




UP-TO-DATE WITH
THE MULHOLLAND SOCIETY
April 2024 Newsletter



PAGE 1 - INTRO PAGE
PAGE 2 - MESSAGE FROM
(NEW) TREASURER NALA
PAGE 3 - DEAN KEELEY'S
CORNER
PAGE 4 - UVA SPORTS
PHYSICALS FOR
VULNERABLE YOUTH
PAGE 5 - WELLNESS
STEERING COMMITTEE
PAGE 6 - REED
PSYCHIATRIC CARE
FUND



UNIVERSITY
of
VIRGINIA

SCHOOL OF MEDICINE



MESSAGE FROM NALA

Treasurer



Hello all!

My name is Nala McKie, and I am really excited to be taking over for Andy as Treasurer for this year! First, a little bit about me: I am from Fort Lauderdale, Florida, I went to UF for undergrad (Go Gators!), and I love being on the water. I hope that I can be here for you all with whatever you need and any questions you may have. So, don't hesitate to reach out!

Since we have had many officer transitions as of late, here's a quick rundown on how to request funding and reimbursement from Mulholland. Please review the procedure as a few minor changes have been made. Also, please bear with us as things get more hectic toward the end of the year!

1. How to request funds

Please submit all funding requests using the online form at least TWO WEEKS in advance of your event. All funding requests must receive approval from the Board which is why at least two weeks' notice is required to give the Board a chance to review the funding request and ask any pertinent questions as they see fit. Then I will send you an email letting you know whether your request was approved or denied. If you are requesting pizza for your event, I will email you AFTER your request is approved so we can gather additional info about your event and submit your order. My email is JUN4WX@virginia.edu, so look out for an email from me. This is a great way to get many pizzas for a low price so I highly suggest you all try it out!

Link to funding request form so you can hyperlink it like you did in January:

https://docs.google.com/forms/d/e/1FAIpQLSc-te_gu37Y7PmflbH78r3w5zjKnnGLKnyxEx8och2latNjSA/viewform?usp=sf_link

2. How to submit reimbursements

Within 2 weeks of your event concluding, please submit a reimbursement request using the online form. You must upload the ACH form (unless you have already submitted one this past academic year) so our bank can deposit your reimbursement. A copy of the ACH form you need to fill out is on the reimbursement form but it is also linked here. Please make sure you upload a receipt. Reimbursement requests are processed by our accounting department in batches.

Direct Deposits are usually deposited on Friday afternoon.

Link to ACH form to hyperlink:

https://docs.google.com/document/d/1NGyDEbRPce_Me2SdV58vxd_JSFKmzsjmYUzsO53p7tA/edit?usp=sharing

Link to reimbursement form to hyperlink:

<https://docs.google.com/forms/d/e/1FAIpQLSfhI7h2mxG3ImjyrWEdQZnK4-A3Fwcl4d16PQs8ihDlaPgi5A/viewform>

Have a great month!

DEAN KEELEY'S CORNER



Congratulations to SMD24 on an amazing match! As we gear up for the next cycle, I am sharing information about the Medical Student Performance Evaluation, sometimes referred to as the Dean's Letter, which is a templated summary prepared by the medical school for every student entering the residency match. The MSPE is standardized across schools to allow residency directors to easily locate data and facilitate holistic evaluation of applicants.

There are six sections:

- Identifying Information - name and school
- Noteworthy Characteristics - students write 3 bulleted points—each is 2 sentences and may reference an experience or a hardship, something not found elsewhere in your application or something you may want to emphasize. Your College Dean will assist you with editing as appropriate.
- Academic History -dates of matriculation and graduation, any leaves of absence, combined degrees, required repeat of coursework, any adverse action such as academic probation or suspension
- Academic Progress —narrative comments from all clinical coursework edited by your College Dean to enhance readability but not edited for content. For each clerkship the grading rubric and a histogram of grades for the class is included with an arrow for your grade.
- Summary —although some schools rank students, the UVA MSPE notes that neither grade point average nor class rank is calculated and that this letter serves as a comprehensive assessment of each student.
- Medical School Information —includes summary of our curriculum and requirements including description of the EPA program

The MSPE does not include notation of any exam failures, OSCE or CPX performance or concern

cards all of which are internal assessments that are not shared. The College Deans do not add

any additional information about issues or discussions you may have through the course of medical school. The MSPE is a summary letter of evaluation, not a letter of recommendation. You “write” your MSPE with your clinical performance and your College Dean assembles it. Students have the opportunity to review the letter prior to the national release to residency programs.

Once an MSPE has been released, it cannot be altered but an addendum can be added if entering the match again. The MSPE is also required for fellowship training application and graduates can request the letter from our Student Affairs office.

UVA HEALTH COMMUNITY PROGRAM: SPORTS PHYSICALS FOR VULNERABLE YOUTH



UVA Health and many team members have been offering youth Sports Physicals in the community to vulnerable families with limited access to health care in the past. This year, we have coordinated with different clinical departments (Family Medicine, Pediatrics, Physical Medicine & Rehabilitation and Internal Medicine) to support this community health service in collaboration with the Department of Diversity and Community Engagement. UVA Health teams will offer a number of Sports Physical events in public schools during May and June of this year so that youth can participate in competitive school sports during the following academic year. Teams on site will include, medical/nursing students, house staff, nurses, advance practice provides, faculty and others. We are looking for volunteers with passion to serve the community and support vulnerable and minority youth as sports participation enables these children to develop strong sense of belonging and many other benefits that sports participation brings.

The community based sports physicals sessions will happen at two local High Schools in May and June. We will need 2-4 general volunteers, 4-6 students, 4-8 residents, and 3-4 attendings to help out each shift in the schedule below.



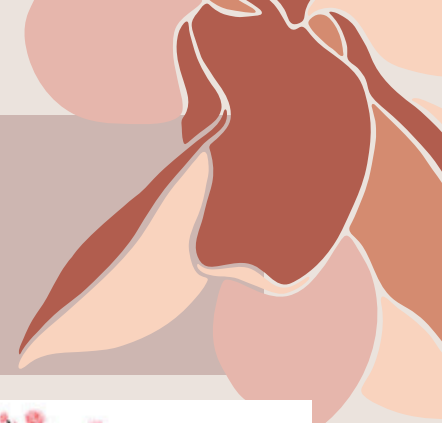
ROLES FOR MED STUDENTS

- Blood pressure
- Vision screening
- Height/weight
- Interpretation
- Exposure to community medicine & FM/PMNR/IM/Peds docs!

SIGN-UP [HERE](#)

Albemarle High School 2775 Hydraulic Rd, Charlottesville Saturday, May 11th		Monticello High School 1400 Independence Way, Charlottesville Tuesday, May 21th		Monticello High School 1400 Independence Way, Charlottesville Thursday, May 30th		Albemarle High School 2775 Hydraulic Rd, Charlottesville Thursday, June 6th	
9:30 am- 1:30 pm	1:15-4:30 pm	4:00-6:30 pm	6:15-8:45 pm	4:00-6:30 pm	6:15-8:45 pm	4:00-6:30 pm	6:15-8:45 pm

WELLNESS STEERING COMMITTEE



April Wellness Newsletter

School of Medicine Events

- Come enjoy the **UVA Medical Chamber Music** Society's classical concert at University Baptist Church on Sat. May 4th from 3-4:30 PM. All proceeds go to Bennett's Village.
- Plan to attend **Med Prom** on Sat. May 4th from 8PM - 10M at Boylan! Sign up [here](#).
- Stay updated with the [Mulholland Calendar](#) for all UVASOM events.



Other Wellness Activities

- Volunteer at the **Abundant Life's Annual Community Festival** for healthy aging on Sat. April 27th 12-5pm at Carver Recreation Center. Sign up [here](#).
- Join the CAPS Care Managers for a "Finding Mental Health Care Providers in the Community" virtual presentation on Wed. May 8 from 1:00pm-2:00pm. Register [here](#).
- Register for **Crochet Class for Beginners** in the Student Health and Wellness Art Room Class Fridays June 21-July 19 from 1:30-3:00 pm. Sign up [here](#).

Ongoing Wellness Resources

- Connect with SOM's staff Psychologist, Debora (Debby) Gonzalez-Wahl, LPC, vpe2vc@virginia.edu, (434) 243-5150
- Access to **free food** at the [UVA Community Food Pantry](#) every day at Newcomb Hall, Room 144.
- [CAPS](#) resources and access to immediate psychological care.
- Connect virtually with a [TimelyCare](#) provider.
- Connect with a [local mental health care provider](#).
- **Free coffee** every Wednesday in the Student Health and Wellness Lobby from 9:30am-12:30pm.
- Access to [University of Virginia school-wide wellness resources](#).

REED PSYCHIATRIC CARE FUND



MESSAGE FROM RAMONA REED, MD '68

WHEN I WAS A MEDICAL STUDENT AT THE UNIVERSITY OF VIRGINIA FROM 1964-1968, I SUFFERED AN EPISODE OF MAJOR DEPRESSION AND WAS SEXUALLY ABUSED BY A PSYCHOTHERAPIST. I WANTED TO RECEIVE HELP FROM A FACULTY MEMBER BUT COULD NOT AFFORD TO PAY FOR CARE IN THE PHYSICIAN'S PRIVATE PRACTICE. I HAVE WANTED FOR MANY YEARS TO TURN THESE NEGATIVE EXPERIENCES INTO SOMETHING POSITIVE. I HOPE THAT, AS A RESULT OF THE PROGRAM MY HUSBAND AND I HAVE MADE POSSIBLE, NO OTHER MEDICAL STUDENT AT UVA WILL EVER BE IN THE SITUATION I FACED.

I COMPLETED MY RESIDENCY IN PSYCHIATRY AT THE UNIVERSITY OF COLORADO HEALTH SCIENCES CENTER IN 1972 AND A FELLOWSHIP AT COLORADO STATE HOSPITAL IN 1973. I DEVELOPED A SUCCESSFUL PRIVATE PRACTICE IN ADULT AND GERIATRIC PSYCHIATRY. I HAVE BEEN ABLE TO ACCOMPLISH THESE ACHIEVEMENTS DESPITE SEVERAL RECURRENCES OF MY DEPRESSIVE DISORDER. THE ADVENT OF THE SSRI'S AND OTHER ANTIDEPRESSANTS HAS HELPED ME TREMENDOUSLY. I CONTINUE ANTIDEPRESSANT THERAPY TO PREVENT FURTHER EXACERBATIONS. UNFORTUNATELY, A GREAT DEAL OF PREJUDICE AND IGNORANCE REGARDING MENTAL HEALTH, AND ITS APPROPRIATE TREATMENT, CONTINUES. WE, THEREFORE, ARE PROVIDING THIS TREATMENT IN A WAY THAT ENSURES COMPLETE CONFIDENTIALITY.

MY HUSBAND, LARRY, AND I HOPE YOU GET THE CARE YOU NEED IN ORDER TO PURSUE A MENTALLY HEALTHY LIFE.

SINCERELY,

RAMONA L. BOOZE REED, MD, AND LARRY N. REED, MSEE



LINK TO:
[REED](#)
[PSYCHIATRIC](#)
[CARE FUND](#)