

MEDAZINE

THE OFFICIAL MSA MAGAZINE

Issue 2
October 2017

<http://msacavehill.wix.com/home>



MENTAL HEALTH AWARENESS

With Mental Health Day Approaching, it is an important time to spread awareness. Read the article on p. 04

MIDTERM SURVIVAL TIPS

They're just around the corner. See our tips for making it through alive on p. 16

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Teddy Bear
Clinic

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Dr. Cohall

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Clinical Starter
Pack (Pt. 1)

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MEDICAL STUDENTS' ASSOCIATION

NEW SHUTTLE ROUTE



Bus #1

Leaves Keith Hunt Hall at **7:10 am** and the front of 3W's Oval at **7:15 am** (to journey to the Clinical Skills Building)

Starting
Monday
October 9th
2017

Bus #2

Leaves Clinical Skills Building car park at **10:15 pm** (to journey to campus)



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MENTAL HEALTH

AWARENESS



WHAT IS MENTAL HEALTH?

As defined by the U.S Department of Health and Human Services, “mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.” Did you know that our mental health can govern how we cope with stress? Affect how we relate to others? We should always strive for good mental health, as it is important at every stage of our lives, from childhood through adolescence and into adulthood.

GOOD READ

Success Story: A Personal Story of Mental Illness

http://www.massmed.org/Physician_Health_Services/Helping_Yourself_and_Others/Success_Story_A_Personal_Story_of_Mental_Illness/#.WdjzD7pFxpY

SOURCES

- <https://www.mentalhealth.gov/basics/what-is-mental-health/index.html>
- <http://www.mayoclinic.org/diseases-conditions/mental-illness/basics/definition/con-20033813>
- <https://www.uhs.umich.edu/tenthings>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3399312/>

WHERE TO GO ON CAMPUS?

The Student Health Clinic offers psychiatric services and referrals.

You can visit them Monday to Friday; 8:30am-9:00pm,

Don't forget your I.D!

WHAT IS MENTAL ILLNESS?

The term mental illness refers to a wide range of mental health disorders that can affect your mood, thinking and behavior. These disorders may be short-term or lifelong. There are many factors, which contribute to poor mental health, including brain chemistry; life experiences, such as trauma or abuse; and family history of mental health problems. The most common forms of mental illness include depression and anxiety disorders.

WHAT STRESSORS THREATEN MEDICAL STUDENTS' MENTAL HEALTH?

Several stressors can threaten the mental health of medical students; of these, the common stressors are: educational debt, heavy workload, sleep deprivation and information overload. If not appropriately managed,

stressors can lead to impaired academic performance and competency and attrition from medical schools, to name a few.

WHY IS POSITIVE MENTAL HEALTH IMPORTANT?

Positive mental health will allow you to maximize your potential. By learning to cope with the stresses of life; whilst working productively you can make meaningful contribution to your university and wider community.

WAYS TO MAINTAIN AND IMPROVE POSITIVE MENTAL HEALTH

- Seek professional help (everyone needs a helping hand at some time)
- Get physically active
- Help others
- Be realistic with your goals
- Avoid alcohol and drugs
- Get **adequate** sleep

MEDICAL STUDENTS ASSOCIATION

PRESENTS

COMMUNITY HEALTH FAIR

Saturday 11th
November
2017

10 am
-
2 pm

Melbourne
Park, Oxnards
Main Road

testing for...

- Diabetes (Blood Glucose)
- Blood Pressure
- Cholesterol
- Mammograms
- H.I.V
- Eye Examinations
- Exercise Exhibition



U W I C A V E H I L L

"The Cornerstone of Healthy Student-Faculty Relations"

MEDICAL STUDENTS ASSOCIATION



8:00 PM

\$5.00

HALLOWEEN MOVIE NIGHT OCT. 31ST, 2017

**COME OUT AND BE SPOOKED
BY 2 HAIR RAISING, SPINE
CHILLING MOVIES**

FOOD ON SALE:

- POPCORN
 - FRENCH FIRES
 - COTTON CANDY
 - SOFT DRINK
-





RESEARCH Society

The MSA Research Society is an initiative by the Medical Students' Association to provide students with more opportunities to experience research.

This club aligns with the mandate of the MSA's Foreign Affairs Department to expose, prepare and educate students for what lies ahead after graduation.

For the Bsc Health Science graduates, careers in each concentration require persons to be knowledgeable about many aspects of research protocol as well

as interpreting its results.

For future doctors, the same points are true as all medical decisions must be backed by valid evidence. This scientific approach is applied to the art of medicine to avoid patient harm; physician reprimand or worst.

The Research Society started from the idea of the Journal Club; an initiative of the 2015-2016 MSA tenure. Students met and discussed interesting research papers often on the cutting edge of medicine. After a brief hiatus, it now returns bigger and better than ever with all programmes



in the Faculty of Medical Sciences in mind. Thanks to the participation of faculty and staff at Cave Hill and the Chronic Disease Research Centre students now have more chances to understand and get involved in ongoing research in Barbados year-round.

While the Society stays true to its origins with sessions on analysing research papers of interest to its members it now also has:

- *Sessions for teaching the skills to perform critical analyses*
- *Sessions for teaching the research method necessary to produce credible research articles*
- *Opportunities to take part in the research process with the projects of the Chronic Disease Research Centre and the Barbados National Registry*
- *Opportunities to help create & present the MSA's first research paper on the cardiovascular risk of UWI Cave Hill students*



The Society meets on Fridays from 3:30pm starting October 13th, with the location varying between the Cave Hill Campus and the Clinical Skills Building. For more information email Martin Jordan (Foreign Affairs Officer) @ cavehill.msa.aao@gmail.com or WhatsApp @ (246)249-6391.



FRESHERS' WEEK

RECAP



FRESHERS' WEEK

RECAP

MSA Freshers' Week.....oh what a time it was.

Freshers' week (more like weeks) was kicked off with our Surgical Brief where the MSA board took the opportunity to usher the first years into what Medical School life is all bout with general advice and testimonies from a few members of the class of 2021. Our zealous first years were very receptive and heeded our words and put most, if not all, of our suggestions into practice. When it came to our freshers' packages, as I like to say, "FREE TING IS WE TING!"

Our Games Night (but during the day) followed the surgical brief later that week. Through all the mishaps that occurred in the background it was overall a successful afternoon filled with music, laughter, Uno arguments and hurt feelings from being handed one too many 'pick up 2s' and 'pick up 4s' and comradery, especially when our brethren from the class of 2020 decided and join. They participated in a 'Battle of the Year Groups' (which they won, with our first years coming in a close second and a disappointing finish with our second years coming in dead LAST).



FRESHERS' WEEK

RECAP



The following week hosted two of most anticipated events, Doctors on call and the Spooky Tour and Treasure Hunt. Doctors on call was well attended and extremely informative with persons gaining insight into the lives of some of our very own lecturers, as well as clinicians when they were Medical Students. We had many laughs and gained sound advice on future choices from successful professionals who are where we all strive to be in the near future. The following night was our campus tour.....but with a twist. Although the turnout was not as we expected, we had a grand time nonetheless. With some scary and not so scary moments, a water balloon attack (where our tour guide Melissa Brathwaite was the first to be drenched), some cleverly placed letter pieces (which in the end spelled out what some of our freshers' may suffer with come mid-terms and finals- ACUTE STRESS SYNDROME) and once again 'FREE TING' aka FREE FOOD!

To sum it all up, Freshers' week was a HUGE SUCCESS and the MSA is extremely grateful to have had the opportunity to plan and execute these activities and we would also like to extend our heartfelt thanks to all persons who assisted in any way possible and to all those who attended and contributed in making these weeks a success.





AMERICAN COLLEGE OF PHYSICIANS
UWI CAVEHILL

INTERNAL MEDICINE INTEREST GROUP

WHAT IS ACP?

The American College of Physicians (ACP) is a diverse community of internal medicine specialists and subspecialists united by a commitment to excellence. Internists apply scientific

knowledge and clinical expertise to the diagnosis, treatment, and compassionate care of adults across the spectrum from health to complex illness. With 152,000 members in countries across the globe, ACP is the largest

medical-specialty society in the world. ACP and its physician members lead the profession in education, standard-setting, and the sharing of knowledge to advance the science and practice of internal medicine

ELABORATE ON ITS HISTORY

ACP was founded in 1915 to promote the science and practice of medicine, and since then has supported internists in their quest for excellence. By sharing the most updated medical knowledge, offering top-notch educational resources, and a wide array of additional benefits, ACP has shown a commitment to internal medicine and those who practice it.

WHAT IS IMIG?

The Internal Medicine Interest Group is a student lead organisation with a mission rooted in contributing to the development of medical students here in the Caribbean. It is an outreach branch of the ACP geared towards increasing the awareness of how such development can have a place in the vast medical specialty of Internal

Medicine. Our main objectives include career guidance, clinical skills development and building theoretical knowledge in Internal Medicine.

WHEN DID IT START?

This semester September 2017

HOW IS IT ORGANIZED?

President: Shane Charles
Vice President: Zahra Lashley
Secretary: Khadijah Alexis
Treasurer: Nathan Gibson
PRO: Andreanna White

HOW CAN YOU JOIN?

To join the IMIG one must be a registered student member of the ACP. Students can register online on the ACP website. Registration is free.

WHAT ARE THE BENEFITS?

Career guidance
Development of skills for IM rotation
Access to ACP online seminars
Access to ACP research journals and newsletters and study materials
Networking
Research Opportunities
Mentorship

WHAT ACTIVITIES DOES THE GROUP DO?

Community outreach
Monthly Meetings and Case Discussions
Clinical Skills Workshop
Intriguing Educational Initiatives

WHAT CAN YOU LEARN IN IMIG?

Structure of Internal Medicine
Is IM for you
How to navigate the specialty to reach your desired destination
How to prepare for IM rotation



MID TERM SURVIVAL TIPS



SET GOALS

Take the time to set study goals to keep yourself on track. Achieving these small milestones keeps the morale on the positive end. Goals can be as minor as understanding a topic, getting through a lecture, drawing a diagram from memory or just studying for a continuous 30 minutes at a time.



PLAN YOUR TIME

As medical students, we understand better than anyone that time is precious. Planning your time wisely minimizes the wastage of time. Not only will this help you get organized and make the most of your time, it'll also put your mind at ease and eliminate that nasty feeling you get when you walk into an exam knowing that you're not at all prepared.



STAY MOTIVATED

Take some time to reflect on why you are here and what you are trying to achieve. Ultimately you want to reach the goal of achieving your MBBS or BHS degree at the end of the program and be on your way in your respective career path. Visualization of this will raise your morale for the journey. Other methods include volunteering in a future endeavor, talking to those already established in their field, or simply as attending seminars.



ASK FOR HELP

If you're stuck on something, or something just doesn't seem to make sense, you can always ask for help. Talk to your lecturers about the things you don't understand. Talk to your friends and fellow students too.



TAKE BREAKS

Studying for hours may be possible for some but it can also be counterproductive and can easily lead to burnout. Successful test-taking requires endurance and concentration. Maintaining a balance of intense studying and breaks to rest, eat healthy and exercise are needed.



DISCOVER YOUR LEARNING STYLE

Everyone has a different learning style that they are comfortable with. There are aural learners, visual learners, verbal learners, kinesthetic learners, etc. Finding which style suits you is one of the keys to success. Do not be afraid if more than one style works for you, which is totally natural.



TEST YOURSELF

Using the practice questions in your textbooks and online (see Firecracker) are the best ways to test your knowledge and review what you have studied. From them, you can identify the gaps in your knowledge and errors in your thinking without penalty. Self-test also helps to familiarise yourself with question approaches; common terms and prepare you for exam pressure.



TREAT YOURSELF

A cookie, an episode from a TV series, catching up on social media or whatever floats your boat. Knowing that there is a reward at the end of a successful study session makes it easier to beat the procrastination.



MINIMIZE DISTRACTIONS

A study on workplace distractions found that it takes workers an average of 25 minutes to return to what they were working on pre-interruption. Try turning off your phone notifications or blocking Twitter (temporarily) on your computer so you can concentrate on the homework tasks at hand.



TAKE CARE OF YOUR BODY

You'll study better if you take care of yourself. Eating well, drinking plenty of water, **sleeping sufficiently** (after all sleep helps memory retention) and most importantly getting enough physical exercise will help you to study better. Practice what you will teach.

MEDICAL STUDENTS ASSOCIATION

04.11
2017

Brandon's Beach

POST MIDTERM COOLDOWN

*B.E.A.C.H.=Best Escape Anyone Can Have!!!
Let the countdown to the beach begin!!!*

Come Out For

- Volleyball
- Limbo
- Water Games
- Music
- SO MUCH MORE!!!

WHAT IS A 'TEDDY BEAR' CLINIC?

Teddy Bear clinics are interactive teaching exercises used to promote good health practices and positive attitudes towards health professionals that will carry into adulthood. Children bring their beloved stuffed animals and carry out common clinical procedures (think: auscultation, casts, vaccinations) on their toys while learning about health care professions.

CLINIC INSPIRATION

The then-elect Community Outreach Officer, Darius "Sebastian" Edwards, was approached by a member of his class who had been exposed to the concept of teddy bear clinics during her time as a student abroad. She believed that the introduction of desensitization exercises in primary schools in Barbados would greatly reduce iatrophobia (fear of doctors), and extending MSA health education initiatives to students

aged 4-6 would be a means for the MSA to have long-lasting impact on the health practices of the nearby community. Edwards was intrigued by the concept. At his election to the post he formed the Community Outreach Committee (COC) -MSA members dedicated to serving and promoting health education on campus and in the wider community. The COC later voted to add hygiene & healthy diet segments to the Teddy Bear Clinic.



WHERE? WHEN? WHO?

- West Terrace Primary School - During the second half of the first semester of the academic year 2017/18.
- Each session will be 1 hour
- MSA's COC invites interested volunteers to join us in our first outreach event for the 2017/2018 MSA calendar year
- If you are enthusiastic and love to work with children, we want you! Teaching experience is encouraged.
- Clinical attire (e.g. business casual with White coat or scrubs) is expected for all volunteers in attendance.

Hygiene & Healthy Diet Session(s): Healthy diet and the best practices for hand-washing will be taught to students with use of fun, hands-on activities and child-friendly discourse. These life-skills will aid in reducing water-washed diseases and NCDs.

Desensitization Exercise: The purpose of the desensitization exercise is to give students a better understanding of what to expect during routine paediatric visits and to reduce anxiety and fear associated with health professionals ('White Coat Syndrome'/ iatrophobia) and doctor/hospital visits.



Eddy



bear



clinic

A portrait of Dr. Damian Cohall, a Black man with a short beard and mustache, smiling. He is wearing a white lab coat over a blue patterned shirt and a dark tie. A blue oval patch with the letters 'M.I.A.S.' is visible on the left side of his lab coat. The background is a blurred office setting with shelves and a door.

HISTORY

TALKING

WITH

*Dr. Damian
Cohall*



YOUR **20** BURNING QUESTIONS ANSWERED

Every month faculty members give you the answers to the questions you always wanted to ask. This month we hear from:

Dr. Damian Cohall!

1 WAS PHARMACOLOGY ALWAYS ON YOUR CAREER RADAR?

Indeed. It was my career goal to understand the effects drugs and develop a greater appreciation of the benefits of medicine. I was able to pursue this at UWI, Mona after I completed my first first degrees in Biochemistry and Chemistry.

2 WHAT'S YOUR FAVOURITE FOOD?

Seriously???? Ackee and Saltfish, clearly J

3

IF YOU HAD THE CHANCE TO START YOUR CAREER OVER, WHAT WOULD YOU CHANGE (IF ANYTHING)?

I am thankful for the journey I have had so far. I wouldn't change anything. All my experiences contributed significantly to my progress to date.

4

END THE DEBATE, COFFEE OR TEA?

I do prefer teas in general but nothing compares to a nice mug of Blue Mountain coffee! J

5

WHAT WAS THE DRIVING FORCE BEHIND YOUR CAREER CHOICE TO BECOMING A RESEARCH AND ACADEMIC PHARMACOLOGIST?

I always fascinated with how substances effect changes in living systems. As I learnt the discipline, I gradually explored and appreciated its clinical applications.

6

YOUR FAVORITE COLOUR

Blue. This was the primary reason why I attended my alma mater – Jamaica College. The school's uniform is a royal blue shirt and a navy blue pants!

7

WHAT ADVICE WOULD YOU GIVE YOUR YOUNGER SELF?

Keep calm, and work hard and smart!

8

YOUR FAVOURITE CHILDHOOD MEMORY.

Favourite childhood memory would be my Mom taking me for KFC after viewing my report cards/annual transcript from primary and secondary schools. Those were the days! Sigh.

9

WHICH SYSTEM DO YOU RUN: APPLE OR ANDROID ? WINDOW, LINUX OR MAC?

Apple MacBook with Mac OS but I was also have a virtual Windows OS on the MacBook. BlasphemousJ.

10

WHAT WAS YOUR BIGGEST CHALLENGE? HOW DID YOUR CONQUER IT?

My biggest challenge was undertaking both undergraduate and postgraduate studies at university. I was very resilient and never accepted failure. Still don't!

11

IF YOU COULD DESCRIBE YOURSELF IN THREE WORDS WHAT WOULD THEY BE?

Diligent, Confident and Empathic

12

WOULD YOU RATHER, LIFE WITHOUT MUSIC OR WITHOUT TV? WHICH GENRE IS YOUR FAVOURITE?

Without TV. My favourite genre is still dancehall/reggae but my nine years in Barbados have given me a strong appreciation for soca.

13

WHAT'S YOUR GREATEST ACCOMPLISHMENT?

Professionally, helping to mold educated minds among students and colleagues in the academic setting. Personally, being able to give back to society in charity and public service.

14

HOW CLOSE TO COMPLETE IS YOUR BUCKET-LIST?

About 70% complete. Currently working on the other 30%.

15**WHERE DO YOU SEE YOURSELF IN 5 YEARS?**

Professionally, working in harness with my colleagues at UWI to continue building the UWI brand around the world. Personally, to be fully content with the social and spiritual aspects of my life.

16**WHICH SUPERPOWER WOULD YOU CHOOSE IF YOU COULD POSSESS ONE?**

Adamantium skeleton J if that qualifies as a superpower.

17**IN THE CLASSROOM, WHAT'S YOUR BIGGEST PEEVE?**

Mini pockets of loiter among students and colleagues.

18**IF YOU COULD TALK OVER LUNCH WITH ANYONE (FAMOUS OR UNKNOWN; DEAD OR ALIVE), WHO WOULD IT BE? WHY?**

The apostle Paul from the New Testament. His character and his approach to spreading the gospel in the Bible always struck me as unorthodox.

19**IF YOU COULD IMPRESS UPON YOUR STUDENTS ONE THING, WHAT WOULD IT BE?**

Faith, perseverance and empathy are the three spices of life, not variety J

20**IF YOU HAD \$100,000 TO GIVE TO ANY CHARITY OF YOUR CHOICE, WHICH WOULD YOU CHOOSE?**

A charity supporting hurricane ravished countries after the passing of Hurricane Irma and Maria.





-SHIRT

DESIGN COMPETITION

Oct. 9
-
Nov. 10



R U L E S

*Participants must be a Medical/
Health Science student*

*Participation is open to all year
groups*

*Participants are allowed to submit
one (1) design*

*Designs must be themed around
Medicine/Health Science or related
to the faculty in some way*

*Designs must not include any
offensive language or imagery or
other inappropriate content*

Colour of the shirt must be indicated

Prizes

- Free T-Shirt!
- Free Entry to an MSA Week Event!

Plus more to be announced soon!

To enter submit your **FULL NAME, YEAR
GROUP & EMAIL ADDRESS** to
cavehill.msa.ddo@gmail.com

PART 1

CLINICAL STARTER PACK

Hey Third Years, it's finally that time you endured drawing labs for: WELCOME TO CLINICAL YEARS! You can finally say that you're **almost** a doctor! But look out, those long hours and early mornings are going to be sure, to make you look at least 5 years older. So set up that coffee IV, practise your AED poker face and take a look at part 1 of the MSA's Clinical Starter Pack.

P.S. Don't drink someone else's Ensure

EQUIPMENT



attire

Hairstyles: Long/Medium-length hair should be tied at the back. Hair should NOT cover any part of the face, especially the eyes. No head coverings are allowed other than those for religious purposes.

Pin: The gold coloured name pins must ALWAYS be worn on the premises.

Pants/Skirts/Dresses: Must NOT be tight-fitting. Pants are to end at the ankle. Skirts are to be at or below the knee. Splits must be modest and NOT more than 2 inches. Dresses can be worn with a jacket. Only dark coloured belts are allowed.

Shoes: Comfortable, enclosed flat shoes are preferred. Enclosed, low heel shoes (NOT >2 inches high) can be worn.

Blouses: A modest, light/dark coloured blouse must be worn with the buttoned white jackets. Bright colours are NOT allowed. Must NOT be tight fitting.

Jackets: Must be white, tailored or loose-fitting; refer to the "White Jacket Designs" leaflet, provided by the Faculty.

Accessories: A simple necklace, a wrist watch and ONE pair of stud earrings (NO hoops or long earrings) are allowed. NO coverings of the head (except for religious purposes). Nails must be well manicured; kept short and clean. NO artificial nails.



Hairstyles: Hair should be kept neatly groomed. Long/Medium-length hair should be tied at the back. Hair should NOT cover any part of the face, especially the eyes.

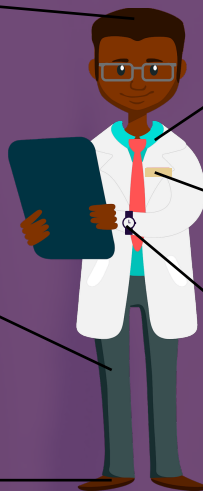
Pants: Must NOT be tight-fitting. Pants are to end at the ankle. Only dark coloured belts are allowed.

Shoes: Comfortable, enclosed shoes are preferred. Socks must be worn with shoes.

Shirts: White short sleeved shirt jack or guayaberas. White long sleeve shirts may be worn with or without a tie. Labcoat is optional with long sleeve shirt.

Pin: The gold coloured name pins must ALWAYS be worn on the premises.

Accessories: A wrist watch is allowed. Nails must be well manicured; kept short and clean.



Scrubs: Plain, light-coloured scrubs are allowed, i.e. NO patters/designs, NO bright colours. Shoes: Sterilised sneakers or Crocs are allowed. Scrubs may also be worn when specified by the various hospital departments.

On weekends and for classes with no patient contact, jeans and a scrub top may be worn.

MEDICAL STUDENTS ASSOCIATION

RESEARCH

Society

Opportunities to participate in ongoing research projects

Understand how to practise evidence based medicine



Formulation of research projects



Weekly review of interesting medical research

Fridays

@

3:30 pm

All are welcome!

For More Info:

Martin Jordan: cavehill.msa.aao@gmail.com
(246) 249-6391

STUDENT CORNER

"Where We Work Together For Greater Success"

Student Corner is a place where students of the faculty give advice that may help their colleagues, via brief responses to some FAQs. Each issue will have new students and questions showcased. We hope that this can be a place where we can help each other to reach for new heights.



Keturah Murray

Medical Sciences

Class of 2019

Q: How did you prepare for your transition to clinical years?

A: There wasn't much prep for the transition. I was intimidated by the thought of it. So I just asked around; as

many students as I could. We also had a session with Dr. Greenidge which was very helpful.

Q: What was the best rotation in 3rd year and why?

A: Best rotation was prob surgery. It was my last rotation and I was finally starting to get the gist of things.

Q: What is the biggest shock of clinical years?

A: Biggest shock was the lack of structure. It was really hard to navigate.

Q: What is the biggest exaggeration of clinical years?

A: You think that everyone is mean. But most actually are willing to help you learn.

Q: Where is the best place to learn: on the wards or in the books?

A: Wards then books then wards.

MEDICAL STUDENTS ASSOCIATION

PRESENTS

CHRISTMAS
CANDY CANE
DRIVE

*Wish someone a Merry Christmas by
delivering a candy cane!!!*



*Order:
November 13th -
29th*



*Delivery:
December 5th -
9th*

U P C O M I N G

Your Medical Students' Association promises to be active throughout the semester and give you numerous projects and activities to partake in. Here are just a few of those activities coming very soon.

Halloween Movie Night

Post Midterm Cooldown

Community Health Fair

MSA Week (Semester 2)

Contributors

Editors

Dario Nurse

Jacinth Mayers

Martin Jordan

Writers

Johnathan Phillips

'Mental Health Awareness'

Martin Jordan

'Research Society, Clinical Starter Pack'

Joanna Charles

'Fresher's Week Recap'

Zahra Lashley

'Internal Medicine Interest Group'

Hakeem Moe

'Midterm Survival Tips'

Darius Edwards

'Teddy Bear Clinic'

Chelsi Bannister

'Teddy Bear Clinic'

Special Contributors

- Dr. Damian Cohall
- Keturah Murray
- Brendon Duncan



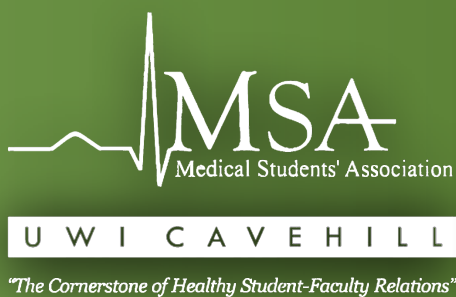
MSA WEEK 2018

JANUARY 28TH
-
FEBRUARY 3RD
2018

 **MSA**
Medical Students' Association

UWICAVEHILL

"The Cornerstone of Healthy Student-Faculty Relations"



'Medazine' is the magazine of the Medical Students' Association of UWI Cave Hill Campus. This magazine is an official publication of the MSA. The articles and advertisements found within shall align with the principles found within the official constitution of the Medical Students' Association.