



SPRING 2009

# BOWMAN'S CAPSULE

WFU School of Medicine Physician Assistant Program

Issue 4

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<http://www.northwestern.edu/>



<http://en.wikipedia.org/wiki/L'Aquila>

Location of L'Aquila in Italy

## WHAT HAVE I MISSED? THE HIGHLIGHTS

From being publishing in books and journals to heading up CASPA and starting a new Physician Assistant program at Northwestern University, our faculty can be tough to keep up with these days. And even if you were aware of all these accolades, you still might have missed the highlights from around the world since January.

On January 20, 2009 Barack Obama was inaugurated as the 44th president of the United States. In his first 100 days a \$787 billion economic stimulus package passed congress and his approval ratings hit 61% (according to US News). Since Sen. Arlen Specter switched to the Democratic party, if Al Franken wins Minnesota (still in court), Obama will have a filibuster-proof majority of 60 Democrats in the Senate. Whether you are a D, R, or an I, remember that your voice counts and you can always contact your Senator's office to voice your opinion on what is happening in this country ([www.senate.gov](http://www.senate.gov)).



From half way around the world on March 4, 2009 the international criminal court issued an warrant for the arrest

of Sudanese president Omar Hassan al-Bashir, seen in the photo at left, for war crimes against humanity in Darfur. This was historically the first warrant ever issued by the court for a sitting head of state.



[http://en.wikipedia.org/wiki/Bernie\\_Madoff](http://en.wikipedia.org/wiki/Bernie_Madoff)

50 and 70 billion dollars, led to a guilty plea in March, a likely life sentence and billions of dollars in restitution for Mr. Madoff. This comes as little relief for the hundreds of families, non profit organizations, and financial firms that invested with Madoff and lost everything.

On April 6 it wasn't Bernie Madoff but mother nature who struck L'Aquila Italy with a 6.3 earthquake that killed over 200 people. Major earthquakes have been recorded in L'Aquila dating back to 1315.

South of the border, as if Mexico did not have enough to deal with trying to stop the violence between rival drug cartels this winter and spring, the H1N1 ("swine") flu that first appeared in April has now lead to 68 deaths and devastated the tourism industry.

Pirates of the Caribbean may

just be a movie but Somali pirates became very real to Capt. Richard Phillips as he was taken hostage for 5 days in the Indian ocean. After several attempts at negotiations the pirates appeared to position Phillips to be executed—the signal that negotiations were over. The carefully positioned Navy SEALs acted quickly as they took down three pirates and rescued Phillips on April 12, Easter Sunday.



UNC Chapel Hill triumphed over every opponent throughout March Madness to finally beat Michigan 89 to 72 and earn their fifth National Championship.

Without the highlights next year how will the class of 2010 keep up with the world news? With hundreds of news apps for all those new iPhones out there, thousands of magazines in the doctor's offices, and the daily AAPA emails hopefully you can stay in touch with the community you are serving. What better way to launch into your smoking cessation counseling than do discuss the new smoking ban in North Carolina? As we embark on our rotations and get lost in a sea of drugs we have never heard of and patients with 34 chronic conditions, don't forget to come up for air every few days, even if it is just to catch the highlights!

Editor,  
Mary Ellen Kistler

## OUT WITH THE OLD, IN WITH THE NEW

First to the class of 2009, we the class of 2010 being of preclinical mind and post SPA body do hereby request that you take several weeks off after you graduate to relax, that you donate your books to the school (i.e. us), that you represent our school well out on your first jobs, and that you remember our continued need for scholarships once you start making the big bucks. Good luck out there!

To the class of 2011, we the class of 2010 being of expanded mind, and fatigued body do bequeath to you the soulja boy dance, an endless supply of dry erase markers, regular PBL breakfasts, trichomonas, cloudy with a chance of showers (Brian), candy jars filled with good candy, homemade pies and cheesecakes for birthday celebrations, half a dozen engagements or weddings within the class, a scapegoat (Lance), more than 10 minutes between lectures to squeeze in a crucial Krankie's run, 55 new friends on facebook, practice learning how to

## H1:N1

Since April 2009 the novel influenza A H1N1 virus has quickly spread throughout most of the United States. As of May 15 the CDC reported 4,714 cases from 47 states and 4 deaths. People present with typical flu symptoms of fever, chills, headache, URI symptoms, myalgias, arthralgias, fatigue, vomiting and diarrhea.

take a proper history, history, history, slightly less KAS money than what we inherited, smiles from all of the people we have helped this year from the DEAC Clinic to the Health Fair, awesome sweatpants, and a program director that values diet coke, grey t-shirts, and the DRE (digital rectal exam...you will learn all about it) as much as Mr. Jim Van Rhee.

Now of course we can only bequeath those things which we had. What we wish for your class are those things that eluded us—may you have a softball championship, an operational heating and air system in Victoria Hall, a WFU spot in the sweet sixteen, an excellent foosball tournament partner (sorry Adrienne...I'm terrible at foosball), carabiners for the water bottles, a better economy and better weather for your fundraisers, and no need to program the Academic Computing number into your speed dial. Have a great time next year and remember: if we can make it, you can make it.

Confirmed cases should be reported to state public health departments for data collection purposes. Antiviral treatment may not be necessary in many cases; options are limited to oseltamivir or zanamivir. The virus is resistant to amantadine and rimantadine. CDC treatment guidelines can be viewed at [cdc.gov/h1n1flu/](http://cdc.gov/h1n1flu/)

## SUPERLATIVES



Dilaudid for pain medicine, we will miss your expertise, high expectations, and drive to make this a great PA program and to make us great PAs. We know

To the PA Director you will miss the silent pom-poms, British accents, humor, most likely experience, and originality of the WFU faculty and students (how could you not?).

Enjoy intimidating your future students with the infamous inflammation lecture and inundating them with statistics about Problem Based Learning.

Mr. Van Rhee, you are sure to have a lasting legacy at Wake Forest; the Windy City is lucky to have you.

## SUMMER IN WINSTON

In town for the summer? Just settling in to life here in the Piedmont Triad? Here's a selection of summertime fare to enjoy in your spare time.

For all you baseball fans out there, take some time to get out and support your local team, **The Dash!** It doesn't get better than minor league baseball in the summer. For schedules visit [wsdash.com](http://wsdash.com).

**Alive After Five** music series: Thursdays from 5:30-8:30 at Corpening Plaza starting May 21. A great study break just right up the street from the school; each week a new band will provide the entertainment [dwsp.org/music/](http://dwsp.org/music/)

**Downtown Jazz:** Fridays from 5:30-8:30 at Corpening Plaza starting May 22. As the name suggests, jazz is the

theme of this event – an excellent way to de-stress yourself after a long day of lecture. [dwsp.org/music/](http://dwsp.org/music/)

**Summers on Trade:** Saturday evenings from 7-10 at Sixth and Trade Street downtown. Sponsored by the Garage (one of my favorite music venues of all time), this weekly event offers a bit more eclectic musical selection in the heart of the downtown arts district.



For your snacktime enjoyment, check out the farmers market at Krankies just up the block from school.

Still have some free time on your hands? Try these sites:

<http://www.smittysnotes.com/>  
<http://www.journalnow.com/>  
<http://www.the-garage.ws/>

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The Wake Forest PA program is unmatched in its ability to provide a combination of clinical and academic learning styles during the first year of study. Cutting edge curriculum and a purposeful well-roundedness is the focus of the program, and Jim van Rhee has led Wake Forest to a new level of merit.

The program is not for the faint of heart. The independent study and dependence on resources contains a vast learning curve. But those who persevere are rewarded with a smooth integration into a compassionate field that demands excellence, adaptability, and strength of character. There is a method to the madness.