



THE DIFFERENTIAL

THE UNIVERSITY OF ARIZONA COM-PHOENIX STUDENT PUBLICATION

Match Day 2020

Letter from the Editors:

The University of Arizona College of Medicine—Phoenix has established a tradition of creative Match Day celebrations. Students have historically opened their envelopes amidst a storm of confetti and hundreds of balloons to the tune of festive music. The entire school participates adding to the sea of laughter, exclamations, and the cheers of family and friends which resound in the canyon.

Unfortunately, this year's celebrations have been cancelled in order to protect the safety of the students, their families, and our local community in order to reduce the potential spread of COVID-19.

Although this class won't have the opportunity to celebrate their accomplishments publicly, their achievements will not go unnoticed. The current pandemic has become an additional hurdle for which the rigors of medicine and their duty to push back against diseases have placed in front of them. Like the countless other challenges this class has faced during medical school, they will persevere today and forever. Today, their resiliency will allow them to continue to share their joy with their closest family members and friends, the very people who have supported and helped condition their resiliency. We would like all the graduating students to know that we, the students and faculty at this school, will be celebrating with you and thinking of you today. We are excited and especially proud to witness this class continue forward with exceptional class. Our country and world need them, now more than ever.

On The Match:

The importance of The Match for a medical student cannot be understated. The Match determines an individual's residency, as well as their home for the next several years and the location at which they will soon spend a majority of waking hours. In honor of this, the school's Match Day committee spends countless hours planning a celebration, with a new theme for each class.

Medical school is challenging, and the Match itself is a grueling process. After completing most of the required rotations of medical school, students participate in visiting student rotations at other programs, moving around the country for a month at a time to show off their clinical knowledge and practical skills in hopes of clinching a residency spot. Residency applications are due in mid-September, after which students may be invited to interview at a select number of institutions. After traveling cross-country to attend interviews, students complete a rank list of residencies. Residency programs also create rank lists of students whom they have interviewed. The National Resident Matching Program (NRMP) uses an algorithm to assign students to residency programs based on the respective rankings of each.

The Monday of Match Week is a nerve-racking day as the NRMP notifies all students who have successfully matched by email but does not give information regarding specific placement. On the third Friday of March, Match Day, every medical student in the United States discovers where they'll be training for residency.

This special issue of The Differential showcases the talents of current students, faculty, staff, and alumni and features some of our classmates participating in The Match this year. We eagerly anticipate the results of this year's Match and are incredibly proud of the accomplishments of the Class of 2020.



Congratulations to the Class of 2020! We wish you the best of luck in your future careers.

- Arjun Johal MS1, Dara Farhadi MS2, Tanner Ellsworth MS3, Jenna Koblinski MS3

ALUMNI PERSPECTIVE: BEYOND THE MATCH

BY: Aishan Shi, MD

It astounds me how quickly the year has gone by. In order to write this reflection, I had to look back at my article last year for Match: I had mixed feelings then about the day and the process, but I still stand by the underlying sentiment that Match (more so than commencement) is a confirmation of our aspirations and personal philosophy in medicine. Though intern year has been challenging in various ways, it has been fulfilling in ways I could not have imagined as a medical student. Whereas during medical school, your future physician self is still intangible and reflected back at you in each patient encounter, residency plunges you across that threshold into the depths of patient care. It is alarming. Yet it is undeniably refreshing. Fear in this new environment may instinctively make you hold your breath, but trust in your training quickly allows you to breathe.

These were the initial feelings on wards, ICU, and each new rotation in different settings. These new experiences terrified me, but also taught me so much and brought me closer with my patients as well as my colleagues. The first month or two of intern year were riddled with feelings of imposter syndrome, but with time and practice came trust in my knowledge and instincts. However, with time and practice also came exhaustion. Some days, it feels impossible to learn and provide clinical care due to competing responsibilities that seem out of the scope of practice for a resident. On such days, I have definitely walked over 10,000 steps throughout the hospital, chasing down nebulous requests that came from somewhere or someone unbeknownst to me, and still left with oodles of notes to write, as well as other neglected administrative tasks that have built up over several weeks and don't get resolved despite the daily six AM email reminders that flood my inbox.

Task-burnout notwithstanding, my resolution to care for my patients and foster the patient-physician relationship has only grown with residency. I never hesitate to stay a little longer and answer questions for the patient and their families. Too often, I hear that things were not fully explained (especially for non-English-speaking patients). Their gratitude from these moments and trust reflect the work ethic I aspire to fulfil in this profession.

The patient-physician relationship continues to find ways to surprise me. It has always felt like an earned privilege to care for another individual. However, one time a patient and the family members placed such overwhelming trust in me, whilst I hesitated on my instincts in my patient's dire situation. After the transition of care to a colleague, I still had no definitive answers. Their trust and gratitude felt undeserved. Weeks later, I learned that there was nothing the doctors could do anymore, though I still questioned my moment of hesitation. It took me a long time to accept that it wouldn't have made a difference. What did make a difference was being there at the eleventh hour, at the end of a long day, at another hospital, honoring the family's decision, and saying goodbye to my patient.

This is what my primary care instincts told me I needed to do, and this I know I needed to trust. This was growth I had never before imagined.



PERSPECTIVES ON THE CLASS OF 2020

Congratulations to the Class of 2020! You've worked hard to get to this point and we are all very proud of you! The nickname for this class is "The Classiest Class." The definition of classy is "having or reflecting high standards of personal behavior. Admirably skillful and graceful." This class definitely is all of these and more. They are compassionate, dedicated and passionate about taking care of others.

I love this class and know they will be excellent doctors!

Kelly Lynch
Coordinator, Alumni and
Student Engagement
Match Day Committee



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SPECIALTY SPOTLIGHT: INTERNAL MEDICINE**CHIRAG KAPADIA**

The first day of each rotation you get a feeling in your stomach, as if you know this is gonna be your favorite. It wasn't until my last rotation that I found my true passion, Internal Medicine. From the moment I started, I felt welcomed and supported by my residents and attendings. Moreover, the work didn't feel exhausting to me; I wanted to go to the hospital, even if it was early in the morning or late in the night. I actually enjoyed what I was doing and I realized that this was where I fit in. I love being able to have time to think critically with a group of peers and dive into a patient's history to piece together the puzzle that may be their illness. Throughout medical school I was worried, I wondered whether or not I actually "fit" into a field, but as soon as I was in medicine, I knew these were my people. I'm excited to start residency and have my own patients to connect with and learn from. Medicine affords me the opportunity to create those meaningful relationships, which I hope to carry on with me as I progress through my career.

**SPECIALTY SPOTLIGHT: UROLOGY****DANNY SALEVITZ**

I chose Urology because I felt that it is the specialty that offered me the perfect combination of the experiences that I enjoyed through my medical school training. I look forward to developing long-term patient relationships through both the outpatient and inpatient settings, as well as training in the surgical management of benign and malignant conditions of the GU tract. My specific interests include surgical management of kidney cancer, robotic surgery, and neurogenic bladder in the pediatric population. I am very thankful to be able to train in a specialty which will allow me to explore all of these topics, and I am so incredibly excited to train with the urologists at Mayo Arizona for the next 5 years!

SPECIALTY SPOTLIGHT: PEDIATRICS/PEDIATRIC NEUROLOGY**SHIVANI MISRA**

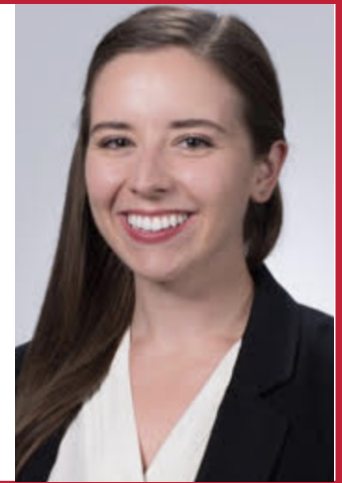
I feel like Child Neurology itself is this secret specialty, and yet, within this microcosm is an even more exciting secret--the field of Neurodevelopmental Disabilities. I found this specialty mostly on accident, and thus, my advice stems from there: try different things until you find what gets you excited. For me, that's having the opportunity to support little victories and advocating for families, while also celebrating some of the greatest scientific advancements in patient care. Medicine is undeniably challenging, but the will to keep going stems directly from your passion. Don't stop looking until you've found it. This journey has been incredible and I am so excited for our class and what the future holds for all of us!



SPECIALTY SPOTLIGHT: FAMILY MEDICINE

CAYMAN MARTIN

I am incredibly excited about the versatility of my future career in Family Medicine. I was initially drawn to this field because of the opportunity for continuity of care with my patients, and was thrilled to learn all the ways that I can care for my community! I'm particularly interested in learning more about hospice care, the treatment of substance addiction, advocating for reproductive rights, and health policy. I know I've grown a lot as both a learner and a leader since starting medical school and am looking forward to continuing this process as an Intern and beyond!



SPECIALTY SPOTLIGHT: ANESTHESIA

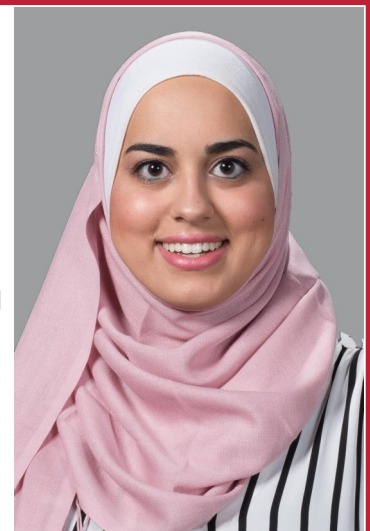
CHRIS BEAN

It is a privilege to provide anesthesia and I look forward to a long career of gaining the trust of my patients and honoring that trust. It's no surprise that people undergoing surgical or diagnostic procedures are nervous and scared, and it is the role of an anesthesiologist to put them at ease and keep them safe through one of the most traumatizing periods of their lives. Beyond providing anesthesia in an operating room, the role of the anesthesiologist is growing and constantly changing. I am excited for the opportunity to practice medicine with patients ranging from premature babies to centenarians, to work in the ICU, spend time in outpatient pain clinics, and use cutting-edge technologies to directly impact and improve the lives of others. For future applicants: always think about what matters to your patients, be there for your classmates and colleagues, and don't forget to take care of yourself!

SPECIALTY SPOTLIGHT: GENERAL SURGERY

ZANA ALATTAR

Do what you love and you'll never work a day in your life. Going into medical school, I knew that I wanted to choose a specialty that helped me embody that mindset. Additionally, I've been lucky to have amazing mentors throughout my career that gave me 2 pieces of great advice. First, find your people. And secondly, make sure you love the bread and butter of the specialty you choose. The field of general surgery is where all of these concepts aligned for me. I can't wait to start my surgical training, knowing that I get to do what I love, surrounded by people who have the same work ethic, resilience, and passion for the field that I do.



MATCH DAY REFLECTIONS

BY: BRIDGET RALSTON, MS4



Reflecting on the last four years of medical school, I am shocked by how quickly time has passed. It seems like just yesterday that I was walking to the first day of Introduction to Medicine on a hot July morning with my classmate, Dylan Sabb. We enthusiastically discussed our hopes for our first day and the rest of medical school, completed last checks of our “business casual” wear, and lamented our sweatiness upon arrival to campus. Our conversation was probably trivial and our naivety obvious, but that didn’t bother us. We were about to embark on a journey that would change us forever, and while we did not know the specifics of the means, we were certain of the end.

When I think back to that day, I can still revive the same feeling of freshness and zeal for learning. Medical school is hard, and some days feel like an eternity. Board exams loom like specters in the back of our minds, ever-present reminders that the work never really ends. A team or attending may just not “click,” and your self-esteem suffers as you wonder whether you will ever be competent or useful. Call shifts stretch long into the night through to the next morning. Fatigue sets in much like arthritic pain settles into a joint: constant and unrelenting. It is often hard to see the light at the end of the tunnel, the long-awaited ability to greet a patient as “Dr. _____.”

Throughout these challenges, the most immediate source of comfort is my fellow medical students. I have leaned on my classmates countless times. We have studied together, cared for patients together, celebrated together, laughed together, and cried together. This experience is one that can only be fully understood from inside, and the ability to share it with my classmates has been both a necessity and a privilege. One of the remarkable attributes of the University of Arizona College of Medicine – Phoenix is its ability to draw generous, kind, empathetic, brilliant, and dedicated individuals. This includes our administration, staff, faculty, and the medical students in each class. I am honored and humbled to be attending school with such incredible people and I look forward to celebrating our successes today as we Match.

I realize that, even at the end of medical school, I know little about the practice of medicine. I am, however, certain of a few things. I could not be as enthusiastic, happy, or successful without the support and assistance of my family and friends, who have been a constant, albeit sometimes confused (sorry about all the acronyms, Mom), support during medical school. Medical education is perplexing and convoluted, even for those participating. I have benefited from a large cheering squad that asked many questions and received very few clear answers, but continued to love and validate me regardless. On behalf of my classmates, thank you to the family, friends, faculty, staff, residents, attendings, and others who encouraged us during medical school. Thank you as well to my parents, siblings, incredible fiancé, in-laws, family, friends, and the rest of my team. I could not have done this without each of you.

To my class: This day is bittersweet. I am sad to know we will be scattered to residencies across the country, but I am undeniably proud to say that I attended school with you all. We have accomplished so much more than I think any of us believed we could. We did not just survive medical school; we triumphed, and today is a day to celebrate our accomplishments. Although we may be traveling to different places, there are things I am certain will not change: your compassion, enthusiasm, and talent will not fade; practicing medicine will always be a privilege and honor; you will never stop learning.

Congratulations to my classmates on Matching! The world now has 90+ more excellent residents.



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MATCH DAY REFLECTIONS

BY: MADALYN DALE NELSON, MS4



Match day is the most highly anticipated day of medical school. Seriously! In my opinion, there is more energy, nerves and excitement that surrounds this day than graduation! Match day is when we finally get to know that, yes, we have jobs and, yes, we get to continue on this amazing journey of taking care of patients as physicians. It is the day when our efforts of medical school culminate and we get to celebrate this achievement with our friends, family and faculty. If that's not enough reason for the day to be exciting, the student affairs team makes the day even more special. For lack of a better word, the student affairs "throws a party" in celebration of all we have achieved. We get to open our result envelopes together as a class and announce where we will be spending the next 3-5 (or more) years of our lives!

I can't wait to again share my match results formally with my class on match day! "Match day" has somewhat of a different meaning for me than most of the students in my class because my official "match day" has already happened. I am a military medical student and I have already matched into family medicine in the Army!

The military match process is different from the civilian process and the big difference is that military match happens much sooner than the civilian match. As a military medical student, I completed 3 away rotations in Army facilities and interviewed while I was at those sites. There was beauty in the simplicity of my match. I got to dig deeper into my top 3 possible programs by spending 4 weeks at each site. I got to see the positives and negatives of each program, and I got to really experience what it would be like to be an intern at each location. I learned about the hospitals and their surrounding areas. Most importantly though, I got to meet the military service members that I would be caring for. If I think about the service members and their families long enough, I start to get tears in my eyes. I think about the young, brand-new, anxious mother whose husband just deployed. I think about the Soldier whose migraines became crippling due to the stress of his job. I think about the elderly hypertensive Veteran who gave 20 years of service to our country. They are the reason all the work in medical school leading up to the match is worth it and they are the reason I chose to serve as a physician in the military.

My match results were released to me by email this past December, but I will still be opening my envelope with my classmates and participating in the match day celebration. I can't wait for my classmates to find out where they are going and I can't wait to celebrate with them! Whether an early match student or a regular match student, this time of fourth year is incredibly emotional. It is filled with excitement (and stress) of finding out results, relief with happy news of a successful match, and anticipation of the responsibilities to come as we go out to care for our own patients and continue our specialty training. Amidst all the emotion of this time, we should stop to slow down and appreciate where we are now because we have earned the celebration, the relief of knowing our match results, and the honor of soon becoming doctors. I know we each will go out on our own paths, but there is nothing more exciting than knowing that match day really is the start of the rest of lives as caring and compassionate physicians.



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ALUMNI PERSPECTIVE: BEYOND THE MATCH

BY: LAETH GEORGE, MD

Congratulations on making it (essentially) through medical school! Match Day is an exciting and terrifying time, and I hope each of you get the results you want. With most of intern year behind me, I wanted to pass on a few thoughts and pieces of advice:

1. You are more than your match results. You'll see a lot of posts about classmates and friends at other schools who matched at their #1. If you don't, that doesn't make you inferior. There are a lot of good residency programs out there.
2. Treasure this time with your classmates, friends, and family. Your lives will change dramatically in a few short months.
3. Residency can be hard, frustrating, and challenging. It can also be rewarding, and there will be moments that make this all worth it. Hang on to those moments.
4. Be nice to everyone in the hospital. Your colleagues, staff, strangers—everyone. If people upset you, are rude, or unpleasant, discuss this privately with those in your support system. Fair or not, we are held to a higher standard than others in the hospital.
5. Pay it forward to the medical students. Teach them (in short bursts) and respect their time. Remember what it was like for you and emulate the residents you liked the most.
6. You will make dozens of decisions on a daily basis. Some inconsequential, some major. Occasionally, you will choose wrong, or someone will disagree with a call you made. This does not mean you are a bad doctor, it just makes you human, like the rest of us.
7. Be kind to yourself. Eat well, sleep, and exercise if you can (and want). Some days you won't have the energy to go to the gym or for a run. Other days you'll eat a second (or third?) donut from the ones left in the nurses station. That's okay.
8. Be kind to your colleagues. If your co-interns are busy (and you're not), help them. Get them food if they don't have time to go on their own. Play (good) music in the team room.
9. Efficiency is (I believe) a key to happiness in residency. If you know an admission or a consult is coming, start working immediately. Open a word document with tidbits from the chart review, print out the last available med list from outpatient notes/DC summaries, place preliminary orders (e.g. the admission order, vital signs, etc.)
10. Plan ahead. Order Melatonin PRNs for all (literally all) your patients. If a patient has a cough, include throat lozenge or tesselon pearl PRNs. Planning ahead WILL save either you (or your overnight coverage) a page at 2AM.
11. What we do is serious. Patients and their families will trust you, a complete stranger, with their lives. That being said, remember to have fun, make jokes, and laugh. Not every moment has to be serious.



ADVICE ON INTERN YEAR

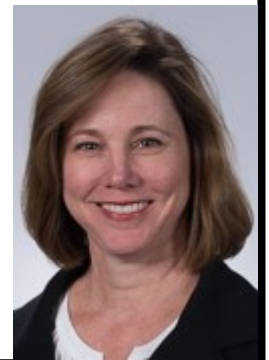
Time seems to pass faster with every class, from your first day in Intro to Medicine through Match Day. It has been amazing working with all of you and I feel very fortunate to have been a part of that journey.

Before you embark on the next phase of this whirlwind, I would like to share two thoughts. The first, and most important- you are ready for residency! Every step of the way, you have been building the skills necessary to be an amazing physician. While at times the methods may not have made sense, I hope you can reflect on what you have accomplished and be confident that you are all very well prepared for this next step in your training.

The second thought- trust your team, your nurses and yourself. I recall an event in the CVICU when I was a new intern responding to a code. Since I was the first physician to arrive, I was, by default, in charge of running the code. As I tried to decipher rhythm on the EKG monitor, I quietly expressed to the lead nurse that I wasn't sure about the rhythm. The very experienced nurse quickly nudged me by asking if I thought it looked like Torsades and whether I thought IV magnesium would be helpful. Fortunately, that was enough to refresh my memory and even better, my senior resident promptly arrived to assume control. Everyone wants to do the best for the patient, and everyone will help you, if you ask. The patient survived and recovered well, and I proceeded to read everything I could about Torsades de Pointes.

In just four months you will be starting your intern year. Please know you are smart enough, compassionate enough, and prepared enough! You are an amazing class. In fact, you are the 'classiest class'. Best wishes to you all.

Susan Kaib, MD
Associate Dean of Student Affairs
Associate Professor
Family, Community and Preventive Medicine



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CLASS OF 2020 OATH

We, the University of Arizona College of Medicine - Phoenix Class of two thousand twenty, commit to our calling as physicians through the fulfillment of this oath:

I will hold the care of my patients as a privilege and sacred trust, honoring their dignity, individuality, and vulnerability. I pledge to empower my patients and their families to be stewards of their health, learning from them as they learn from me. I will demonstrate empathy as I transcend personal bias, alleviate suffering, and promote health.

I am grateful for the unwavering support of family, friends, and mentors whose sacrifices helped me pursue this path. In return, I will honor the importance of their contributions to my character.

I vow to serve as a leader and mentor in my community, addressing health disparities, and pursuing advocacy, especially for those with a voice not heard. I will foster an environment of mutual respect and collaboration in pursuit of excellent patient care. In tradition, I aspire to “cure sometimes, relieve often, comfort always.”

I will remember the honor it is to practice medicine and the passion that inspired this journey. I resolve to acknowledge my limitations as opportunities for continual growth. I will maintain my well-being, as it is vital to my ability to care for patients.

As the tenth entering class, we acknowledge the foundation upon which our education rests and thank those who have worked to establish this institution as a place of excellence and innovation. We pledge to uphold this unique legacy and mentor those who follow us.

We, the Class of two thousand twenty, with integrity, humility, and compassion, devote the best of ourselves to the betterment of others.



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