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NYMC Synapse Issue 27

School of Medicine Student Senate, New York Medical College

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NYMC Synapse

Transmitting news to the students of New York Medical College

December 2020 Issue 27

2021 is Right Around the Corner

By Jood Ani

We are days away from a new year and it is safe to say that 2020 was a lot to handle. If you are like me, you may feel like you didn't do much during this year. When a large portion of school is virtual, time really slips away. But you have made it to the end of the year and that in itself is an accomplishment. I hope we all can start this year with a positive outlook. And now to end on a classic joke, See you all (virtually) 'next year.'

What is Synapse?

The *NYMC Synapse* is a newsletter published by the NYMC Student Senate for our classmates, faculty, administration and other students at NYMC. We highlight news from student senate, medical education, student affairs, and financial planning, give important updates for each class and highlight big events, outstanding students, and extraordinary professors.

Keep an eye out for these newsletters about once a month and don't miss out on the amazing things that are happening at NYMC!

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Medical Student Research Committee Spotlight: Marissa Contento

By Avery Wilson, MS3

Marissa Contento, Class of 2022, is the first author on a study recently published in *Kidney Medicine*, an official journal for the National Kidney Foundation, looking at the effect of center volume on outcomes in pediatric kidney transplantation.

She did this research as part of the Pediatrics Summer Research Fellowship at NYU where she was paired with Dr. Howard Trachtman, a pediatric nephrologist. Dr. Trachtman had the idea to study the effect of center volume on outcomes in pediatric kidney transplantation after a previous study showed no effect of volume on outcomes in adult kidney transplantation.

Marissa explored publicly available data from the Scientific Registry of Transplant Recipients over a 5-year period from 2010-2015. After excluding centers that performed zero transplants, they divided centers into low- intermediate-, and high-volume groups based on mean number of kidney transplants completed per year and assessed graft survival at 1-month, 1-year, and 3-year periods.

Their results showed that over the 5-year period high income centers did have a statistically significant improvement in outcomes versus low and intermediate volume centers, but that the number need to harm was 27. In other words, for every 27 transplants done at a low volume center versus a high-volume center, 1 additional graft loss would occur. The average number of transplants per year across all centers analyzed was 6.5.

They also explored the impact of socioeconomic factors on graft survival and found that transplants done in the 10 states with the lowest median household income had a significantly lower graft survival rate than those done in the 10 states with the highest median household income.

Furthermore, when controlling for state income, 3-year graft survival rates did not differ between low-, intermediate- and high-volume centers.

Marissa and her co-authors concluded that while center volume may have a statistically significant impact on graft survival, parents deciding where their child should have a kidney transplant should not base their decision solely on volume. Specifically, they note that the impact of center volume is not large enough to preclude selection of a lower volume center that is closer to home where they can take advantage of previously established medical and social support networks. In this highly personal and multifactorial question of where to have a kidney transplant performed, center volume should be just one of many factors to consider in making an informed decision.

This work was completed during the course of the 6-week Pediatric Research Fellowship Program at NYU. Marissa noted that her PI, Dr. Trachtman, provided her the independence to explore the data and make conclusions while also providing support and direction. The ability to bounce ideas off of fellow students participating in the program was also critical, she said. The program is highly recommended by Marissa for any students interested in pediatrics and research. The program is geared toward first year students to complete research during the summer between the first and second years. The deadline for applications for Summer 2021 is February 15, 2021. Congratulations to Marissa on her accomplishment!

You can read the full article here:

[https://www.kidneymedicinejournal.org/article/S2590-0595\(20\)30048-0/fulltext](https://www.kidneymedicinejournal.org/article/S2590-0595(20)30048-0/fulltext)

More information about the NYU Pediatrics Summer Fellowship can be found here:

<https://med.nyu.edu/departments-institutes/pediatrics/education/medical-student-training/summer-programs>

Being Social in a Socially Distant World

By Roy Miller, MS1

When we imagined starting medical school, we definitely did not picture quarantines and social distance measures. However, the class of 2024 was up for the challenge. We immediately went to work to figure out ways to interact and begin creating the connections that are so important to have throughout medical school, all the while staying safe in a pandemic-stricken world. Before we even arrived on campus, we united as a class in the GroupMe app, and the “Nimcee 2024” group chat was born. From shy hellos, to offerings of help, and of course hilarious memes we started to get to know each other.

While we were fortunate enough to have a distant House ceremony, we remained longing for ways to interact on a more personal level. Our first virtual event, “Virtual Speed Dating For Friends” attempted to tackle this problem. With over 30 participants, we split into pairs in zoom breakout rooms for 5 minute intervals and began to learn about each other’s stories. We continued to “hang out” in this way with other events like game nights with online Card Against Humanity, Settlers of Catan, and Among Us.

After classes started, we realized that the zoom lecture setting would not allow for those between-class-in-the-hall meet and greets. We needed to create our new version of randomly seeing each other in the hallway. That is when our newest online hub would form, the “Nymcee 2024 Discord Server”. For those unfamiliar, discord allows you to create voice and text channels under specific categories. When someone enters a voice chat, you can see which room they are in and join in! The discord is now the hub for help with studying, sharing common interests, and even a place to vent in our “Share and Care” room. With over half of the class currently in the server, discord has become an integral part of how the class of 2024 stays in touch.

For us, it became apparent that while we cannot do everything other classes did in the past, we would not give up on adapting and ensuring we recreate a lot of those experiences. Friendsgiving in November was no different. In common fashion, this was a task that was tackled through a multi-organization collaboration from the Culinary Medicine club, House of Representatives, and the M1 Senate. What usually happened in the MEC with catering and in-person toasts from staff went online in a layered night of cook-alongs, special guests from faculty and administrators, as well as a trivia night. With over 70 participants, and an overwhelming enthusiasm from students wanting to celebrate together, the night was a milestone in our efforts to be a united class.

As we move forward, we intend to continue being adaptable and resourceful during these times. While we cannot be together in-person, we remain committed to come together and make our mark, even if it currently has to be online. With each new problem, comes a more creative solution, and the class of 2024 consistently shows what it means to be social in a socially distant world.

As 2020 Comes To A Close

By Timothy Sullivan, MS1

As 2020 comes to a close, let us appreciate the past and look forward to the future. During the time this is being written, hundreds of COVID-19 vaccines are being distributed with millions more on the way. We are living in a time where we get to witness the greatest minds from around the globe can come together to fight for a common cause. Hopefully soon, the idea of quarantining and social distancing will be in our rearview mirror, and family and friends can finally be reunited.

It would be an understatement to say that 2020 was just like any other rotation around the sun. As we draw closer to the start of 2021, it is important to realize that not everything this year was negative. A number of positive movements took place in our country: an outcry of support for social justice reform, an unprecedented turnout for an American election, and a rejuvenated sense of appreciation for our frontline healthcare workers. On a personal level, the current M1 class found out that they were accepted to medical school and began the exciting journey to the rest of their lives.

I have no doubt that 2021 will bring countless blessings to NYMC. We have so much in store for us that we cannot yet imagine. Our M4s will not only graduate but also find out where they will spend the next years of their lives, our M3s will be preparing their residency applications, our M2s will be gearing up for Step 1, and our M1s will be eager to take on the challenges of years to come. In all of our own ways, 2021 will be the biggest year of our lives. I am excited to see what is in store for us and I would like to wish my NYMC family the best of luck in everything you do!

Peer 2 Peer Committee “Professionals of NYMC” award winners!

This year, students were eager to recognize their peers for their contributions to the community - P2P received a record 43 nominations from members of different classes! Although this year has been stressful and uncertain at times, the nominations we received were a great reminder of how much there is to celebrate within our community. Below are some of the students who have been working hard to make NYMC a better palace. The winners of the Fall 2020 Professionals of NYMC Award are:

Class of 2021: Reba Gillis

"Reba has gone above and beyond to ensure that the students of NYMC succeed. During COVID, Step 2 study period, and ERAS completion season, she organized a weekly accountability Zoom meeting to ensure that students are not isolated and are able to share best practices. She also led systems-specific reviews for the boards. She often sends out email blasts of residency zoom events, even outside of the specialty that she's applying to. From her current work and dedication to educational improvement, I definitely see Reba as a current and future leader in academia."



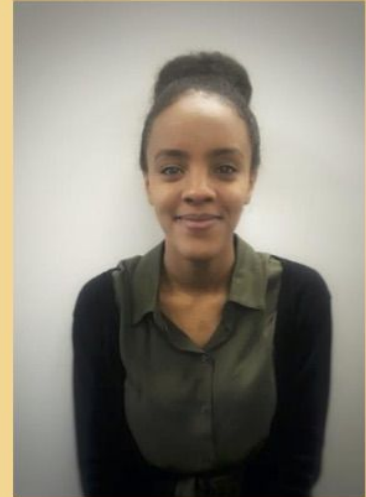
Class of 2022: Charles White

"Charles is consistently professional in his interactions with professors, clerkship directors, site directors, doctors, nurses, fellow students, and patients he works with; consistently courteous to his classmates; very professional and courteous when he presents constructive criticism; eloquent; and sets an example for his peers. As the LIC Liaison, he has always listened to us, been open to our suggestions, been nonjudgmental, and has passed on our feedback to administration with tact and poise. He has never lost his patience or invalidated anyone's concerns. Further, in the hospital he has had to deal with patients who have not wanted to be seen or treated by him, on account of his status as a student. I have witnessed him handle these patient interactions with incredible tact, poise and understanding. He truly is exemplary."



Class of 2023: Josh Buckley & Ebtisam Zeynu

“Josh and EB took the leadership to incorporate implicit bias training into our curriculum, resulting in a program that was incredibly moving and will change how many of our classmates approach medicine in the future. They have spent an immense amount of their personal time to plan a program that benefits all of us and helps us become more understanding, empathetic, and socially conscious people. They planned a meaningful discussion on a topic that is often not discussed in medicine. I feel that this session pushed me to become more self-aware and mindful, especially when it comes to addressing systemic racism in the medical system and mitigating health disparities among racial and ethnic minorities. This training was one of the most impactful sessions we have had as medical students. Additionally, as leaders of SNMA, they did a great job putting together events that highlight and educate our student body on the BLM movement and systemic racism in medicine.”



Class of 2024: Roy Miller

“Although starting medical school in the midst of a pandemic has been difficult, Roy has helped generate a structure in which our peer-group feels comfortable sharing information with each other in our online group chat. He has, partially through his ‘animal of the day’ photos, made himself extremely easy to approach. Roy's ability to step into an undefined role of being a voice for a class of students with unique challenges, to add levity to our work-weeks, and give us a chance to remember why we chose to be here at this time, is a really important trait. Roy's leadership and ability to ask questions and coordinate protocols with administration has helped us all be on the same page. He always tries to advocate for others, regardless of whether or not he actually knows that person. Additionally, he's always willing to help with academic matters, and his positive attitude permeates throughout our entire class.”



P2P would also like to recognize the following students who were nominated for the award:

Class of 2022: Samantha Bruno, Michael Frohlinger, Menachem Greenberg, Juliet Jacobson, Dana Krinsky, JoonSub Lee, Joy Li, Jessica McMillin, Kelsey O'Hagan, Oji Onwumere, Nadera Rahman, Amanda Scudder, Olivia Vennaro, Rebecca Yang

Class of 2023: Gigi Abdelhady, Camille Briskin, Jake Feingold, Eliana Jacobson, Abby Marriott, Rajkumar Pammal.

P2P would also like to recognize the following students, whose contributions to the M2 Intersession were acknowledged in peers' nominations: Mariah Fontanez, Madison Kasoff, Forouhid Peyvandi

Class of 2024: Maytal Babajanian, Nicholas Vecchio, Peter Xiong

Congratulations to all of the winners and nominees; thank you for all that you do to enrich our community! Additionally, thank you to those who took the time to nominate and recognize the outstanding efforts of your peers.

House of Representative Fall 2020 Recap

By, Yedidya Benavie, MS4

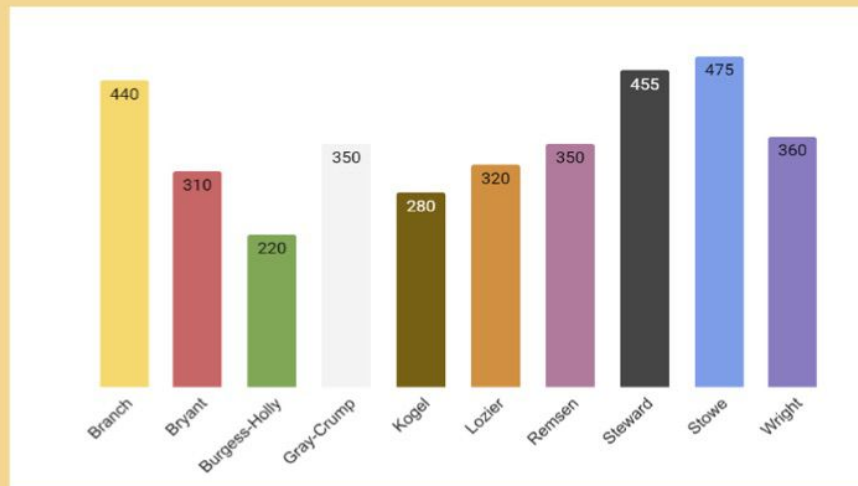
I hope everyone is doing well, thriving, and getting ready for a relaxing break. The House of Representatives has a number of exciting updates to share with you. Firstly, we're really proud of how the M1 senators and M1 reps came together to plan an amazing virtual Friendsgiving. The night included a cooking lesson from the Culinary Medicine Club and break out sessions by house. As is tradition, there was a toast with members of the faculty. By all accounts the night was an incredible success. I know I speak for all upperclassmen when I say how happy I am that the M1s were able to carry on this tradition and plan an amazing event for themselves.

I am also happy to announce the appointment of Briana Comuniello as M1 Representative to the Executive Board. Briana, who also serves as the Burgess-Holley M1 rep, will serve an important role as the voice of the Class of 2024 to the House of Representatives. Especially during this unprecedented year, it is vital to have the input from an M1 to understand how we can best serve their class.

Several houses have also started finding creative ways of hosting events on campus. Jilliene Mendoza (2024) hosted a hard cider tasting event for the Branch House. Students stopped by in the afternoon to pick up their pre-packaged hard cider flight and pie, then met on zoom that evening to try it all and hang out. Briana Comuniello hosted a holiday goodie bag pick up for the Burgess-Holley house which led into a post-exam zoom hang out.



And now for the points update. Stowe house is pulling ahead with a whopping 475 points largely thanks to a zoom Secret Santa event. Steward isn't far behind at 455 due to strong attendance at house and resiliency sessions. Although we're halfway.



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