



GEORGIA OSTEOPATHIC
MEDICAL ASSOCIATION
— 1902 —

Your monthly GOMA news & update

Welcome to GOMA's monthly newsletter where you can stay up-to-date on the latest osteopathic news and happenings in the GOMA community.



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SAVE THE DATE!
GOMA goes VIRTUAL
in 2020



GOMA's
Annual CME Conference
November 6-8, 2020

Friday 11/6: (1-5 pm)
Sat & Sun 11/7 & 8: (8 am - 1 pm)

A VIRTUAL EVENT VIA ZOOM

REGISTRATION FEES for FULL 3-DAY EVENT
\$425 member / \$550 non-member

offering 14 hours of AOA Category 1-A CME

The Georgia Osteopathic Medical Association is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians.

GOMA designates this program for a maximum of 14 of AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

PROGRAM INFORMATION

(updated regularly with schedule coming soon)

Leveraging CAM to Treat Depression and Anxiety (Amanda Olagunju, DO)

Psychopharmacology (Ryan Smith, DO)

Melanated Skin and Disease Presentations (Nathan Cleaver, DO)

Climate and its Effect on Health (Rebecca Philipsborn, MD, MPA)

Protecting People from Chemical Hazards (Leo Trasande, MD)

Human Trafficking (Jordan Greenbaum, MD)

EKGs and the Stories Behind Them (Dia Smiley, DO)

Mitigating Migraine: Addressing Patients' Unmet Needs and Optimizing Treatment

Do's and Don'ts of Telemedicine (Barby Simmons, DO)

Pain Management and Opioids: Balancing Risks and Benefits (AOA CO*RE)

Update from the Georgia Composite Medical Board

REGISTRATION OPENING SOON!

News From the Front Page... of Social Media

#MedBikini: DOs Call Out 'Sexist' Study



Towards the end of July 2020, social media became filled with pictures of doctors in their swimsuits or drinking adult beverages. It was an intentional response to a research publication by Scott Hardouin, MD, Thomas W. Cheng, MS, et al entitled "Prevalence of Unprofessional Social Media Content among Young Vascular Surgeons". The Journal of Vascular Surgery study concluded

that a significant percentage of graduating vascular surgery fellows had social media sites that exhibited “unprofessional content”. “Clearly unprofessional content included: Health Insurability Act violations, intoxicated appearance, unlawful behavior, possession of drugs or drug paraphernalia, profanity or offensive comments about colleagues/work/patients. Potentially unprofessional content: consuming alcohol, inappropriate attire, censored profanity, controversial political or religious comments, and controversial social topics.”

There was a tremendous objection to the criteria and the intent of the study by physicians. Within a week, the authors apologized and – in an extraordinary move – called for a retraction of their own work.

We interviewed two osteopathic physicians in Georgia who posted pictures of themselves wearing bathing suits with the hashtag #MedBikini: Barbara Joy Jones, DO and Sabrina Clark, DO.

Dr. Jones was featured in GOMA’s February 2019 newsletter which focused on Georgia osteopathic physicians who appear in television and radio. Dr. Jones’s professional life outside of her modeling and television work is centered in Gwinnett County. She has a DO degree from PCOM Georgia (2014) and a family practice residency from Northside Gwinnett Medical Center (2017). She still works for the same hospital system by helping train residents in osteopathic manipulation and has a practice at Peachtree Corners Primary Care (office# 678-312-8430). Lately, she has been busy planning her October wedding to her fiancé Lewis Parks.

Dr. Sabrina Clark is a native of Philadelphia who graduated from Ursinus College and the original PCOM (2014) who migrated south for a pediatrics residency at Morehouse School of Medicine (2017). She is in practice for WellStar Medical Group and sees children of all ages (office# 770-928-0862) in Kennesaw.

Neither physician was hesitant to post pictures of themselves in bathing suits on to their social media sites. Both women received positive feedback from their family and friends. “They were supportive and stood with me and other physicians, particularly women physicians, in solidarity,” said Dr. Sabrina Clark.

Many physicians expressed on social media that it was unrealistic of the authors of the study to be unaware that physicians have lives outside of their professional life. They commented that pictures of themselves on a beach vacation with their family, or sharing a drink with friends when they weren’t on call, was not unprofessional. And that these activities are actually important to prevent physician burnout.

“The #Medbikini movement was very necessary, because I feel that society has this cookie cutter view of what a physician looks like, and once upon a time the only visual representation of a physician was a white male who conveniently seemed to always be working and barely had a personal life. Today, there is more awareness surrounding physician burnout prevention, self-care, and work life balance particularly in healthcare. People need to realize that physicians are regular people and engage in normal social activities just like everyone else. We have families, friends, hobbies, and other interests. We come from various ethnicities, races, backgrounds, and socioeconomic statuses. And women make up almost if not half of the population of physicians in this country. So the visual representation of what a

physician looks like is constantly evolving and changing, and society needs to realize and accept that.” said Dr. Clark.

Dr. Barbara Joy Jones commented on the larger societal issues saying, “Things are progressing in a realistic inclusive direction that value women more. The good old boy [comradery] is slowly being dismantled, and we’re heading more into equality.” She also feel that the medical community is very judgmental on residents even while often having holiday parties with unlimited alcohol. “Residents (male and female) have to shut social media down . . . as to be a clean slate”. Dr. Jones summarizes, “There is sexism and chauvinism in medicine especially in competitive specialties.”

A DO Standing Out from the Crowd

Gregory Harris, DO, Recognized by AOF for his Leadership



The American Osteopathic Foundation’s (AOF) Board of Directors, recognized Gregory Harris, DO as a 2020 AOF State Emerging Leader. AOF’s State Emerging Leader Award recipients are honored in their first six years of practice within the osteopathic profession. These exceptional individuals provide service to others through osteopathic tenants and principles, advocacy efforts, community service, and philanthropic spirit. Dr. Harris is an oncologist at the Harbin Clinic in Rome, Georgia with a special interest in head and neck cancers. Dr. Harris has served on

multiple task forces for the AOA. This year Dr. Harris serves on the AOA Board of Trustees, and is an advisor for new physicians in practice as well as serving on the Bureau of Emerging Leaders of the AOA. GOMA profiled both Dr. Harris and his wife Sonbol Shahid-Salles, DO in the April 2019 Newsletter.

To celebrate his achievement, Dr. Harris will be recognized a number of ways, including during the 2020 AOF Honors (Virtual) Gala on Friday, October 16. Although this gala will be a little different, as a pre-recorded program for virtual audiences across the nation, it will still capture the spirit and energy for recognizing some of the best and brightest stars in the osteopathic profession. In addition, the 2020 State Emerging Leaders will be featured in the upcoming Best Hospital Guidebook of US News & World Report.

GOMA Takes Action

Outgoing Mail Equals Advocacy



NBOME
NATIONAL BOARD OF OSTEOPATHIC MEDICAL EXAMINERS

“The GOMA Board has voted to send a letter to NBOME expressing concerns about the safety of osteopathic students taking tests in Chicago & Philly due to COVID-19. We want our entire community to stay

healthy!!!” was the post on the Georgia Osteopathic Medical Association’s Facebook page. The response by Georgia’s osteopathic community was tremendous. Osteopathic medical student Akila Raja’s letter to GOMA included the sentence: “I think the letter is a great effort for student advocacy and I’m thankful for GOMA’s willingness to speak on behalf of this issue.”

The story behind GOMA’s letter is worth telling.

In mid-July, GOMA received an e-mail from the Executive Director of New Jersey Association of Osteopathic Physicians and Surgeons. Ms. Kotoric was writing all the state societies to build a coalition that could pressure the society that administers all three of the national osteopathic board exams to be more judicious in their decisions about COMLEX-USA Level 2-PE clinical skills examinations. None of the GOMA Board members were aware of the problems that fourth year osteopathic medical students were facing. The students who pay \$1300 to take this test must travel to Philadelphia or Chicago to prove their clinical skills. This travel seemed counterintuitive to the medical students since they weren’t allowed to travel for rotations due to risk of travel during the COVID-19 pandemic as well as the strong likelihood of being faced with a 2 week quarantines prior to taking the test as well as after return from taking the test. The GOMA Executive Board immediately created a discussion group comprised of three (3) fourth year PCOM Georgia students and two GOMA Board members. Additionally, the Board got insight into some of the issues from D.O.s representing the American Association of Colleges of Osteopathic Medicine.

The discussions revealed that USMLE test for M.D.s has said that they cannot provide the test safely, and have deferred giving the test for a year. M.D. students still need to take the test to get a license, but not to enter a residency. So the USMLE offered options. The NBOME for DOs has not provided options to the students. Additionally, the NBOME has closed the testing site until November 1st, and most likely does not have enough spots to get all the DO students tested. There was also concern the standardized patients used for Level 2-PE tests were not being screened for COVID-19. Some medical students expressed frustration that the AOA had awarded NBOME’s President John Gimpel, DO the AOA Presidential Award in the midst of the storm between the osteopathic medical students and the NBOME.

GOMA sent a letter to NBOME’s President John Gimpel, DO on Friday August 21st. The letter and the petition requested information how the NBOME was going to protect the osteopathic medical students from getting sick. At the time that this newsletter went to press, there had not been a response back from NBOME to the letter.

Since we have an article about letters that GOMA has sent on behalf of its membership, another letter was sent which is trying to make the new rules regarding telemedicine permanent. In the early days of July, GOMA signed onto a letter that the American Osteopathic Association drafted which was directed to Georgia’s Governor Brian Kemp as well as the rest of the governors. The letter requested that the governors make permanent the telemedicine rules that had been so liberating in allowing medical care during the COVID-19 pandemic.



PCOM Georgia Establishes *Gold Humanism Honor Society*

The Gold Humanism Honor Society was recently established at PCOM Georgia. Membership in the society is selective and recognizes students who prioritize patient care and advocacy. The chapter advisers are Ali Moradi, MD, MPH, DrPH, Assistant Dean of Clinical Integration and Director of Primary Care Skills, and J. Renee Himmelbaum, DO, Clinical Assistant Professor Pediatrics.

They have selected the first nineteen members from the DO class of 2021, and the formal induction will be held in a May 2021 ceremony. The executive board of the Gold Humanism Honor Society includes founder and president Akila Raja (DO '21), vice-president Annie Phung (DO '21), treasurer Samir Sarda (DO '21), and secretary Kathleen Bridges (DO '21). Student doctor Raja said, "I am personally very excited to see the Gold Humanism Honor Society come to PCOM Georgia. [Establishing the society] took a lot of work and collaboration with many individuals at PCOM, and I am glad we were all able to come together for this cause."

The criteria that fellow third year osteopathic medical students use in nominating classmates include: individual that you would want at your side during a medical emergency; individual that best personifies "The secret to good patient care lies in caring for the patient"; individual that has shown exceptional interest in service to their communities; individual who would be a great trail blazer into competitive residency for future graduates; individual that one would want as a doctor for yourself or a loved one; and the individual who has the best listening skills with patients.

Dr. Himmelbaum explained that the society is one of only three honor society available to check off on the Electronic Residency Application Service, the centralized online service used to deliver applications and supporting documents to residency programs. In addition, it is the only honor society not based solely on academic merit. "It is very important that PCOM Georgia

students have the opportunity to be part of it,” Himmelbaum said. “It will certainly help them in their future when applying for a residency.”

“The practice of medicine, especially in today’s world, needs diverse, well-rounded care providers who possess the great arts of listening, compassion and respect. Providing humanistic value and connection with diverse patients is now more vital than ever,” Dr. Moradi said.

The following students will be inducted in a May 2021 ceremony (pictured above): Akila Raja, (DO '21), Alexandra Himes (DO '21), Annie Phung (DO '21), Dylan Krause (DO '21), Hunter Lively (DO '21), Josh Hamilton (DO '21), Kathleen Bridges (DO '21), Kayla Thomas (DO '21), Kevin Lehane (DO '21), Lauren Chew (DO '21), Margeaux LaCavera (DO '21), Morgan Fuller (DO '21), Patricia Lin (DO '21), Robert Snyder (DO '21), Samir Sarda (DO '21), Shelby Comeaux (DO '21), Varun Yarabarla (DO '21), Zachary Owens (DO '21) and Zachary McConnell (DO '21).

DOs Needed to Write Letters of Recommendation and Offer Shadowing Opportunities for Pre-meds!

Every osteopathic physician needed a letter of recommendation to get into medical school. Sometimes, that letter was from a DO that knew the applicant for many years, but often times that letter came from a DO who only spent one day with the applicant. Due to a combination of COVID-19 as well as many osteopathic physicians retiring, GOMA is needing practicing physicians that are willing to be contacted when a pre-medical student is looking for an osteopathic physician to meet/shadow for a day in an effort to complete their application. GOMA is not looking for a commitment, but rather just the ability to put you on a list of doctors that we can contact when a student is looking for a DO to meet. Typically, doctors take one or two pre-med each application season. Please [email](#) Executive Director, Valerie Okrend indicating your interest.

Osteopathic Medical Student Publishes Medical Pearls



Justin Owens (DO '21) of PCOM Georgia was first author on “*Seating and Wheelchair Evaluation*” and co-authored “*Physiology, Viscerosomatic Reflexes*” which were published in July 2020 issue of [StatPearls](#).

NEW! AOA COVID-19 Initiative Award: APPLY by September 18

In recognition of individuals and organizations that have provided outstanding contributions and unique services to the osteopathic community during the COVID-19 global pandemic, the American Osteopathic Association Board of Trustees has announced a new honor, the **AOA COVID-19 Initiative Award**.

The submission process is open to individuals, osteopathic affiliates and

partner organizations in the following categories: student, resident, physician-in-practice, and organization. To apply or submit a nomination, please submit a completed application no later than **Friday, Sept. 18, 2020**.

Award recipients, selected by the AOA Committee on Awards, will be recognized at the Special Meeting of the House of Delegates in October. Please contact Val Carr at vcarr@osteopathic.org if you have any questions regarding this award.

New DO Residents in Georgia (as of August, 2020*)

New Residents in Georgia (continuation from last month)*:

Memorial Health – Savannah

Morgan Myers, DO	PCOM Georgia	Pediatrics
Elizabeth Craig, DO	A.T. Still Univ	Internal Medicine
Elizabeth Cornell, DO	Campbell Univ	Internal Medicine
Alexis Brown, DO	PCOM Georgia	Family Practice

Gateway Psychiatry – Savannah

Nisha Ramchander, DO	LECOM – FL	Psychiatry
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MCG/Augusta University

Thomas E. Cotter, DO	NYIT COM	Pathology
Kayla Chory, DO	Burrell COM (NM)	Psychiatry
Gabriel Orenstein, DO	Western U (OR)	Psychiatry
Joseph Arellano, DO	LECOM-Seton Hall (PA)	Emergency Medicine
Joseph Pansius, DO	Touro COM (CA)	Emergency Medicine
Daniel Ricci, DO	NOVA SECOM	Emergency Medicine
Brittni Ruble, DO	Liberty University	Emergency Medicine

Northside Gwinnett Medical Center

Aaron Chen, DO	Pikesville COM (KY)	Internal Medicine
Jaemi Chu, DO	Michigan State	Internal Medicine
Levi “Henry” Greene, DO	PCOM Georgia	Internal Medicine
Osamuyi Idubor, DO	PCOM Georgia	Internal Medicine
Shaan Patel, DO	NOVA SECOM	Internal Medicine
Mansi Vadodaria, DO	PCOM GEORGIA	Internal Medicine

Wellstar Atlanta Medical Center

Danny Warda	NYIT COM	Orthopedics
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Emory University

Fiza Khan, DO		Radiology
Christina Sumner, DO	VCOM Spartanburg (SC)	Radiology
Carson T. Hoffman, DO	Texas COM	General Surgery

Morehouse

Cameron Moore, DO	PCOM Georgia	General Surgery
Miranda Nortey, DO	PCOM- Philly	Pediatrics
Kisha Burgess, DO	William Carey (MS)	Internal Medicine
Suvray Chandra, DO	Kansas City COM	Internal Medicine
Allen Sanyi, DO	Lincoln (LMU-DCOM)	Internal Medicine

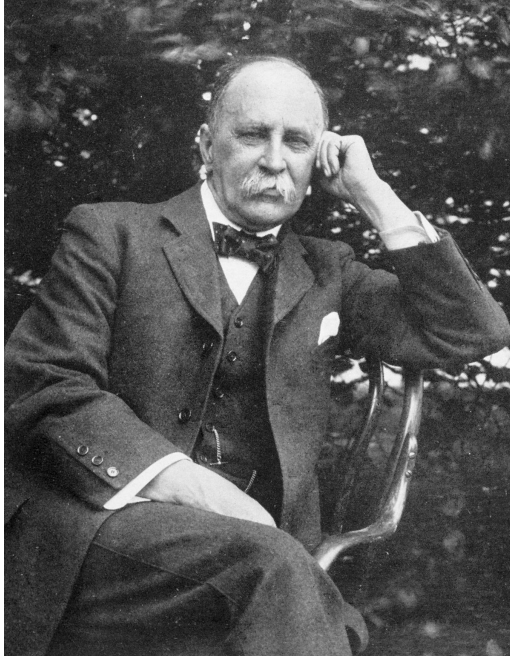
Northeast Georgia Medical Center

Sahil Parag, DO	WVSOM	Internal Medicine
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St Mary’s AU-UGA – Athens

Taylor Amiel Attar, DO	PCOM Georgia	Internal Medicine
Sydney Huggins, DO	VCOM Spartanburg (SC)	Internal Medicine

* = this list is incomplete, and will be updated as more information is available



QUOTES from Sir William Osler

“The practice of medicine is an art, not a trade; a calling, not a business; a calling in which your heart will be exercised equally with your head.”

“Often the best part of your work will have nothing to do with potions and powders, but with the exercise of an influence of the strong upon the weak, of the righteous upon the wicked, of the wise upon the foolish.”



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1902

Support GOMA!

*Helping your professional society,
and the osteopathic community weather these
uncertain times.*

CLICK HERE to: Renew or Join GOMA!

Physician Support Line
Free Confidential Peer Support Line by
Volunteer Psychiatrists for US Physician Colleagues
during the COVID19 Pandemic

1-888-409-0141
NOW LIVE

7 days a week
8am - 12am EST

www.physiciansupportline.com

On April 6, 2020, a free confidential peer support line by volunteer psychiatrists was started. It is supported 8 AM to Midnight seven days a week. **(See left)**

Mona Masood, DO is a general adult psychiatrist in the greater Philadelphia area is the founder and chief organizer of the Physician Support Line.

Visit our website