

# CLASS of 2013 alumni reflect on the start of their residency experience

# are they now?

The alumni of the Charter Class of The Commonwealth Medical College (TCMC) are well on their way to becoming experts in their chosen field, furthering their medical education at residencies across the nation. After four years, the class successfully matched with excellent programs in a very competitive process. We recently checked in with a few alumni to see how things are going in year one of their residency.



Ryan Sugarman, MD

North Shore-Long Island Jewish Hospital, NY

Specialty: Internal Medicine

Hometown: Stony Brook, NY **Dr. Sugarman '13** matched at his first choice for residency. Ryan has received praise from his program's chiefs and social workers for his discharge plans and instructions for outpatient care. "I attribute this success to the Longitudinal Integrated Curriculum (LIC) of TCMC, which stressed importance of continuity of care in a patient-centered model." His advice to students: "Embrace the unique curriculum of TCMC to gain experiences no other third or fourth year medical student can. Stay organized, prioritize tasks, and have a positive attitude and you'll find success."



## Kristen Suchniak Mussari, MD

Hershey Medical Center/Penn State, PA

Specialty: Internal Medicine

Hometown: York, PA

**Dr. Mussari '13** feels well prepared for residency. "Patients finally view you as 'their' physician, and it's great to be able to (almost) independently manage their care. My TCMC education has helped me understand both the medical and social issues that patients face as well as the importance of continuity of care." Her advice for students? "Enjoy your last year of medical school! Never get so caught up in the amount of work you have to do as a resident that you are distracted from what brought you into medicine in the first place—helping others."



Joseph Marchese, MD

University of Connecticut Health Center, CT

**Specialty:**Orthopaedic Surgery

Hometown: Scranton, PA **Dr. Marchese '13** loves his residency experience. "It's an incredible personal sacrifice, yet indescribably gratifying. I'm realizing the fun and satisfaction that come with taking care of people. You have to understand the complete impact of illness on patients and know how to tactfully utilize resources in the challenging health care world." His advice? "There is something to learn from every patient. Show the same level of interest and compassion for your attending physician's patients as if they were your own." And one thing he wished he knew about residency before he started? "How firm the call beds are!"

To read the entire article about Ryan, Kristen, and Joseph, visit www.thecommonwealthmedical.com/AlumniSpotlight.

## A Message from the

# President and Dean



As 2013 comes to a close, I am thrilled to be looking back on our accomplishments with great pride. It has been a monumental year at The Commonwealth Medical College (TCMC). We celebrated significant milestones with our first Residency Match and Commencement and increased the size of the MD class to 100 students. Multiple measures of student success in board exams and residency programs are testaments of the incredible work we are doing in northeast and north central Pennsylvania. You'll find highlights of the charter class residency programs in this issue.

I could never have imagined how deeply gratifying my first year as president and dean of TCMC would be. I thank members of the Board, community, faculty, staff and students for their engagement in making this such an exciting time at TCMC.

Our fundraising efforts are off to a fabulous start with two successful events that raised more money for student scholarships than ever before. In September, the Golf Tournament attracted 132 golfers to a sold-out event at the Huntsville Golf Club. Three weeks later we rolled out the carpet in true TCMC style for the fifth annual Gala. This year's event honored 21 community leaders of the Northeastern Pennsylvania Medical Education Development Consortium who believed in the concept of bringing medical education to the region and worked to make it a reality. You can read more about these events in this issue. In 2014, we will be launching a major campaign for scholarships that you will be hearing more about very soon.

We are continuing to make progressive improvement in our bottom line and I am gratified by many exciting developments, including our success in stabilizing support from the State and in securing Federal matching funds. This and other successes have moved TCMC closer to financial stability and remaining an independent medical school.

Being true to our mission to improve healthcare in our region, we are building strong partnerships around health care quality and mental health. There will be more to come on these initiatives in the coming year.

As we approach a new year, I want to thank our donors, supporters and friends for their confidence in me and trust in TCMC. I look forward to another successful year.

Best wishes for a happy and safe holiday.

Sincerely,

Steven J. Scheinman, MD *President and Dean* 

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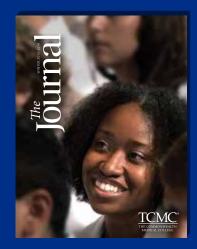
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## ON THE COVER:

Laurel Macy (center) sits proudly with fellow MD1 students at the Class of 2017 White Coat Ceremony on August 9, 2013. THE TCMC COMMUNITY

# GROWING

his fall, TCMC enrolled its fifth and largest class of 101 Doctor of Medicine (MD) students and its fifth class of Master of Biomedical Science (MBS) students.



Students in the MD Class of 2017 were selected from more than 5,000 applicants. Of the 101 selected, 73 are from Pennsylvania and 24 are northeast and north central Pennsylvania residents. In August 2013, the new students spent a week immersed in orientation activities. To bolster team building, students even navigated a Ropes Course at Keystone College.

On August 9, the first year students took part in a traditional White Coat Ceremony at St. Robert Bellarmine Theater at Scranton Preparatory School. The symbolic cloaking of a medical student with a white coat, the mantle of the medical profession, impresses upon the



student the importance of professionalism and his or her obligation in the doctor-patient relationship as they begin their study of medicine. An inspirational keynote address was given by Jonathan A. Goldner, DO, FCCP, FCCM, chief medical executive for Medicine and Chronic Disease and director of Critical Care at Pocono Medical Center.

"This is a truly impressive class," states Linda Berardi-Demo, EdD, associate dean for Admissions & Student Affairs.

"TCMC recognizes the importance of selecting diverse, intelligent, and compassionate candidates who are academically successful, passionate, innovative, and community-minded. That's part of our mission."

The MBS Class of 2014, consisting of 55 promising and dedicated students, also joined the TCMC community in August. The College's rigorous MBS program is designed for students who seek to strengthen their credentials for application to medical school or a health professions school or seek a foundation in biomedical sciences to enter a career in public health, scientific research, education or biomedical technology.

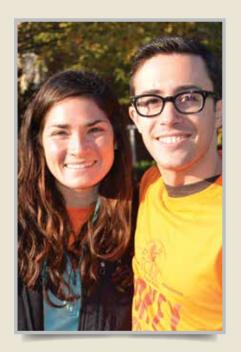
"TCMC's dedication towards family care and patient-centered learning matched my reasons for pursuing a career as a physician," shares Thanh Hoang, MBS student and president of the Graduate Student Council.



# STRONGER



THE CLASS OF 2017 ARE READY FOR THE NEXT FOUR YEARS OF THEIR LIFE AFTER RECEIVING THEIR WHITE COATS.



## A RACE FOR **FRIFNDS**

TCMC's fourth annual Turkey Trot 5K filled the streets of downtown Scranton with walkers and runners on November 2, 2013. The studenthosted Walk/Run benefited Friends of the Poor, a non-profit organization that seeks to ease the burden of living in poverty and enhance the quality of life for all who live in the low income community. The funds raised specifically supported the organization's annual Thanksgiving community dinner.



## PROMOTING HEALTHY COMMUNITIES

n October 12, 2013, TCMC students partnered with Scranton Primary Health Care Center and National Health Service Corps (NHSC) scholars to host their second community health fair at TCMC's Medical Sciences Building in Scranton. The fair celebrated both National Primary Care Week and NHSC Community Day. Over 30 local organizations provided close to 350 participants of all ages with

free healthy living information and various health and wellness screenings. MD3 student Jessica Pozzuto, a member of the planning committee, shares, "It's a very rewarding event. As a medical student who wants to be a primary care physician, I understand the importance of promoting healthy communities. The fair offered the public easy access to valuable health and well-being services."



MEET DR. IOBST

Vice President for Academic and Clinical Affairs and Vice Dean

"TCMC is providing future generations of physicians the core competencies necessary to reform and improve health care in this country. Rarely are you given the opportunity to participate in such meaningful change that is embodied by the mission of TCMC."

- WILLIAM F. IOBST, MD

A Pennsylvania native, Dr. Iobst is a national leader in competency-based medical education and assessment of trainee performance. He brings more than 25 years of clinical and medical education experience to TCMC. Most recently, Dr. Iobst served as vice president for academic affairs at the American Board of Internal Medicine (ABIM) where he developed outreach faculty development activities with residency and fellowship training programs. He oversaw the credentialing of ABIM diplomates and worked with ABIM's research team to develop new and better assessment methodologies for competency evaluation. Dr. Iobst also led the development of Internal Medicine Milestones as part of the Accreditation Council of Graduate Medical Education (ACGME) Next Accreditation System during his five year post at ABIM.

Before working at ABIM, Dr. Iobst was on the medical staff at Geisinger Wyoming Valley Medical Center in Wilkes-Barre for eight years, where he served as director of the department of medicine. He then moved to Lehigh Valley Hospital where he was vice chairman for education in the department of medicine, program director for the internal medicine and transitional residency programs, and designated official and medical director of graduate medical education.

Dr. Iobst has lectured both nationally and internationally on issues related to medical education, particularly competency-based education, and has played active roles in collaborative efforts involving the AAMC, AAIM and ACGME in developing paradigms for competency-based education. He has received numerous awards for Clinical Teacher of the Year at Lehigh Valley and is the author of 40 peer-reviewed publications, book chapters and invited reviews.

In his position at TCMC, Dr. lobst is responsible for oversight of the academic functions of TCMC including curriculum faculty affairs and development, student affairs and research at TCMC's educational sites.



**Undergraduate Degree: Bucknell University** 

# Medical School: The Jefferson

Medical College of Thomas Jefferson University

Internal Medicine Residency: Robert Packer Hospital, Sayre

Rheumatology Fellowship:

Dartmouth-Hitchcock Medical Center

**Board Certified:** Internal Medicine and Rheumatology



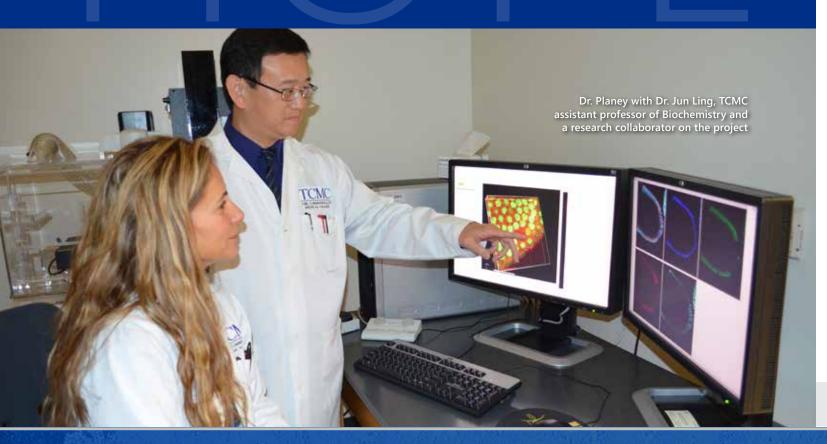
MATCH DAY CELEBRATION Friday, March 21, 2014, Noon - 1:00 p.m. TCMC's Medical Sciences Building, 525 Pine Street, Scranton, PA 18509

COMMENCEMENT Saturday, May 10, 2014, 11:00 a.m. The F.M. Kirby Center for the Performing Arts, 71 Public Square, Wilkes-Barre, PA 18701

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# TCMC RESEARCH FOR IC PATIENTS



hronic pelvic and back pain, increased frequency and urgency of urination are part of Katie's everyday life. Having been diagnosed with interstitial cystitis (IC) four years ago, the 17 year-old from Clarks Summit, PA, has seen numerous specialists and gone through countless diagnostic tests to alleviate her pain.

Katie Gilarde is among the four million people in the US who have been diagnosed with IC, and there are up to another eight million people who are experiencing symptoms of the disease but are undiagnosed, according to the Interstitial Cystitis Association (ICA). Also commonly known as painful bladder syndrome (PBS), or chronic pelvic pain (CPP), IC is a chronic inflammatory condition that occurs along the wall of the bladder.

According to Robert J. Echenberg, MD, founder of the Institute for Women in Pain in Bethlehem, PA, diagnosis of the disease can be complicated by the fact that recurring pelvic regional pain or pressure (and pain made worse by "holding your bladder" too long and relieved by urination) is often confused with other conditions, such as recurrent urinary tract infections, endometriosis and painful menstrual cycles. Diagnosis can also be confused with symptoms of irritable bowel syndrome (IBS) and fibromyalgia which further complicates the diagnostic process and delays effective treatment for these patients. Current tests are only able to identify fewer than 75% of patients with IC. These tests are expensive, sometimes quite painful, and can even involve cytoscopy, an invasive procedure performed under general anesthesia.

The exact cause of IC remains a mystery, but researchers have determined that the primary cause of pain is triggered by a dysfunction in the bladder. Researchers speculate that one reason for this is that normal repair of the lining of the bladder does not occur in patients who develop IC. This dysfunction involves a protein called antiproliferative factor (APF), the glycopeptide discovered by Susan Keay, MD, PhD, from the University of Maryland. Studies have shown that APF is produced by the cells of patients with IC, but not by the cells of healthy people.

As research into the causes of IC continues to grow, so does the hope of discovering a facilitated diagnosis that will lead to more effective treatments. In September 2013, TCMC was awarded a three-year, \$945,142 contract from the US Department of Defense (DoD) Office of Congressionally Directed Medical Research Programs (CDMRP) to study IC. Sonia Lobo Planey, PhD, assistant professor of biochemistry in the Department of Basic Sciences, whose research is the basis of the project, is the principal investigator of the Peer Reviewed Medical Research Program (PRMRP) Investigator-Initiated Research Award,

titled "Validation of AFP as a Urinary Biomarker for Interstitial Cystitis." Jun Ling, PhD, also an assistant professor of biochemistry at TCMC, serves as research collaborator on the project.

"This is a tremendous accomplishment for TCMC and validation of the impact of our research program. The awarding of this DoD contract reflects the significance of Dr. Planey's discoveries and demonstrates the major strides we are making in research here in our region."

- STEVEN J. SCHEINMAN, MD PRESIDENT AND DEAN OF TCMC

Dr. Planey's research responds to the need for a validated IC biomarker that can be used for diagnostic and potentially prognostic purposes. "Many of the struggles clinicians face in diagnosing this disease and in selecting treatments, evaluating effects, and deciding when and how to modify treatments could be overcome if a validated biomarker for IC existed," said Dr. Planey. APF holds the most promise as an IC biomarker as it has been shown to be present in the urine of 95-97% of IC patients. A reliable technique to detect and measure this biomolecule in urine has eluded investigators to date. Dr. Planey and her colleagues have developed a method that uses advanced technology to specifically detect and measure APF in the urine in less than 30 minutes, with no invasive procedures. "Funding from the DoD is critical to the validation and refinement of this methodology, which we believe will eventually lead to a non-invasive test for IC and provide greater insight into

APF's role in IC."

"Such a test, if approved, would not only be safer and less costly, it will help physicians understand the disease and be trained to quickly diagnose and treat this painful condition, usually with changes in diet, exercise and medications that help heal the bladder," stated Dr. Echenberg. "Dr. Planey's research is significant because if patients are treated early, they would respond faster and live a more improved quality of life."

"My hope is that a diagnosis comes soon so that people don't have to suffer like I have and can live a happy, more fulfilled, pain-free life."

- KATIE GILARDE

SAVE THE DATE! 2/22/14: CME with Dr. Echenberg, Dr. Planey, Katie Gilarde at TCMC



Keystone Symposium 2013 committee members. Left to right, front row: Olapeju Simoyan, MD, MPH, BDS, assistant professor of Family Medicine & Epidemiology; JoAnn Babish, MSLS, manager of CME and Program Development; Steven J. Scheinman, MD, president and dean; Andrea DiMattia, MEd, associate dean of Faculty Affairs and Faculty Development. Left to right, back row: Valerie Weber, MD, MS, founding chair of Department of Clinical Sciences and associate dean for Clinical Affairs; Janet Townsend, MD, founding chair of Family, Community and Rural Health.

# Dedication to CONTINUING MEDICAL EDUCATION

s a Continuing Medical Education (CME) provider, TCMC has with great interest in our health care community and our newly formed obtained full accreditation from the Accreditation Council for Continuing Medical Education (ACCME). The College is one of approximately 700 ACCME-accredited organizations nationwide that provide continuing medical education for physicians and healthcare professionals.

Participation in CME provides ongoing educational support that helps clinicians improve their practice and care for patients throughout their professional careers. Accredited CME addresses every medical specialty, covering a range of topics important to health care improvement. CME also helps physicians meet requirements for maintenance of licensure, maintenance of special board certification, credentialing, membership in professional societies, and other professional privileges.

"The CME Program is fortunate to have the support of TCMC leadership and faculty in planning and offering a wide range of high-quality CME programs and formats to meet the educational needs of our health care professionals in northeast and north central PA. Our Keystone programs have been met

monthly Grand Rounds has already brought health care professionals and students together to learn more about clinical and educational research," states JoAnn Babish, MSLS, manager of CME and Program Development.

Most recently, TCMC's CME offered their second Keystone Symposium on November 16, 2013, titled "Substance Abuse: Recognition & Resources." The need for a program on substance abuse was based on several national and regional sources, including the Northeastern PA Community Health Needs Assessment of 2012, which confirms that addiction is a major problem in our region. Other sources indicate that drug abuse is a major economic cost to our nation, is a large contributor to social problems, and in the end, affects every community and family in some way. H. Westley Clark, MD, director of the Center for Substance Abuse Treatment under the Substance Abuse and Mental Health Services Administration of the U.S. Dept. of Health and Human Services, served as keynote speaker.

be announced in the spring.

# Academy of CLINICAL EDUCATORS

▼ stablished in 2012, the Academy of Clinical Educators (ACE) recognizes → and rewards the contributions and generosity of the TCMC volunteer clinical faculty. ACE promotes scholarship, participates in curriculum development, and reforms and generates new resources to support teaching. All active volunteer clinical faculty are inducted into ACE at the regional faculty development meetings throughout the year. ACE members can advance to a Fellow or Master level by meeting the criteria as outlined in the ACE Bylaws and by achieving the level of involvement in the critical role of educating TCMC's medical students. For more information, contact the Department of Faculty Affairs & Faculty Development at 570.504.9634.

We thank our clinical faculty for educating the doctors of tomorrow. Please see page 16 for a full list of ACE members.

"ACE provides a sense of personal reward or satisfaction and is the best mechanism to recognize the contributions and generosity of our volunteer clinical faculty."

> - GERALD P. TRACY, MD ASSOCIATE DEAN OF NORTH REGIONAL CAMPUS





Ida L. Castro, JD, MA, vice president for Community and Government Relations for TCMC, was selected as a finalist for this year's 'Woman of Excellence' SAGE Award. The SAGE Awards — Scranton Awards for Growth and Excellence - are presented annually by The Greater Scranton Chamber of Commerce and MetroAction at the Chamber Gala. Ms. Castro earned the nomination because her character, conduct, service, leadership and achievements, personally and professionally, contribute to the current and future development of the greater Scranton community.

#### WELCOME TO OUR NEW FACULTY MEMBERS



Diana Callender, MBBS, DM Professor of Pathology, Department of Basic Sciences



John Citti, MD Regional Education Coordinator of Medicine, South Campus, Department of Clinical Sciences



Stanley J. Dudrick, MD Professor of Surgery, Department of Clinical Sciences



Uhnoh Kim, PhD Associate Professor of Neuroscience, Department of Basic Sciences



Donald Nardone, MD Regional Education Coordinator of Medicine, West Campus, Department of Clinical Sciences



Shubhra M. Shetty, MD Professor of Medicine, Department of Clinical Sciences



Donald Stone, MD Regional Education Coordinator for Family Medicine, South Campus, Department of Family, Community and Rural Health



Cathy B. Wilcox, PhD Instructor of Molecular Biology, Department of Basic Science

## \$13 MILLION IN **GRANT FUNDING**

Since 2009, TCMC faculty, staff and students have submitted more than 263 research, technology transfer, training and equipment grant applications to Federal, State and private funding agencies through the Office of Sponsored Programs. Of those submitted, 59 have been funded for a total of \$13,333,604 in extramural grant funding.



Stanley J. Dudrick, MD, presenting Grand Rounds at TCMC on October 24, 2013.

# EXPERTS IN THEIR FIELD

📉 tanley J. Dudrick, MD, professor of surgery at TCMC, was awarded an Honorary Fellowship Certificate during the Philadelphia Academy of Surgery's annual dinner on September 30, 2013. He was guest lecturer for the Academy's Erb Lecture series titled: "A Half Century of Surgical Nutrition and Metabolism: History, Reflections, Perceptions, Controversies, and Challenges." On October 24, Dr. Dudrick presented "The History & Early Development of Total Parenteral Nutrition" during Grand Rounds at TCMC. Speaking to a full auditorium, he explained how he developed the specialized central venous feeding technique known as intravenous hyperalimentation or total parenteral nutrition (TPN). The development of TPN has been acclaimed as one of the four most significant accomplishments in the history of modern surgery.

Karen Arscott, DO, clinical associate professor in the Department of Clinical Sciences was guest speaker at the Opening Session of the Radiological Society of North America (RSNA) 2012 international conference in Chicago. As a lung cancer survivor, Dr. Arscott emphasized the importance of being a compassionate doctor while excelling as a radiologist in her presentation, "The Doctor as Patient; The Patient as Advocate." After being diagnosed with lung cancer nearly eight years



ago, Dr. Arscott underwent approximately 30 imaging scans throughout her course of treatment but had little personal interaction with her radiologists. The conference was also attended by TCMC students who presented an electronic education exhibit. They were: Jeff Farrell, Scott Dalane, Linda Sanders, Jeremy Chin, Amanda Moyer, Hassan Ahmad, Megha Patel, Kunal Dalal, Gary Ihnat, and Christine Park. The project was overseen by clinical faculty members Dr. John Farrell and Dr. Jamie Stallman. Dr. Arscott and students received rave reviews from national and international radiologists, medical physicists and medical professionals alike.

Mushfiq Tarafder, PhD, MPH, presented a poster on his flu research study "Predictors of Seasonal Influenza and Flu Vaccine Related Perceptions among HIV Patients and Individuals Considered at High Risk of Influenza Complications" at the 2013 North American Primary Care Research Group (NAPCRG) annual meeting November 9-13 in Ottawa, Canada. Copresenters included: Mary Feeney, PhD, RD, LDN; Betsy Mead, RN, BSN; and Shubhra Shetty, MD.



# Donor Spotlight: FIDELITY DEPOSIT & DISCOUNT BANK

🤜 idelity Deposit & Discount Bank, headquartered in Dunmore, PA, has had a presence in the community since 1903 and is a leader in introducing new 🛁 services to customers and supporting area initiatives. One thing has never changed over the years: their commitment to northeast Pennsylvania, and TCMC is squarely in the focus of their community-minded vision.

Fidelity invested in TCMC and offered a scholarship four years ago. According to the bank's president & CEO, Dan Santaniello, "The vision of the founders of the Medical College was what initially appealed to us as a community bank, particularly when you consider the economic impact and potential increase in the quality of health care in northeast and north central Pennsylvania." He added, "We have a vested interest in the growth of hospitals and specialists that will enable the local hospitals to capture some of the \$1.3 million in health care that currently gets exported elsewhere."

The Board of Directors of Fidelity recently decided to continue to support the College and renew their scholarship commitment. "We decided to renew our commitment to TCMC because we see the success that TCMC is having. We believe the success has created a positive economic impact here in northeast PA," said Dan. Fidelity wants to be part of that impact and help ensure the continued success of the College. He added, "We also feel it's important to support the medical research that TCMC provides, in the hope of addressing some of the prevalent illnesses that affect our area."

According to Dan, the leadership of Fidelity feels it's important to have the College in the community because the majority of students are from Pennsylvania. He explained, "That makes a difference. They understand the needs and challenges that we have here, so, that's a big advantage. And, as they join the local economy as practicing physicians, they will impact the level of health care for a long time to come."

TCMC wishes to thank Fidelity Deposit & Discount Bank for their continued support of the College and our students. For a full list of donors, see page 14.





# Gala 2013

at the Masonic Temple sipping cocktails, dining on gourmet fare from Epicurean Delight, and dancing until midnight to the music of "Which Doctor" and "Hoopla." The event's first-ever Silent Auction also enticed bidders with travel, pampering, art, dining, and entertainment items.

At this year's Gala, members of the Northeastern Pennsylvania Medical

e rolled out the blue carpet for our fifth annual Gala on October Education Development Consortium (MEDC) were honored. Through a 19, 2013. Guests spent the evening at the Scranton Cultural Center grassroots effort started in 2003, these local businesses, medical community members and government leaders laid the groundwork for TCMC-the region's first medical college.

> Like the annual Golf Tournament, the Gala promotes awareness for medical education and supports TCMC's scholarship fund. This year, both events raised more than \$380,000 with proceeds benefiting student scholarships.



# DONOR REPORT [This report recognizes gifts received in fiscal year 2013 (July 1, 2012–June 30, 2013), including any matching gifts.

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# "My scholarship helped make my dream of going to medical school a reality."

— KERI ANN STEVENSON

Keri Ann Stevenson is a fourth year medical student at TCMC and serves in a leadership role as a class officer. She hails from Hanover Township, PA, and is the South Regional Campus Representative.

"I was a first-generation college graduate and the first in my family to go to medical school. I really needed any amount to help me in the long run," she said. Keri Ann sees a definite need for more scholarship funding so that students like her don't have to incur an overwhelming debt.

"I appreciate every dollar I receive and recognize that I will need much more in the future. Scholarship funding is so important to TCMC's mission and values, particularly for students going into family medicine and primary care, which may not be as lucrative as other specialties, and for those who want to practice in NEPA," said Keri Ann.

"I want to thank all of the donors because your support has made my journey through medical school less stressful, knowing that I didn't have to carry the burden of full tuition. Because I have the opportunity to stay in my home town for my education, I also want to stay in the TCMC area and practice medicine," she added.

To make a donation or for more information, please contact the Office of Annual Giving at 570.504.9619 or visit www.thecommonwealthmedical.com/giving.



