

Get to Know NYCPM's Faculty:
Stephanie Maurais, DPM ('08)
Clinical Instructor in Radiology and Medical Sciences



Dr. Stephanie Maurais has been part of the NYCPM faculty since 2016, but the route she traveled to get here was more circuitous than most.

Dr. Maurais was born in Montreal, grew up there, and began to study podiatry at the Université du Québec à Trois Rivières (UQTR) in 2004; she was part of the school's inaugural class in podiatry. Over the years she became familiar with NYCPM faculty, and as part of the curriculum, spent a three-month rotation here at the College starting in May 2007, the first (of many) UQTR classes to do so.

It was her first time in New York City since she visited as a child; she was enjoying podiatry and liked the variety of pathologies and extent of patient care she encountered at Metropolitan Hospital. She inquired about joining NYCPM – none of the UQTR students had done that yet – and she transferred to NYCPM for her senior year, taking her Part I and Part II Boards in the same year. Dr. Maurais graduated from NYCPM in 2008, was matched here at Metropolitan Hospital and NYCPM for her residency, and graduated in 2011 as chief resident at the College.

Post residency she accepted a position in Rockland County, NY, with a practice that was affiliated with Good Samaritan Hospital in Suffern, NY. She became part of its Wound Center and Hyperbaric Center. Dr. Maurais spent five years there, sharing her time between private practice and hospital work (primarily wound care, limb salvage and hyperbaric medicine). She became certified in hyperbaric medicine and lectured for the Undersea and Hyperbaric Medical Society (UHMS) at the Northeast Chapter in October 2015 and also taught part of the Life Support Technologies hyperbaric certification course.

After five years, she received a call from Randy Cohen, DPM (NYCPM's Professor of Radiology and Director, Radiology Section), whom she had befriended when she studied with him at first as a student at UQTR; there was an opening to work with him in Radiology. Dr. Maurais grabbed the opportunity and is now NYCPM's Clinical Instructor in Radiology and Medical Sciences. She is the academic coordinator for UQTR students (for whom NYCPM is now an elective rotation in their senior year). Dr. Maurais also serves as the secretary of the Faculty Council.

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"You can't be a good podiatrist and not know about internal medicine, cardiology, dermatology, etc. You need to have a comprehensive understanding of the human body as a whole, it is very involved" she says, and adding diagnostic imaging is introducing another diagnostic skill she can pass on to make her students better physicians.

Right now, Dr. Maurais does not have a private practice; she devotes herself to her work at the Foot Center and her work in homeless shelters with the organization Care for the Homeless. She and Karim Badawy, DPM ('14), provide screenings and basic care, she for the women and he for the men. She helps identify her patients' long-term needs and helps establish a care plan for them with resources that are based on their situations.

Looking back, she appreciates both education paths at UQTR and NYCPM, which offered a broad spectrum of approaches, from biomechanics and conservative management to advanced surgical techniques, she says.

Looking ahead, for students, she urges them to be versatile, to go out and seek as many approaches as they can and respect each of those approaches. "Seek different perspectives – you can never know too much" urges Dr. Maurais.