

The Health Professions Scholarship Program

A Guide for HPSP Students at GW

**The George Washington University
School of Medicine and Health Sciences**

February 2013

Welcome HPSP Students!

Congratulations! For many of you, this is the beginning of your career in medicine as well as your career in the military. This guide was created by current HPSP students at GW, faculty with military experience and also with the input of HPSP Alumni. There is a lot of information for medical students in the military and our hope is to supplement that material with some information tailored to GW students in order for you to be as well prepared as possible for the transition from medical school to military medicine.

In this guide you will find information about programs that will connect you with local physicians with military experience and with other HPSP students. You will have contact information for GW HPSP Alumni in many different stages of their careers. You will have advice passed on directly from current and prior HPSP students.

I encourage you to reference this guide in conjunction with your branches HPSP websites. The Navy has a general student guide; "Navy HPSP Student Guide for Medical Students" on their website that can provide a lot of additional information. The Army has an extensive "Frequently Asked Questions" Handbook and the Air Force has an "Unofficial Student Guide." The websites for those are at the end of this guide.

It is my hope that this guide assists you in your new adventures and that it continues to grow throughout the years. Remember the Military in Medicine Student Association and the Dean's Office are YOUR resources. Take advantage and ask questions. Best of luck!

Very Respectfully,

Allison Bush
ENS, USN, MC
The George Washington University
School of Medicine and Health Sciences

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GW HPSP Programs

Military in Medicine Student Association: The MMSA is a student-run program with a faculty advisor for GW HPSP students that sponsors lectures from local physicians, group travel to HPSP events and keeps students update on current HPSP activities. The group communicates primarily through a group email so it is important to be on the email list beginning your first year. MMSA Leaders are a great first-line resource for many of your HPSP questions. Typically you can sign up for the MMSA at the Student Activities Fair that happens in the fall of your first year. The leaders change yearly so if you are unable to get signed up, contact the Dean's Office to determine who the current leaders are.

CAP (Clinical Apprenticeship Preceptor): At the beginning of the first semester each student is assigned to a physician. Throughout the first two years the student spends time with that physician in his primary care office. It is a goal to match HPSP students with a physician with military experience. While the CAP office may not match you with a military physician the first semester, they are aware of the importance of early exposure to military in medicine and will be happy to work with you in finding a military preceptor. If you would like to be matched with a military physician or if you know of a physician in the military in DC that you would like to work with, I encourage you to contact the CAP coordinator via the POM offices and let them know. Recommendations from GW HPSP Alumni include contacting the Family Medicine Department Fort Belvoir Community Hospital as a possible source of preceptors.

Big Sibs: The Big Sib program begins prior to your first year at GW. After completing a survey from the Dean's Office, you will be matched with another student, your "Big Sib," enrolled in the class year ahead of you. Your Big Sib is a great resource for you to help answer your questions and introduce to you to the life of a GW medical student. It is recommended that when you complete your survey you indicate that you are an HPSP student so that you can be matched with another HPSP student that will have the best information and resources specific to your experience.

Rotations: Your Third and Fourth Years of Medical School primarily consists of clinical rotations at a variety of local hospitals and outpatient clinics. Third year rotations are required to be at GW-affiliated hospitals so there is limited military experiences available, so it is important to utilize your time well. There are two months of Internal Medicine spent at two different hospitals. It is highly recommended that you spend one of those months at the DC Veterans Affairs Hospitals (VA.) There is a team that consists of Residents from Walter Reed and that often has Attendings with Military experience. This is a great opportunities to get to know residents who have been through the military match, may have done GMO tours and may even be your future colleagues. Fourth Year you will have the opportunity to do away rotations at military facilities which is a great time to check out where you may want to do your residency and get to know the different programs.

Volunteer Opportunities: There are a number of opportunities to get involved in local charitable organizations focused on the military. The program most directly affiliated with GW Med is through The Interdisciplinary Student Community-Oriented Prevention Enhancement Service or ISCOPEs. They have a program called Transitioning Veterans which focuses on Veterans in any stage of transition from military to civilian life. In partnership with campus veterans, this learning community will teach veterans strategies for coping with change and celebrating new opportunities. You will have the chance to sign up for ISCOPEs at the beginning of first year but you are always able to visit the ISCOPEs website to get involved at <http://www.gwumc.edu/iscope/> There is also an program for the entire GW community called the Veterans Service Initiative that coordinated many activities throughout the year including an annual Veterans Day of Service and Veterans Awareness Week <http://vsigw.wordpress.com/>

MMSA Leaders

This section is dedicated to the Military in Medicine Student Association Leaders with the hope that each year future leaders will continue to update this guide and this section to improve the HPSP experience for future GW students. Currently the MMSA leaders pass down their ideas from year to year by word of mouth, so we are going to put some of that information here. The current MMSA faculty leader is Dr. Fred Lough rangr70@aol.com who is able to assist in coordination activities for the club. The activities listed below are previous events held by the MMSA that can be useful in the future

Previous MMSA Events:

- **Dr. Fred Lough (the MMSA faculty leader)**-- COL in the US Army. In the past he has given a talk on his experiences as a military cardiothoracic surgeon and his recent tour to Afghanistan.
- **Col. Jim Fike, MD**-- He has met with the MMSA yearly and is an amazing resource for HPSP students. He is a Colonel in the USAF. He typically discusses Air Force residency life and careers. He previously discussed planning a trip to see Air Force One. jim.fike@fgh.us.com
- **GW Military in Medicine Reception for Students and Alumni** – So far this has only happened once but it was a GREAT event put together by the GW Alumni Association that connects Alumni and Students in the military. This is a great time to get some real networking done and to see some of the career paths that can be taken in military medicine. If you are interested in having this event during the year it is recommended that you contact alumni@gwu.edu to assist in coordinating
- **USU Events**—In the past, the military medical school, Uniform Student University has invited us to participate in a variety of activities that they hold throughout the year including USU Primary Care Student Night, Uniformed Services University AOA Specialty Night, Steps to Success. Dr. La Rochelle is a point person for many USU activities and it is worthwhile to contact him early in the year so he knows who the MMSA leaders are and how to contact you when events are happening jlrochelle@usuhs.mil
- **4th Year HPSP Panel: How To Match**—a spring panel of fourth years who have matched where current students can get all of their questions answered regarding away, the application process and the match!
- **Major Matthew Hudkins, MD**-- a former USAF flight surgeon, assigned to the 38th Rescue Squadron in Valdosta, GA, who served in both Iraq and Afghanistan. As the former flight doctor of an AF Pararescue Squadron, Dr. Hudkins flew on a large number of helicopter rescue missions and also worked in the base hospitals while deployed. He operated a flight medicine clinic among other duties while stationed at his base in the US. Dr. Hudkins received his bachelor's degree from the University of Florida and attended the University of South Florida College of Medicine. As of 2012 he was an AF Reservist, and was finishing up his Anesthesiology Residency at Georgetown. Dr. Hudkins has a short powerpoint he's given in the past about life as a military doctor, including common misconceptions he's heard, as well as career/residency tips. I don't have his contact information but he and other local residents are a great resource if you are able to locate their information and invite them to speak!
- **Medical Education Leaders**— In the past, MMSA Leaders have been in touch with the leaders of their respective branches in their Medical Education Departments. I recommend contacting each department to determine if they hold any local events to discuss the application process or careers in the military. In addition, they may be open to teleconferences if you are able to get a group together to go over your questions as a group.

- **In Remembrance:** In the past, MMSA members have worn Uniforms or Military Clothing on 9/11 and Veteran's Day.

Future of MMSA:

In 2013, a survey was completed by previous and current HPSP students regarding the GW HPSP experience. One of the areas the survey focused on was future experiences. Included in this guide are the survey results with the hope that they will serve as a guide for the direction of the MMSA to continue improving the HPSP experience. Some of the programs have already been started and could use additional expanding, while some can be future projects.

How useful do you feel the following programs would be to future HPSP students? (Using a Scale of very useful = 3pts, somewhat useful = 2 points and not at all useful = 0 points below are the average response)

Having a Military Cap/Preceptor: 2.88

3rd Year Rotations at Walter Reed: 2.80

3rd Year Rotations/AI on the military team at the VA 2.57

Combined Lectures with Georgetown/UHSUS/other local HPSP students: 2.33

Research with Walter Reed Physicians: 2.33

HPSP Community Service Projects/ISCOPEs team: 1.80

Currently Military CAP and 3rd Year Rotations/AI on the military team at the VA are by request only. Third year rotations at Walter Reed are not allowed at this time. Research with Walter Reed Physicians and combined lectures are possible but have not been facilitated in the past, so as you can see there is some room for growth within the MMSA to provide opportunities for our students.

Unofficial Advice from HPSP GW Alumni

What HPSP Alumni wish they had known:

On Career Planning and Networking

“Go to the military medicine reception in proper uniform every year and shake hands with as many people as possible. Then, on your rotations, be the person that people are happy to see walk into the room.”

“Take charge of your future, don’t be shy in seeking mentors out. Even if you hear that a doc used to be in the military, it’s a 90% chance they were HPSP and went through the same thing you are going through and would be more than willing to talk with you about their experience.”

“(How to) stay on top of knowing about HPSP related events”

“ASK QUESTIONS! People are nice and will help if you just ask. Call and email bases you want to contact because some are better at phone, some are better at email”

On Officer Development School (Navy)

“A “what to bring to ODS” section that mentions lots of cash, an iron, tide pens, body wipes (for when you can’t shower), Imodium or something for constipation, stamps, etc. Also a uniform guide and a how to do your hair with the donut bun and other tips”

On Away Rotations

“Financial advice: prepare for the cost of expenses accrued during travel on your away rotations and keep in mind you will not be paid for 1-2 months after graduation before you begin residency, so planning ahead to have money for a security deposit/new place to live.”

“Reserve your ADT’s (Active Duty Tours aka Away Rotations) EARLY. Spots fill up fast.”

On Residency

“Deferment is an option...”

MEDICAL SCHOOL TIMELINE

First Year and Second Year:

- 1) Study and Network:** Focus on getting good grades and exploring what you are interested in. The important things during this year are to be the best student you can be and begin networking if possible. Join the Military in Medicine Student Association, Get to know the HPSP students in your class and the classes ahead of you, Try to get a military CAP, participate in a military community service project if you'd like, but the main goal is just being a good medical student.
- 2) Reimbursements:** Remember the military will reimburse your health insurance and any required equipment, which you can find on your respective branches websites. Also, the military will reimburse any required books (which can be a lot!) Save your receipts. If the book is not listed on the syllabus, many professors are familiar with the program and will write you a letter stating their requirements.
- 3) ODS:** Navy- Sign up for ODS, a 5 week officer training course, as early as possible as the best time to go is the summer after first year and those spots fill up FAST. Typically the dates are made available online in September-October so continue to check the Navy HPSP website or email the HPSP department to make sure you are up to date on the ODS application process.

Third Year and Fourth Year:

- 1) 3rd Year Rotations:** As discussed in detail above in the "GW Programs" section, It is highly recommended that you try and work with the military team at the VA during your Internal Medicine Month. You should still at least rotate through the VA, especially if you are interested in doing residency at Walter Reed Bethesda because you may end up doing rotations there as a resident. If you are able to work with an attending with military experience, try to get a Letter of Recommendation from them. If you are able to work with a military CAP, see if you can work with them for Primary Care or use them as a resource to find another military Primary Care Preceptor and try and get a Letter of Recommendation from them. As you can imagine, Letters of Recommendations from military physicians carry a little more "weight" in the application process.
- 2) Away Rotations:** During the middle of your third year you will be able to apply to away rotations to different military hospitals. Some programs will send you a date that you can begin applying, others you will just need to contact beginning in December to see what spots they have and to give them your dates and top rotation choices. It is recommended to do your away rotations early in fourth year. Most students take Step 2 right after third year ends and go straight into an away rotation with the goal of obtaining a Letter of Recommendation from that program. In addition, you typically can interview for residency during those rotations so you want to make sure you rotate at a time that they are holding interviews and each program stops interviewing at different times so go early to be on the safe side!
- 3) Interviews:** The Dean's office offers mock interviews for 4th year students which typically occur for most students in September-October which is after many of your military interviews. If you would like to do a mock interview (highly recommended) you will need to contact them as early as June-July because you will be doing interviews August and the summer is a very busy time.
- 4) The Match:** The military residency match is held in mid-December, which is earlier than the regular match so you will need to be on top of the application process. In June or July of your fourth year, you will receive information from your program regarding the residency application process. You will apply through ERAS, which is the program all medical students will use to apply to residency. Your final application and rank list will be due mid-October. If you're interested in

deferring, you will need to apply to civilian programs through ERAS and you will need to sign up for the match website, NRMP. If you are matched in the military, you will be automatically removed from the NRMP. Typically, everyone will apply to some civilians programs, schedule their interviews after the military match and then cancel their interviews if they match with the military. If you are planning on ranking a deferment, you should apply to the number of programs recommended by your advisor for the specialty you are applying to. The Match is a complicated process and with the possibility of going through two matches, the military match and the civilian match, it is highly recommended that you should meet with Dean Schroth and the MMSA advisor early in your fourth year to discuss the programs you are applying to.

Points of Contact

Military in Medicine Faculty Advisor

Dr. Fred Lough: rangr70@aol.com

Military in Medicine Representative in the Dean's Office

Dr. W. Scott Schroth: wschroth@gwu.edu

2012-2013 Military in Medicine Student Association Leaders

Remy Flor: rflor@gwu.edu

Sarah Zader: sarahzader@gmail.com

Navy HPSP Office: OH@med.navy.mil

Army HPSP Office: GME@AMEDD.ARMY.MIL

Air Force HPSP Office: arpc.dpaah@arpc.denver.af.mil

GW HPSP Alumni by Specialty

We are fortunate enough at GW to have an incredible group of Alumni that have made themselves available to be contacted regarding their residencies and away rotations.

Anesthesiology

Mike Gardner

Dr.mcg12@gmail.com

U.S. Navy

Deferment for Anesthesiology Residency

Away Rotation: Anesthesiology at San Diego NMC

Emergency Medicine

Ben Good

begood@gwmail.gwu.edu

U.S. Army

Emergency Medicine Residency at

Away Rotations: Madigan Army Medical Center and Brooke Army Medical Center

Amy Follmer

amy.follmer@gmail.com

U.S. Navy

Deferment for Emergency Medicine Residency

Away Rotations: Cardiology at Walter Reed Bethesda, Gastroenterology at San Diego NMC

General Surgery

Kenneth (Kacy) Ruth

Kacy15@gmail.com

U.S. Navy

General Surgery at San Diego NMC

Away Rotations: General Surgery at Walter Reed Bethesda; Urology at San Diego NMC

Internal Medicine

Allison Bush

Bush.Allison.M@gmail.com

U.S. Navy

Internal Medicine Residency at Walter Reed Bethesda

Away Rotations: Radiology at San Diego NMC, Cardiology at Walter Reed Bethesda

OB-GYN

Elyse Pertot

epertot@gmail.com

U.S. Navy

OB-GYN Residency at San Diego NMC

Away Rotations: OB-GYN at San Diego NMC, Portsmouth NMC and Walter Reed Bethesda, Adolescent Medicine at Walter Reed Bethesda

Psychiatry

Melanie Roberson

melrobe@gmail.com

U.S. Navy

Psychiatry Residency at San Diego NMC

Away Rotations: Psychiatry at San Diego NMC, Psychiatry Consult Service at Walter Reed Bethesda

Current Students

Jonathan Keenan (previous MMSA leader)

jpkeenan@gwu.edu

USAF

Planning away rotations at Nellis AFB, Las Vegas, NV; Scott AFB, Belleville, IL

Joshua Jabaut

Joshuajabaut@gmail.com

U.S. Navy

Peter Kjell Ballard

pballard@gwu.edu

USAF

Anit Sharma

Anitsharma5@gmail.com

USAF

Helpful Websites

Army HPSP Website:

<http://www.goarmy.com/amedd/education/hpsp.html>

Army HPSP “FAQ” Handbook:

http://vetopportunities.amedd.army.mil/hpsp/faq/HPSP_FAQs.pdf

Navy HPSP Website:

http://www.med.navy.mil/sites/navmedmpte/accessions/pages/healthprofessionsscholarshipprogram_prospective.aspx

Navy HPSP “Current Students” Page with the Navy HPSP Student Guide:

<http://www.med.navy.mil/sites/navmedmpte/accessions/Pages/CurrentStudents.aspx>

Air Force HPSP Website:

<http://www.airforce.com/benefits/commissioned-officer-education/>

Air Force HPSP “Unofficial” Student Guide:

<http://lukeballard.tripod.com/HPSP.html>