Dr. Ali instructs students on proper suture techniques

On March 18th, Dr. Alireza (Dr. Ali) Khosrowabady was gracious enough to instruct the members of the surgery club on proper suture techniques. Nancy Han, and Samantha Bark worked closely with Dr. Clark and other faculty to set up a suture lab that would allow student not yet in the surgery rotation to get a head start.

Students were introduced to the terminology, instruments and techniques of suturing. Students were instructed on the simple suture and the horizontal mattress, most were able to master at least one suture, while most were able to practice and master several.

Several junior, sophomore and freshman students were in attendance at this greatly successful event. Dr. Ali instructed on several types of sutures then allowed for some practice time. Nicole DeLauro, of the class of 2006 not only practiced but also went around to help her fellow peers.

Afterwards the everyone enjoyed some refreshments picked up by Cathy Coker!

This spring the Journal club placed the spotlight on several interesting topics presented by three of NYCPM’s brightest students. Lori Addison kicked of the series with her presentation on the edematous toe. Robert Einhorn was brave enough to follow that act with his spectacular presentation on Metatarsus Adductus in the pediatric patient- Surgical options. Lisa Banks completed the series with her presentation on Necrotizing Fasciitis that left all wanting to know more about these Surgery club stars. So, here’s the scoop.

Lori Addison, is a member of the class of 2006, a very active member of the student body, currently a student mentor, the circulating editor of the PMR and a member of the surgery club. While on her surgery rotations at Metropolitan hospital she had the opportunity to examine a patient that presented with an edematous hallux and fourth toe. Lori’s presentation went through the clini-
cal presentation as well as the work up. Possible diagnoses were thoroughly explored but financial obstacles prevented definitive diagnosis via a biopsy. She utilized this opportunity to illustrate cleverly common roadblocks that may be encountered in clinical practice. Regardless of the plot twist, Lori’s presentation was very educational!

Robert Einhorn, also a member of the Class of 2006 was born and raised in Seaford, Long Island and graduated from Hofstra University. During his career at NYCPM he has held many positions including being a former class officer. His presentation gave a background on Metatarsus adductus, its diagnosis, treatment options, both surgical and non-surgical and concluded with a case presentation of a patient that had come to the Foot Clinics of New York.

Lisa Banks, another member of the Class of 2006, a native of northern California received her bachelors in nursing from Pacific Union College in Angwin, CA. Her presentations on Necrotizing fasciitis focused on clinical presentations, differential diagnoses, treatment and so forth.

The Surgery Club officers were grateful to all the Journal Club Chairs for their excellent presentations. All of these presentations can be found online at the surgery Club website at http://www.nycpm.edu/surgclub/surgclub.html

Is it just an ankle sprain or is it more?!!

Spring is here and with it the uneven sidewalks and the fervor for fitness inevitable leads to many sprained ankles. But many of these sprained ankles may actually be fractures! Ankle sprains are among the most common foot injuries, and can vary in severity. It can be due to a stretched, partially torn or completely torn ankle ligament. Sprains, in general, have more diffused area of pain while fractures will tend to have a more localized pain. However, many weekend warriors and summer athletes that have lain dormant all winter long try to do too much too fast and mistake the pain of a serious fracture for just a sprain. Improper diagnosis and treatment can prolong healing and cause more pain.

Therefore, proper education and immediate attention are crucial for quick recovery. For more info on this topic and other please visit www.footphysician.com an affiliate site of ACFAS.

Surgery Club at your fingertips!

The official NYCPM Surgery Club website was launched this march with the help of Yuke Wu. (Thanks!) Sahani Howie worked with Yuke Wu of the NYCPM IS department to launch the club website, which contains among other things a gallery of pictures of past events, contacts to officers, online archive of club newsletters, and a page devoted to helpful links for the pre-clinical and clinical years. These various websites are updated regularly and offer various educational resources. Yet another way that the surgery club is enhancing your educational experience!

"The surgery went well - we were able to save the foot after all."