

Campus Chronicles

VOL: 1 ISSUE 2 DECEMBER 2017



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Message from the dean

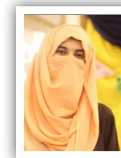
Assalamoalikum! At the start of new year, I would like to wish all the readers a very Happy New Year! I would also like to welcome the freshmen by wishing them a prosperous academic journey at STMU, and congratulate them on becoming part of the Shifa family!

STMU is dedicated to produce the best graduates in the field of health sciences. Apart from studies, we are determined to provide the students a flavor of co-curricular activities. These recent publications of Campus Chronicles are a step in the same direction. With an aim to promote literary culture at this university, this quarterly newsletter is an excellent effort and encourages students to express their love for arts, culture and literature freely by sharing their pieces.

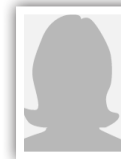
I appreciate and applaud the editorial team for successful completion of this tedious yet daunting task of putting together the myriad thoughts and dreams of our students into a meaningful and delightful visual fest. I would also like to encourage the students of all the colleges and disciplines to provide their literary and academic input to make the newsletter a successful representation of the student body. Enjoy Reading!

Prof. Dr. Tausif A. Rajput

Dean / Principal & Director Campus
Shifa College of Pharmaceutical Sciences
Shifa Tameer-e-Millat University



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If you would like to be a part of the editorial or graphic design team for future issues or would just like to give feedback or contribute a piece, you are welcome to email us at scmconference@gmail.com! Looking forward to hearing from you!

SIST 2018

Also, make sure you volunteer for SIST 2018! For those of you who don't know what it is, it stands for "Shifa Inter-Scholastic Tournament" and it's basically an olympiad but unique in that it's based on Islamic themes. Shifa Student Society (SSS) created this legacy 7 years ago and a lot of teams from all over Pakistan compete in different categories of events and get inspired by various local and international scholars. In order to execute such a big event, and in fact, the only big event that Shifa holds, SSS is looking for competition co-heads, ushers, team leaders etc. You'll get a chance to get to bond with your seniors, you'll get exposure to the skills required for event management, you can interact with scholars, and most of all have a lot of fun..so do yourself a favor and get on board by dropping in a text at the contact numbers mentioned in this poster.

Q&A

with Fawwad Alam,
MBBS, Class of 2019



THE SECRETS BEHIND A TOPPING STREAK!

On average, how many hours do you study in a day?

It varies, but on an average 3-4 hours daily. I study in small episodes of 20-30 minutes with breaks in between. On some days when I feel exhausted, I don't study at all since I believe that a restful mind is important for a meaningful study session.

Do you prefer the big books or the small books?

I used the big books throughout the first two years which I now find very useful. In third year, however, I used the textbooks for the first 3 modules and found them too extensive to cover in the little time we had, so I resorted to shorter books which I would annotate during SGDs and lectures.

What is your advice on

note taking? Do you make notes?

I never made any notes myself, so can't advise much on this. However, I did use the notes made by a friend for forensics which were without doubt very useful. Also I will suggest if people can make notes for some low-yield topics, it will save them time during prof break.

How do you schedule your prof break?

I don't practice past papers; I prefer sticking to books. I divided my days according to the bulk and importance of topics. I would start at 4:30am in the morning and would continue till 10 p.m. with small breaks in between.

How many hours of sleep do you get during prof?

A well-known fact about me

is that I sleep very early. My sleep patterns are very punctilious and inflexible. I usually sleep around 7-8 hours in the night, with a 15 minute power nap after lunch. I follow the same schedule during the proffs. This time I couldn't complete the course of block 3 even once but I preferred sleeping over staying awake to study. So sleep tight lest all your efforts go down the drain!

What do you think is the secret to your success?

I don't think there is any special ingredient to my success. It was certainly Allah's blessing and the prayers of family and friends. I didn't do anything different from others. But I'd like to advise my juniors to be regular in studies (hard work has no substitute) but do plan some respites to keep you fresh.



your ultimate guide to a U.S RESIDENCY

by Dr. Jamal Farooq Khattak & Dr. Rishtya Meena Kakar

Author info: Jamal and Rishtya graduated from Shifa College of Medicine in December 2012 and completed their USMLE Steps within the next six months, scoring 240's and 250's. Jamal is currently a PGY-4 resident in Neurology at the University of Louisville. He will be pursuing Epilepsy and Clinical Neurophysiology fellowships at Mayo Clinic beginning in June 2018. Instead of applying for residency, Rishtya completed a Master's in Public Health and is currently pursuing a PhD in Health Promotion and Behavior, along with teaching public health at the University of Louisville.

ARE YOU SURE?

If you are thinking about pursuing a residency in the US you first have to be 100% sure about this decision. If that means discussing it with your family or doing istikhara* (the dua for making a decision), then take the time to do that. The reason we are stressing this is because the process of taking Steps and applying for residency requires a lot of emotional and financial commitment and you will need the support of those around you. During the process, you may start having doubts about your decision, so you need to be sure this is the path you want to embark upon. That being said, even if things do change, you shouldn't feel that your study or efforts have gone to waste in any way, because it will help you in some way down the line.

DON'T TAKE TOO LONG!

According to our experience, we believe that one of the most important criteria for getting into residency is the length of time since graduation. Although not always the case, in general,

residency programs prefer recent graduates over older graduates. This is why we believe it is crucial to be able to find the balance between preparing for USMLE (United States Medical Licensing Examination) Steps properly and not taking too much time aiming for your dream score that the process gets prolonged. Considering this, we've tried to simplify the best paths to residency in the US into three tracks:

Track 1: aim to apply for residency during final year (before graduation) so that you start residency 6 months after you graduate

- This is technically possible but is very difficult because you have to have a clear plan and mindset throughout medical school.
- For this to work, Step 1, Step 2CK and Step 2CS must all be done before August of 5th year so you need to be seriously preparing for steps in your 3rd year.

Track 2: aim to apply for residency 8 months after graduation (i.e. 6th year) and thus start residency in "7th year"

- This is what most students should aim for, but it can be difficult because it requires planning and studying for steps during medical school.
- There are two ways to accomplish this:
 - A. Take Step 1 and Step 2 in 4th and 5th year and then spend the 8 months after graduation doing Step 3 and research to bulk up CV for getting into better residency programs.
 - B. Take Steps within 6 months of graduation so that you can apply for residency within the 8 months post-graduation.For both of these options you still need to study for Steps throughout medical school so that you can easily prepare for the exams within the few

months that you decide to take it.

Track 3: For those who aim to apply for residency 20 months after graduation (i.e. 7th year) and thus start residency in "8th year"

- This is what most graduates aim to do and many have been able to be successful in.
- Although many spend this extra year studying for Steps, residency programs often consider this a waste of time so be sure to utilize this time doing things to improve your CV. For example:

A. House job: this is a good option if you want to keep your options open and may want to work in Pakistan later or if you want to gain clinical experience in Pakistan

B. Research internship: this is very useful if you use your time to get publications to help in your CV

C. Masters of Public Health: residency programs favor students who have completed public health degrees so this can give you an edge over other candidates.

While many graduates do apply and get into residency several years after graduating from medical school, this is not recommended because programs favor "recent graduates." Therefore, it is always better to set your aims on applying as soon as possible and then if it takes longer, you can find other ways to improve your CV for applying.

LETS TALK ABOUT USMLE!

If the above seemed confusing and complicated to you, don't worry about it. Let's explain some basics about the USMLE steps below.

Q. How many parts does the USMLE have?

There are three "steps" in the USMLE with a total of four parts:

1. USMLE Step 1
2. USMLE Step 2 Clinical Knowledge (CK)
3. USMLE Step 2 Clinical Skills (CS)
4. USMLE Step 3 (optional; to apply for residency, you do not need this step although more people are completing it to be more competitive.)

You can take the USMLE steps in any order.

Q. When do I start studying for the USMLE?

It is never too early to start preparing for USMLE steps. What we mean by this is, no matter what year you are in medical school, you can get the right books and begin studying from a USMLE perspective for your regular classes daily. This will help improve your understanding of concepts, help you do better on your medical school exams, and help you immensely when you begin proper preparation for Steps. We both felt this approach helped us succeed in medical school. To emphasize, the best time to start studying for the USMLE is: **RIGHT NOW.**

Q. What books and resources should I use?

There are LOTS of resources for studying for USMLE so it is important to be able to know which resources to use and HOW to use them. The resources listed below are specifically for USMLE Step 1:

- **Kaplan lecture notes and video lectures** for all of our classes.
- **Goljan's Rapid Review Pathology** (book and audio lectures) were extremely helpful in 3rd year. Alternatively, some people prefer Pathoma for learning basic pathology concepts.
- Anytime you are studying for Step 1, you should have the latest copy of **First Aid for Step 1**. Use it on a regular basis to a point where you have memorized it by the time you give your exams.
- We cannot emphasize enough the importance of spending the majority of your preparation time completing the **UWorld question bank**. What this means is practicing the questions, reading explanations, and reviewing concepts until you are able to master the question style and content. Reflecting on our experiences, we strongly feel that on the exam day, the aspect that improves scores is the amount of practice questions you have worked on, not the actual material you tried to learn during or after medical school. Therefore, this should be the cornerstone of your USMLE preparation.

If you are not taking the exam anytime soon, you should still take time to get used to the USMLE-type questions by going through free question banks online or buying the local USMLE World

question set. This will help you immensely later on as well in medical school.

If you have already planned when you are taking the exam, you should get an online subscription to USMLE World and be sure to complete the entire question bank more than once, until you get the score you are aiming for.

- Once you have done most of your preparation for the exam and would like to determine if you are ready, take an **NBME** – an online practice exam for the USMLE - to figure out what areas you need to work on. Be sure to take as many NBMEs as possible along with working through the answers. Once your NBMEs are predicting scores around the 240's, you are likely ready to take the exam and our advice is to not delay it further.

Q. How much does the score impact my chances of getting a residency?

It is important to realize while USMLE scores are important, it is not the only thing residencies look for. Along with considering the length of time since graduation, there are four parts to your residency CV and each one of them is important in some way or another.

1. Good USMLE scores:

What a “good” score is depends on the type of residency you are interested, the type of program (community or university hospital), and the location of the program.

While there is a wide range of scores that get into residency programs, *we usually advise students to aim for at least a 240*. This does not mean that you should be completely disheartened if you have a lower score, it is just the recommended score to aim for when you are studying. Also, it is important to keep your aim at a reasonable score for you, otherwise you will not finish studying for Steps in time.

2. Clinical experience in the US:

This usually refers to clinical electives but can also include observerships. Clinical experience is important for three reasons:

- i. Many residency programs require clinical experience in the U.S. to be applicable. (Usually about 3 months.)
- ii. It is a means for getting good letters of rec-

ommendation from U.S. physicians.

- iii. The programs you work at are more likely to consider you for residency since they have already had experience with you.

There are many tips and tricks for getting clinical experience in the U.S., but just remember that you need to start planning early because you often need apply more than 6 months in advance!

3. Research and publications:

Research and publications are especially important for “older graduates” or those who have a gap between graduation and applying for residency. Research experience can really help improve someone’s CV if they do not have great USMLE scores.

Finally, publications are necessary for those who aim to apply to high-level residency programs.

There is no specific number of publications to aim for, but it helps if they are in the field of residency that you plan to apply for.

4. Letters of Recommendation (LORs):

As mentioned above, it is important to have letters of recommendation from U.S. physicians, especially those in professor positions. That is why it is important to make a very good impression during your clinical electives in the U.S. so you can make connections and get outstanding LORs from the doctors you interacted with.

To end, it is important to realize that while all this may seem overwhelming, it is definitely possible with Allah's help! We cannot emphasize enough that the plans and decisions we made after Istikhara* always ended up having much more barakah and goodness in them. So, more than anything written above, the best piece of advice we can give is that when you're confused and need help with decisions, after consulting those who you respect, turn to Allah and ask Him for guidance.

*Method of istikharah (making a decision): pray 2 units of voluntary prayer and then make the dua of istikharah (Sahih Al-Bukhari – Book 21 Hadith 263). What needs to be noted is that the answer to your istikhara prayer does not come simply in the form of dreams and feelings but in how Allah facilitates and unfolds events for you.

Gallery

[1] Visit to Mashal Schools, Bari Imam, Islamabad (Class of 2021)



[2] Visit to 'Care for Special Persons Foundation' in I-8/2, Islamabad (Class of 2019)



[3] Visit to National Institute of Health, Islamabad (Class of 2019)



[4] Visit to Rural Health Centre, Tarlai (Class of 2019)



[5] Visit to SOS Children's Village, Islamabad (Class of 2019)



[6] Medical Camp in Gujrat organised by Shifa Serving Humanity (SSH)



[7, 8] Class of 2017 celebrating red & black day to commemorate their days at Shifa. We'll miss you!



MED LIBS!

It's a busy day at the hospital and you happen to be passing by an open door of one of the wards where you hear this conversation between a doctor and a patient. It's up to you now to fill in the blanks of the details we missed of this conversation! Each blank has the type of word needed to be filled in to complete the story.

Grab your friends and fill in the blanks below, without looking at the story and then read the story with the filled in blanks and have a good time making a silly story! Good luck!

Noun: A person place or thing (eg. Shifa College of Medicine, chair)

Plural noun: people, places or things (eg. chairs, elephants)

Adjective: word used to describe something (eg pretty, weird, red, blue)

Verb: Word describing an action (eg. Run, jump, laugh)

Pronoun: eg- He, she, it, they

Adverb: describes an action (eg. Quickly, Carefully, Silently)

Exclamation-(eg. Wow!, Oh!, Yuck!)

Number-(eg. 5, 223, 16.5)

Color-(eg. Red, Green, Blue)

Name-(eg. Bill, Fred, Lisa)

Fill in the blanks

1. Name _____
2. Adjective _____

3. Adjective _____
4. Name of body part _____
5. Noun _____
6. Noun _____
7. Noun _____
8. Adverb _____
9. Noun _____
10. Noun _____
11. Verb _____
12. Verb _____
13. Verb _____
14. Plural noun _____
15. Verb _____
16. Adjective _____
17. Noun _____
18. Adjective _____
19. Noun _____
20. Number _____
21. Number _____
22. Noun _____
23. Verb _____
24. Noun _____
25. Name _____
26. Noun _____

Patient: Hi Doctor [name], I am visiting you today because I have had a/n [adjective] cough, and a/n [adjective] fever for 4 days now. I also have pain in my [name of body part] First my [noun] caught it and then his younger [noun] and now I have it. Is there any [noun] that you can give me to feel better

[adverb]?

Doctor: I'm going to ask you some questions and we will see if we're able to classify the [noun] that you are suffering from. How long have you had this [noun]? And does it get worse when you [verb] or [verb]?

Patient: Yes, actually, when I turn around and [verb] then my [plural noun] start to [verb] a lot. I also feel [adjective] when I get up from a/n [noun] suddenly. Doctor will I be [adjective]?

Doctor: It seems like you have a case of [noun], which should resolve in about [number] days or so. Just take this medication [number] times a day. Before [noun], then right after you [verb] lunch and then before you go to [noun].

Patient: Thank you Doctor [name], you're a/n [noun]!





Beautiful PEOPLE

I read this line somewhere, “Beautiful people do not just happen” and I realized how incredibly true that is. Beautiful people, however, are mostly those who are broken and patched, sewn and torn. They carry scars of the dirtiest battles they have fought- some won, some lost. But in the end, they have conquered. They

might not have the essence of life all figured out but they have experienced it down to their bones. And maybe that is why they have a much deeper understanding of human conditions rolling down the road.

These beautiful people are worth fighting for- lest you find them. And once you do, hold on to them, for they are rare gems. Most of them can't see the beauty in their scars and the light in their eyes and the depth of their thoughts. Cherish them and make sure you let them know that they are loved, because you see, love is what they lack most- love for themselves mainly.

Beautiful people do not just happen you see, there is a reason why they are a little lost- trying to find a place in this

world. They are lost, but all the while, show way to others. So hold on and don't let them go- a little warmth is what they need after being out there in this cold wild world, for far too long.

This goes out to every beautiful person out there- for whom every day is a struggle, sometimes easier, sometimes harder. But nevertheless, they greet the world with a smile on their face, the sun shines a little brighter for them and the sky opens up to embrace them in its infinite vastness. These are people worth melting for.



by *Zarfasheen Zia*
DPT
Class of 2017

1. Believing in Allah and yourself as the creation of a wise Creator
2. Planning for the future
3. Working hard
4. Being consistent
5. Constantly evaluating whether you've met the goals in the timeline
6. Reviewing your implementation and planning policies, if results do not meet your expectations.
7. Remaining calm, positive and composed when it comes to dealing with yourself and others
8. Not being too proud of yourself- there will be always someone who is better than you
9. Having good energy - eating healthy, exercising daily, and sleeping well
10. Constantly saying Alhumdulillah!

by: *Wardah Hussain Malick, DPT - Class of 2018*

WARDAH'S 10 RULES

SUPERCHARGE YOUR SELF-ESTEEM!

Do you feel like you're stuck in a vicious cycle which makes you sad, upset and depressed? Thoughts that keep you up at night are engulfing you in self-doubt? Girls we got you covered! Join us every Tuesday* for truly heart-warming sessions with Sister Ayesha Khattak, a lawyer and renowned motivational speaker and give yourself a big imaan boost!

Right now I just wanted to share a few gems from the previous sessions that we have already had!

- A Muslim cannot have a strong relationship with people until he has a strong relationship with Allah, nor he can have strong relationship with Allah until he has a strong relationship with himself. This relation can be strengthened by 2 stupendous traits: self-confidence & self esteem.

- Self-confidence is simply being aware of Allah's blessings upon you, knowing that He has already enabled you to tackle all sorts of adversities and that He is with you wherever you are.

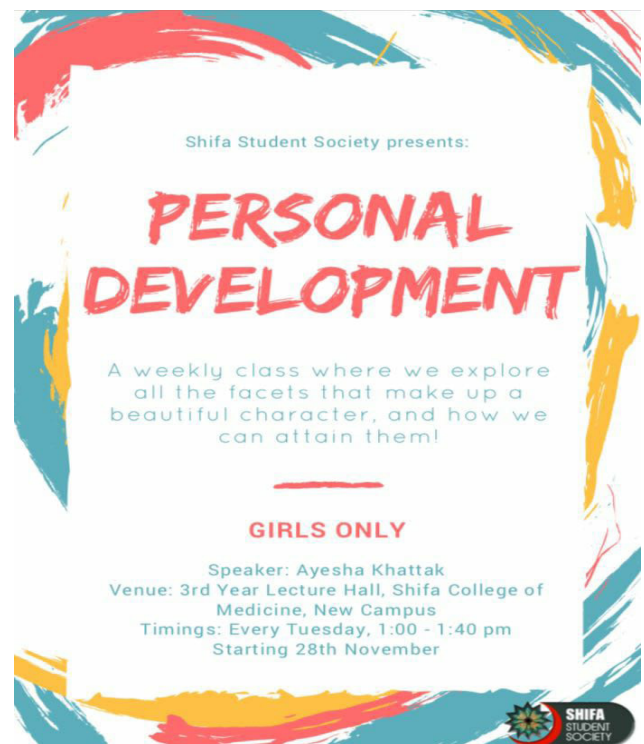
- Self-esteem is your value & respect for "yourself". Until you value yourself, you won't value your time; until you value your time, you will not be able to do anything productive with it.

- It was narrated from Abu Hurayrah (RA that the Prophet (peace and blessings of Allah be upon him) said: "The strong believer is better and more beloved to Allah than the weak believer, although both are good. Strive to do

that which will benefit you and seek the help of Allah, and do not feel helpless. If anything befalls you, do not say 'If only I had done (such and such), the such and such would have happened,' rather say: 'Allah has decreed and what He wills He does,' for 'if only' opens the door to the work of the Shaytaan." Narrated by Muslim (2664).

*the venue and timings on the poster are subject to change, you can text me on the SSS Girls Admin (0334-0169998) to subscribe for weekly updates!

by Jannat Shahid, MBBS, Class of 2020



FUNNY BONES CORNER

Medical Terminology

Definitions: (not really!)

Benign--What you be after you be eight.

Artery--The study of fine paintings.

Bacteria.--Back door to cafeteria.

Cauterize--made eye contact with her

Cesarean Section--A district in Rome..

Enema--Not a friend.

Genes--Blue denim slacks

Medical Staff--A Doctor's cane.

Nitrates--Cheaper than day rates.

Outpatient--A person who has fainted.

Pelvis--Second cousin to Elvis.

Protein--In favor of young people

Red Blood Count--Dracula

Secretion--Hiding something

Urine--Opposite of "you're out"

Varicose--Nearby/close by

FIND THE TIME

One of the greatest troubles associated with being a university student is the overwhelming amount of work you have to do, be it assignments, exams or social activities. You have to balance everything in a 24-hour day. The following tips might help you do that.

CHECK LISTS:

As cliché as it sounds, to-do lists are an effective way to accomplish all your tasks and keep track of your life and studies. Most of the time, writing down what you have to do helps you realize that it is not as much as you thought it would be.

MAKE A TIMETABLE:

Hey don't worry, you don't have to live by the clock, but having a rough timeline is helpful. You should know how many hours you want to spend studying, working out and with your family.

LEARN TO SAY NO:

Yes, it is important to prioritize and sometimes when your own plate is too full, you might not be able to go out on a limb for a friend. Don't sign up for things you later won't have time to do.

REWARD YOURSELF:

After accomplishing each task, reward yourself. It doesn't have to be grand, just something you like to do e.g watch a show, play a game, go out.

DON'T COMPROMISE ON YOUR SLEEP:

A good night's sleep is essential to ensure that your mind and body is rested and fresh for the next day. Pulling an all-nighter studying is less productive!



by Qaneeta Haseeb
Pharm D
Class of 2018

Walking the amount of stairs in the new campus should qualify as a gym routine!

The first day wearing a whitecoat gives you superhero feels...until summer comes around and you wonder if the whitecoat is the superhero or the villain!

Your camera gallery looks like a histology book hacked it because there's so many microscope slide pictures!

A ringing bell makes you panic a little. (IPE nightmares/Flashbacks)

What do we call ourselves as Shifa students though? Shifaites? Shifafians? STMU-ians?

That moment when a visitor to the hospital asks you where something is in the hospital...and you yourself have to read the signs above to guide them!

Happiness is a summative with no IPE after it!

The library is the quiet sanctuary for sleep- I mean studying ;)!

If you don't remember there being a library in the hospital...you're from the year 2021 or after

If you remember "the lobby" you are likely from the year 2019 and above

The AC system is so awesome in the new campus that you may have to bring sweaters to class in the heat of summer!

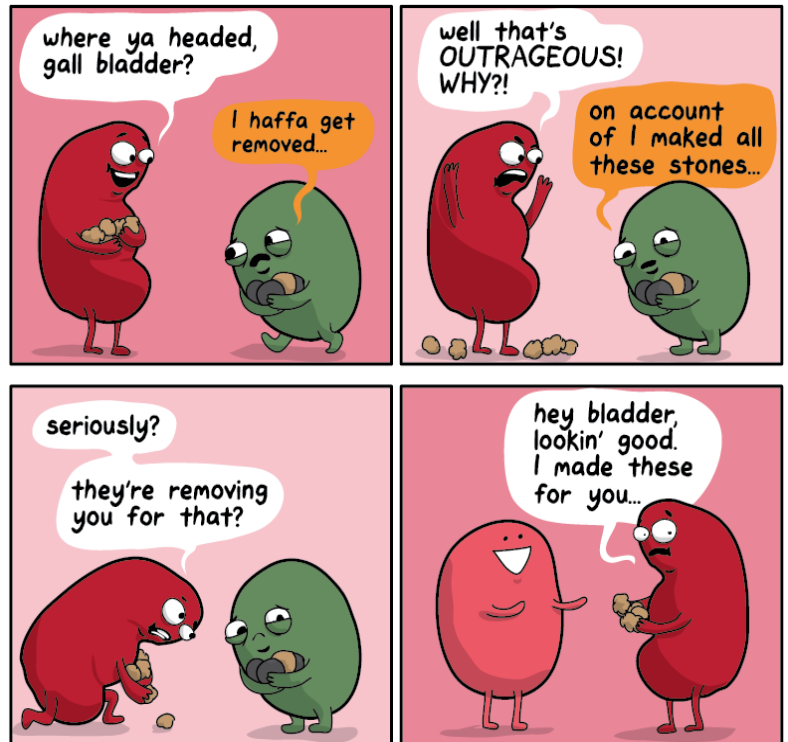
In the end, looking back, you wouldn't choose to go anywhere else because despite all the quirks and little and big things, spending so much time here with your classmates makes it home!

#JUSTSHIFATHINGS :D

WORD FIND

B Y L N P S Y A S T E A T T C
 E E J U H U R D A G I Z H P G
 S B T I A E D E U R K Y A R N
 A T F A L N B E D T R G L O O
 E A E O P T E N N O S O A P I
 S A H T R L O M I D P T S H T
 I C E A H H A D I B A E S A A
 D O E R C O U P H A V L E S N
 X H Q O A Y S P O T U A M E I
 Y H T U B E R C U L O S I S M
 P I U C D O C T O R K T A V A
 M B R A I N O E W P K L D R X
 W E R N I C K E S J E V I F E
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 E M X Q R U M E F Q A I B I T

- | | |
|------------------|--------------|
| ANASTOMOSIS | PALPATE |
| ANEMIA | PROPHASE |
| WERNICKES (AREA) | PUDENDAL |
| AUTOPSY | SHIFA |
| BRAIN | STETHOSCOPE |
| CHOLERA | STUDY |
| DISEASE | THALASSEMIA |
| DOCTOR | THYROID |
| EXAMINATION | TIBIA |
| FEMUR | TUBERCULOSIS |
| HEARTBEAT | ZYGOTE |
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