die throughout the movie.*

*Twelve newborns will be given to the wrong parents daily.*

*Actor Tommy Lee Jones and former vice-president Al Gore were freshman roommates at Harvard University.*

*Blueberry Jelly Bellies were created especially for Ronald Reagan.*

*Gilligan of Gilligan’s Island had a first name that was only used once, on the never-aired pilot show. His first name was Willy. The skipper’s real name on Gilligan’s Island is Jonas Grumby. It was mentioned once in the first episode on their radio’s newscast about the wreck.*

---

**FIND US ON FACEBOOK!**

**Bargain Boutique hosts its first ever pre-sale event. We are treating our fabulous women’s, men’s and children’s clothing. Come and purchase wonderful new and gently used clothes to update your wardrobe without draining your pocket book.**

---

Reminder: to set your store for charge selections on men’s and women's items. We carry everything from women’s trendy tops and pants to men’s dress shirts and sweaters. We also have charge selections of men’s polo style shirts, men’s golf shirts and women’s pocketbooks. Don’t forget to bring the kids; we have a great selection of children’s clothing for all sizes. Remember to visit our store for a larger selection of clothing without draining your pocket book.

---

**Bargain Boutique - COLONIAL MART SHOPPING CENTER**

- **7:00am until 1:00pm & 7:00pm until 1:00pm**
- **Monday, September 8th from 10:00am until 1:00pm**
- **Sunday, September 9th from 7:00pm until 1:00pm & 7:00pm until 1:00pm**

**Remember to visit our store for a larger selection of men’s and women’s items. We carry everything from men’s dress shirts and sweaters. We also have a great selection of children’s clothing for all sizes. Remember to visit our store for a larger selection of clothing without draining your pocket book.**

---

**Bargain Boutique is Coming to UMC!**

*101 Dalmatians and Peter Pan are the only two Disney cartoon features in which both parents are present, and neither die throughout the movie.*

*Twelve newborns will be given to the wrong parents daily.*

*Actor Tommy Lee Jones and former vice-president Al Gore were freshman roommates at Harvard University.*

*Blueberry Jelly Bellies were created especially for Ronald Reagan.*

*Gilligan of Gilligan’s Island had a first name that was only used once, on the never-aired pilot show. His first name was Willy. The skipper’s real name on Gilligan’s Island is Jonas Grumby. It was mentioned once in the first episode on their radio’s newscast about the wreck.*

---

**Bargain Boutique is Coming to UMC!**
You probably roll your eyes when you hear about stress actually causing measurable negative changes in your life. Decrease stress and you will live longer! Decrease stress and you can lower your cholesterol and blood pressure! Yadda yadda. I always think, ‘I am above this, something as trivial as stress doesn’t do anything to me.’ Or worse, I think, ‘I can’t do anything about the base-line level of stress of my life. I chose the field of medicine, what did I expect?’

Overworked people live with a chronic amount of stress. To compound matters, almost all of us have financial debt that is accruing right now. Last year, the Mayo Clinic recently released the results of an essentially psychological study published in JAMA. They wanted to see if there was a relationship between residents’ quality of life and how much debt they have. And even more boldly a hypothesis, they wanted to see if the medical knowledge of residents was diminished from increased debt and/or lower quality of life. This was measured using scores on an annual internal medicine standardized test called the IM-ITE (Internal Medicine In-Training Exam). After this exam, the resident filled out a voluntary survey with questions like how much debt, physical exhaustion, and emotional exhaustion they had. All of these factors were rated on a six-point scale.[*1 - as bad as it can be*, *-2 - somewhat bad*, *-5 - as good as it can be*, and *-1 - No debt*].

Over 21,000 residents completed this short survey. The results are quite impressive. One in seven residents rated their quality of life as «as bad as it can be» or «somewhat bad» (i.e. 1 and 2 on the 5-point scale, respectively), and the majority of these one in seven residents were also those who had the greatest amount of debt. Concerning a good quality of life, three in seven residents rated their quality of life as «somewhat good» (i.e. 4 on the 5-point scale), which gave me a sigh of relief to see. Moonlighting increased the chances a resident would report a higher quality of life. More problems, perhaps. Moonlighting aside, these values seem about right to me, the naive medical student, after having been around residents; most are happy while a small minority are miserable.

Another factor the researchers observed was burnout. Burnout has been found to occur from a combination of two things: emotional exhaustion and depersonalization. Depersonalization means to have your feelings and identity removed from what you are doing. For example, the person who never talks about their personal life to coworkers or patients and is not too sympathetic for anyone else’s problems can be thought to have high depersonalization. Nearly half of residents reported high levels of emotional exhaustion, but this decreased with years of experience. Conversely, depersonalization, also with high levels reported, increased as year of training went up. So what was seen was decreasing emotion and increasing depersonalization over time. It is as if residents become calloused over time and learn how to forget about themselves and their emotions towards patients. They just do work. Like it or not, when you work that much, it’s hard to find the energy to work any other way.

In my opinion, the most interesting part of the study is the correlation of these factors with exam scores. First, some facts about this exam, the IM-ITE. The average score on this exam is around 60 with an average of residents. Each one of those decreased exam scores. A lot. By simply having financial debt, average scores decreased 5 points! That drop off is larger than the increase in average score between resident years! Worse quality of life or burnout resulted in a 4 point swing. Financial debt and/or a bad quality of life/burnout will literally impact your test scores. Take the 4 different people below:

<table>
<thead>
<tr>
<th>2nd year resident</th>
<th>3rd year resident</th>
</tr>
</thead>
<tbody>
<tr>
<td>no financial debt</td>
<td>much financial debt</td>
</tr>
<tr>
<td>avg. test score: 65</td>
<td>avg. test score: 60</td>
</tr>
</tbody>
</table>

So don’t be the statistic; be the outlier. If you have debt and there’s nothing you can do about it, try to be aware of your stress. If life is getting a little out of control, do what you can to help lower it; listen to music, watch a comedy, party, talk to somebody about work-unrelated things, go exercise (exercise actually does near miracles, like improvements in mood, memory, attention, as well as the obvious health benefits, etc., but that’s another story). Try to do something where you are not thinking about your job at all. And try to do it frequently. I personally listen to old Metallica records at high volumes. In futility I would also like to take this time to suggest against frequent blatant inebriation, as this is kind of a downward spiraling catch-22. But concerning that, do as I say, not as I do. Try and have a little self-awareness, and when you see yourself failing, do something about it. Your mental health may be affecting your learning.

West CP, Shanafelt TD, Kolars JC. Quality of life, burnout, educational debt, and medical knowledge among internal medicine residents. JAMA. 2011;306(9):882-886.

**PHARMACY:**

**Chronic stress will literally lower your test scores**

By Patrick A. Williams, M3
[anatomy ball]
What does it take to keep a medical school up and running? The obvious answer is a lot of hard work from the administration down to the faculty and students. However, what most people do not realize is that there are a very specific set of standards that must be met for each medical school in the US and Canada in order to keep that school accredited and in good standing. The governing body that ensures medical schools comply with the standards they set forth is named the Liaison Committee on Medical Education or LCME as it is more commonly known. This year, UMMC SOM was up for reaccreditation by the LCME. The steps involved in this process have been in the works for over two years. Numerous members of the administration, faculty, staff, and students have worked to ensure that our SOM remains one of excellence.

The UMMC LCME Task Force began meeting in the fall of 2010. This oversight committee, composed of two students and a wide variety of faculty from numerous departments, met every few months to review the progress of the subcommittees around campus. Those subcommittees were where the real work took place. Each standard (there are hundreds) was reviewed individually with utmost attention to detail and possible need for adjustment. In November, 2011, the Task Force sent the accumulation of their work (over 1,500 pages) to the LCME for review before the site visit in February 2012. Students also played an important role in the process. The Subcommittee for Independent Student Analysis, consisting of 10 medical students, was formed to survey medical student opinion and create a report of the findings. The survey had an extraordinary response rate of 98.3% from all four classes. The data in the student report was sent in as a separate document to the LCME.

The final phase after months of preparation was the actual LCME site visit. Because practice makes perfect, a mock site visit was conducted in January 2012. A month later, in late February, the site visitors came to campus. For three days, they met with numerous members of the SOM community, including students. Overall, the site visitors were very complimentary of our SOM, particularly of our students. Although the final report from the visit will not be released until June, the visit and all of the work leading up to the visit, appear to have been a success.
1. Three
2. Fencing, field hockey
3. Polish
4. Gagarin
5. A blessing of unicorns
6. Thomas Edison
7. A towel
8. Nothing. The “S” was a compromise between the names of his grandfathers, Anderson Shipp Truman and Solomon Young.
9. California
10. The horse’s name was Friday.

Meet the Editor:
Mary Catherine Stone is a D3. She enjoys spring cleaning, park sitting, and nostalgia. Her greatest ambition is to resist the temptation to see The Hunger Games... for the third time... in a week. That’s right.

Meet the Editor:

Spring is most definitely the best of all seasons. Don’t even try to argue with me. At just the right time, as your mindset threatens to be jaded and your body starts rejecting you due to lack of sunlight, the wind suddenly changes direction. Things turn green. Birds start chirping. For at least 10 minutes a day, on that long walk from the parking lot, you are able to enjoy perfection... that is, of course, until the two days of Mississippi spring have passed and we find ourselves back in a 98 degree steam zone. And that, my friends, is a lesson on living in the moment.

I’ve been reading this book by C.S. Lewis called The Great Divorce (by “reading” I mean maybe skimming a paragraph before I pass out at night, and taking about 4 months to finish an 80 page book. Oops). It’s a really good book though. In it, Mr. Clive Staples describes a perception of heaven and hell in the metaphorical sense, heaven being a world where the eternal nature of everything present transcends the most “real” substance we could comprehend. For instance, the grass, though it sways effortlessly with the breeze, is so hard and sharp that walking across it causes pain. Sunlight, water, and wind all simply pierce through the guests that arrive at the beginning of the story – everything is “made of some different substance, so much solider than things in our country that men were ghosts by comparison.” Until these so-called “ghosts” took into themselves what was eternal—that is, until they believed that God meant to give them eternal life through the sacrifice of his Son, Jesus—they were unable to withstand or comprehend the heaviness of this more “solid” world. Isn’t that an interesting concept? And yet, on some level, I feel as though it rings true in my life daily. The stresses we must endure as students in professional school—the stresses all humans must endure simply by existing—do seem, in a way, transient in nature. Each one comes and goes, some slowly and some quickly, depending on the brevity of the situation; and to me, this is reassuring. Working for something that is greater than the tiny bubble I exist in is a much more effective way of life than depending on my own limited perspective, no doubt about it.

And that concludes the deep thinking portion of this month’s Murmur. I hope all you people who are brain-dead from studying just skipped over it; the pictures (taken in NYC over spring break) are just for you. Enjoy the last few hours of this weather if you can, and see you in May!
Now I can... get back in the groove

“If I could walk, I would be flat out the door.”

When Chris Gill wrote the lyrics for “Hospital Blues,” he feared his music career might be over. An 18-wheeler had crashed into his SUV, leaving Chris with a severe brain injury and broken bones from head to toe.

But therapy at Methodist Rehab Center helped Chris get back to playing his signature “island blues.” And now he sings the praises of MRC staff. “They are so caring and giving,” he says. “They are helping people every day.”

NATIONALLY RECOGNIZED CENTER OF EXCELLENCE FOR REHAB AFTER A STROKE, SPINAL CORD INJURY, BRAIN INJURY OR AMPUTATION.

For more information, visit methodistonline.org or call 601-364-3434 or toll-free 1-800-223-6672, ext. 3434.