

FOOTPRINTS

Barry University
School of Podiatric Medicine

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Words from your President

By: Sofie Pinney

First of all, congratulations and welcome to the Class of 2014! Podiatry is an extremely rewarding profession and you have begun your new journey at a great time. In order for our profession to grow, it takes hard work and dedication not

only from the current DPMs, but from us, the students too. As the current Florida Podiatric Medical Student Association President, I am excited about this year and the challenges that lay ahead. My vision is for us to become a more

united student body. We are all in the same boat. Although it is easy to want to get ahead, remember we are here not to become class valedictorian but a physician. We should help each other and strive to be the best Podiatric Students

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Editor's Choice Application: Epocrates in depth

By: Vinay Matai

With pagers and PDAs out the door and smartphones in, doctors have found it a necessity to include their smart phones as an integral part of practicing medicine. According to a study done by Manhattan Research, states that "64 percent of doctors are tech-savvy, using mobile devices made by BlackBerry, Palm, and Apple." Epocrates is now one of the most downloaded

medical applications on many different platforms. Currently, Epocrates houses information for over 3500 prescription drugs. With new medicines being approved by the FDA continuously, it's almost imperative for medical professionals to keep up-to-date with new information.

Upon logging into Epocrates, you are greeted with updates on new

drugs and progress on any other drugs. The interface of this application is very user friendly, allowing users to simply enter in either a drug name or a disease. The Drug then provides you with brand names, generic names, the cost, alternative drugs, dosing, warnings, pharmacology, safety, and most importantly contradictions and interactions.

Epocrates Essential

- Free for Medical Students
- Over 3500 drugs
- Drug Interaction
- For BB, Apple, and Android Devices

President continued

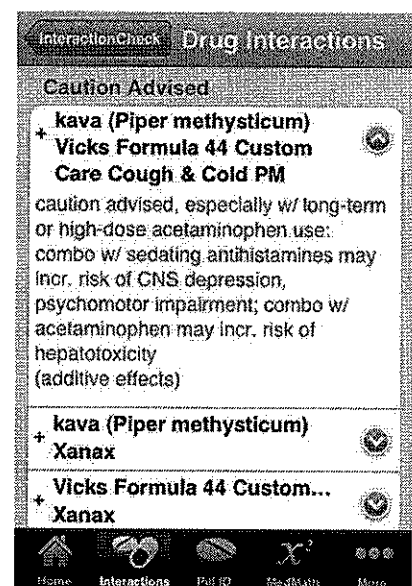
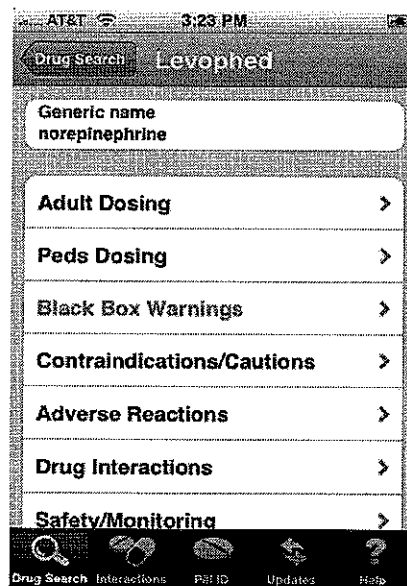
we can be. One goal I have is to improve the relationship between the student body and not just Barry professors, but also the local community. By having a positive attitude it makes working with the staff and faculty easier, not to mention the advice and networking potential. Also, we should endeavor to be role models on and off campus. As future doctors, we want to put a good name out there for both Barry and Podiatry. By the time we graduate, we expect our profession to provide us a comfortable lifestyle. In order to ensure that, as students we need to be giving back now, whether it is monetary or time donations.

Remember that we are not just classmates but future colleagues. The whole purpose of the mentor program is to utilize the upperclassmen. Whether you have questions about exams, professors, clubs, or the profession in general, your peer mentor is your first source of information. There are lots of opportunities to get involved. Ask your mentor if you have questions. Next, get involved! There are opportunities to volunteer, shadow, leadership in FPMSA, your class, and the various clubs. If being in the forefront is not your thing, there are also many events including Relay for Life, Foot bathes, Feeding the homeless, and the Agnes Seminar you can participate in.

Finally, podiatry is a great field. Keep in mind that Podiatry is still a medical profession and therefore, the program can be challenging. Just remember that if it was easy, anyone could do it! Becoming a Physician takes time, dedication and hard work. But you can do it, just remember time management! Utilize your resources: peer mentors, tutors, teaching assistants, the professors, your academic advisors. If you have any questions or simply want to talk I have an open door policy.

Epocrates cont'd

On the go, doctors can quickly add up to 30 drugs and check for potential interactions. This allows doctors a quick and reliable resource when making a diagnosis. Also helpful is MedMath, which is a built in tool to help calculate GFR, BMI, Anion Gap, and hundreds of other calculations. Right now medical students can download Epocrates Essential for free, a \$149 value. For more information please visit www.epocrates.com. Look out for more suggestions each issue.



The Diabetic Foot: Etiology, Epidemiology, and “Political-ology”

By: Mo Eltahir

The Diabetic Foot is generally characterized by the presence of an ulcer or destruction of deep tissue related to a neurological deficit and/or poor perfusion in a diabetic patient. This description may vary depending on the source of the literature. Non-traumatic lower extremity amputations are 10-20 fold higher in patients with diabetes than in non-diabetics [1]. The most adverse outcome of these amputations is mortality. In the general diabetic population, the prevalence of a foot ulcer is 4-10% and 5-24% of these will end up with an amputation [1].

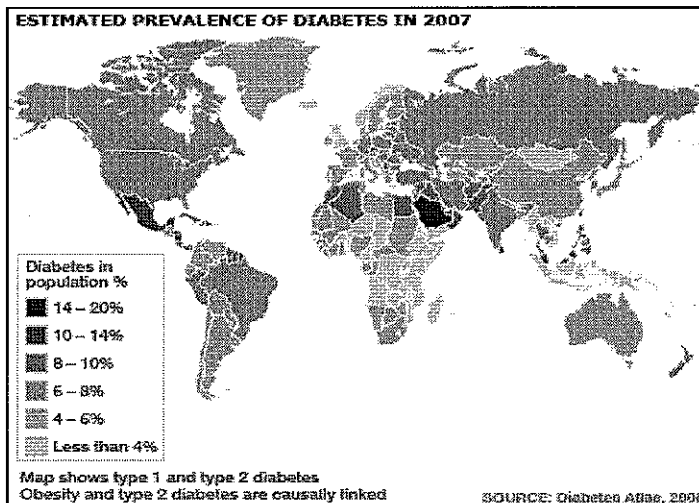
So what is the pathophysiology behind foot ulceration? 3 main etiologies cause the foot to become susceptible to ulceration. These are: Peripheral neuropathy, Autonomic neuropathy and Peripheral arterial disease. All occur in patients with diabetes. Peripheral neuropathies decrease the perception of pain and sensation in the foot; this may lead to foot deformities but ultimately allows for an uncompensated increase in plantar pressure. Autonomic neuropathies cause decreased sweating and alter the blood flow by distending the foot veins. The dry skin leaves the

foot vulnerable to callus formation. When coupled with minor traumatic episodes during daily activities, a foot ulcer is the result. Peripheral arterial diseases leave the foot with poor perfusion and decreased healing ability.

Globally, diabetes mellitus is the most common non-communicable chronic disease [2]. Diabetes is most prevalent in Middle Eastern countries where a documented need for Podiatric services has been established in many studies. In order to adequately treat the diabetic foot, the collaboration of a multi-disciplinary team of Podiatrists, Vascular surgeons and Internists is

countries where resources are limited. Proficient biomechanical support and blister/callous prevention by a skilled Podiatrist are integral in these efforts.

“Podiatry resulted in 75% reduction in costs of short-term medical care for the treatment of diabetes-related foot ulcers.” – Diabetes Voice (Sept 2003, vol 48, iss 3)



My personal opinion is that if government officials allocate more resources in prevention and limb salvage, they will save much more in the long term. However, they only speak in dollars and not in science. Directed efforts from scientific organizations will encourage and educate policy makers to recognize the necessity of preventative measures - This is where Political Action Committees are valuable and they should be established to advocate prevention in every country where diabetes is prevalent.

Source: BBC News, Jan 2008

required. Each contributing efforts in wound care, re-vascularization and diabetes management. The diabetic foot is expensive, not only for the patient but for the general public and the governments. Therefore, efforts should be concentrated in prevention, especially in third world

Welcoming our New Dean

By: Dele Olupona

It is with great excitement and personal enthusiasm I announce to you the appointment of Dr. Jeffrey Jensen, DPM as the new dean of Barry University's School of Podiatric Medicine and Physician Assistant program. Barry University Provost Dr. Linda Peterson recently announced Dr. Jensen, who will take over for interim dean Dr. John Nelson, DPM, begins his new role Aug. 23.



Dr. Jeffrey Jensen joins Barry from private practice in Denver, Colorado, where he has been the owner and clinical director of the Diabetic Foot and Wound Center since 1994. Dr. Jensen earned his DPM from the California College of Podiatric Medicine and accomplished his surgical residency training at Kern Hospital in Warren, Michigan. For the last 10 years, Dr. Jensen has served as Externship and Research

Director at North Colorado Podiatric Surgical Residency. He has also been an Assistant Professor at the

University of Colorado, Health Science Center since 1995. He is board certified in foot surgery by the American Board of Podiatric Surgery and a fellow in the American College of Foot and Ankle Surgeons.

An active researcher, Dr. Jensen has been the principle investigator of more than 30 multi-center-clinical trials for wound care related drugs and medical devices. Most recently,

Dr. Jensen founded MedEfficiency, Inc., a medical device company in which he serves as Chief Technology Officer. MedEfficiency, Inc. has generated \$2.8 million in research funds from the National Institutes of Health (NIH) and Defense Advanced Research Projects Agency (DARPA). Dr. Jensen also holds four patents for devices to assist in off-loading

fractures and treat diabetic foot wounds.

His extensive research and experience in acquiring funding, as well as his widespread background in clinical teaching, will be valuable additions to our academic community.

Please join me in welcoming our new dean!

Getting Involved 101

By: Sarah Haller

From all of us here at Barry, we want to extend a warm welcome to the incoming class of 2014! Barry has many opportunities to get involved not only within the school and community but also nationally.

Depending on how much time you are able to contribute outside of your schoolwork and what your interest are; we can find something for you! Barry supports 11 clubs on campus: Podopediatrics,

Practice Management, and Sports Medicine just to name a few. All of the clubs meet about once a month and do at least two service projects each semester. Each of these service projects must extend

“East meets West: Barry Delegation goes to Seattle”

By: **Sofie Pinney**

The Annual APMSA House of Delegates met in Seattle last month. Students from all nine schools of Podiatric Medicine met to discuss current issues affecting both the students and profession alike. The APMA introduced a new marking campaign to the student leaders. The campaign “Today’s Podiatrist: Physician, Surgeon, Specialist” promotes Podiatrists as an integral part of the healthcare system.

Another hot topic of the meeting was Residency Genesis (shortage). Several organizations are working to ensure that there are enough residency positions for qualified students upon graduation. “Qualified” students are described as having passed Boards Part I and II and have successfully completed the necessary course and clinic work. Again, it was suggested that

if anyone knows of a DPM who works where there is no residency program, please contact your Class Delegate so we can attempt to cre-



ate a new program.

The House of Delegates also recognized several contributions made by our students. Every year students are asked to contribute \$25 to the APMA-PAC, which aids in providing funding for Podiatry-friendly legislation. This year BUSPM had the largest increase in a school’s overall contribution, from \$800 to

over \$2600! In addition to this, BUSPM was recognized for raising almost \$700 for the 50/50 Raffle, which directly supports the APMA Educational Foundation. This foundation is responsible for giving third and fourth year student scholarship awards of \$1000. Lastly, each school nominated a fourth year to represent their program as the APMSA Student of the Year candidate. At the meeting, the candidates were discussed based on their overall CV, extra-curricular activities and an essay. One of the finalists was then chosen as the APMSA Student of the Year and was the recipient of a scholarship from the APMA Educational Foundation. Congratulations to **Annabelle Santos** for representing BUSPM and for winning the APMSA Student of the Year Award!

Getting involved cont’d

into the community. Some of these great examples include feeding the homeless with SNPMA and pedicures at the Women’s Shelter with the American Association of Women Podiatrist (AAWP.) Each of the clubs elect new officers every spring for the up and coming year.

Another way to get involved is to become a class officer! Class meetings, socials, and study sessions are communicated through these students.

We have liaisons for Admissions to give tours and welcome interviewing students/ future colleagues. This is a great way to be involved!

Nationally the Florida Podiatric Medical Student Association (FPMSA) selects representatives from the class to serve in the delegate position or as an officer of the association. Delegates, President, and President-Elect all travel to the national scientific meetings and

attend workshops in Washington, D.C. annually.

On top of all of these great opportunities Barry offers many more ways to become involved academically. Feel free to contact me or any of your new colleagues here at Barry for insight into your new field. Please do not hesitate to contact me with any questions! Good luck to each of you!

Footprints Staff

Editor in Chief: Vinay Matai
Co-editor: Patrick Gillihan

Joke Corner

Q: Why were the two neighboring podiatrist best friends?

A: They were SOLE mates

ATTENTION FRESHMAN

Are you interested in becoming a part of the Footprints Staff?

Are you a talented writer with creativity? Are you able to manage your time well and still enjoy writing? If you answered any of these questions the Footprints Staff is looking for a member of the Class of 2014 to help write articles and find those that are interested in writing articles for future issues. Please email Vinay Matai at vinaymatai@gmail.com

Upcoming Events

August 28 — Welcome Back BBQ

August 30 — School Begins

**Sept 3 — Welcome Back Party
@ Pangaea**

**Sept 6— Labor Day
NO Class**

Sept 11— RESIDENCY FAIR

