

# TUNCOM Clinical Clerkship Manual

Department of Clinical Education

ACADEMIC YEAR 2023-2024

3rd Year DO Class of 2025 4th Year DO Class of 2024

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# INTRODUCTION

# <u>Clinical Education – MISSION</u>

Clinical Education is a center for excellence in all aspects of osteopathic clinical education. The department passionately supports TUNCOM students with a focus on service and quality education through developing and maintaining professional partnerships in an ever-changing environment.

### **Clinical Education**

Throughout the University's history, strong and valued partnerships have been established with highly regarded physicians, clinics, and hospital systems across the nation.

All clerkships are supported by a presentation-based curriculum, which continues the students' foundation built during the systems-based curriculum offered during the first two years of training at TUNCOM.

Please note: TUNCOM may revise and modify this document at any time.

# **CONTACTINFORMATION**

### DEPARTMENT OF CLINICAL EDUCATION

874 American Pacific Drive • Henderson, NV 89014 • 702.777.4777 • Fax: 702.777.3967

# **FACULTY**

# Clinical Assistant Dean for Clinical Education

Aurelio Muyot, M.D. 725-287-0341 - amuyot@touro.edu

Directs the oversight of clinical student development and clinical faculty development.

### Assistant Dean for Clinical Education

Anne Poliquin, PhD 702-777-4769 - apoliqui@touro.edu

Directs the oversight of clinical clerkship experiences throughout the continuum of the College of Osteopathic Medicine's educational curriculum

### **STAFF**

### Administrative Director

Lisa Jones, M.Ed 702-777-3179 - tross4@touro.edu

Oversees scheduling and the daily operations of the department, working closely with the Associate and Assistant Deans

### Assistant Administrative Director

Beverly Delacarrera, MHS 702-777-3144 - bdelacar@touro.edu

Responsible for clerkship badging processes, Continuing Medical Education credit and preceptor credentialing

### Sr. Clinical Clerkship Coordinator Andrea

Sjolie 702-777-1793 - asjolie @ touro.edu

Responsible for scheduling and coordinating clerkships for third year students

### Sr. Clinical Clerkship Coordinator

Ann Phillips 702-777-4786 - ann L.phillips@touro.edu

Responsible for scheduling and coordinating clerkships for fourth year students

### Clinical Clerkship Coordinator

Anahis Ibarra-aibarra@touro.edu

Responsible for scheduling and coordinating clerkships for fourth year students

### Sr. Clinical Clerkship Coordinator

Suzanne McGee 702-777-1788 - smcgee@ touro.edu

Responsible for scheduling and coordinating all subject examinations, as well as student clerkship evaluations

# CLINICAL CLERKSHIP OVERVIEW

Students are always required to adhere to the following policies and procedures while on clerkships.

# **Clinical Clerkship Coordinators**

For matters pertaining to clinical education, the TUNCOM Clinical Clerkship Coordinators are available to students, via e-mail or by telephone during regular University business hours. For your protection, we ask that all questions, concerns, and forms be emailed directly to the <a href="mailto:tun.clinical.education@touro.edu">tun.clinical.education@touro.edu</a> mailbox so that your query is recorded. This box is monitored daily.

All forms, including but not limited to, Local and Away Clerkship Requests, Clerkship Change Requests, Absence Requests, Verification Forms and Badging Paperwork should be emailed in PDF or WORD format directly to: <a href="mailto:tun.clinical.education@touro.edu">tun.clinical.education@touro.edu</a>. Most forms can be found on eMedley or on our CANVAS NV DO site. Email submissions allow for confirmation to be sent to you to make sure documents are received.

# **Communication**

Students are responsible for:

- Checking e-mail daily:
- Any questions regarding schedules, including clerkship request and changes must be sent directly to the <a href="mailto:tun.clinical.education@touro.edu">tun.clinical.education@touro.edu</a>. It is not necessary to copy a staff member in addition, this box is checked daily. All questions should be sent to this mailbox.
  - Formal communication from Clinical Education is delivered through university e-mail.
     As such, students are required to read and respond to all communications via their official TUNCOM e-mail address within 24 to 48 hours. Recurrent failures to comply will lead to referral to Clinical Student at Risk Committee (CSTARC) for professionalism issues. (see page 10)
  - o Informal communications such as preceptor notices will be available via eMedley.
  - Students who experience technical problems with e-mail should contact the Information Technology (IT) Helpdesk at 702.777.4781
- Students are obligated to ensure that the University is in possession of current contact information, including current/permanent mailing address and telephone numbers. Any change in this information should be immediately updated via the TouroOne Student Portal and in eMedley. If there is a change, please email Clinical Education at tun.clinical.education@touro.edu, so that they have the latest information.
- All information disseminated by Clinical Education and the University, which might be pertinent to your registration, financial aid, student status and specific to campus safety and communication.
- Complying with all University stated policies.
- Complying with privacy policies (Family Educational Rights and Privacy Act (FERPA) or otherwise). For more information, please refer to Appendix A of the University Catalog.

Clinical Education will only communicate information directly to the medical student (e.g., no spouses, parents, etc.). This is following FERPA compliance. Clinical Education provides information to students via weekly emails, monthly information sessions for OMS III and an annual calendar. We notify students as needed and provide updates through Touro University Nevada email and eMedley.

### **Clinical Clerkship Definitions**

Clinical clerkships can be referred to as rotations or clinical experiences, with teaching physicians referred to as preceptors or attendings. Students are expected to adhere to each site's scheduling protocols and procedures. Some sites require more than forty hours per week and may include working holidays, overnights, and/or weekends. Students are expected to be present and available for teaching and learning per their assigned preceptor/attending schedule. If you ever have concerns about scheduling, please contact the Administrative Director or Assistant Administrative Director of the Clinical Education department.

### **Absences**

# A. Anticipated Absences from Clerkships

Students may request non-credited time off from any clerkship, if it is not on the first, second or last 2 days of the clerkship. Fill out an "Absence Request Form", downloadable from Canvas NV DO site or eMedley. In addition, 3<sup>rd</sup> year students will have a half day off after shelf testing and information sessions once a month (you do not need to submit an absence request form for the ½ day off on shelf exam day).

- 1. Inform and obtain approval and signature from your preceptor on the form prior to sending to Clinical Education for final approval.
- 2. Submit the signed form to <u>tun.clinical.education@touro.edu</u>, preferably no later than 30 days prior to the requested time off.
- 3. If the request is for time off which will occur before a student has met with or started their clerkship, please contact the preceptor ahead of time. If there are any issues with the time off, please contact the Administrative Director of Clinical Education for assistance. Conference attendance etc. may be requested and arranged with assistance from Clinical Education.
- 4. This request will be reviewed and either approved or denied by Clinical Education. Approval is not guaranteed, and students should not book travel arrangements until approval is received from Clinical Education. Students must first request permission from Clinical Education to attend nonacademic events for the University that involve travel or time away from clerkships or academic obligations.
- 5. Absences consisting of multiple days need to be made up prior to the end of the clerkship as determined by the preceptor and Clinical Education.
- 6. Make up assignments are at the discretion of Clinical Education leadership and may include virtual assignments.

All students should verify policies regarding time off with the clinical clerkship site. Clinical sites have the prerogative to schedule any student for holiday duty as federal, state and university holidays and breaks DO NOT APPLY during clinical training. The student may be scheduled by the site to work with an alternative eligible preceptor if the regularly

scheduled preceptor is taking time off. For any questions about absences please contact Administrative Director Ms. Jones at 702-777-3179 or Assistant Dean Dr. Poliquin at 702-777-4769.

# **B.**<u>Unanticipated Absences from Clerkships</u>

For unanticipated absences, such as accidents and acute illnesses, contact your preceptor first and Clinical Education afterwards, preferably prior to the start of an assigned shift. We will assist you if you have an emergency or need additional assistance.

In the event you cannot reach the preceptor/site first, please contact the Administrative Director of Clinical Education and/or email <a href="mailto:tun.clinical.education@touro.edu">tun.clinical.education@touro.edu</a> directly, so arrangements can be made.

Failure to report an absence is considered unprofessional behavior and may be referred to <u>CSTARC</u>. If your preceptor gives you time off, you are to notify the Clinical Education Department. Students do not receive academic credit for absences. Therefore, any absence for any reason (no matter how long the absence lasts) must be reported to <u>tun.clinical.education@touro.edu</u>.

Clinical Education reserves the right to request documentation of an absence for emergent, unforeseen circumstances. A student absent for three or more days due to illness must submit a physician's note to the TUNCOM Clinical Clerkship Coordinator clearing them prior to returning to clinical duties. Chronic absenteeism may cause disciplinary action.

# Clinical Management Review (CMR) Study Month

Students have a required clerkship, with an emphasis on improving knowledge in clinical medicine during the start of their fourth year. This required clerkship is specifically scheduled by the student's TUNCOM Clinical Clerkship Coordinator, based on the following:

- 1. Students must have completed their third year. This includes all 8 core clerkships and accompanying NBME/NBOME-COMAT shelf exams and have completed their two electives.
- 2. Typically, this month is June for most students. Students who are delayed may have this month scheduled in July, August or after. This month is referred to as your CMR month.
- 3. Any exceptions must be approved by the Assistant Dean for Clinical Education.
- 4. A CMR Study Month plan must be submitted and approved by Dr. Poliquin prior to the start of your CMR Study Month.

### **Shadowing or Volunteer Experience**

Students may not participate in observation only or shadowing experiences during their clinical academic years at TUNCOM.

### **Clerkships with Family or Friends**

Students are not allowed to participate in a clerkship with a family member or friend. The close personal relationship places the integrity of the grade in question. Family members include, but are

not limited to, parents (biological or adopted), aunts, uncles, sisters, brothers, cousins, spouses, and in-laws.

### Clinical Students at Risk Committee (CSTARC)

The CSTARC is a student advocate committee for clinical years three and four. The CSTARC meets with students who exhibit unprofessional behavior or who fail a clerkship or end-of-clerkship exam, or who have a second failure on COMLEX Level 1 or Level 2CE. The CSTARC makes recommendations to students and, when appropriate, directs them to resources for additional assistance. CSTARC may also see students who have expressed a concern or who have been referred to us by TUNCOM preceptors, faculty, or staff.

# **SCHEDULING**

The DO program requires the completion of a minimum of 83 credit hours of clinical clerkships which must include eight required core clerkships, EM and enough elective clerkships to make up the remaining credit hours. This includes the mandatory CAPSTONE course, OMM and OSCE courses. Please refer to the <u>TUN Catalog</u> for specific information on curriculum and graduation requirements. <a href="https://tun.touro.edu/programs/university-catalog/">https://tun.touro.edu/programs/university-catalog/</a>

### Third-year curriculum

The third year consists of ten months of clerkships. Eight months are core clerkships and two months are elective clerkships as detailed below. Core clerkships may be a mix of in person experiences, in a variety of sites and potentially supplemented by online modules or other educational experiences. Third year core clerkships are assigned and scheduled by Clinical Education. An additional mandatory longitudinal OMM course is delivered via CANVAS. There is an OSCE Callback course, in person and via CANVAS. Students must complete all courses from their third-year curriculum to move on to the fourth year. Students must complete a Clerkship Request form for electives and submit it to: tun.clinical.education@touro.edu.

# Core Clerkship (8 months in third year)

- Family Medicine (1 month)
- Psychiatry (1 month)
- Obstetrics and Gynecology (1 month)
- Pediatrics (1 month)
- Internal Medicine (2 months)
- Surgery: General (1 month)
- Surgery: Subspecialty (1 month)

# **Elective Clerkships (minimum 2 months in third year)**

# Plus Mandatory delivered through CANVAS: OMM Course (continuous throughout the third year)

• OMM/OPP (Osteopathic Principles and Practice); required (longitudinal course delivered through Canvas)

# **OSCE** Callbacks (continuous throughout the third year)

### **Fourth-Year Curriculum**

# Core clerkship (1 month)

- Emergency Medicine; required (1 month)
- Typically taken in fourth year unless taken during third year as one of the electives.
- Note the 4th year uses weeks for credits except for your CMR month and EM month.
- Must complete a clerkship for every week of the month, including those months with 5 weeks.

# **Clinical Management Review Study (1 month; typically, in June)**

Interview opportunities (Non-Clinical Month) (4 weeks; typically, November or December\* must happen before January)

### **Elective clerkships**

- The remaining clerkships are the student's choice. Students are responsible for finding and securing their 4<sup>th</sup> year clerkships on their own. Once a student has accepted a clerkship, they submit a clerkship request form to tun.clinical.education@touro.edu for final approval/scheduling.
- A clerkship completed at a desired Residency Program Site is typically referred to as an "Audition Rotation" or "Sub-Internship." It is recommended that the remaining elective clerkships are completed at a Residency Program Site.
- Ranking advice for the Residency Match is provided in Appendix C.

### **OMM Course (continuous throughout the fourth year)**

• OMM/OPP Osteopathic Principles and Practice course; required (longitudinal course delivered through Canvas)

### **Visiting Student Learning Opportunities (VSLO)**

The 4<sup>th</sup> year academic year is the time the student identifies those residency sites they hope to interview and match at for residency. Therefore, students are entered into the Visiting Student Learning Opportunities (VSLO) beginning January of the 3<sup>rd</sup> year to research and apply for 4<sup>th</sup> year clerkships. It is recommended that students apply for 4<sup>th</sup> year clerkships through VSLO beginning January of their 3<sup>rd</sup> year to increase their chances for approval. The TUNCOM Clinical Education Department assists in the process once students have been offered and accepted a clerkship by the programs. Students must submit a Clerkship Request Form (found on eMedley) for clerkships applied for/approved through VSLO to to to tun.clinical.education@touro.edu.

Any 4<sup>th</sup> year clerkship requests from sites that do not subscribe to VSLO also require a Clerkship Request Form (found on eMedley) to be submitted to <a href="mailto:tun.clinical.education@touro.edu">touro.edu</a> for scheduling each individual clerkship. Please be aware that sites that do not subscribe to VSLO may need additional processing time for affiliation agreements.

- You may complete up to a maximum of sixteen credits in sub-internships and electives in the same area of specialty.
- Students may not have the same preceptor in any one academic year.

• Clerkship requests should be submitted to <u>tun.clinical.education@touro.edu</u> a minimum of 75 days prior to the requested date of the clerkship.

Clerkship requests submitted directly to a clinical education team member will not be accepted or processed. All requests must be submitted to <a href="mailto:tun.clinical.education@touro.edu">tun.clinical.education@touro.edu</a>.

### Clerkship Requests – General Information

Clerkships are divided into four areas. Core Clerkships, Elective Clerkships, Local 4<sup>th</sup> year Clerkships and Away Clerkships. All four are described below:

Clerkship requests must be submitted 75 days prior to the start date to allow adequate time for credentialing and badging. Failure to comply may result in assignment to any available clerkship and referral to CSTARC.

Once a clerkship is scheduled, students may not cancel or change the dates or service type without Clinical Education's approval. Two changes may be requested in the 3<sup>rd</sup> year. Two changes to local clerkships may be requested in the 4<sup>th</sup> year. If a clerkship is approved to be changed, it is final. There is no requesting a change of a clerkship in the same month more than once.

Exchanging one clerkship for another may be requested between students. Once the students have agreed upon the exchange, they must notify the Clinical Clerkship Coordinator, who will make the appropriate change in the master schedule if approved.

To receive credit for a clerkship and coverage under TUNCOM's medical professional liability insurance, all clerkships must be approved by Clinical Education prior to the start date and meet the following criteria:

- 1. Institutional paperwork (e.g., site application, hospital forms, immunization/health forms, etc.) completed, signed, and submitted to the TUNCOM Clinical Clerkship Coordinator a minimum of 75 days prior to the requested clerkship start date.
- 2. Clerkship Request forms available on eMedley must be submitted directly to tun.clinical.education@touro.edu.
- 3. Clerkships must be at an approved site, with a current affiliation agreement and with a licensed, board-certified or board eligible D.O. or M.D.
- 4. Students in the DO/MPH dual degree must meet with Clinical Education faculty for academic advisement. Clerkships for Public Health have special requirements.
- 5. Students must complete enough hours to receive full academic credit for the clerkship. Per the Credit Hour Policy located in the University Catalog, one credit is equal to a minimum of 37.5 hours per week.

# Scheduling Process for Southern Nevada Region Clerkships

Scheduling of any local clerkships in the Southern Nevada Region must go through the TUNCOM Clinical Clerkship Coordinators. Students are not allowed to schedule or contact local clerkship preceptors directly. The Clinical Education Department schedules students based upon the physician-stated availability each year. Students should not ask a physician preceptor if they will take them for a clerkship, even if it is a preceptor they know personally or have worked with. Asking a preceptor to take you will interfere with other students' already planned clerkship. In addition, there may be administrative reasons why TUNCOM cannot use a certain preceptor. It is always the best professional policy to reach out to Clinical Education for assistance. Students attempting to schedule a local clerkship outside of Clinical Education is unprofessional behavior and will be referred to CSTARC for disciplinary action.

If you should desire a preceptor that is not currently credentialed or affiliated or if you do not know if they are, please email <u>tun.clinical.education@touro.edu</u> for credentialing and scheduling questions.

### **Scheduling Process for Away Clerkships**

Away clerkships are any clerkships that are outside the Southern Nevada Region. In the event a student would like to rotate at a clinical site that is not identified as a credentialed TUNCOM teaching site (or not in VSLO if in the 4<sup>th</sup> year), the student is responsible for contacting the site to obtain the appropriate application and contact person and then submit a fully completed Clerkship Request (form on eMedley) to tun.clinical.education@touro.edu once the site offer is accepted by the student. Students should e-mail or speak with the person in charge of scheduling clerkships, externships, or rotations to inquire about the facility's specific process (e.g., availability, fees, housing, etc.). Students are required to find these clerkships on their own, but the final scheduling and approval of these clerkships is the responsibility of the Clinical Education department.

- 1. Student contacts potential clerkship sites or is assigned by TUNCOM Clinical Clerkship Coordinator. Most application processes are available on the Internet by searching the facility's homepage. In the event information is not available online, the student should obtain a phone number from the list below then contact the facility. Affiliation Agreements, physician credentialing and all site required paperwork must be in place prior to clerkship start date. Be aware this process can take several months and TUNCOM cannot guarantee consensus will be reached with every facility.
  - a. A general listing of osteopathic institutions is located at <a href="www.aacom.org">www.aacom.org</a>.
  - b. Listings of allopathic institutions are located at:
     <a href="https://members.aamc.org/eweb/DynamicPage.aspx?site=AAMC&webcode=AAMC">https://members.aamc.org/eweb/DynamicPage.aspx?site=AAMC&webcode=AAMC</a>
     Org SearchResult&orgtype=Medical% 20School.
  - c. TUNCOM also participates in the Visiting Student Learning Opportunities. VSLO is an AAMC application system designed to make it easier for medical students to apply for senior electives at U.S. medical schools and teaching hospitals. A list of host institutions, elective opportunities and specific eligibility requirements is

available at <a href="https://students-residents.aamc.org/attending-medical-school/article/visiting-studentlearning-opportunities/">https://students-residents.aamc.org/attending-medical-school/article/visiting-studentlearning-opportunities/</a>.

- d. Clinician Nexus: https://cliniciannexus.com.
- e. My Clinical Exchange: https://myclinicalexchange.com/MainPage.aspx?ReturnUrl=%2f

Students should speak with or e-mail the person in charge of scheduling clerkships, externships, or rotations to inquire about the facility's specific process (e.g., availability, fees, housing, etc.). This is an opportunity for students to show how committed they are to a program and frequent contact may be necessary to secure the ultimate date requested. The student completes institutional paperwork (e.g., site application, hospital forms, immunization/health forms, etc.) and forwards to TUNCOM Clinical Clerkship Coordinator or the site directly (based on site instructions) for processing. Incomplete applications and those received without a Clerkship Request will not be processed. Failure to comply with the 75-day deadline may result in your being assigned a local clerkship and may result in referral to the appropriate University official for disciplinary action.

1. The visiting site generally sends the student verification of acceptance for a clerkship. If verification is not received, it is the responsibility of the student to contact the site or preceptor to discuss the status of the clerkship.

### **Scheduling Fourth-Year Electives**

To maximize internship and residency opportunities, the student has the freedom to seek out and secure sites for their fourth-year schedule based on their specialties of interest. Students are eligible to begin the scheduling process at the start of clerkships. It is strongly recommended to begin planning the second year of clerkships by December/January of the first year of clerkships. Many VSLO participating hospitals start accepting applications January 1<sup>st</sup>, however, some programs might not accept visiting student applications before May or June. Note these opportunities use weeks and may overlap from month to month. Students must fill in those gaps of their schedule. Students must have a clerkship scheduled for every week of the month. To fill in gaps, students should ask the programs before and after the gap if they can adjust the schedule dates.

To receive credit for a clerkship and coverage under TUN's medical professional liability insurance, all clerkships must be approved by Clinical Education prior to the start date and meet the following criteria:

- 1. Institutional paperwork (e.g., site application, hospital forms, immunization/health forms, etc.) completed, signed, and submitted to the TUN Clinical Clerkship Coordinator a minimum of 75 days prior to the requested clerkship start date.
- 2. Clerkship Request forms available on eMedley must be submitted directly to: tun.clinical.education@touro.edu.
- 3. Clerkships must be arranged by Clinical Education at an approved site, with a current affiliation agreement or accepted Letter of Good Standing, and with a licensed, board certified or board eligible D.O. or M.D.

To comply with privacy policies (FERPA or otherwise), all information provided must be directly communicated between the student and Clinical Education (e.g., no spouses, parents, etc.).

# Gaps in 4<sup>th</sup> year Schedule

Students are required to have a clerkship every week of the month to receive academic credit. Students must complete a minimum of 37.5 hours per week in a clerkship to receive 1 credit for the week. When scheduling, you may be required to ask a site/preceptor to adjust the clerkship dates by a week or few days in order to avoid a gap in your schedule. At the discretion of clinical education, you may be assigned a case study report to fill in a scheduling gap to ensure full credit is received.

### **Case Study Assignments**

To receive a full month's credit for an approved clerkship, you may be required to complete and submit a Case Study to the Associate or Clinical Assistant Dean for Clinical Education. The fourth-year coordinator will confirm case study assignments with the Administrative Director. Case reports are not used to fill in gaps in your schedule that can be filled with a clerkship. Students cannot exceed 2 case reports in an academic year. In the CANVAS NV DO course, you will find helpful information and examples of case reports. This folder houses a guide for writing a case report which includes necessary sections and scholarly advice. Case reports should be between 1100 and 2500 words in length and include excellent visual and scholarly references.

This report must be in a publishable format with a well-cited discussion section. It does not have to get published, or even be submitted for publication (although that would certainly be supported), but it does have to be in a publishable format for a Case Study in a journal within the discipline of your clerkship (e.g., if you are on a Psychiatry clerkship it would be in a format for publication in a Psychiatry journal). As you undertake your literature search for your discussion, you will have the opportunity to review some reports so that you understand how they are formatted, and most journals' websites typically provide detailed formatting instructions for potential authors. Alternatively, it could be prepared as a poster for a presentation at a conference or meeting. Submit a word document for grading purposes.

The case study must be submitted to <a href="mailto:tun.clinical.education@touro.edu">tun.clinical.education@touro.edu</a> no later than the final day of the gap in your schedule, or a failing grade will be assigned for the clerkship. This deadline notwithstanding, there is nothing that would prevent you from refining and editing a potential submission for publication or presentation past the end of the clerkship, if you have submitted your document to Clinical Education on time. A rubric with scoring is available on Canvas NV DO as a guideline.

# NCM (Non-Clinical Month)

During your 4<sup>th</sup> year you are required to take 4 weeks of NCM unless it delays your conferral date (exclude you from the Match). The 4 weeks must be taken between November 1<sup>st</sup> and January 15th and does not have to be consecutive. The reason for the 4 weeks is to provide you with time off to complete residency interviews. You should schedule these 4 weeks during the weeks you have the most interviews. This is not vacation time and cannot be scheduled to meet personal interests/needs. At the discretion of Clinical Education, the dates may be adjusted as required to

meet residency interview schedules such as for military students whose Match is in the month of December.

# **OMS IV Research Clerkships**

Students may participate in a research elective clerkship in the second semester of their fourth year guided by a preceptor and appropriate topic. Approval for this clerkship must be pre-approved by any of the Associate/Assistant Deans of Clinical Education. After completion of a research elective, in addition to the preceptor evaluation, the student must submit to Clinical Education, the outcome of their research, e.g., publications, presentation, patent, case report, review article, to receive a passing grade. Students must submit the Research Clerkship request form available on CANVAS NV DO and eMedley.

# **International Rotations**

International experiences are an option if the student meets all requirements and approvals by Clinical Education as a 4<sup>th</sup> year student. For 4th year students' international rotations are available as electives only. International rotations cannot be approved for a student's last two clerkships before graduation. Students interested in an international rotation must send a request first to <a href="mailto:amuyot@touro.edu">amuyot@touro.edu</a> and <a href="mailto:tun.clinical.education@touro.edu">touro.edu</a> to receive the full information and requirements to apply for an international rotation. The process can take several months and students are approved on a case-by-case basis.

# **Application and other fees**

Students participating in the osteopathic medical curriculum are required to receive instruction in a clinical setting. As a result, it will be necessary for students to plan for transportation and lodging near clinical facilities.

Touro University Nevada does not provide for the cost of application, transportation, lodging or any other fees associated with 4<sup>th</sup> year clerkships. Travel arrangements are the sole responsibility of the student. Please be sure your clerkship has been approved by Clinical Education before making travel arrangements. Also be prudent in selecting lodging.

Students are responsible for all out-of-pocket expenses associated with clinical education, such as transportation, housing, meals, professional attire, laboratory fees, and additional background checks, mask fit testing, ACLS/BLS renewals, drug screening, etc.

TUN has been made aware that there are some facilities that require students to pay large fees. These fees are the student's responsibility.

### **Workers Compensation**

Students are not considered agents or employees of the University and therefore are not insured for any accidents or mishaps that may occur during travel as a part of the student's academic program.

# **Career Counseling**

As students progress during their clinical year, they may need counseling about their career path. This type of counseling is called Career Counseling. Dr. Scott Harris, Clinical Assistant Dean for Clinical Education is responsible for this type of counseling. Please contact him via email at <a href="mailto:Sharris11@touro.edu">Sharris11@touro.edu</a> or phone 702-777-1824 to set up a career counseling session. Depending on your focus and interests, Dr. Harris may recommend an additional physician or faculty member for a student to contact if further career counseling is needed. Please feel free to use any physician mentors you have for your career counseling as well, as they may be more aware of your specific circumstances.

Students who wish to explore options and information about the match and residencies should visit the NRMP (National Residency Matching Program) for more information about <u>Characteristics of U.S. Allopathic Medical School Seniors Who Matched to Their Preferred Specialty.</u> Students should also visit the <u>Association of American Medical Colleges</u> (AAMC) for information about careers and applying for residency. All students have access to a Careers in Medicine (CiM) account from AAMC, contact Dr. Scott Harris for more information.

# ADDITIONAL CLERKSHIP INFORMATION

# Callbacks for OMS III (OSCE and OMM Sessions)

Approximately once every three months 3<sup>rd</sup> year students are expected to participate in a Callback on campus. During each callback, students will attend an OSCE session with multiple standardized patients then attend a session in the OMM lab going over OMM skills with the OMM Faculty. Both sessions will help students improve their history and physical exam skills. It is the students' responsibility to be in town when scheduled. Schedules will not be changed except for personal emergencies. Students are required to respond and to manage their expectations and responsibilities for these two mandatory classes with their course instructors.

# **Physical Examinations of Patients**

During clinical clerkships, students are routinely required to see and examine patients. It is necessary that all examinations of patients be appropriately structured, supervised, and consented to in the interests of all parties, including the patient, student and attending physician. To ensure adequate educational opportunity and patient safety, students must always be supervised by a qualified preceptor, or the preceptor's designated supervisor. TUNCOM requires that all preceptors be licensed in their field as well as board certified or board eligible (both DO and MD) and are vetted by our credentialing process. In such cases as participation of patient care in a residency program, the designated supervisor may be a resident in post graduate training. These individuals are also under the supervision of the designated preceptor.

A variety of supervisory levels may be provided. Students may be supervised during encounters where they are observing with no direct patient contact, direct patient contact in which the preceptor is present during that contact, or direct patient contact in which the preceptor is immediately available. Preceptors must inform the patient that a student will be present or participating in direct patient care and obtain the informed consent of the patient for such an encounter. Students may then perform a history and physical examination of the patient. The student must then meet with the supervisor and provide all pertinent information about the contact. If students are required to document in the patient chart, this documentation must be co-signed by the supervisor or designated supervisor.

The supervisor or designee must be physically present when the student is performing an invasive procedure. The supervisor or designee must also be physically present in the patient encounter for any gynecological examination or rectal examinations. All such examinations must be in accordance with state law where the examination is being performed.

Students must wear their TUN picture identification badge and introduce themselves to patients as a medical student. Patient consent for a student to perform an intimate examination must always be voluntary. Consent for an intimate examination can be either verbal or written.

Irrespective of the gender of the examining student and the patient being examined, a chaperone, defined as another medical professional, preferably the preceptor, is required during all intimate examinations. A chaperone is not an accompanying person i.e., friend or relative of the patient. A chaperone, similarly, is not another medical student. Students are highly encouraged to record the date, time, and the results of the examination as well as the name of the chaperone in the medical record.

# STUDENT CLINICAL SUPERVISION POLICY

Students may not provide care upon patients without supervision by the Preceptor or the Preceptor's designee. Designees may include Residents, Fellows, or other licensed health professional that are supervised by the Preceptor. All Preceptors must hold a faculty appointment with TUNCOM as this begins with the process for vetting preceptorship by the Department of Clinical Education at TUNCOM. TUNCOM requires that all preceptors be licensed in their field as well as board certified or board eligible (both DO and MD) and are vetted by our credentialing process.

Patients must be informed of the student's role in participation of care/procedures and provide at least verbal consent to such. Supervision may either be directly observed (the supervisor is present with the student at that time) or is immediately available to the student and/or at the site. Preceptors must determine the appropriate level of participation in which the student may perform based upon the student's level of training and experiences. Student procedural participation MUST be commensurate with the student's experience and abilities.

During Procedures Performed by the Student:

1. The Preceptor must verify all findings made by the student. Any documentation of the findings must be signed off by the Preceptor as verified.

- 2. Any non-physician participants working as an instructing designee must be practicing within the scope of their practice as verified by the Preceptor. The designee must be appropriately credentialed by the facility where they practice.
- 3. Preceptors must communicate all pertinent policies and procedures to the students.
- 4. Preceptors and designees must inform the student of the expectations and responsibilities of the students' participation.
- 5. The Preceptor and instructing designees will adjust the level of student participation based upon observations of the student's competencies. The Preceptor will determine the appropriate level of student involvement and level of supervision required.

# **Reporting Clerkship Concerns and Title IX**

Students are encouraged to discuss issues and concerns with the utmost degree of professionalism. During the clerkship, immediate concerns (harassment, patient safety, etc.) should be reported to Clinical Education., but may also be brought to the attention of the preceptor and/or clinical site. General concerns should be addressed directly with the preceptor and/or clinical site if possible. If an effective resolution cannot be reached, or if the student is not comfortable addressing the issue themselves, the student should contact Clinical Education.

Touro University Nevada maintains a policy of non-discrimination against any person in employment or in any of its programs. (Further details see <u>Touro University Catalog</u>) Title IX of the Education Amendments of 1972 protects people from discrimination based on sex in education programs or activities which receive Federal financial assistance. Title IX states that:

"No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance."

For any Title IX issues or concerns please contact the Title IX Compliance Officer at 702-638-5459, Zachary.shapiro@tu.edu or contact the Dean of Students at 702-777-1761.

### **Transportation**

Students are required to maintain adequate transportation throughout their clinical years. Travel arrangements are the sole responsibility of the student. Students are not considered agents or employees of the University and therefore are not insured for any accidents or mishaps that may occur during travel as a part of the student's academic program.

# Canceling/Changing a Clerkship

It may be necessary to cancel or change a clerkship. Cancellation/change requests must be received 75 days prior to the start date. Requests are considered on a case-by-case basis and approval is not guaranteed. Students are required to attend the scheduled clerkship if requests to change or cancel are received after the deadline or denied. For consideration, a change request form must be submitted in writing to tun.clinical.education@touro.edu in PDF format.

# **Student Identification**

While performing duties related to patient care, all students must clearly identify themselves as a medical student both verbally and by wearing their TUN picture identification badge in addition to any hospital issued identification. Misrepresentation of oneself as a licensed physician is illegal, unethical, and subject to disciplinary action. Should the TUN identification badge become lost or broken, the student should contact TUN Security immediately to order a replacement and a charge may apply.

# **Cell Phone Use During Clerkships**

Students should not use their cell phones or any other electronic devices for purposes other than educational in nature while on clinical rotations. If the preceptor approves, electronic devices with internet capabilities may be used as a clinical resource (i.e., medical applications). On rotations where cell use is necessary, due to increasing automatic technological capabilities; students should store their phone with the camera upside down or obscured, voice to text should be disabled and airplane mode should be utilized to prevent HIPAA violations. Students must adhere to site policies regarding cell phone use and at the beginning of each clerkship should obtain their preceptors expectations for cell phone use. Failure to comply with cell phone use policies is unprofessional and inappropriate and may result in clerkship failure and/or referral to CSTARC or SPC depending on the seriousness of the infraction.

# **Dress Code for Clinical Activities**

Personal appearance must be commensurate with that of a health care professional. Students must present themselves in an acceptable manner to patients, physicians, and other health care professionals always. The following guidelines are designed to assist the student in developing a professional image throughout their tenure at TUNCOM and beyond. Violations of the Dress Code will be referred to CSTARC.

On clinical rotations and during any clinical activity such as badging and orientations, students must wear dress that is professional in nature. White coats are required during clinical rotations. Students may not wear any pierced jewelry except in the ears. All jewelry will be minimal and in good taste. Nails will be clean and cut short. Hair should be neat, clean, and natural in color. Hair should be styled off the face and out of the eyes. Longer hair should be secured to avoid interference with patients or work duties. Facial hair must be neatly trimmed.

Men must wear slacks and a collared shirt. If the preceptor commonly wears a tie, the student should also. Women must wear business attire to include slacks or skirt and top that is conservative and does not bare the midriff or show excessive cleavage. Skirts must be at knee length when sitting. Shoes must be closed toes. Sneakers may only be worn with scrubs. All students must wear their white coat with identification to include their name, program, and indication that they are a DO student.

Training sites may designate other prescribed clothing such as scrubs and/or tennis shoes. Students may be asked to change their appearance to conform to the dress code of preceptors as well as clerkship sites.

# Hospital Rules and Regulations / Financial Responsibilities

Each hospital/health care system has individual rules and regulations. Medical students must familiarize themselves with and adhere to these protocols during training. Students must respect and follow all policies regarding the use of hospital facilities, housing, and equipment. Students are financially responsible for any damage to or loss of hospital or training site-related property, including but not limited to badges, library materials, pagers, and keys. Final grades will be withheld pending return of all hospital or training site property.

# TUNCOM Needlestick/Blood/Bodily Fluid Exposure Policy

Clinical Education provides every student with a summary of the following policies in the form of a "badge buddy" which each student is always required to carry on their person with their ID while on clerkships.

### Clean:

Immediately wash region with soap and water for 5 minutes. If exposure occurred in the eyes, nose, or mouth, use copious amounts of water to irrigate mucus membranes. Know where stations to irrigate eyes are in your clinic.

### **Communicate:**

Notify your preceptor immediately and ask him/her to obtain:

- patient information (name, DOB, medical record number, address, phone #) and any prior testing for HIV, Hep B, Hep C, RPR, or risk factors thereof
- if patient is known to be HIV +, obtain info on CD4 count, history/current opportunistic infections, prior/current regimen/resistance.
- baseline labs on you and patient (HIV, Hepatitis B, Hepatitis C)
- if he/she is not able to do lab work, present to the closest ER.

Contact the Clinical Assistant Dean for Clinical Education, Dr. Aurelio Muyot, amuyot@touro.edu or at 725-287-0341 to advise him of the situation immediately.

### **Chemoprophylaxis:**

If the patient is HIV +, or their HIV status is unknown, you will need to begin post exposure prophylaxis with a multidrug regimen **within a few hours** of the exposure – do not delay in seeking care. If you are not able to obtain an Rx for meds from your preceptor, you should go to the nearest ER for a prescription.

### **Exposure Counseling:**

Students exposed to a blood borne pathogen will receive counseling and instructions for follow-up from Student Health at 702-777-9970 (tun.student.health@touro.edu) within 24 hours or by visiting their primary care physician.

### **Financial Responsibility for Cost of Treatment:**

Students will use their personal insurance for any costs related to treatment.

Please see <a href="http://nccc.ucsf.edu/clinical-resources/pep-resources/pep-guidelines/">http://nccc.ucsf.edu/clinical-resources/pep-resources/pep-guidelines/</a> for more information and the current guidelines.

# **Didactic Conferences and Reading Assignments**

Didactic conferences and reading assignments are critical components of the medical education process. While the focus of the clinical years is hands-on experience, didactic conferences and reading assignments are often provided as an aid to this learning process. Students are required to complete all reading assignments and attend all didactic conferences scheduled by TUNCOM, the Associate or Assistant Dean, the clinical site, hospital, clerkship service or preceptor.

### **Duty Hours and Fatigue Mitigation**

TUNCOM has established a set of guidelines and recommendations for Duty Hours and Fatigue Mitigation with the intent to address the impact that academic and clinical workload and stress play on medical students' well-being, and to prepare our students for the rigors of clinical work and working hours during their clerkship. Furthermore, strategies for well-being and wellness are being introduced early in the students' medical school years at TUNCOM to address work-life balance considerations vis-à-vis the rigors of future residencies and the work as a physician. Additionally, TUNCOM promotes a clinical learning environment in which duty hours are monitored and strategies exist to mitigate the effects of fatigue. Students generally follow the same schedule as their preceptor, however, if the preceptor is on vacation, or scheduled away from the office or hospital, students must contact Clinical Education to make additional arrangements for completion of the clerkship. Osteopathic medical students are in a period of education that mirrors the practice as demonstrated by the supervising physician therefore students may have scheduled weekends, on call or longer days, holidays, or weekends. Students shall be assigned activities on, or related to, their current service rotation only. However, the workload and clerkship hours should occur within a reasonable time frame. If students feel they are struggling to find time for study or have other concerns, they should feel free to readily reach out to the Clinical Education team for assistance or referral for services. Students may volunteer for additional hours.

The goals of these guidelines are to:

- Promote medical student understanding of duty hour restrictions, the rationale behind them, and the importance of adherence.
- Ensure that students receive education on fatigue, sleep deprivation, burnout, and other issues related to physical and psychological well-being.
- Ensure that students receive education on fatigue management and mitigation strategies, as well as other ways to promote well-being.
- Provide guidance as to duty hours on clerkship rotations
- Information on duty hours during clerkship rotations will be provided to students in the clerkship orientation materials and in their syllabi. Students will receive instruction in sleep and fatigue mitigation throughout their time in clinical education. Communication with their preceptor(s) and Clinical Education staff is paramount to future student success.

# **Fatigue Mitigation**

Fatigue mitigation at TUNCOM is an ongoing training and commitment which starts in year one. Common causes of fatigue are inadequate or fragmented sleep, illness, depression, prolonged physical or mental activity. A common result of fatigue can be professionalism errors, forgetfulness, distraction, time management and social withdrawal. Students are coached to recognize the two types of fatigue errors: errors of commission and errors of omission. Errors of commission are doing something incorrectly and errors of omissions are not doing something that should be done. TUNCOM is committed to ensuring that our students have Fatigue Mitigation training and access to Student Counseling and other sources of wellness and lifestyle assistance. Medical students need to be aware of the negative effects of sleep deprivation and to seek resources to avoid and prevent these occurrences.

See Appendix I for Fatigue Mitigation guidelines.

# **Graduation Requirements**

Each student must successfully complete and receive full credit for all clerkships to qualify for graduation. Audits are performed periodically to ensure that students are on track in various times during the fourth year. This is in addition to meeting other graduation requirements as set forth in the TUNCOM Student Handbook and/or TUN University Catalog.

# **Letters of Recommendation (LoRs)**

Letters of Recommendation (LoRs) are often required for the Visiting Student Learning Opportunities (VSLO), Electronic Residency Application Service (ERAS), or other application services. The LoR for VSLO and the personal statement used for VSLO may not need to be the final one you will upload for residencies. Your ERAS packet will be made available to program directors by sometime in September of your fourth year. Most students get LoRs from their preceptors during their third year. For more information on LoRs please visit ERAS, AAMC, CiM and other medical student sites. More information will be provided at the monthly information sessions.

As students request LoRs from preceptors, the following information is provided to assist in the process. The student should inform the physician writing the letter to address the salutation of the letter "Dear Program Director." It is recommended that the LoR be submitted on letterhead from the hospital or clinic and signed by the attending.

### **Types of LoRs**

- 1. LoR to be uploaded to ERAS for your residency applications. These letters come from your preceptors and are generally not available for you to ever see. You waive your right to see them.
- 2. LoR required by some programs for 4<sup>th</sup> year audition rotations.
- 3. Department Chair Letters some programs will ask for a specific "department chair letter" for 4<sup>th</sup> year audition rotations.

# LoR to be uploaded to ERAS for your residency applications.

Please <u>carefully review</u> the attached frequently asked questions (FAQ) on LoRs to be uploaded to <u>ERAS</u>. Please be advised of the following:

- 1. You should begin thinking about what LoRs you will need.
- 2. You should be asking for LoRs from your 3<sup>rd</sup> year core rotations in addition to your desired specialty.
- 3. Please provide the ERAS LOR Request form located in your documents in eMedley to your LoR author. This has your picture on it and provides the author with step-by-step instructions to upload the LoR directly to ERAS.

### LoR's for audition rotations

- 1. If you are applying for a rotation that requires you upload an LoR to VSLO or send to program directly, following is the process:
  - a. You must request an LoR directly from <a href="mail/screen">amuyot@touro.edu</a>. Your request must include the email/screen shot of specifically what the program is asking for.
  - b. If you so choose, you may ask your LoR author to send a copy of the LoR they completed for ERAS to: <a href="mailto:tun.clinical.education@touro.edu">tun.clinical.education@touro.edu</a> and we will upload to VSLO for you. Please be advised that you <a href="mailto:should not">should not</a> ask Dr. Janda or Dr. Kalekas to share the LoR they already agreed to write for you. Please be cautious when asking for copies, as some preceptors will not provide copies submitted to ERAS. For this reason, we have Dr. Muyot available to provide these letters.

### **Department Chair Letter Requests**

- 1. Please send these requests directly to <u>tun.clinical.education@to</u>uro.edu. The department chair will not accept them from you directly.
- 2. Your request **must include** ALL of the following documents attached:
  - a. Your updated curriculum vitae (CV)
  - b. Your personal statement
  - c. Your board result/scores (usually these Chair Letters are done after you have taken Level 2CE and Step 2CK)
  - d. Proof that the program is specifically requiring a "department chair letter".
  - e. The Department Chair requires the LoR form from ERAS that shows you have asked for a chair letter from the correct preceptor/faculty

# **ERAS:**

Preceptors are required by ERAS to upload letters directly to the ERAS Letter of Recommendation Portal (LoRP): <a href="https://www.aamc.org/services/eras/282520/lor\_portal.html">https://www.aamc.org/services/eras/282520/lor\_portal.html</a>. The ERAS token for third year students will be available early in the third year for your convenience.

# ASSESSMENT

# **Clinical Clerkship Assessment**

To pass each CORE clerkship students must demonstrate progress on the evaluation by their preceptor and pass the applicable subject exam. All the components listed below are required before a final grade is assigned by TUNCOM:

- Subject Exam (for core clerkships only)
- Student Evaluation of Preceptor available through eMedley
- Preceptor Evaluation of Student Performance available through eMedley

Each CORE clerkship has an associated syllabus which can be found in CANVAS DO NV and in eMedley. Each syllabus explains the vast types of areas of mastery for the month(s) to aid in success on shelf exams and boards. Syllabi contain reading assignments and resources (such as Aquifer or iHuman cases) which will aid in success for examinations and general mastery of material. It is highly recommended that you review each syllabus before, during, and after clerkship to plan for exams/boards.

### **Subject Examinations (6 total exams)**

**5 NBME Shelf Exams:** Students are required to pass National Board of Medical Examiners (NBME) subject examinations upon completion of each of the following third-year core disciplines:

	Passing Grade	<u>Honors</u>
1. Internal Medicine	≥56	≥78
2. Obstetrics and Gynecology	≥62	≥82
3. Pediatrics	≥58	≥85
4. Psychiatry/Behavioral Health	≥72	≥89
5. Surgery	≥56	≥77

<sup>\*\*</sup>We strongly advise that students taking IM and Surgery utilize the NBME self-assessments in their first month to provide a baseline for their shelf readiness. In addition, visit the NV DO Canvas shell for information on all shelf exams. For scoring and more information about these standardized exams visit the following link:

<a href="https://www.nbme.org/assessment-products/assess-learn/subject-exams">https://www.nbme.org/assessment-products/assess-learn/subject-exams</a>. Using the NBME self-assessments allows students to practice their timing and get an examinee performance report.

**1 NBOME COMAT Exam:** Students are required to pass National Board of Osteopathic Medical Examiners (NBOME) subject examination upon completion for the following third-year core discipline: (Values are standard scores and not percentiles)

	Passing Grade	Honors
Family Medicine	≥86	≥112

For information on COMATS visit: https://www.nbome.org/assessments/comat/

### **Subject Exam Scoring**

Students may be awarded Honors for excellent performance on the subject exam. Passing and Honors are benchmarked against the NBME or NBOME academic year norms for all students in that discipline. Students in Virtual CORE Clerkships who receive an Honors subject exam score could receive a High Pass for the course. Students in Virtual Courses cannot receive Honors as a final grade as there is no physical preceptor evaluation. *Placement in a CORE virtual clerkship is at the discretion of Clinical Education Leadership and should not be requested by students*.

# **Testing Procedures**

Students are required to make sure their laptops are fully functional and in working order. We strongly advise requesting a loaner from IT should you need to have your laptop serviced. Laptop loaners are not guaranteed and are available on a first come, first served basis. Please pay attention to updates in browser specifics as they change frequently. If you have a MAC or a PC please pay attention to laptop specifications.

Prior to your test day (in person):

- 1) Ensure your computer is in reasonable working order (enough to use a web browser). If not, contact IT immediately for assistance.
- 2) Bring your power cord to the exam. Don't rely on the battery.
- 3) Know your Touro Student ID number as you will need it to log on.
- 4) Ensure the correct browser is installed on your computer, often Internet Explorer or one specific to NBME or NBOME advice!!!

  Visit <a href="http://wbt.nbme.org/exam">http://wbt.nbme.org/exam</a> and download the NBME browser in advance of coming to campus for your first exam (do it now). Be sure to re-download the browser 48 hours before this test.
- 5) Follow the detailed advice sent by the Exam Coordinator prior to each exam.
- 6) Failure to comply with these standards will result in referral to CSTARC or SPC, and/ or delays in your clerkship scheduling.

Upon entry into the examination site, the student must place all phones, books, notes, study aids, coats and personal possessions on the floor at the front of the room. No talking is allowed once an examination starts. Students are expected to uphold the Code of Student Conduct of Touro University Nevada. Any student engaging in dishonest acts during an examination is subject to disciplinary action. Both sharing and receiving information are violations of the conduct code.

Hats/caps may not be worn during any examination except for the wearing of a headpiece for religious reasons. Any student wearing a hat will be asked to remove it. Headphones require an

accommodation through the office of OASIS. Failure to comply with this or any other reasonable request of a proctor will result in the immediate dismissal of the student from the examination. In such instances, the student will receive a zero for the examination, and a disciplinary referral to CSTARC. We will be adhering to the NBME guidelines.

Students are required to arrive (in person or digitally) 15 minutes prior to the scheduled examination start time. No exceptions. Students who are late will not be allowed in the testing room. This also applies to all online testing. Please be prepared to log in on time!

If you are absent for any reason on exam day in person or virtually, please email <u>Dr. Poliquin</u> and <u>tun.clinical.education@touro.edu</u> as soon as possible. If your absence is illness related, please submit a physician's note as soon as possible. Students who miss an exam without proper notification and/or permission will be considered to have used their Mulligan or potentially receive a failure after meeting with CStarc.

For any exam scheduling issues, such as feeling unprepared, please contact Dr. Poliquin immediately to discuss these issues. Please do not wait until the day before or the morning of your exam to discuss these issues with Dr. Poliquin.

# **Remote Testing**

You will receive your instructions for remote exams approximately a week prior to the start of the exam. It is the student's responsibility to follow the instructions for each exam and ensure they have the appropriate testing environment and equipment (computer, internet etc.). All other policies and rules are the same for both virtual and in person testing. Make sure that you have disabled popups and other addons to make sure your laptop is in good working order. Currently in 2023-24 testing we are providing the Family Medicine COMAT in person. Arrangements for testing are made by the Clinical Education coordinator and are communicated through email. For questions send an email to the tun.clinical.education@touro.edu mailbox.

# **Additional Opportunities for Shelf Exams**

Students may **elect** to take the following optional NBME subject exams that are not required:

- 1. Emergency Medicine
- 2. Neurology

Students may elect to take the NBOME OPP COMAT that they took in the second year.

Students may also **elect** to retake any subject exam they have previously passed. The initial exam performance will always be reflected as the final clerkship grade on the transcript but may be included as an additional score in their MSPE. \*The student will be responsible for the cost of all elective exams, including Neurology and Emergency Medicine. This includes all repeated exams. Students should contact the Clinical Assessment Coordinator at least one month in advance to schedule one of these elective exams and to arrange payment. The exam will not be scheduled until payment has been received by TUN accounting department.

# **Grading**

Final grades are either Honors (*for in person courses only*), High Pass, Pass or Fail. The chart below explains the options for each final grade for CORE clerkships. \*\*Virtual CORE clerkships are graded High Pass, Pass or Fail.

\*\*Electives do not have subject exams and final grades are solely the result of the preceptor's evaluation. Virtual electives are graded either High Pass, Pass or Fail.

Honors	High Pass	Pass	Fail
Earn an <b>Honors</b>	Earn a <b>High Pass</b>	Earn a <b>Pass</b> rating	Earn a <b>Fail</b> rating
rating from the	rating from the	from the preceptor	from the preceptor
preceptor evaluation	preceptor evaluation	evaluation available	evaluation available
available through	available through	through eMedley.	through eMedley.
eMedley.	eMedley.	And earn a Pass	Fails given by
And earn an Honors	And earn an Honors	Total Standard	preceptors are
Total Standard	Total Standard	<b>Score</b> or at the end of	discussed on page 25-
<b>Score</b> at the end of	<b>Score</b> at the end of	the clerkship shelf	26.
the clerkship shelf	the clerkship shelf	examination.	Or earn a Below
examination on first	examination on first	Earn a <b>High Pass</b>	Passing Total
administration.	administration.	rating from the	Standard Score or at
(*Students who get a	Or earn an Honors	preceptor evaluation	the end of the
mulligan on their	from the Preceptor	available through	clerkship shelf
shelf exam can qualify	Evaluation and earn a	eMedley. <b>And</b> earn a	examination on first
for Honors with a	Pass Total Standard	Pass Total Standard	administration. *
successful retake	<b>Score</b> at the end of	<b>Score</b> or at the end of	Please see page 25-26
earning Honors)	the clerkship shelf	the clerkship shelf	for discussion of
And complete	examination on first	examination.	process for failed
evaluation during	administration. *	And complete the	shelf exams.
clerkship.	Or earn a Pass from	evaluation during	<b>Or</b> not complete the
(Honors as a final	the Preceptor	clerkship.	evaluation during
<b>grade</b> is not available	Evaluation and earn a		clerkship.
during virtual	Honors Total		
clerkships.)	Standard Score at		
<i>Note</i> : Honors as the	the end of the		
final grade must be	clerkship shelf		
obtained both from	examination		
preceptor and shelf	And complete the		
score. Virtual CORE	evaluation during		
and Virtual Electives	clerkship.		
Courses do not			
receive Honors.			

Final grades will be available to students on the TouroOne Student Portal under Degree Works. Consult the TUN catalog for the complete grading schematic.

# **Subject Examination Failure**

Students are allowed to retake one subject exam without it constituting a failed examination. This is your Mulligan. This exam can be retaken, and the student can achieve the highest grade possible.

- 1<sup>st</sup> Failure: (Mulligan)
  - O Notification will be sent to the Assistant Dean of Clinical Education (Dr. Poliquin) and OASIS. The student will need to work with OASIS to determine a new date for testing.
  - O Contact <u>Dr. Poliquin</u> to discuss when the retest should be scheduled. The student's compliance with OASIS study advice will be considered.
- 2<sup>nd</sup> Failure\*: (although this is your first true fail, it counts as a second fail as far as referrals are concerned)
  - o Referral to CSTARC, <u>Dr. Poliquin</u> and <u>OASIS</u>.
  - This failure and all subsequent failures will show up on the student's transcript and MSPE.
- 3<sup>rd</sup> Failure and all subsequent failures:
  - Will be referred to Student Promotions Committee (SPC).
  - o <u>SPC</u> evaluates and sends recommendations to the Senior Associate Dean for Academic Affairs, which could include but is not limited to retaking the examination, enrolling in CLNV-905, delays in graduation, repeating year three, or possible dismissal.
  - O Associate and/or Assistant Dean for Clinical Education will send formal notification of decision to student within two (2) business days of receiving SPC recommendations.

\*The highest subject exam score and clerkship grade that can be achieved after retaking a failed exam (after the Mulligan is used) is a Pass.

All repeat examination fees are the responsibility of the student and must be paid for in advance prior to the exam being scheduled.

For more information about assessment and TUNCOM policies and committee structures visit the Osteopathic Medicine Didactic Handbook.

# **Preceptor Evaluation of Student Performance**

Preceptors complete a Clerkship Clinical Competency Assessment at the end of clerkship. The purpose is to provide feedback to guide both clinical and professional development. The preceptor documents the performance of expected competencies as compared to other students at the same educational level. Assessments must be signed by a licensed, board-certified or board eligible D.O. or M.D. Evaluations are sent electronically to the assigned preceptor from Clinical Education. Preceptors are expected to submit evaluations electronically and complete the evaluation during clerkship through eMedley. If a student works with more than one attending, the evaluators will compile their comments into one evaluation.

It is recommended that students meet with the primary preceptor on the first day, mid-clerkship and in the final week to allow the student to determine whether there is consistency between the preceptor's and student's performance perceptions. Meeting once a week is preferable so that the preceptor can give timely feedback. In addition, should a student be having trouble on a clerkship, a mid-clerkship or weekly assessment allows time for improvement prior to the end of the experience. This may help avoid surprises at the end of a clerkship and allows the student to proactively address any problems.

Preceptor approaches vary widely in providing students with feedback on performance. Preceptors may or may not review their assessment with the student; it is appropriate for the student to request such a review prior to completion of the clerkship. If the preceptor is not available to review the assessment with the student and the student has questions or concerns, the student should contact the Clinical Assistant Dean of Clinical Education to discuss the most constructive way to obtain the desired feedback.

At no time is it appropriate for a student to request a preceptor to change a rating, revise comments or challenge a preceptor regarding an assessment. If significant performance issues arise, an appropriate University official will notify the student. Students failing to maintain the utmost level of professionalism in dealing with any part of the assessment process may be referred to the appropriate University official or committee.

### **Deficiencies**

In addition to receiving electronic feedback from clerkship evaluations, students will be notified of poor assessments by Clinical Education. All deficiencies or concerning comments are reviewed and the student will be asked to provide feedback. Deficiencies relating to poor preceptor evaluations, professionalism, or other concerns raised in the clerkship evaluations may be referred to the appropriate University official or committee. Additional assessments submitted following official review will be accepted but may not impact the outcome.

After the review process, any student identified as having failed a clerkship may be required to meet with the Associate Dean, Clinical Assistant Dean and/or CSTARC. Final disposition of the assessment/evaluation in question is pending completion of this process. The Associate Dean of Clinical Education\* or another designated Clinical Education official may overturn a grade awarded by a preceptor after review of the student's evaluation, and with consideration of the students' explanation and experience.

At any time and for any reason, TUNCOM reserves the right to require additional methods of assessing students. Students may be required to return to the TUNCOM campus for a formal review. Please refer to the current <u>University Catalog</u> and the <u>Osteopathic Medical Student Handbook</u> for additional information.

### **Appealing a Final Course Grade**

After final grades have been submitted, a failing course grade may be changed only by the course faculty, including the Associate Dean or by the Grade Appeal Committee. Grade appeals must be directed first to the course faculty within two business days of final grade submission. Decision of

the course faculty will be communicated to the student within two business days of when the appeal was received. If the student is not satisfied with the course faculty's decision and/or explanation, the student may submit a grade appeal form to their school and/or course director. The school and/or course director must make and communicate a decision within two business days of when the appeal was received. If the student is not satisfied with the outcome, the student may submit a grade appeal form to the Grade Appeal Committee through the office of their college dean.

The form and supporting documentation must be received by the college dean within three business days following the school and/or course director's decision. The college dean will forward the form and documentation to the Grade Appeal Committee, and the dean will notify the school/course director that the student has appealed the grade and will request documentation from the faculty and school/department to support the decisions made. The decision of the Grade Appeal Committee will be communicated to all parties involved within fourteen calendar days of when the form was received from the student. Every attempt should be made to reach a decision as quickly as possible. The decision of the Grade Appeal Committee is final.

# **COMLEX-USA**

Students must take the NBOME Comprehensive Osteopathic Medical Student Assessment Examination (COMSAE), prior to taking the COMLEX-USA Level 2 CE. They must score a 500 on the COMSAE before they can take COMLEX Level 2 CE. Students who do not achieve the cut score will meet with CSTARC to discuss additional options and plans. For information on COMLEX Level 1 policies they should consult the <u>Osteopathic Medicine Didactic Handbook</u>.

Eligible students can find available dates for COMLEX-USA examinations online at www.nbome.org.

**COMLEX-USA Level 2 CE** must be taken during their CMR month, generally the start of the fourth year (typically June unless student is delayed).

Students must complete all third-year core rotations and core exams before taking COMLEX 2-CE. Students will take their exam during their CMR study month. Students are required to submit a study plan (CMR plan) to Clinical Education for the COMLEX 2-CE. The study plan will include resources and anticipated readiness for the exam. Passing score for COMLEX Level 2 CE is 400. The deadline to take 2CE is generally during the month of June, however the date must be during the student's CMR timeline to allow for uninterrupted study. Students who are delayed will take the exam during their CMR month generally between July and/or August. Students must make their best attempt to complete the exam even with scheduling issues. For more information about COMLEX 2 CE and COMSAE requirements please consult the Osteopathic Students Didactic Handbook.

Anyone taking a COMLEX-USA exam outside the required dates must be directed by or have authorization from the Associate Dean or Assistant Dean of Clinical Education.

Students who violate any of these above requirements will be referred to CSTARC.

# The Medical Student Performance Evaluation (MSPE aka Dean's Letter)

The MSPE summarizes your medical school experience. It is not a letter of recommendation. It is prepared at the end of Year 3 by the Deans and is submitted by the school to your electronic residency application (ERAS), These are the sections: Noteworthy Characteristics, Academic History, Academic Progress, and Summary Statement. Most of the content in these sections is predetermined by your academic record and student file. Clinical Education inputs all that information and you check it for accuracy. Only third year CORE clerkships and electives are included in the MSPE unless special permission is conveyed by the Dean.

We encourage you to develop your Noteworthy Characteristics section, drafts are due around May 1<sup>st</sup> -15th. Read all your clerkship evaluations and notify us if there are errors. Each student's document is finalized prior to the date indicated by ERAS. Students must provide their Noteworthy Characteristics, prior to the proof. Once the proof is received students will check their Academic History, enrollment dates, GPA., rank etc. Please review it for accuracy (especially for dual-degree candidates or anyone with a leave of absence). The data needs to match your transcript. Then each CORE clerkship has an individual entry which includes graphics of your academic performance produced by the eMedley interface (excluding board exams), plus the MSPE only transcript of narrative comments that you receive from preceptors in your clinical clerkships. The complete MSPE is sent out for proofing and revision in late summer.

### **COMPLIANCE**

The following items must be completed for participation in clinical clerkships. Throughout the year other requirements may be necessary due to unforeseen circumstances. These are requirements of TUNCOM and our affiliated health care partners. These requirements exist to protect you, your colleagues, and your patients!

### **Vaccinations/Immunizations**

A student must provide and maintain official up-to-date immunization records, in accordance with university requirements, to begin or continue with clinical training. A registration hold may be placed on your account resulting in suspension of your clinical clerkship and referral to the appropriate University official for disciplinary action should you fail to comply. If you have an immunization expiring in the middle of a clerkship month, you MUST have the immunization updated and recorded PRIOR to the start of the expiration month.

### **Background Checks and Drug Screens**

Prior to beginning clinical clerkships each academic year, all TUNCOM students are required to complete a criminal background check and a urine drug screen at the TUNCOM designated site.

The background check is to be performed by a certifying organization retained by TUNCOM. The background check is to satisfy federal, state, and individual hospital requirements for students participating in clinical activities involving patient care. Any criminal activity occurring prior to or after matriculation must be immediately reported to the appropriate University official. Failure to report may result in disciplinary action to potentially include dismissal.

TUNCOM reserves the right to require students to complete additional drug screens at any time for any reason during clinical clerkships. Some clerkship sites require additional background checks, mask fit test, drug screen and/or screening procedures. The student is responsible for initiating these requests and is responsible for any related fees.

### Mask Fit and ACLS/BCLS

TUNCOM provides Mask Fit certifications prior to starting third year clerkships. This certification is valid for one year. Students may need to recertify at your own cost should sites in the fourth year require an updated mask fit certification.

Advanced Cardiac Life Support and Basic Life Support certification training is also provided prior to starting third year clerkships. These certifications are valid for two years and should expire at the end of May in the fourth year of clerkships. Students returning from time off may need to renew at their expense to maintain coverage.

# **Health Insurance**

All students are always required to maintain personal health insurance during their tenure at TUNCOM. Students must submit proof of current coverage to Clinical Education before beginning clinical training. Students are required to immediately report any break in coverage or change in health insurance to Clinical Education, e-mailing an electronic copy of the front and back of the new insurance card to Clinical Education (tun.clinical.education@touro.edu) and the Office of the Bursar (bursar@tun.touro.edu).

In accordance with university requirements, a student must provide and maintain documentation of current personal health insurance coverage, to begin or continue with clinical training.

### **HIPAA Regulations and Patient Encounters**

All students are required to become familiar with and adhere to all aspects of the Health Insurance Portability and Accountability Act (HIPAA) of 1996, Public Law 104-191 including The Privacy Rule published by the US Department of Health and Human Services (HHS). The Privacy Rule establishes, for the first time, a foundation of Federal protections for the privacy of Protected Health Information (PHI). This rule sets national standards for the protection of health information, as applied to the three types of covered entities: health plans, health care clearinghouses, and health care providers who conduct certain health care transactions electronically. Covered entities must implement standards to protect and guard against the misuse of individually identifiable health information. More specific information may be obtained at <a href="https://www.hhs.gov/ocr/hipaa/">www.hhs.gov/ocr/hipaa/</a>.

As a medical student, these standards pertain to all individually identifiable health information (Protected Health Information or PHI) encountered during medical training with the University

including, but not limited to, medical records and any patient information obtained. This includes all health records of any patient who has not been assigned to you by your clinical service, including yourself or your family members.

HIPAA regulations prohibit the use or disclosure of PHI unless permitted or required by law therefore, each student must utilize reasonable safeguards to protect any information he or she receives. Each student is responsible for ensuring the safety and security of any written or electronic information he or she receives, creates, or maintains. The misplacement, abandonment, or loss of any information in the student's possession will result in disciplinary action. At no time should a medical student alter, remove, or otherwise tamper with medical records. Specific rules and regulations with respect to student entries in medical records must be clarified during orientation or on the first day of the clerkship.

Furthermore, each student is responsible for ensuring that PHI is used or disclosed only to those persons or entities that are authorized to have such information. Students are expected to maintain strict confidentiality in their patient encounters; to protect the physician-patient privilege; and to ensure that there are no unauthorized uses or disclosures of PHI.

Any of the following behaviors and activities are not only considered unprofessional, but may violate various state and/or federal laws:

- Any violation of the confidentiality of any medical, personal, financial, and/or business information obtained through the student's educational activities in any academic or professional practice setting.
- 2) Any neglect of responsibilities to include clinical assignments, hospital assignments, patients' rights, and/or pharmaceutical privileges.
- 3) Any unauthorized use or disclosure of PHI, to include but not limited to digital images, video recordings, or any other patient related materials.

Any observation of the above or similar behaviors or activities by a student or employee should immediately be reported to Clinical Education. Students engaging in such behaviors and activities may be referred for disciplinary action by the appropriate University official or committee.

Any questions related to compliance with the HIPAA Privacy Regulations or other privacy policies should be directed to the University compliance officer.

# **Medical Professional Liability Insurance**

TUN provides medical professional liability insurance. Malpractice coverage extends only to clinical activities specifically determined by the University as requirements for successful clerkship completion. Non-clinical claims (e.g., property or equipment loss or damage) are not covered by this policy. Changes made to clerkship dates, type, and/or location without prior Clinical Education approval can jeopardize malpractice coverage.

Students may wish to participate in volunteer activities such as health fairs during their medical training. Student malpractice coverage extends only to TUNCOM approved activities which grant academic credit. It is the student's responsibility to personally determine that any activity in which he or she participates outside of clerkship assignments is covered by alternative malpractice coverage (e.g., volunteer, medical missions or other activities). The student is personally

responsible should an issue of medical malpractice arise during activities not covered by TUNCOM malpractice insurance.

# **Worker's Compensation Insurance**

Medical students on credit bearing clinical clerkships are not employees of the University or affiliated health care partners; therefore, TUNCOM does not provide worker's compensation insurance. If coverage is required, coverage may be offered at the facility. Any expense incurred is the student's responsibility. As a reminder, needle stick occurrences and any other injuries or illness obtained during clerkships are not covered by worker's compensation insurance and are the responsibility of the student's health insurance.

### **PERTINENT INFORMATION**

Information regarding curricular and student life matters may be found in the <u>TUN University</u> <u>Catalog</u>

# Registration

The Registrar's office receives the list of assigned clerkships from the Clinical Clerkship Coordinator and then registers the student each month. Students are responsible for checking their registration to make sure that the correct clerkship is recorded. If there is a discrepancy, they should contact tun.clinical.education@touro.edu.

### **Employment**

Curriculum requirements preclude employment. Students are strongly discouraged from seeking employment outside the University during the academic year. The University reserves the right to prohibit employment should it adversely affect the student's academic progress. Failure to comply with university directives may result in a registration hold on your account, suspension of your clinical clerkship and referral to the appropriate University official for disciplinary action.

# **Special Accommodations**

Please refer to the TUN University Catalog.

**Medical Ethics** 

Please refer to the TUNCOM Student Handbook and TUN University Catalog.

All medical students are expected to conduct themselves in a professional manner demonstrating an awareness and compliance with the ethical, moral and legal values of the osteopathic medical profession. In observing the principles and practices of medical ethics, students will:

- Place primary concern on the patient's best interests
- Be available to patients at all reasonable times as expected by the preceptor/core site
- Perform medical activities only within the limitations of a medical student's capabilities and within the guidelines determined by the site and/or preceptor
- Strictly maintain patient and institutional confidentiality.

# **Leaves of Absence**

Please refer to the **TUN University Catalog.** 

A leave of absence from the University, may be granted for several reasons. Examples:

- Medical emergency or illness
- Personal emergency
- Military service
- Maternity/ Paternity leave
- Jury Duty

Associate Dean or Assistant Deans of Clinical Education may grant a leave of absence for a designated period with or without conditions. Conditions are commonly prescribed in cases of academic deficiency or medical related issues. Please contact <u>Dr. Poliquin</u> for more information.

Before they may return to the University, students granted a medical leave of absence must have a licensed physician certify in writing that their physical and/or mental health is sufficient to continue in a rigorous educational program. The Associate or Assistant Deans of Clinical Education reserve the right to select or approve an independent physician or other health care provider to meet the above requirement.

### **Academic Load**

Please refer to the TUN University Catalog

Academic terms for 3<sup>rd</sup> and 4<sup>th</sup> year students Fall and Spring

Full-time = 9 credits
Quarter-time = 7.5 credits
Half-time = 6.0 credits
Less than half-time = below 6.0 credits

# Policies and Procedures located in the TUN Catalog

The following topics are located in the <u>TUN University Catalog</u> which you are required to be familiar with (including the Appendices in the catalog). Please be sure you review the catalog that pertains to your class.

- Academic Integrity Policy
- Conferral Dates
- Criminal Background Check
- Disability Services
- Drug Test Policy
- Grade Appeal
- Guidelines for Access to and Disclosure of Educational Records
- Occupational Exposure
- Student Conduct Code
- Student Counseling and Support Services
- Student Government Associations
- Student Grievances
- Student Health Insurance
- Student Health Center
- Student Immunization
- Student Organizations
- Suspension Policy
- Tuition/Financial Aid
- Student Health Insurance
- Student Health Center
- Student Immunization
- Student Organizations
- Suspension Policy
- Title IX: Non-Discrimination and Anti-Harassment Policy

#### APPENDIX A: GRADING EXAMPLES FOR VIRTUAL CORE COURSES

#### **Grading Examples Non-Virtual Core Courses**

Courses	Evaluation	Exam Score	Final Grade (Grade in Degree Works)
Pediatrics	Honors **	85/Honors	Honors (H)
	High Pass	85/Honors	High Pass (HP)
	Honors **	58/Pass	High Pass (HP)
	Pass	85/Honors	High Pass (HP)
	High Pass	58/Pass	Pass (P)
	Pass	58/Pass	Pass (P)
	Fail	Pass or Honors	Fail (F)
	Any Grade	Fail	Fail (F)
Psychiatry	Honors **	89/Honors	Honors (H)
	High Pass	89/Honors	High Pass (HP)
	Honors **	72/Pass	High Pass (HP)
	Pass	89/Honors	High Pass (HP)
	High Pass	72/Pass	Pass (P)
	Pass	72/Pass	Pass (P)
	Fail	Pass or Honors	Fail (F)
	Any Grade	Fail	Fail (F)
SURG 1	Honors **	77/Honors	Honors (H)
SURG 2	High Pass	77/Honors	High Pass (HP)
SURG 1	Pass	77/Honors	High Pass (HP)
SURG 2	Honors **	56/Pass	High Pass (HP)
SURG 1	High Pass	56/Pass	Pass (P)
SURG 2	Pass	56/Pass	Pass (P)
SURG 1 or SURG 2	Fail	Pass or Honors	Fail (F)
SURG 1 and SURG 2	Any Grade	Fail	Fail (F)
Electives	Grade on Eval	N/A	Grade on Evaluation

<sup>\*\*</sup> No Honors given for Evaluations of virtual courses

# APPENDIX B: OMS III TIPS ON MAKING THE MOST OF EACH CLINICAL CLERKSHIP (derived in part from the American Academy of Family Physicians Division of Medical Resources and ACOM.edu)

**Be familiar with and able to apply** the core content of the clerkship specialty. Before your clerkship begins, take time to review, go over any notes and answer questions. Demonstrate your diagnostic skills with this application.

**Read as much as you can about the illnesses of the patients you are seeing**. Monitor your patients' charts daily. Research patient problems using journals, reference manuals, and internet sources, such as UpToDate. Ask your preceptor to recommend resources. Don't be a passive student and stand by the wall.

**Be a team player.** Get to know your patient care team – their names, jobs and how they work together. The best students work with others and stand out by their communication skills and interactions with other members of the team.

**Dress professionally, be on time, and be enthusiastic.** Attitude and appearance count. Remember - if your outfit prevents you from performing chest compressions, it is not appropriate. Do not wear scrubs unless you have asked the preceptor. Come early and do not leave immediately, show you care and are not just interested in clearing out early. If you have something very important, ask the appropriate person(s) and make sure you make up for the time. Be enthusiastic and care about the clerkship, your patients, and colleagues.

**Establish a learning agreement with your preceptor at the beginning of each clinical clerkship.** Meet with your supervising physician to determine the goals of each clerkship. Ask the questions, what to expect, how to fit it, when to ask for feedback and establish that you care.

**Keep your milestones up to date for each clerkship.** Record such things as the number of patients you see every day, the types of illnesses your patients have, any of your medical "firsts" (i.e., the first physical you perform, the first baby you deliver, etc.), and any expectations you have for the clerkship before you begin. This will help you remember your experiences and process your feelings. When it is time to choose a specialty, this will help you reconcile your experiences with your expectations and goals.

Learn to ask enough questions to satisfy your hunger for knowledge without monopolizing precious time. Although you don't want to stifle an important question, it is necessary to make the most of limited time with preceptors. Pay attention to other health professionals, as well as other students, and learn from all of them.

Maximize time spent waiting during clerkships. Don't go anywhere without something to read. Keeping journal articles or reference materials helps to make the most of every moment. Looking at a small book is better than always having your phone out. Ask permission to use your phone!

During down time, resist the urge to engage in excessive non-clerkship tasks, such as texting, web surfing, or personal phone calls. Your preceptor may interpret this as boredom, distraction, or disinterest. Instead, check out online resources, complete clerkship assignments, read about your patients, or prepare for other didactics or the post-clerkship examination.

#### APPENDIX C: OMS IV RANK ORDER AND MATCHING INFORMATION

#### Introduction

You have completed your interview circuit and now must complete the final step of your residency application process – submitting a rank order list of programs. First you must apply through the NRMP (NRMP.org). These sites will give you the timeline for completing your rank order list. Military match, San Francisco match (ACGME ophthalmology) and urology candidates have different deadlines, and you are encouraged to contact Clinical Education or your Military Match Advisor.

Deadlines: Match Rank Order Lists are due in February (refer to the National Residency Matching Program [NRMP.org] website).

GOLDEN RULE OF RANK ORDER LISTS: Rank your programs by TRUE PREFERENCE only. The algorithm that matches you is driven by your list, not by program rankings. It will seek to match you to each program on your list in descending order. As soon as it links a program on your list to your name on that program's list it will hold you in a "pending" or "temporary" match, no matter where you are on the program list. This is because the algorithm assumes that your #1 program is where you would prefer to match. If your #1 program ranks you #1, the algorithm skips the "pending" assignment and creates a TRUE MATCH for you. Your name then is removed from the algorithm and all other candidate positions are adjusted accordingly. If your #1 program does not list you, or fills up before your name rises above their quota, the algorithm will seek your #2 program and hold you there, etc. It will seek the best outcome FOR YOU.

Practice SITUATIONAL AWARENESS. For the Clinical Education perspective, situational awareness means being aware of the information that has been provided to you. We trust that you know our policies and procedures, and our goal is to champion your individual path to residency and beyond.

#### **Always Have Access to These Items**

This reflects how you represent yourself. You are entering a profession that cannot defer responsibility.

You have earned credentials that enable you to do things that no one else can do. Own those credentials and have them as near to your person as you hold your driver's license, credit cards, cell phone, ID badge, and car keys:

- Immunization records
- •ACLS/BLS cards or copies
- Drug Screen (current, 10-panel preferred)
- Background Check
- Clinical Rotation Manual
- Mask-Fit Test reading
- Access to your student.touro.edu email account and as well as Emedley and CANVAS NV DO
- Clinical Education contact information

- Clinical Education Request Forms
- AOA ID number
- AAMC ID number
- Copies of your USMLE and COMLEX scores
- Official Transcripts (current to end of 3<sup>rd</sup> year rotations)
- Hard copies of passport-size pictures of yourself
- Badge Buddy and current Health Insurance

#### APPENDIX D: OMS III AND OMS IV SELF ENROLLMENT FOR CANVAS NV DO COURSE

First, complete the self-enrollment process. Click on this link:

https://touro.instructure.com/enroll/3JW3YT

Make sure you look all the way to the far right and select self-enroll

Add NV DO Program to your dashboard. You can find this course under All Courses.



Clinical Education notifications, trainings, power points, presentations and forms will be available in this course and on eMedley.

#### APPENDIX E: AOA CODE OF ETHICS

Touro University of Nevada College of Osteopathic Medicine is dedicated to teaching our students to be able to become competent Osteopathic physicians in every way. They should be able to adhere to the AOA ethical standards as shown below as they gain experience and knowledge through their clinical training years.

https://osteopathic.org/about/leadership/aoa-governance-documents/code-of-ethics/

### The AOA's Code of Ethics provides guidance on medical ethics and professional responsibilities.

Areas of focus include interacting with patients, engaging in professional relationships and conducting research.

The American Osteopathic Association (AOA) Code of Ethics is a document that applies to all physicians who practice osteopathically throughout the continuum of their careers, from enrollment in osteopathic medical college/school through post graduate training and the practice of osteopathic medicine. It embodies principles that serve as a guide to the prudent physician. It seeks to transcend economic, political, and religious biases, when dealing with patients, fellow physicians, and society. It is flexible in nature to permit the AOA to consider all circumstances, both anticipated and unanticipated. The physician/patient relationship and the professionalism of the physician are the basis for this document.

The AOA has formulated this Code to guide its member physicians in their professional lives. The standards presented are designed to address the osteopathic and allopathic physician's ethical and professional responsibilities to patients, to society, to the AOA, to others involved in health care and to self.

Further, the AOA has adopted the position that physicians should play a major role in the development and instruction of medical ethics.

**Section 1.** The physician shall keep in confidence whatever she/he may learn about a patient in the discharge of professional duties. Information shall be divulged by the physician when required by law or when authorized by the patient.

**Section 2.** The physician shall give a candid account of the patient's condition to the patient or to those responsible for the patient's care.

**Section 3**. A physician-patient relationship must be founded on mutual trust, cooperation, and respect. The patient, therefore, must have complete freedom to choose her/his physician. The physician must have complete freedom to choose patients whom she/he will serve. However, the physician should not refuse to accept patients for reasons of discrimination, including, but not limited to, the patient's race, creed, color, sex, national origin, sexual orientation, gender identity, or disability. In emergencies, a physician should make her/his services available.

**Section 4.** A physician is never justified in abandoning a patient. The physician shall give due notice to a patient or to those responsible for the patient's care when she/he withdraws from the case so that another physician may be engaged.

**Section 5.** A physician should make a reasonable effort to partner with patients to promote their health and shall practice in accordance with the body of systematized and scientific knowledge

related to the healing arts. A physician shall maintain competence in such systematized and scientific knowledge through study and clinical applications.

**Section 6.** The osteopathic medical profession has an obligation to society to maintain its high standards and, therefore, to continuously regulate itself. A substantial part of such regulation is due to the efforts and influence of the recognized local, state and national associations representing the osteopathic medical profession. A physician should maintain membership in and actively support such associations and abide by their rules and regulations.

**Section 7.** Under the law a physician may advertise, but no physician shall advertise or solicit patients directly or indirectly through the use of matters or activities which are false or misleading. **Section 8.** A physician shall not hold forth or indicate possession of any degree recognized as the basis for licensure to practice the healing arts unless she/he is actually licensed on the basis of that degree in the state or other jurisdiction in which she/he practices. A physician shall designate her/his osteopathic or allopathic credentials in all professional uses of her/his name. Indications of specialty practice, membership in professional societies, and related matters shall be governed by rules promulgated by the American Osteopathic Association.

**Section 9.** A physician should not hesitate to seek consultation whenever she/he believes it is in the best interest of the patient.

**Section 10.** In any dispute between or among physicians involving ethical or organizational matters, the matter in controversy should first be referred to the appropriate arbitrating bodies of the profession.

**Section 11.** In any dispute between or among physicians regarding the diagnosis and treatment of a patient, the attending physician has the responsibility for final decisions, consistent with any applicable hospital rules or regulations.

**Section 12.** Any fee charged by a physician shall compensate the physician for services actually rendered. There shall be no division of professional fees for referrals of patients.

**Section 13.** A physician shall respect the law. When necessary, a physician shall attempt to help to formulate the law by all proper means in order to improve patient care and public health.

**Section 14.** In addition to adhering to the foregoing ethical standards, a physician shall recognize a responsibility to participate in community activities and services.

**Section 15.** It is considered sexual misconduct for a physician to have sexual contact with any patient with whom a physician-patient relationship currently exists.

**Section 16**. Sexual harassment by a physician is considered unethical. Sexual harassment is defined as physical or verbal intimation of a sexual nature involving a colleague or subordinate in the workplace or academic setting, when such conduct creates an unreasonable, intimidating, hostile or offensive workplace or academic setting.

**Section 17**. From time to time, industry may provide some AOA members with gifts as an inducement to use their products or services. Members who use these products and services as a result of these gifts, rather than simply for the betterment of their patients and the improvement of the care rendered in their practices, shall be considered to have acted in an unethical manner.

**Section 18**. A physician shall not intentionally misrepresent himself/herself or his/her research work in any way.

**Section 19.** When participating in research, a physician shall follow the current laws, regulations and standards of the United States or, if the research is conducted outside the United States, the laws, regulations and standards applicable to research in the nation where the research is conducted. This standard shall apply for physician involvement in research at any level and degree of responsibility, including, but not limited to, research, design, funding, participation either as examining and/or treating provider, supervision of other staff in their research, analysis of data and publication of results in any form for any purpose.

# APPENDIX F: CREDENTIALING AND APPROVAL OF FACULTY POLICY

Policy on Affiliation Agreements and Appointment Process for the Facilitation of Clinical Rotations

#### **Reason for this Policy**

This policy is established to define the process for academic credentialing and appointment or approval of Faculty involved in the teaching, supervision, and evaluation of Touro University Nevada College of Osteopathic Medicine (TUNCOM) students on clinical rotations. This process is designed to ensure that a) students' clinical experiences take place under the guidance of appropriately trained and qualified physician preceptors and b) TUNCOM maintains compliance with the requirements set forth in *Accreditation of Colleges of Osteopathic Medicine: COM Accreditation Standards and Procedures*, published by the American Osteopathic Association Commission on Osteopathic College Accreditation (AOA-COCA).

#### Who Should Read This Policy

- Dean, Associate, Assistant Deans and Directors
- Directors of Medical Education
- Prospective and Active Adjunct Faculty
- Faculty
- Students

#### **POLICY STATEMENT**

All students on clinical rotations must train under the supervision of personnel appropriately trained and qualified, and approved by the institution. These supervisors, known as clinical preceptors, must agree to the expectations of all parties (e.g., Faculty, TUNCOM, and student) as delineated by TUNCOM. Only by adhering to such processes can TUNCOM ensure the consistent high quality of experiences for its students. Requirements for this process are rooted in the AOA-COCA standards 5.4.

Prior to the commencement of any clinical rotation, the supervising physician for the rotation must be academically credentialed or approved. Any supervising physician may be appointed to the Adjunct Faculty through the process described below. Only those clinical preceptors supervising and evaluating students on rotations within educational programs accredited by the American Osteopathic Association (AOA), the Liaison Committee on Medical Education (LCME), and/or the Accreditation Council on Graduate Medical Education (ACGME) are eligible to be approved to the Adjunct Faculty.

Appointment to the Adjunct Faculty may be initiated by the Department of Clinical Education in the process of ongoing recruitment, by a current Adjunct Faculty member (e.g., upon hiring a new associate or partner in practice), by a hospital with which TUNCOM has an affiliation (e.g., upon appointment of a new staff member), or by the prospective Adjunct Faculty member himself/herself.

#### **Process of Appointment to the Adjunct Faculty**

1) An Adjunct Faculty Appointment Packet is issued to the prospective Adjunct Faculty member. This packet includes a cover letter or email describing the contents and instructions for the recipient, a Faculty Information Sheet, an Affiliation Agreement, and a copy of the course syllabus. The Affiliation

Agreement may not be included if an Affiliation Agreement is already in place that covers all practice sites of the prospective Adjunct Faculty member, either with a practice group or with a hospital.

- 2) The prospective Adjunct Faculty member returns a current Curriculum Vita (CV), completed Information Sheet, and signed Affiliation Agreement (if applicable).
- 3) The returned packet is reviewed by the Associate Dean for Clinical Education, or his/her designee. If the documents are satisfactory, the Adjunct Faculty Sheet will be signed and dated by the reviewer and assigned a status and rank.
- 4) All reported professional licenses and board certifications and or board eligibility are verified by the Department of Clinical Education. Any notations that may call into question the applicant's fitness to serve as a preceptor (e.g., restrictions, disciplinary actions) must be brought to the attention of the Associate Dean for Clinical Education, his or her designee and/or the Dean for review, and possible rejection of the application.
- 5) If no prohibiting issues are identified, an academic rank commensurate with the applicant's qualifications is assigned by the Associate Dean for clinical education or their designee.
- 6) The new Adjunct Faculty member is added to the official roster, a welcome letter and appointment certificate are issued, and any pending assignments of students to that Preceptor may be finalized.
- 7) If either the Associate Dean for Clinical Education or the Dean objects to the appointment, the application is rejected, and a notation is made in the file to that effect.

Adjunct Faculty appointments are valid for three years, and automatically renew for subsequent three-year terms thereafter, though an appointment may be withdrawn by the Adjunct Faculty member, or rescinded by the Dean, prior to its expiration. At the end of the three-year periods, the Clinical Education Department contacts the adjunct faculty member in order to apply for reappointment. Process of Reappointment to the Adjunct Faculty:

- 1) The license verification and evaluation process are repeated as described for initial appointments in step 4 above.
- 2) If updates are needed for any of the credentialing documents listed above, the preceptor will be required to submit all document updates to the Credentialing Coordinator.
- 3) Upon receipt of all updated re-credentialing information, the reappointment is completed, a renewal certificate is issued to the Adjunct Faculty member, and the new appointment expiration date is noted in the official roster.

## Credentialing of the Preceptors at ACGME accredited residency programs not participating in The Visiting Student Application Service Opportunities (VSAS/VSLO) and Military Sites

- 1. One or more individuals must be specifically identified as ultimately responsible for supervision and evaluation of the student on rotation and designated as the clinical preceptor(s). This (these) name(s) must be submitted to the Department of Clinical Education with the initial request from the student for the rotation, utilizing an Away/Audition Clerkship Request Form.
- 2. The Department of Clinical Education will verify that the clinical preceptor(s) has (have) a valid license(s), without restriction, to practice medicine in the jurisdiction in which the rotation will take place. In addition, they must be board certified or board eligible Any notations that may call into question the potential preceptor's fitness to serve in this role (e.g., restrictions, disciplinary actions) must be brought to the attention of the Associate Dean for Clinical Education and/or designee or the Dean for review, and possible denial of the rotation request. 3. If no prohibiting issues are identified, the Associate Dean for Clinical Education or designee will approve the rotation. This approval is valid only for the single rotation requested and is not transferable to additional rotations for the student, or to other students' requests.

# Credentialing of the Preceptors at ACGME accredited residency programs participating in The Visiting Student Application Service (VSAS)

All VSAS/VSLO system participating programs are accredited by ACGME and therefore all preceptors supervising Touro University Nevada students at those institutions are already credentialed by the host sites and do not need to be credentialed by the Department of Clinical Education.

# Credentialing of the Preceptors at the Core Sites with accredited ACGME Residency programs

All Preceptors at ACGME accredited programs must be credentialed by the sites and do not need to be credentialed by Touro. The Director of Medical Education and/or supervisory preceptor must be credentialed by the Department of Clinical Education.

### Requirement for Execution and Maintenance of Affiliation Agreements with Core Clinical Rotation Sites

#### REASON FOR POLICY:

The College must establish formal affiliation agreements with all sites that supervise students on core clinical rotations. This is to establish the parameters of the relationship, including each party's rights, responsibilities, and obligations. This is necessary for the protection of both parties and, most importantly, to ensure the best possible experience for the students.

#### WHO SHOULD READ THIS POLICY:

- Dean, Associate and Assistant Deans, Directors
- Clinical Education Administrative Staff
- Administrations of Clinical Rotation Sites
- Directors of Medical Education
- Students

#### **POLICY STATEMENT**

The College will establish, regularly review, and renew in a timely manner all affiliation agreements with all core clinical rotation sites and all institutions where our students rotate that are not AOA, LCME or ACGME accredited postgraduate training sites.

A standard university template will be used for each agreement, except in the case of some institutions which may have a preferred format. In this case, we will utilize the latter, as long as it contains the same basic information and protections. All agreements will be reviewed annually by the Administrative Contract Coordinator to ensure that they are current.

When a potential new core site affiliation is brought to the attention of the Clinical Education Department, the Department will forward to the Administrative Contract Coordinator to pursue the documentation required by both Touro University Nevada and the new core site institution until a signed affiliation is accepted and recorded by both parties.

#### APPENDIX G: STUDENT CLINICAL SUPERVISION POLICY

#### **Physical Examinations of Patients**

During clinical clerkships, students are routinely required to see and examine patients. It is necessary that all examinations of patients be appropriately structured, supervised, and consented in the interests of all parties, including the patient, student and attending physician. To ensure adequate educational opportunity and patient safety, students must always be supervised by a qualified preceptor, or the preceptor's designated supervisor. TUNCOM requires that all preceptors be licensed in their field as well as board certified and/or board eligible (both DO and MD) and are vetted by our credentialing process. In such cases as participation of patient care in a residency program, the designated supervisor may be a resident in post graduate training. These individuals are also under the supervision of the designated preceptor.

A variety of supervisor levels may be provided. Student may be supervised during encounters where they are observing with no direct patient contact, direct patient contact in which the preceptor is present during that contact, or direct patient contact in which the preceptor is immediately available. Preceptors must inform the patient that a student will be present or participating in direct patient care and obtain the informed consent of the patient for such an encounter. Students may then perform a history and physical examination of the patient. The student must then meet with the supervisor and provide all pertinent information about the contact. If students are required to document in the patient chart, this documentation must be co-signed by the supervisor or designated supervisor.

The supervisor or designee must be physically present when the student is performing an invasive procedure. The supervisor or designee must also be physically present in the patient encounter for any gynecological examination or rectal examinations. All such examinations must be in accordance with state law where the examination is being performed.

Students must wear their TUN picture identification badge and introduce themselves to patients as a medical student. Patient consent for a student to perform an intimate examination must always be voluntary. Consent for an intimate examination can be either verbal or written.

Irrespective of the gender of the examining student and the patient being examined, a chaperone, defined as another medical professional, preferably the preceptor is required during all intimate examinations. A chaperone is not an accompanying person i.e., friend or relative of the patient. A chaperone, similarly, is not another medical student. Students are highly encouraged to record the date, time, and the results of the examination as well as the name of the chaperone in the medical record.

#### STUDENT CLINICAL SUPERVISION POLICY

Students may not provide care upon patients without supervision by the Preceptor or the Preceptor's designee. Designees may include Residents, Fellows, or other licensed health professional that are supervised by the Preceptor. All Preceptors must hold a faculty appointment with TUNCOM as this process begins the vetting of preceptorship by the Department of Clinical Education at TUNCOM.

Patients must be informed of the student's role in participation of care/procedures and provide at least verbal consent to such. Supervision may either be directly observed (the supervisor is present with the student at that time) or is immediately available to the student and/or at the site. Preceptors must determine the appropriate level of participation in which the student may perform based upon the student's level of training and experiences. Student procedural participation MUST be commensurate with the student's experience and abilities.

#### During Procedures Performed by the Student:

- 1. The Preceptor must verify all findings made by the student. Any documentation of the findings must be signed off by the Preceptor as verified.
- 2. Any non-physician participants working as an instructing designee must be practicing within the scope of their practice as verified by the Preceptor. The designee must be appropriately credentialed by the facility where they practice.
- 3. Preceptors must communicate all pertinent policies and procedures to the students.
- 4. Preceptors and designees must inform the student of the expectations and responsibilities of the students' participation.
- 5. The Preceptor and instructing designees will adjust the level of student participation based upon observations of the student's competencies. The Preceptor will determine the appropriate level of student involvement and level of supervision required.

### APPENDIX H: POLICY ON STUDENT COMPLAINTS REGARDING INSTITUTIONAL COMPLIANCE WITH ACCREDITATION STANDARDS

### Policy on Student Complaints Regarding Institutional Compliance with Accreditation Standards

The Dean of the College of Osteopathic Medicine or another institutional official designated by him will address the expressed informal concerns of students regarding institutional compliance with COCA accreditation standards and procedures. Under most circumstances, a response to those concerns will be made in writing. If the complaints are judged to be valid, the Dean or institutional official designated by him will institute documented changes in institutional policy or procedures to bring the College of Osteopathic Medicine into compliance with COCA standards. Formal complaints filed through the AOA-COCA Assistant Secretary will be managed according to AOA-COCA Accreditation Standards. All records of the proceedings regarding receipt, adjudication and resolution of student formal and informal complaints in these matters will be maintained in the Office of the Dean.

#### Students Rights & Responsibilities in Reviewing Standards & Policies of Accreditation

Students have the right to review the standards and policies for accreditation of the institution as published by the COCA. Copies of accreditation standards and procedures will be available online through the TUNCOM Library or the Office of the Dean of the College or at www.osteopathic.org and follow the links. Individual students (or their elected class representatives) may register formal or informal concerns or complaints regarding the compliance of the institution with accreditation standards or procedures as published by the AOA-COCA. Informal concerns should be addressed to the Dean of the College of Osteopathic Medicine, preferably in writing. The Commission on Osteopathic College Accreditation (COCA) has established a complaint review procedure to protect the integrity and the maintenance of accreditation standards and procedures as they relate to approved colleges of osteopathic medicine (COM) having recognition from the COCA. The complaint review procedures are set forth in the COCA Policies and Procedures document at <a href="https://osteopathic.org/wp-content/uploads/2018/02/complaint-review-procedures.pdf">https://osteopathic.org/wp-content/uploads/2018/02/complaint-review-procedures.pdf</a>

Formal concerns or complaints should be filed in accordance with the procedures of the AOA-COCA described in the above document. These concerns must be in <a href="writing">writing</a>, signed and should be addressed to the AOA-COCA Assistant Secretary, AOA, 142 E. Ontario Street, Chicago, IL 60611. Concerns can be emailed to: <a href="mailto:predoc@osteopathic.org">predoc@osteopathic.org</a>. The phone number is (312) 202-8174.

#### APPENDIX I: TUNCOM GUIDELINES ON FATIGUE MITIGATION

The following guidelines are adapted from <a href="https://medicine.uams.edu/gme/gme-resources/fatigue-recognition-and-mitigation/">https://medicine.uams.edu/gme/gme-resources/fatigue-recognition-and-mitigation/</a>

<u>Please Note</u>: while developed for residents in a clinical setting, the principles and background information contained in these guidelines are applicable to medical students and medical professionals, in general.

#### **Common Causes of Fatigue**

- 1. Inadequate sleep
- 2. Fragmented sleep, less than six hours per night
- 3. Desynchronized circadian rhythms
- 4. Illness
- 5. Depression/anxiety/stress
- 6. Sleep Disorders

Although we generally recognize our own sleep hygiene issues, this condition creeps up on us and sometimes we are not aware how much sleep we need and are not getting. Medical Students must keep this in mind while studying and learning during long hours. A common practice is to document your sleep hours and keep a log to see what you have banked at the end of the week. Depression or other worries should involve a trip or call to students counseling or involvement in another activity that TUNCOM provides like meditation or KORU.

#### **Professionalism**

Professionalism is demonstrated through a personal role in the following:

- Assurance of one's fitness for duty.
- Time management before, during and after clinical assignments.
- Assurance of safety and welfare of patients.
- Acting on impairment in oneself and others.

Healthcare professionals must be aware of the negative effects of sleep deprivation and fatigue on their ability to provide safe and effective patient care.

You might be fatigued if you experience any of the following:

#### **Mental Symptoms**

- Narrow attention span & forgetfulness
- Reduced performance standards
- Feelings of depression
- Impaired judgment/decision making
   TUNCOM CLINICAL EDUCATION DEPT Updated October 10, 2023

#### **Physical Symptoms**

- Frequent unexplained headaches
- Muscular aches and pains
- Blurred/double vision
- Loss of appetite

You might see the following in someone who is fatigued:

#### **Mental Symptoms**

- Irritability/intolerance
- Reduced short-term memory
- Lack of interest and drive
- Confusion and fearfulness
- Decreased startle response
- Anxiety
- Social withdrawal

#### **Physical Symptoms**

- Degraded motor skills
- Tenseness and tremors
- Slower reaction time
- Falling asleep at inappropriate times

#### **Fatigue Mitigation Tips**

- Know your own alertness/sleep pattern.
- Eat nutritionally and avoid heavy meals.
- Get regular exercise.
- Ensure a healthy sleep environment (cooler temperature, dark, quiet).
- Try to keep the same schedule on workdays and off days to maximize alertness.
- Avoid starting call with a sleep deficit.
  - o Get 7-9 hours of sleep.
- Avoid heavy meals within 3 hours of sleep.
- Avoid stimulants to keep you up.
- Avoid alcohol to help you sleep.
- Avoid heavy exercise three hours before sleep.

#### When engaged in clinical responsibilities:

- o Immediately contact a colleague (i.e., upper-level resident/fellow, attending, program director) if you are too fatigued to work.
- Strategically nap. 20-30 minutes improves alertness and performance (Do not nap longer as you risk extreme grogginess.)
- o If up all night, be aware that your least alert time is 6 a.m.-11 a.m.
- o Utilize your program's call room/nap room or available transportation.
- o Take action to relieve a fatigued colleague from patient care duties after ensuring a smooth transition of care.

#### Tips to improve sleep:

- o You'll sleep better if your room is comfortable, dark, cool, and quiet.
- o If it takes you longer than 15 minutes to fall asleep, set aside some time before bedtime to do things to help you relax. Try meditating, relaxation breathing, and progressive muscle relaxation.
- o Before you begin working a long stretch of shifts, try "banking your sleep" sleeping several extra hours longer than you normally do.
- After you've worked a long stretch of shifts, remember it may take several days of extended sleep (for example, 10 hours in bed) before you begin to feel recovered. Give yourself time to recover.
- Avoid sunlight or bright lights 90 minutes before you go to sleep, when possible.
   Exposure to light just before bedtime can cause you to feel more awake.
- o If you work a night shift and drive home during sunlight hours, try wearing sunglasses to reduce your exposure to sunlight during your drive home.
- o Consider using blackout shades at home when sleeping.
- o Take naps when you have the opportunity.
- A 90-minute nap before working a night shift can help prevent you from feeling tired at work.
- o Eat healthy foods and stay physically active because it can improve your sleep.
- Before you go to sleep, avoid foods and drinks that can make falling asleep more difficult:
- o Avoid alcohol, heavy meals, and nicotine for at least 2–3 hours before bedtime.
- o Don't drink caffeine within 5 hours of bedtime.

#### **Two Types of Fatigue Errors**

Healthcare professionals must recognize that sometimes the best interests of the patient may be served by transitioning care to another qualified and rested provider. Know how to mitigate fatigue.

Ask for help if either of these fatigue errors seem to happen:

- 1. **Errors of Commission** doing something incorrectly
- 2. **Errors of Omission** not doing something that should be done.