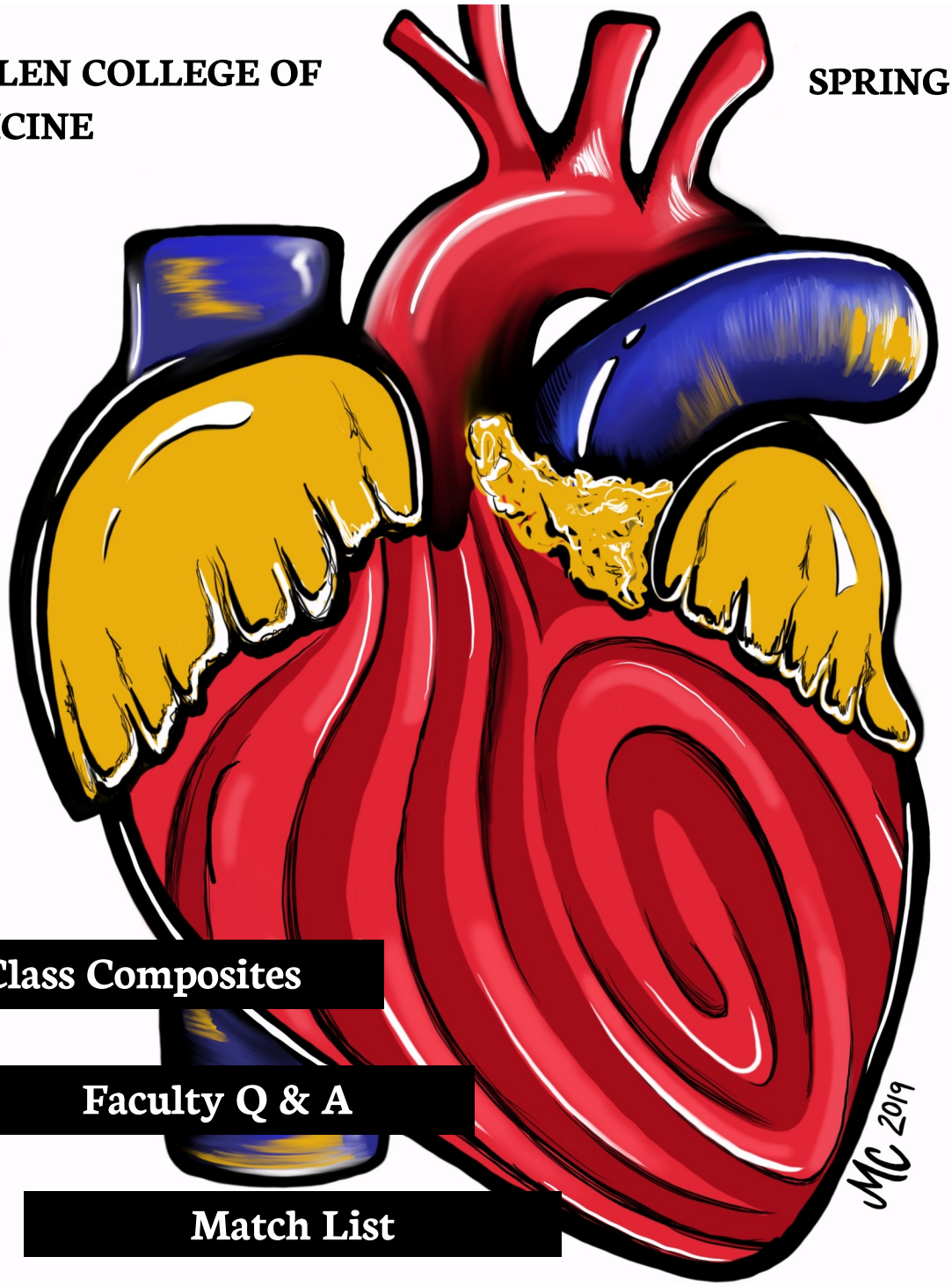
MOMENTS IN MEDICINE

QUILLEN COLLEGE OF MEDICINE

SPRING 2020



Class Composites

Faculty Q & A

Match List

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Welcome to the Quillen College of Medicine's *Moments in Medicine* 2020 edition! COVID-19 has made this spring unprecedented and has had a lasting impact, good and bad, on QCOM students. It is important that we celebrate the class of 2020 during these times for their immense achievements and wish them luck as they tackle the next step in their journey, residency. M3 students learned to navigate a pandemic during their first year of clinical rotations, while M2 students now understand the importance of flexibility with the drastic alterations of their STEP 1 plans. M1 students successfully completed their first year of medical school in a challenging online format. Through these trials and tribulations, Quillen students have worked hard, served the community well, and shown what it means to be part of the QCOM family. Now let's celebrate the happy times of the 2019-2020 year and look forward to a bright future wherever we may end up.

- The PR Committee

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EAST TENNESSEE STATE UNIVERSITY

QUILLEN COLLEGE OF MEDICINE

Class of 2023

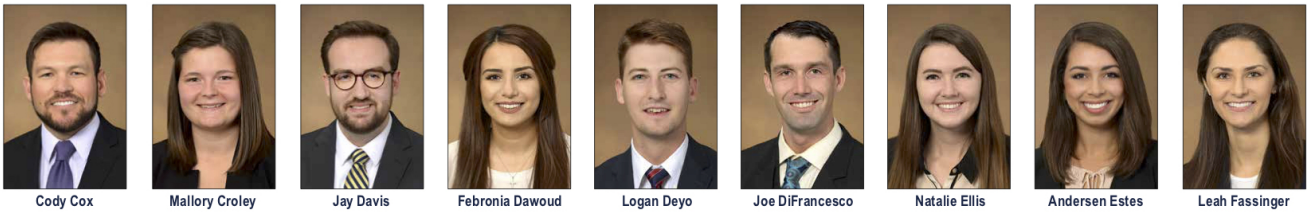


EAST TENNESSEE STATE UNIVERSITY

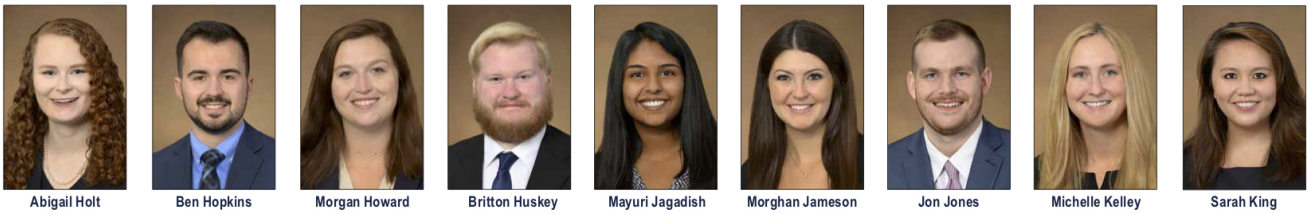
QUILLEN COLLEGE OF MEDICINE

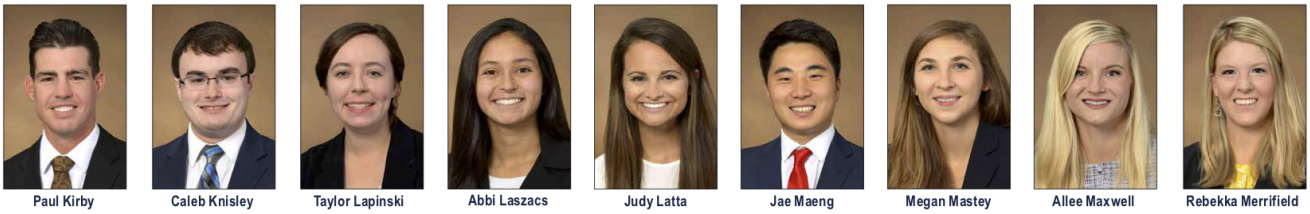
Class of 2022


Ali Ables | Daniel Badoe | Shivan Berwari | Prince Boakye | Gina Botsko | Jeanette Cagle | Coleman Churitch | Autumn Conger | Jaclyn Corso


Cody Cox | Mallory Croley | Jay Davis | Febronia Dawoud | Logan Deyo | Joe DiFrancesco | Natalie Ellis | Andersen Estes | Leah Fassinger

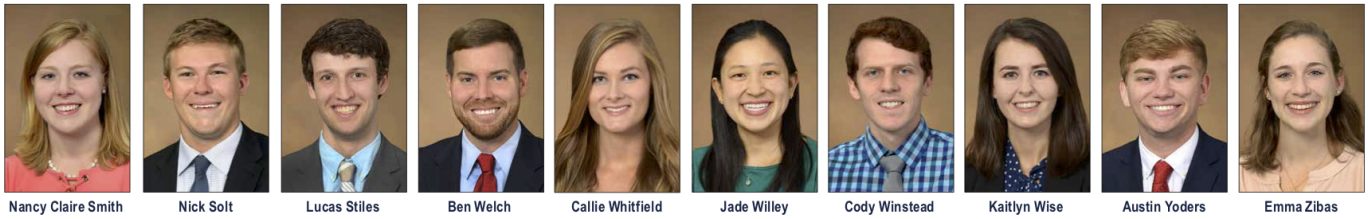

Bethany Faust | Aaron Floch | Greylon Gawaluck | Nelly Grigorian | Heather Grubbs | Angela Hacksel-Newmark | Taylor Harris | Fred Hicks | Lauren Hill


Abigail Holt | Ben Hopkins | Morgan Howard | Britton Huskey | Mayuri Jagadish | Morghan Jameson | Jon Jones | Michelle Kelley | Sarah King


Paul Kirby | Caleb Knisley | Taylor Lapinski | Abbi Laszacs | Judy Latta | Jae Maeng | Megan Mastey | Allee Maxwell | Rebekka Merrifield


Joseph Miller | Merkle Moore | Jordan Newby | Caitlin Nicholson | Izabella Nill Gomez | Naveed Noordin | Wes Pectol | Stefan Pienkowski | Haley Porter


Alex Proctor | Danny Raley | Sarah Allen Ray | Alora Ricker | Colin Rose | Connor Ryon | Haley Scarbrough | Mora Sedhom | Ryan Serbin | Rex Siu


Nancy Claire Smith | Nick Solt | Lucas Stiles | Ben Welch | Callie Whitfield | Jade Willey | Cody Winstead | Kaitlyn Wise | Austin Yoders | Emma Zibas

EAST TENNESSEE STATE UNIVERSITY

QUILLEN COLLEGE OF MEDICINE

Class of 2021



Class of 2020 Superlatives

The Dr. Block Award for Most Likely to Become Dean of a Medical School

Hunter Bratton

The Dr. Turk/JD Award for Cutest Couple

Brandon and Margaret Miller

The Professor X Award for Most Likely to Teach at Quillen

Chase Mussard

Most likely to Use the "I'm a Doctor" Line at a Bar

Gloria Kwak

The Dr. Dre Award for Most Musically Talented

Chelsea Ryan

The Dr. Seuss Award for Most Likely to Have the Most Kids

Jeff Blackwell

The Dr. Jack Shepherd Award for Person You Would Most Want to be on a Stranded Island with

Anders Oster

The Dr. Elliot Reid Award for Most Likely to Ask a Question

Ankit Patel

The Patch Adams Award for Most Likely to Make You Laugh

Bill Majors

The Dr. Evil Award For Most Likely to Take Over the World

Caroline Bulger

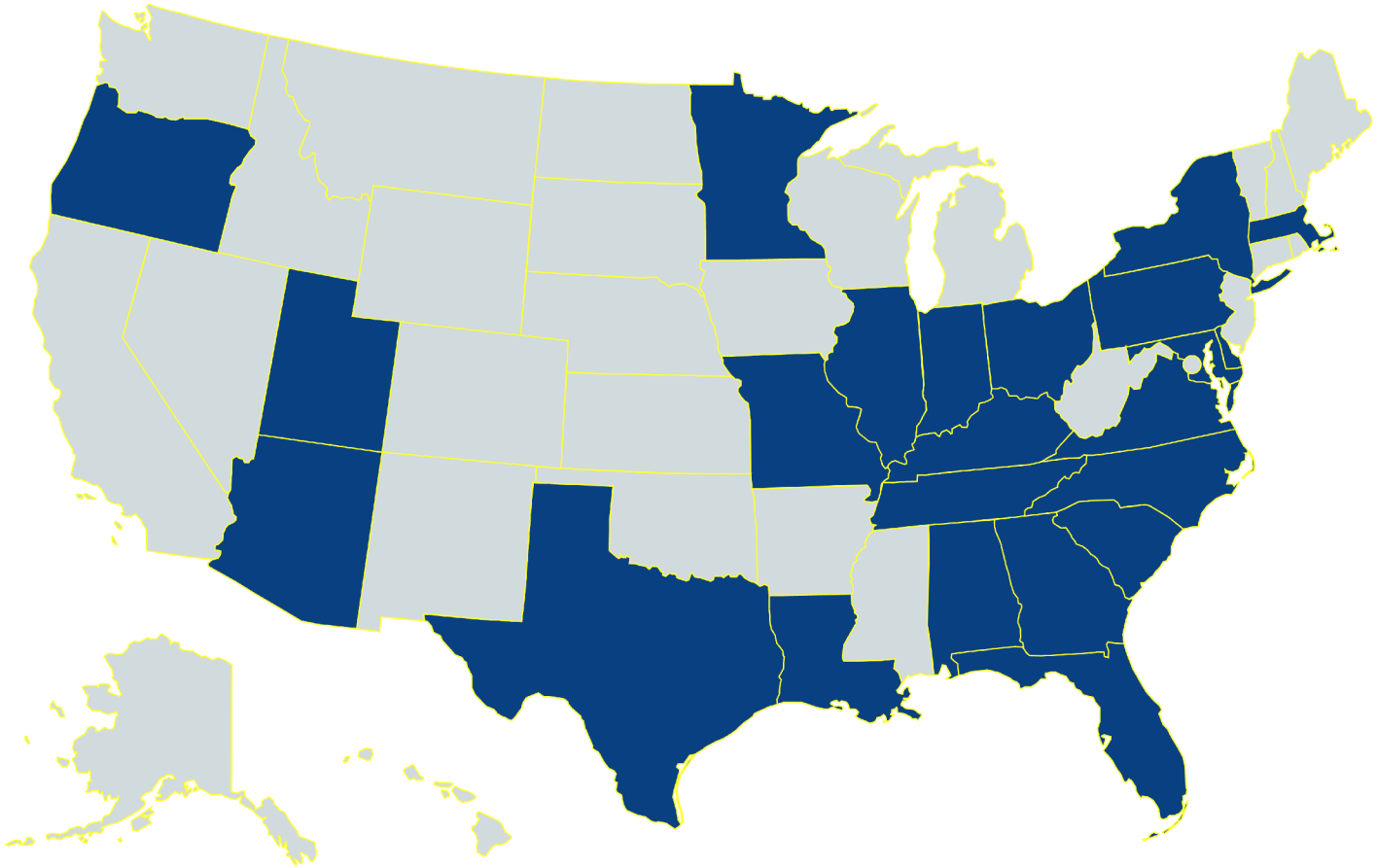
EAST TENNESSEE STATE UNIVERSITY

QUILLEN COLLEGE OF MEDICINE

Class of 2020



Oh the places you'll go!



Congratulations, Class of 2020!!

Class of 2020 Match List

Minhal Abidi	Transitional | Weiss Memorial Hospital | Chicago, IL
	Radiology-Diagnostic | Rush University Med Ctr | Chicago, IL
Hayden Alford	General Surgery | U South Alabama Hospitals | Mobile, AL
Hannah Alford	Obstetrics-Gynecology | U South Alabama Hospitals | Mobile, AL
Erica Andres	Internal Medicine | Hospital of the Univ. of PA | Philadelphia, PA
Nina Appareddy	Internal Medicine | U Texas Rio Grande Valley | Harlingen,TX
Austin Daniel	Internal Medicine | U Tennessee Health Sci Center | Memphis, TN
Iuila Basaraba	Internal Medicine | Cone Health | Greensboro, NC
Jeffery Blackwell	Family Medicine | East Tennessee St. Univ. | Bristol, TN
Peter Blosser	Medicine-Prelim | U Kentucky Med Center | Lexington, KY
	Ophthalmology | University of Kentucky | Lexington, KY
Nathan Bolton	Family Medicine | East Tennessee St. Univ. | Bristol, TN
Eric Bookout	Internal Medicine | East Tennessee St. Univ. | Johnson City, TN
Hannah Bowers	Obstetrics-Gynecology | U Tennessee COM | Chattanooga
Roscoe Bratton	Medicine-Prelim | East Tenneessee St. Univ | Johnson City, TN
	Anesthesiology | Johns Hopkins Hosp | Baltimore, MD
Adam Chan	Psychiatry | U Tennessee Health Sci. Center | Memphis, TN
Taylor Cox	Medicine-Primary | U Rochester/Strong Memorial | Rochester, NY
Heidi Dahl	Medicine-Prelim | Mayo Clinic Sch of Grad Med Ed | Rochester, MN
	Ophthalmology | Mayo Clinic COM and Science | Rochester, MN
Kathleen DeMars	Pediatrics | U Tennessee COM | Chattanooga, TN
Kacie Denton	Pediatrics | East Tennessee St. Univ. | Johnson City, TN
Andrew Donahue	Pediatrics | U Alabama Med Ctr | Birmingham, AL
Daniel Epperson	Emergency Medicine | Indiana University SOM | Indianapolis, IN
Jessie Feathers	Family Medicine | East Tennessee St. Univ. | Bristol, TN
Claire Gleadhill	Otolaryngology | U Arizona COM | Tucson, AZ
Vijay Guntupalli	Internal Medicine | East Tennessee St. Univ. | Johnson City, TN
Madison Harmon	Emergency Medicine | U Louisville SOM | Louisville, KY
Kendra Henderson	Family Medicine | East Tennessee St. Univ | Bristol, TN
Steven Irmeger	Orthopaedic Surgery | Mount Carmel Health System | Columbus, OH
Adam James	Family Medicine | Utah HealthCare Institute | Salt Lake City, UT
Jessica Jones	Pediatrics | East Tennessee St. Univ | Johnson City, TN
James Jordan	Orthopaedic Surgery | Beaumont Army Medical Cent | El Paso, TX
Kelsey King-Hook	Family Medicine | East Tennessee St. Univ. | Kingsport, TN
Hakyong Kwak	Obstetrics-Gynecology | U Tennessee Health Sci. Ctr | Memphis, TN
Derek Lance	Orthopaedic Surgery | Medical College of Georgia | Augusta, GA
Jesse Lawson	Emergency Medicine | LSU HSC | Shreveport, LA

Amanda Leuthold	Psychiatry | U Alabama Med Ctr | Birmingham, AL
Lauren Littlefield	Gen Surgery-Prelim | U Tennessee Health Sci Ctr | Memphis, TN
William Majors	Anesthesiology | U Tennessee Grad SOM | Knoxville, TN
Daniel Mathis	Pediatrics | U Tennessee COM | Chattanooga, TN
Benjamin McKinney	Emergency Medicine | Grand Strand Reg Med Ctr | Myrtle Beach, SC
Caroline Mercer	Obstetrics-Gynecology | East Tennessee St. Univ | Johnson City, TN
Margaret Miller	Family Medicine | Trident Medical Center | Charleston, SC
Brandon Miller	Internal Medicine | Medical University of SC | Charleston, SC
Chase Mussard	Family Medicine | Oregon Health & Science Univ | Portland, OR
Rebecca Neighbor	Family Medicine | U Tennessee COM | Chattanooga, TN
Anders Oster	Emergency Medicine | Prisma Hlth-Midlands/USC SOM | Columbia, SC
Ankit Patel	General Surgery | Christiana Care | Newark, DE
William Phelps	Anesthesiology | U Alabama Med Ctr | Birmingham, AL
Justin Pinkston	Emergency Medicine | U Alabama Med Ctr | Birmingham, AL
Vian Pulous	Internal Medicine | U Tennessee Health Sci Ctr | Memphis, TN
Benjamin Reeves	Transitional | Spartanburg Reg Healthcare | Spartanburg, SC
	Radiology-Diagnostic | U Alabama Med Ctr | Birmingham, AL
Ansley Ricker	General Surgery | Carolinas Med Ctr | Charlotte, NC
Chelsea Ryan	Intermal Medicine | Virginia Tech Carilion SOM | Roanoke, VA
William Seagrave	Internal Medicine | Navy Medical Center | Portsmouth, VA
Griffin Shoemaker	Pediatrics | Virginia Tech Carilion SOM | Roanoke, VA
Nikita Shokur	Emergency Medicine | U Florida COM-Shands Hosp | Gainesville, FL
Tander Simberloff	Internal Medicine | U Florida COM-Shands Hosp | Gainesville, FL
Kyndall Smith	Pediatrics | U Louisville SOM | Louisville, KY
Sierra Sorter	Pediatrics | Rush University Med Ctr | Chicago, IL
Laura Stamper	Emergency Medicine | Orlando Health | Orlando, FL
Christopher Steadman	Anesthesiology | University Hosps | Columbia, MO
Kimberli Tipps	Internal Medicine | Wake Forest Baptist Med Ctr | Winston-Salem, NC
Sarah Tolliver	Pediatrics | East Tennessee St. Univ. | Johnson City, TN
Anne Walker	Family Medicine | Tufts Cambridge Health | Cambridge, MA
Molly Wiggins	Neurology | Wake Forest Baptist Med Ctr | Winston-Salem, NC
Stephanie Willer	Emergency Medicine | U Tennessee COM | Chattanooga, TN
Randi Winter	Medicine-Prelim | University Hosps | Columbia, MO
	Dermatology | University Hosps | Columbia, MO
Thomas Witt	Family Medicine | Duke Univ. Med Ctr | Durham, NC
Andrew Yates	Transitional year | U.S. Army
Jacob Zalewski	Orthopaedic Surgery | U Tennessee Health Sci Ctr | Memphis, TN

Farewell Class of 2020

On your departure from Quillen, as you are preparing for the next phase of your education, there are some things that I would like you to reflect upon.

Firstly, remember the path you took to get to medical school and Quillen. You did not get here without working hard throughout your early education and college years. That hard work extended beyond just academic achievement. You also devoted many hours toward volunteer work, university activities, shadowing, etc. Many of you also played intercollegiate sports. You accomplished those things while still maintaining a proper life balance. Add to that the work needed to prepare for the MCAT. I know you are proud of those accomplishments. The good news was, all of that effort got you to us. How did you feel when you received your letter of acceptance from the Dean and/or your call from Doug? Elated? Concerned? Were you confident of your decision to go to medical school? When I think back on your initial day of orientation, I remember asking how many of you were apprehensive about starting medical school. The number of hands that went up was nearly 100% of your class. That was certainly understandable. You were sure that it would be an academic challenge beyond what you have previously experienced. You knew that it would be a test of your desire to spend your entire career serving the needs of your patients. Anytime you head down a path like yours, you wonder if you have made the right decision and if you have the right stuff to be fully successful, true to yourself and the best you can possibly be in your chosen career. I am confident that you have what it takes to meet all your future goals.

Secondly, review all of the things you have done to allow yourself to move to the next phase of your education as a resident physician. I can assure you that you are not the same learner you were when you first sat in a seat in Stanton-Gerber Hall. You certainly needed to refine your study habits throughout your years with us. You must have done so to meet the needs of unique courses like gross anatomy. If you are like all physicians I have ever met, you will remember your first day in the anatomy lab, and how it made you feel, for the rest of your life. Learning how to adjust to a flipped classroom was probably a challenge, as well. Learning the proper way to ask questions during history taking and developing good physical exam skills that will serve you for the rest of your life all require significant changes in thought and practice. Willingness to constantly redefine yourself should be your new normal. As I have said to you many times, our responsibility to ourselves, those we serve, as well as those we share our lives with is to do our absolute best to be better tomorrow than we were today. This responsibility never leaves us. It requires constant reflection about how we are as a person as well as a practitioner. Proper, effective, supportive feedback is rarely provided, but it's always needed. Do your best to find ways to have good communication with all around you so that you can obtain proper feedback. And do your best to build time into your day for self-reflection, a valuable tool, especially when proper feedback is not provided. That will serve you well and keep you on the right track professionally and personally. Don't forget that, in addition to becoming a better learner, clinician and leader, your responsibilities include becoming a better parent (if you go that route) and/or significant other to your life partner. Life becomes difficult when we ignore those responsibilities.

Lastly, always remember Johnson City, ETSU and Quillen. Of course, we hope that you will do your best, as you move forward, to support your medical school financially. You are well aware of medical school indebtedness and how wonderful it would be to have significant scholarship funds to support all students. That will only happen through the generosity of individuals like yourselves. But there are many other ways that you can serve Quillen as you move on in your careers. Be willing to have medical students work with you and your clinical situation to them further their education, since you are well aware of what that is like. Let us know when you have had the opportunity to work with a young individual who you feel would be a good fit for Quillen. And don't be afraid to contact us when you feel that we can assist you with an issue you are dealing with in some aspect of your career or personal life. We are still here to help you. Please remember that. You are forever a part of the Quillen family. Be as proud of that as we are of you. We will miss you. Please keep in touch. Good luck and Godspeed.

-Kwas



Let's Celebrate!

Some moments in medicine happen outside of the classroom or clinic. Our Quillen Family loves to celebrate major life events with our classmates!































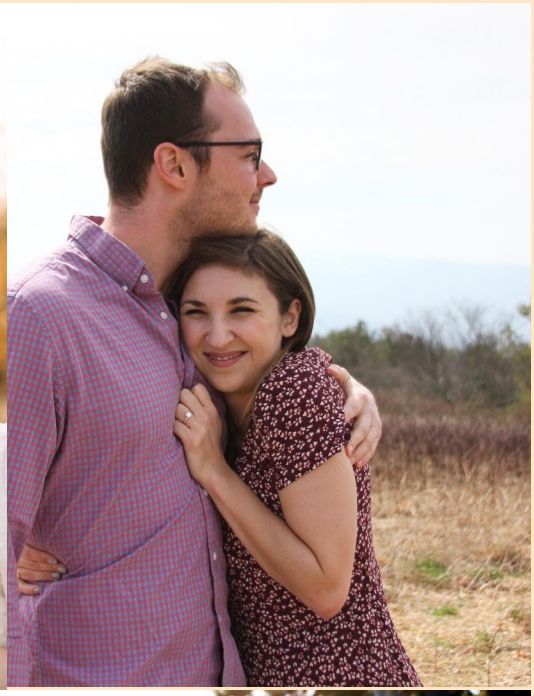








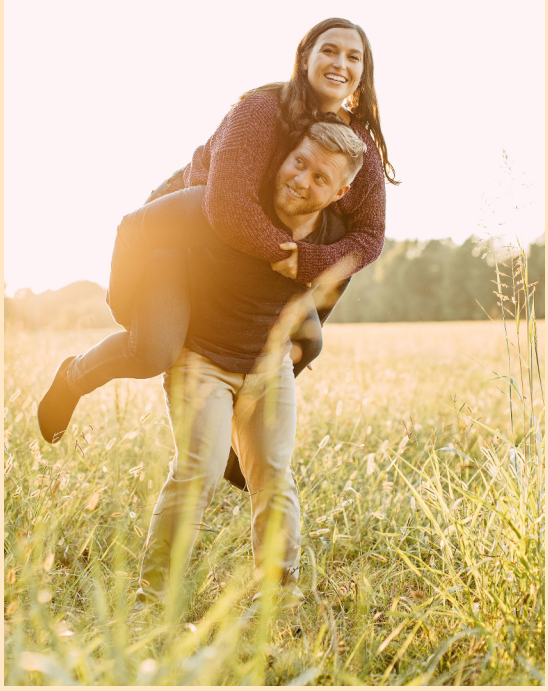







KATE & KEITH
PHOTOGRAPHY





Family that Plays Together, Stays Together

Quillen students love to get active with intramural sports. Intramurals are a great way for students to not only stay healthy, but also have fun with fellow students across the classes. Our teams are quite competitive, winning championships and progressing through the playoffs in Flag Football, Basketball, Volleyball, and more! Because we all know the saying "Teamwork makes the dream work!" We even bring our own cheering section!














GYMNASIUM RULES
BONUS
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PLAYER
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SCORE
MATCH
SCORE


BONUS
FOULS
PLAYER
FOUL
FOULS
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30
5
6
SCORE
MATCH
SCORE


HOME
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BALL
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NO
DUNKING
ALLOWED








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OUT

Quillen Students love their pets!








































Matched
At
UAB-EM

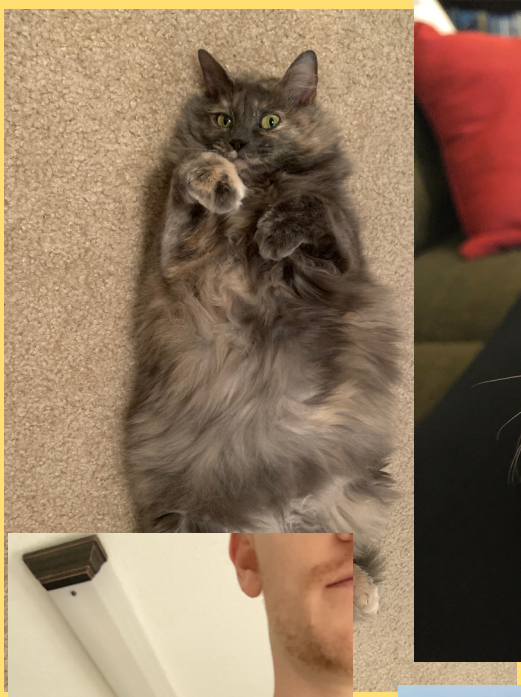

MYRTLE
BEACH
MARATHON













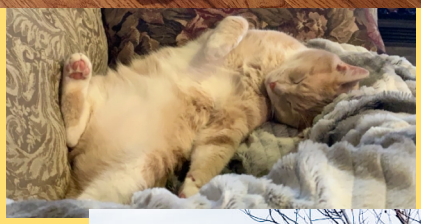


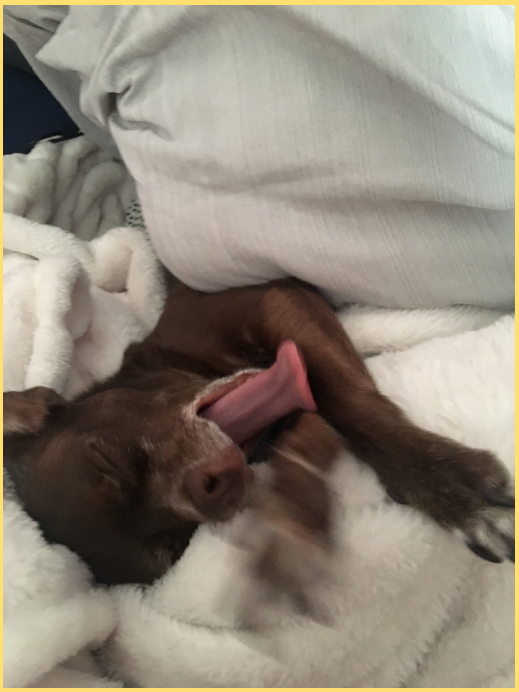

Look at this noodle












Quillen Faculty Q & A

Dr. Jerry Mullersman

Professor, Epidemiology & Biostatistics



What are hobbies you have outside of work?

I really enjoy cooking,traveling all over the world, and hiking. I try to incorporate some sort of hiking activity into my travels whenever feasible.

Where are you originally from?

I lived in Owensboro, Kentucky until I was 8, which is when my family moved to Gainesville, Florida. I then lived and studied in Gainesville until I was 30. I tend to think of myself as being from Gainesville, but I've also never forgotten my Kentucky roots.



What is your favorite place to eat in Johnson City?

My wife and I have enjoyed eating at Cafe Lola Bistro for many years.

What is your favorite type of music?

I like many different kinds of music from various eras, but I never seem to tire of listening to popular music from the years when I was in my teens and twenties (late 1960s to mid 1980s). I've been delighted to see how a lot of the popular music from that period of time has continued to resonate with succeeding generations.

What is your favorite movie?

It's impossible for me to pick a favorite movie out of the many hundreds that I've watched over the years, but I can recommend "The Fisher King". It's an award-winning movie, first released in 1991, that tells an unusual and moving story of suffering and healing.

Why did you choose a career in medicine?

I was attracted to a career in medicine because it offered so many avenues for addressing human suffering.

What brought you to the Quillen?

My longtime friend and colleague, Dr. John Schweitzer, recruited me in 2000 to Quillen from UT-Memphis, which is where Dr. Schweitzer and I had worked together for many years before I moved to Johnson City.



Quillen Faculty Q & A

Dr. Reid Blackwelder



Professor, MD

What are hobbies you have outside of work?

I make wood pens on a lathe. I collect antique trade beads and make earrings and jewelry from them. I enjoy riding bicycles.

Where are you originally from?

I was born in Atlanta, GA, and my mother still lives outside Atlanta. I attended Haverford College, a small Quaker liberal arts school outside Philadelphia.

What brought you to Quillen?

After college, I returned to Atlanta to attend Emory College of Medicine. Once I was practicing in Trenton, GA, an old Emory classmate, Dr Rick Agel suggested I look at Kingsport where we was a surgeon, so I applied for a job in the Family Medicine Residency there. I did not have any medical students or residents to teach in Trenton, so I decided to come here in 1992.



If Hollywood made a movie out of your life, who would play your character?

In many ways, I see the Harry Potter potter movies as reflecting some of how I approach my life in terms of teaching the sacred art of medicine. The best Dumbledore was Richard Harris, so he might be my choice!

If you could have a different career, what would it be?

Wow - I am so blessed to have found this path, I would not change. But I know I would have to teach whatever I did. I could see teaching at a small college like Haverford, which had a wonderful sense of community.

What is on your bucket list?

I have been able to see and do so much in my life already. My time as a board member and officer of the American Academy of Family Physicians especially allowed me travel all over the country and meet amazing people. I would like to visit Stonehenge.

Why did you choose family medicine?

Family Medicine was not being taught at Emory when I was there. Two things happened. One was that I stumbled into a chance to work with a family physician during my second year for an American Cancer Society month long rotation. That opened the door to the remarkable variety possible in being a physician. Then I found I loved all my third year rotations, and did not want to choose among them. Family Medicine allowed me to do all of them!

What is your biggest pet peeve?

People not thinking for themselves or through things. Especially in medicine, one has to keep asking why, and be open to variation.



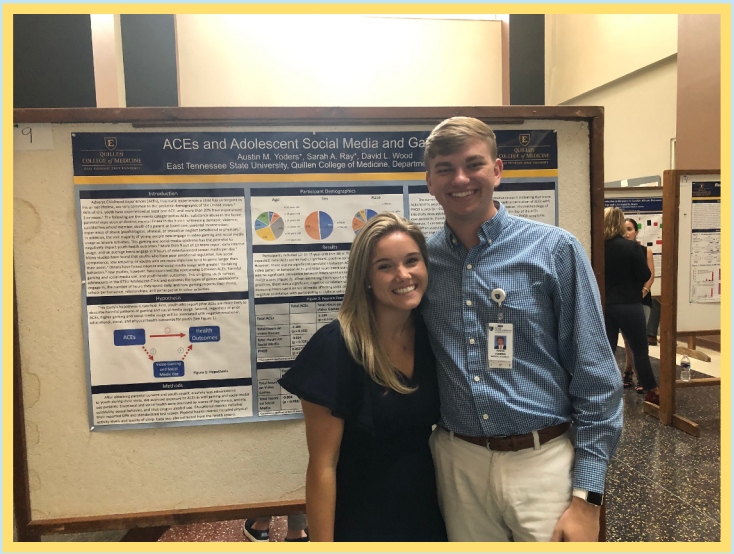






"The Last Summer"

As someone interested in Pediatrics and not too keen on bench research, I was pretty excited when I was selected to work with Dr. David Wood on a clinical pediatric research project last summer. Our goal was to look at the relationships between ACEs (Adverse Childhood Events), Gaming and Social Media habits, and health outcomes (depression, anxiety, sexual activity, drug use, etc.) among adolescents. We had to put a lot of work in before summer began to get this project off the ground. I learned a lot about the IRB approval process as well as the importance of developing a survey with validated questions. My summer consisted mainly of administering the surveys we created to both parents and adolescents at the ETSU pediatrics clinic. This included explaining the purpose of the study, reminding participants that all data would remain confidential, and obtaining consent. In my down time, I worked on some educational handouts regarding gaming and social media that could be handed out to families in clinic. This project is on-going, and we've brought on research assistants to continue fielding the study. Furthermore, we have connected with pediatric clinics in Western Michigan who are going to begin administering the surveys. Since the summer, my role has transitioned to one of data inputting and analysis, but I meet with the research assistants regularly to ensure the quality of survey collecting is maintained. I am so thankful for the opportunity I had last summer and as the project continues, I am excited to see where it takes me. - Austin Yoders (M2)



"The Last Summer"

One of the most unforgettable summers took place in the most unexpected location: Germany. Set upon an idyllic city in the north, a few of our medical students and I travelled to Rostock to participate in a summer program at one of Germany's oldest universities. Gathered with other medical students from around the world, we got a taste of life as a medical student in Europe: attending lectures focusing on aspects of aging, learning about the education system and its distinctions to ours, and enjoying the charms of the European lifestyle. Whether long walks around the city or train rides to the coast, our days spent in class were matched with ample opportunity for tourism. Oftentimes, the two went together, and visits to ancient castles, the coasts of the Baltic Sea, and the famed city of Berlin were unforgettable. - Izabella Gomez (M2)



Community Service

Quillen students are known for their dedication and service to our community

Right: Students Megan Burnham, Dylan Foster, Trey Schumpert, Kaley Hankins, Coleman Woody, Jarred Millard, Matt Odom, Zack Lindsay, Jenn Davis, Dalton Caviness, and Madeline Santulli volunteer with Habitat For Humanity.



Below: Students Devyn Hayes, Megan Burnham, and Woogie Stabile volunteer at the PPE drive-through donation site with Medical Supply Drive. The drive helped collect PPE donations for local clinics during the COVID-19 pandemic.





Above: Many Quillen students volunteered with One Acre Cafe during two of their breakfast fundraiser events. The students helped serve breakfast and bused tables during the fundraiser to help the community cafe provide warm, nourishing meals to the community.

Below: M1 students Makayla Dixon, Ahmed Elgazzar, Zack Lindsay, and Haddon Hill participate in Anatomy On Display at Carver Rec Center to teach local elementary school children about human anatomy.





Quillen 100: Quillen students started Quillen 100 bike race held in October at the Bristol Motor Speedway! Students, professors, and community members participated in several races and raised over **$6000** for the Tri-Cities American Heart Association! They also helped with educational and fun stations for the kids!