



SIGN IN

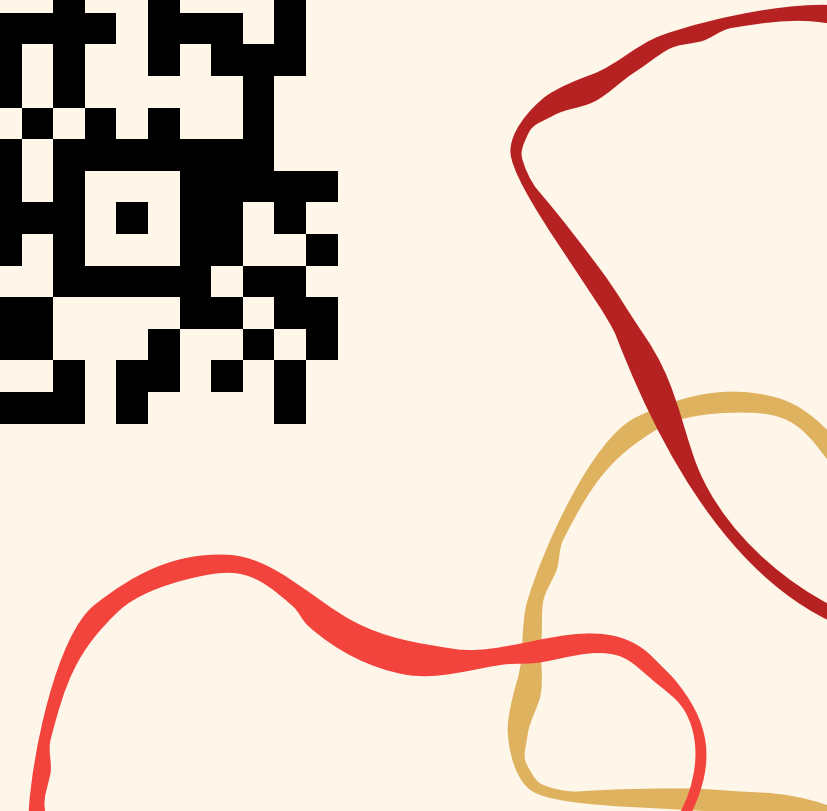
Sign in for our meeting on your smartphone by using your camera on the QR code below!

MAPS GROUPME

Scan here!



Scan here!



SECOND GENERAL BODY MEETING

February 7th, 2023



FIND US ON:



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WHAT'S OUR FOCUS THIS WEEK?

- Research
- Setting up for internships
- Hands-on Suturing
- Setting yourself up for Medical School

RESEARCH

The Importance of Research and How To Do It

2-10, 5 p.m. (HEC #0118)

- Reasons why you need to research
- How to perform that research





PLANNING

Preparing for Medical School with TPR

2-16 at 6pm

Health Sciences 1 #0116

*MCAT events listed in supplementary slides



BANQUET COMMITTEE



- Committees are closing next Wednesday (2-15)
- Directors have to join a committee or a market wendnesday shift.



OUR SPONSORS

THE PRINCETON REVIEW (MEMBERS ONLY)

20% off the MCAT course

BLUEPRINT MCAT PREPARATION (MEMBERS ONLY)

15% Discount off any Next Step Exam Bundle or course

KAPLAN (MEMBERS ONLY)

15% Discount for all courses


WIZEPREP (MEMBERS ONLY)

15% Discount for subscription and MCAT



HEALTH FAIR

THE HEALTH FAIR IS AN AMAZING WAY TO GET INVOLVED IN OUR COMMUNITY - ESPECIALLY IN THE HEALTH EQUITY ASPECT OF IT. IT WAS CONCEPTUALIZED BY AND IS RUN SOLELY BY MAPS, SO YOU ARE ABLE TO HAVE A MUCH DEEPER IMPACT AND GAIN NETWORKING AND LEADERSHIP SKILLS ALONG THE PROCESS.



HEALTH FAIR

COMMITTEE GROUPME



- **DATE OF EVENT: 4/10**
- **COMMITTEE - NEXT MEETING 2/9 @1:30 PM IN LIBRARY ROOM 429**



FAR FUTURE EVENTS

MAYO CLINIC ALIX SCHOOL OF MEDICINE - TENTATIVE 3/31

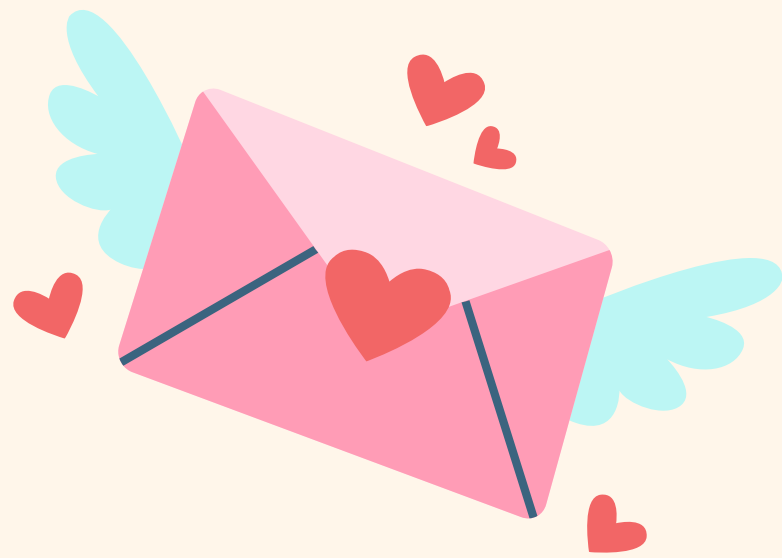
**UCF COM HEALTH LEADERS SUMMER ACADEMY WORKSHOP
INVITE**

SHEEP BRAIN DISSECTION - TENTATIVELY MID MARCH

CASE STUDY WORKSHOPS

UPCOMING SOCIALS SUMMARY

- **Ice and Bites Boba Social**
 - February 13th at 6pm
- **Karaoke/Guess that Song Music Night**
 - February 15th at 5pm | HS1 Room 363
- **Jeopardy Game Show**
 - February 20th at 5pm | HS1 Room 246
- **Galentines Social with KRMR**
 - February 22nd at 7pm | MSB 204



PHYSICAL THERAPY AIDE OPPORTUNITIES!

- Therapy aide internships
- Volunteer + shadowing opportunities

**CONTACT IF INTERESTED:
CSAENZ@UCPCFL.ORG**

UCP of Central Florida

CALLING ALL UNDERGRADUATE STUDENTS

Interested in learning more about a career in Physical Therapy, Occupational Therapy, or Speech Therapy?

SIGN UP TODAY!

You can observe one of these disciplines for a total of 8 hours and work as a volunteer therapy aide for the Fall!

Contact Cassandra Saenz at CSaenz@ucpcf.org today to set up your observation day!

UPCOMING CAREER PANEL



Date

February 26, 2023

Location

Zoom

Time

4-5 pm

Guest speakers

- Dr. Valley- Physical Therapist
- Ms. Raines- Speech Language Pathologist



VOLUNTEERING EVENT

Orlando Health Community Volunteer Event: Lake Mary Run with a Hero





OUR GUEST

PHILLIP MAXWELL PA-C





WHAT ARE THE REQUIREMENTS FOR BECOMING A PA?

- Study Ethic
 - Focused on maintaining a high science/overall GPA
- Work-life balance
 - Obtained required **patient care hours** through volunteering
 - May have to network through your PCP
- Social and Financial Sacrifices
 - Immense amount of prep-work required

PREPARING FOR YOUR INTERVIEW

PA school interviews cannot be "winged," you'll be questioned about...

- Your desire to become a Physician Assistant,
- Our role in healthcare
- Why the facility
- Why you chose PA vs. other medical specialties

WORK-LIFE BALANCE

- Current position in infectious diseases is 8-4:30 M-F
- ED position was much more unorthodox
 - Many overnight shifts
 - Fell asleep at 8:30 a.m. and woke up close to 5pm
 - Differences in energy level, eating habits, overall health, and mental clarity.

SWITCHING SPECIALTIES

- The ability to change our scope of practice is a big advantage to becoming a PA
- The ER to Infectious Diseases transition involved switching from a wide-focus, encompassing all of medicine, to a hyperfocus on a few, select disease processes.
- Was able to completely change my way of thinking and applying medicine after 9 years of specialized work.
 - Have to learn new EMR systems as well



DAY-TO-DAY IN INFECTIOUS DISEASES

- Patients are assigned in appointment order and are either given 20 or 40-minute visits (based on if they're new or established patients).
- A "busy" day is over 15 patients and requires close time management as sometimes patients require more intensive care than their 20 minute time slot provides.
- Patients will also often cancel appointments, providing free time to catch up on charts.



DAY-TO-DAY IN THE EMERGENCY DEPARTMENT

- The ER allows you to assign yourself to as many patients as you want.
- Patients may be more or less complex than expected.
- Metrics will also affect how you work.

CHOSING A PA SCHOOL

Entirely up to the Applicant

- You have to be able to answer "Why our program?"
- Location, cost, and rotation sites are important considerations.
- My school also had only Physician Assistants teaching all classes instead of adjunct professors.
 - This helped me prepare for the board exam as well.




PA-ATTENDING RELATIONSHIP

- PA/Attending relationship is one of the most crucial symbioses when working as an APC, its foundation is trust.
- You work alongside, yet still under the jurisdiction of an attending physician.
 - These professionals are reviewing and signing off on your medical care on a day-to-day basis.
 - Any concerns or questions that arise during the patient's visit must be addressed with the attending regardless of its complexity.



PA-ATTENDING RELATIONSHIP CONT.

- The doctors want you to ask questions and review cases with them.
 - This will then help them understand how you operate and think critically when it comes to formulating a differential diagnosis.
 - The more you open your communications lines with your attendings, the greater the relationship and the deeper the trust there will be.
- 


TO CONCLUDE

- The most rewarding parts of my career are
 - Collaborating with my supervising physicians
 - Working independently to see patients
 - Networking amongst colleagues at the national AAPA conference held annually (Nashville, TN)
 - The continuing education
 - Current work-life balance



TO CONCLUDE ON WORK-LIFE BALANCE

Notes on Work-Life Balance

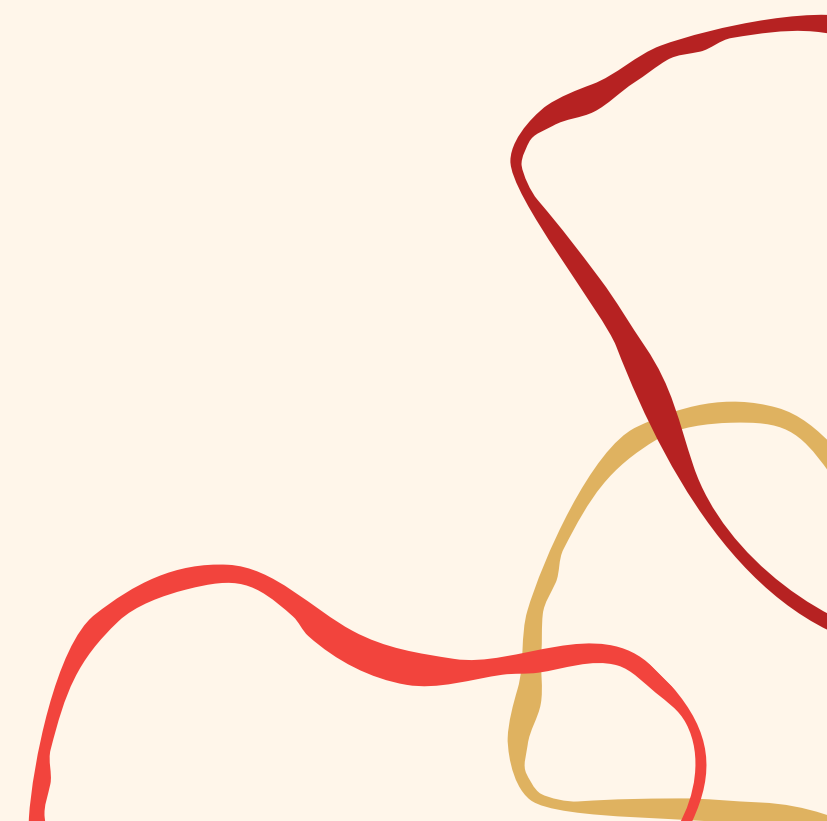
- Current job is close to M-F office schedule.
 - In the ER my life couldn't hold a candle to normalcy (overnight shifts 4-5x a week, falling asleep at breakfast and waking up at dinner, etc)
 - Other specialties such as surgery or critical care intensivist also have difficult work-life balance.
 - Work life balance is what you make of it and what you decide to pursue based upon your passions.
 - Each specialty you pick decides the stories you tell.
- 

NEXT GBM: FEBRUARY 22ND, 2023

**THANK YOU
FOR COMING!**



SUPPLEMENTARY MATERIAL



VOLUNTEERING OPPORTUNITIES LIST



POINT SYSTEM

REWARDS PARTICIPATION IN CLUB ACTIVITIES (GENERAL MEETINGS, ACTIVITY ON MAPS SOCIAL MEDIA/NEWSLETTER, ACADEMIC EVENTS, VOLUNTEERING,...)

2 HIGHEST POINT EARNERS PER SEMESTER WILL WIN A FREE TEST PREP COURSE!

ONLY MEMBERS CAN EARN POINTS

**CURRENT POINTS CAN BE FOUND ON OUR WEBSITE
(UNDER "MEMBERS")**

RESOURCES

Website

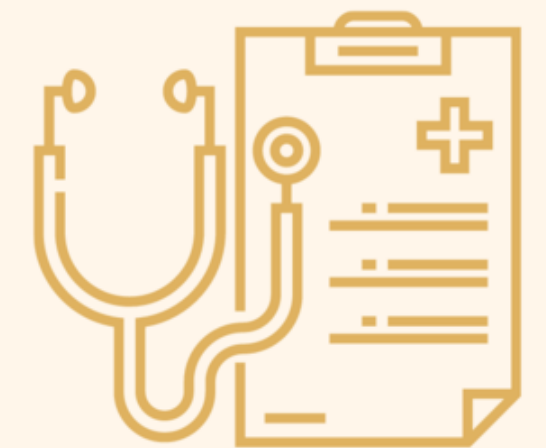
mapsatucf.org

The Check Up

Mailing List

Health Resources

THE CHECK UP



THE OFFICIAL
MAPS
NEWSLETTER!



MEMBERSHIP

**RECEIVE EXCLUSIVE ACCESS TO WORKSHOPS,
SCHOOL TOURS, CAREER PANELS, POINT SYSTEM, LEADERSHIP
OPPORTUNITIES, AND MORE!**

**BEST WAY TO GET TO KNOW OTHERS IN OUR CLUB AND BECOME
MORE DEEPLY INVOLVED**

DUES FOR SEMESTER: \$25

DUES FOR YEAR: \$40

BECOME A MEMBER HERE!



SOCIAL MEDIA

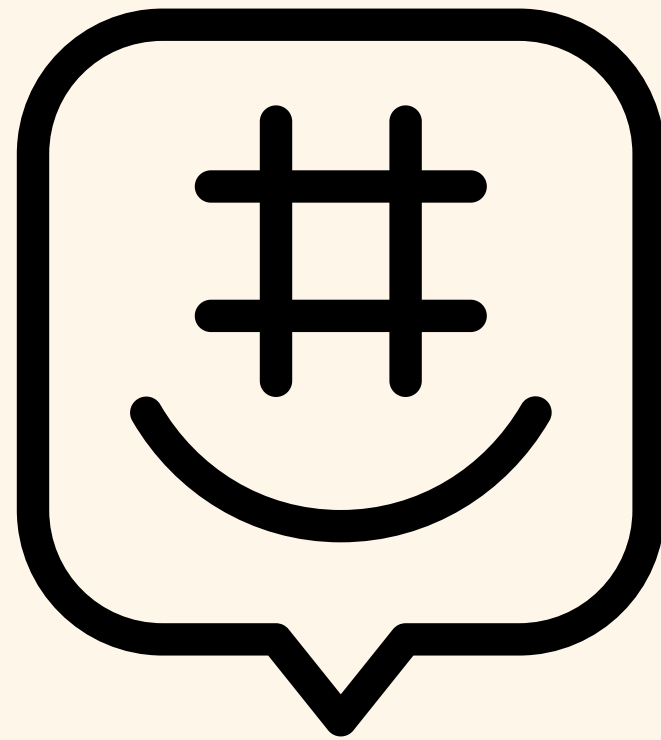


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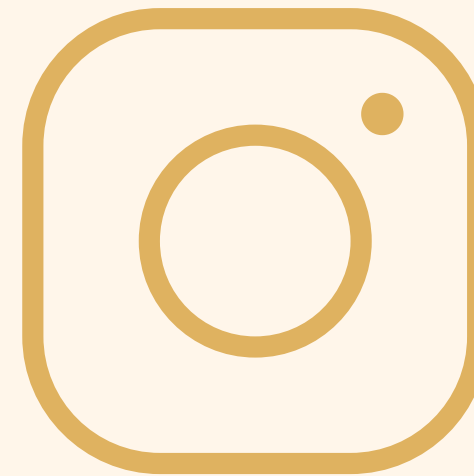
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MAPS SOCIAL MEDIA

Extra points are given to those who follow and are active!



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February 12
9PM ET
Getting Into Med School
We'll discuss everything you need for your medical school application and how to maintain your timeline.

February 13
9PM ET
MCAT Strategy Session
Join us for the tips and tricks needed for a strong MCAT score.

Strategy

Subject Review

February 14 7 PM ET
MCAT Biology 101

February 15 7 PM ET
MCAT GChem 101

February 16 7 PM ET
MCAT CARS 101

February 14 9 PM ET
MCAT Physics 101

February 15 9 PM ET
MCAT OChem 101

February 16 9 PM ET
MCAT Psych-Soc 101

February 17
6PM ET
MCAT Trivia
Practice for the MCAT with a fun, interactive, and competitive trivia contest. Our top 3 winners will receive a Scholarship for an MCAT Course!*

TRIVIA!

Scan here to register!



Presenters include:

- Dr. Andrew Jay Lee
Pre-Med Advisor & Adjunct Professor
- Dr. Muhammed Hassanali
Test Content Developer

MAILING LIST

