



Stanford MEDICINE

Information for New Students

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IMPORTANT DATES

- **July 31:** Deadline for completing medical requirements. Please see section on required immunizations, below.
- **August 1:** Registration opens for Autumn Quarter classes (see pages 3-6).
- **Friday, August 14:** SWEAT camping trip orientation. You will receive an email invitation to this program from the SWEAT student leaders in mid-June.
- **Saturday, August 15 through Tuesday, August 18:** SWEAT Camping Trip
- **Wednesday, August 19 through Friday, August 21:** Transition to Medical School Orientation Program. A full schedule of events will be posted to the Student Life website.

Below is a summary of events:

Wednesday, August 19 <i>(students only):</i>	1:30 pm – 6:30 pm	Check-in 1:30 pm at Li Ka Shing Center for Learning and Knowledge (LKSC) Dinner will be provided. Dress code: Business casual
Thursday, August 20 <i>(students only):</i>	8:00 am – 7:00 pm	Breakfast, lunch & dinner included Dress code: Business casual
Friday, August 21	8:00 am – 7:00 pm	Breakfast, lunch & dinner included
<i>(Pre-registered parents & family only)</i>	12:30 pm – 2:00 pm	Parents/family Facts about Medical School
<i>(Students & pre-registered parents/family)</i>	2:30 pm – 3:30 pm	Special Plenary Session with Dean Minor
	4:00 - 7:00 pm	Stethoscope Ceremony 2 complimentary tickets only (Based on building/facility capacity; no on-site registration) Dress code: Semi-formal

- **Thursday, August 20:** Official move-in date for on-campus housing. Please see details on requesting early move-in date in the on-campus housing section (see page 10).
- **Monday, August 24:** Classes begin at 9:30 am.



PREPARING FOR AUTUMN QUARTER CLASSES

We know that many of you are already anticipating your Autumn Quarter coursework, so we are providing you with some important curricular and administrative information, below. You will, of course, receive a full overview of the curriculum at Orientation (August 19-21).

Assigned faculty members for Academic Advising and Educators for C.A.R.E. (E4C): As we get closer to the start of Autumn Quarter, we will notify you via email as to your assigned advisor and E4C mentor.

Autumn Quarter Classes: Autumn Quarter of the first year of medical school is known here at Stanford as “Q1”. Classes begin on Monday, August 24, at 9:30 am. You’ll start with a block, known as “Q1A” that includes the Molecular Foundations of Medicine and Cells to Tissues courses; these two courses conclude at the end of approximately four weeks. Q1A also includes the Human Anatomy course, which continues on through the Autumn and Winter Quarters. Other Autumn quarter courses begin after the Q1A block has been completed: Basic Cardiac Life Support, Applied Biochemistry, Development and Disease Mechanisms, Practice of Medicine, and Genetics.

Registration: You should register for all Autumn Quarter courses beginning August 1, 2015. Register for courses on [AXESS](https://axess.stanford.edu/) <https://axess.stanford.edu/>. The full list of courses for which you will register is as follows:

- BIOC 200 – Applied Biochemistry
- BIOC 205 – Molecular Foundations of Medicine
- DBIO 201 – Development and Disease Mechanisms
- GENE 202 – Human Genetics
- INDE 201 – Practice of Medicine 1
- INDE 216 – Cells to Tissues
- SURG 201 – Basic Cardiac Life Support
- SURG 203A – Human Anatomy

How to Enroll in Courses (AXESS): refer to <http://studentaffairs.stanford.edu/registrar/help/enrolling> for step-by- step instructions on enrolling in your Autumn Quarter courses. If you encounter any problems, please contact either the MD Registrar, Doug Monica: drm@stanford.edu or the Assistant Registrar, Eva Vasquez: evasquez@stanford.edu for assistance.

Advance Preparation for Applied Biochemistry: Students who have not taken a biochemistry course prior to medical school are strongly encouraged to do some preparation in advance of the Applied Biochemistry course, as noted below.

In the Q1 (Autumn Quarter, First Year) Biochemistry course, fundamental concepts of

metabolic biochemistry will be presented while providing an introduction to the application of biochemical principles and facts to clinical medicine. Basic biochemistry concepts will be reviewed and reinforced through clinical applications and problem-solving approaches. Specific topics to be covered include metabolism of carbohydrates, lipids, amino acids and nucleic acids, and the integration of metabolic pathways. While the course focuses on clinical applications of biochemistry principles, some prior coursework in biochemistry is assumed. Students who have not taken biochemistry as part of their undergraduate curriculum may benefit from consulting one of the following resources prior to beginning this course.

Textbook of Biochemistry with Clinical Correlations by Thomas M. Devlin (7th edition) (ISBN 978-0470281734). This book focuses on biochemistry in a medical context and includes numerous clinical vignettes.

Lehninger Principles of Biochemistry by David L. Nelson and Michael M. Cox (6th edition) (ISBN 978-1429234146). This classic biochemistry textbook covers biochemistry and metabolism more broadly and with more chemical detail than does Devlin.

Please note: Both of these books are available from Amazon or other book retailers (including university bookstores). Earlier editions of both books are also widely available and may be substantially less expensive. The content of the books has changed very little over the past two editions and students can use the earlier editions for adequate preparation.

Applied Biochemistry Final Exam: The final exam will take place on the morning of **Friday 11/20/15**. All students are expected to be present for this and all other exams; please plan accordingly.

Required and Recommended Textbooks: The below textbooks will be available at the Stanford Medicine Bookstore when you arrive on campus, and will also be available online at <http://www.stanfordbookstore.com>.

Molecular Foundations of Medicine (BIOC 205)

Optional: Molecular Biology of the Cell, by Bruce Alberts, 6th edition.
ISBN-13: 978-0815344322

Cells to Tissues (INDE 216)

Optional: Junqueira's Basic Histology 13th edition (*can be accessed online for free via LaneConnex*) <http://accessmedicine.mhmedical.com/book.aspx?bookid=574>
(Book ISBN 978-0-07-180798-2)

Applied Biochemistry (BIOC 200)

Optional: Textbook of Biochemistry with Clinical Correlations, by Thomas Devlin, 6th edition. ISBN-13: 978-0471678083

Developmental Biology (DBIO 201)

To be determined; more information available during Fall Quarter.

Human Genetics (GENE 202)

Optional: New Clinical Genetics, by Andrew Read and Dian Donnai, 3rd edition.

The Practice of Medicine (INDE 201)

Required: Medical Epidemiology, by Greenberg R, Daniels SR, Flanders WD, Boring JR, Eley W. McGraw-Hill, 4th or 5th edition. *Available online through Lane Library e-Books.*

4th edition ISBN-13: 978-0071416375 or 5th edition ISBN-13: 978-0071822725

Required: Bates' Guide to Physical Examination and History-Taking, by Lynn Bickley, 10th or 11th edition. ISBN: 080361246X

Human Anatomy (SURG 203A & 203B)

Required: Human Anatomy: Color Atlas and Textbook, by JA Gosling, PF Harris, JR Humpherson, I Whitmore, PLT Willian, Mosby-Elsevier, 5th edition, 2008. ISBN 978-0-7234-3451-1

Required: Netter's Clinical Anatomy, by JT Hansen, 3rd edition, 2014. ISBN 978-1-4557-7008-3

“Scrubs” for Human Anatomy Lab: In anticipation of Anatomy Lab, you'll receive your first set of “scrubs” during orientation. These scrubs are ideal attire to wear during dissection labs. We acknowledge that some students have some trepidation about working with a cadaver. In addition to conducting these lab sessions in a relaxed yet business-like manner, we will provide opportunities for students to talk about their experience with faculty and peers.

Medical Equipment for the Practice of Medicine Course (POM): POM is the course in which you will learn and gradually develop your clinical skills, including patient interviewing, physical examination, and clinical reasoning. Since the POM course does not start until later in September, it is not at all essential that you purchase medical equipment in advance of your arrival on campus. However, for those who are looking ahead, here are some guidelines on what will be required for the course:

Required:

- Penlight
- Tuning forks (128 Hz for vibration assessment)
- Reflex hammer (Note: the key to reflexes is not a bigger hammer, but more practice of the technique.

Thus any reflex hammer will be fine. For future reference, the Queen Square reflex hammer is recommended in the Medicine and Neurology clerkships).

- Oto-ophthalmoscope. Specific recommendations and examples will be provided at the start of Winter Quarter. As students, you will be required to purchase a kit that you can bring with you to practice sessions, different sites and patient visits. There are three

versions of the ophthalmoscope.

1. The pocket version is small, convenient to carry, less expensive, and easy to use with practice.
2. The larger, standard size can be easier to use, but is more expensive. Most clinics have these large models posted on walls.
3. The panoptic version is the largest model, most expensive, and least frequently used in the first two years.

Your stethoscope will be provided to you through the generosity of the Stanford School of Medicine Alumni Association, at a ceremony that has become one of our deep traditions. The ceremony will be held on Friday evening, August 21, and is the first of many milestone events that will mark your entry into the medical profession.

Comparative costs for all equipment can be obtained through online shopping or a visit to the bookstore after you arrive on campus. Students often like to try out equipment before purchase, so we encourage you to ask more senior students or visit the bookstore.

Mini Quarter and Q1 Final Exam Schedule 2015-2016

Mini Quarter Courses	Date	Time
INDE 216: Cells to Tissues	Monday 9/21/15	1:30pm – 5:20pm
BIOC 205: Molecular Foundations of Medicine	Thursday 9/24/15	1:30pm – 4:30pm
Q1 Courses	Date	Time
BIOC 200: Biochemistry	Friday 11/20/15	9:30am – 11:20am
DBIO 201: Developmental Biology	Monday 2/7/15	9:30am – 12:30pm
INDE 201: Practice of Medicine	(SP Assessments) Mon / Wed / Fri 11/30, 12/2, 12/4	1:30pm – 5:20pm
	(Final Exam) Tuesday 12/8/15	9:30am – 1:30pm
GENE 202: Genetics	Wednesday 12/9/15	9:30am – 12:30pm
SURG 203A: Anatomy	Thursday 12/10/15	9:30am – 1:30pm

Questions about preparing for Autumn Quarter Classes?

Daisy Talavera, Pre-Clerkship Curriculum Manager: dtalaver@stanford.edu
Cynthia Irvine, Assistant Dean for Medical Education: cirvine@stanford.edu



REQUIRED DATA SECURITY COMPLIANCE & TECHNOLOGY STIPEND

Required Data Security Compliance: All laptops, desktops and mobile devices used as part of your educational activities must adhere to the School of Medicine data security policies. **Please read carefully the information on these policies, device encryption procedures, and the one-time \$1,500 technology stipend we provide to all first year students.**

Course Materials and Digital Devices

Curricular materials (such as course syllabi) are increasingly being optimized for digital devices. In addition, many physicians, as well as some medical students in their clerkship years, use portable devices to access electronic medical records. However, some students in the pre-clerkship years prefer to study and annotate printed course materials. In recognition of trends and personal preferences, we will provide students in the incoming class of 2015 with a one-time stipend of \$1,500. This stipend can be used to offset part of the expense for a digital device or for printing, as follows:

- Toward the purchase of digital devices: You may use the stipend toward purchase of any computing device, including laptop, smartphone, or tablet. Although we strive to support a wide array of devices, some course materials have been developed with the iPad as the intended platform. For this reason we recommend purchase of an iPad unless you have a strong preference for another device. iPads may be purchased at the Stanford Bookstore.

OR

- Toward costs to print syllabi and other course materials: Course syllabi, in addition to being available online, will be made available at a local print vendor. Students who elect to use their stipend to offset part of their printing expenses will pay the vendor directly.

These one-time stipends will be available through the entire time the student is registered, can be spent in any year but not in the final quarter of registration, and will be disbursed during the Transition to Medical School orientation program unless other arrangements have been made to disburse the funds earlier.

Course syllabi, in addition to being available online, will be made available at a local print vendor. Students who elect to use their stipend to offset part of their printing expenses will pay the vendor directly.

Questions about required data security compliance?

Bahij Austin, Associate Director, Office of Medical Education: bahij@stanford.edu

Questions about Technology Stipend?

Marti Trujillo, Director of Financial Aid: mtrujill@stanford.edu



REQUIRED IMMUNIZATION, HEALTH INSURANCE AND TRAINING REQUIREMENTS

Required Immunizations: Please review the Vaden Health Center website below for pertinent information regarding required immunizations for all medical students at the Stanford School of Medicine: Here you can download an immunization form and complete your online entrance medical requirements forms. **All medical requirements must be completed by July 31.**

<https://vaden.stanford.edu/entrance-requirements/medical-student>

Required Health Insurance: All SOM students are required to have health insurance effective the first day of official school activities. Stanford University automatically enrolls all new students in the Cardinal Care Student Health Plan and then gives students the option to remain enrolled or opt out if they have adequate alternative coverage. For more information about Cardinal Care, visit <https://vaden.stanford.edu/insurance/cardinal-care/enrollment>. Although Cardinal Care coverage typically begins on September 1, medical students require health insurance coverage in August given that the classes for the School of Medicine as well as orientation activities, including the Student Wilderness Experience Active Orientation Trip (SWEAT), take place in August. You will have the option of either showing proof of coverage under another plan for the month of August OR applying for Cardinal Care's early start program by July 15, which has an associated fee of \$358 for August coverage. Please watch for an email from the School of Medicine with more information on this topic.

Click here for the current issue of Student Health Matters:

<http://issuu.com/vadenhealthcenter/docs/sta-vaden-health-matters-paginated-/1>

Training Requirements: The Office of Medical Student Affairs (OMSA) (Mijiza Sanchez: mijizamsanchez@stanford.edu and Sarina Tom: stom@stanford.edu) will contact you regarding the required University trainings for all entering medical students, which need to be completed before the first day of classes. The following online trainings are listed below. We will contact you with further instructions and how to log in.

Important: Please make sure to set up your SUNET ID as soon as possible. Some trainings will require a SUNET ID and password login (<http://accounts.stanford.edu>).

1. Stanford University HIPAA & PHI Training (Lawroom)
2. Stanford University Bloodborne Pathogens and General Safety (Axess)
3. Stanford Hospital Epic Training (HealthStream)

In addition, as part of medical student training in the ethical conduct of biomedical research, all medical are required to complete the CITI Group 9 module **in advance of the start of classes**. The Office of Medical Student Research and Scholarship will, in collaboration with the Office of Medical Student Affairs, verify all students' completion of this requirement. To complete this training:

1. Visit the CITI website: <https://www.citiprogram.org/>
2. Register for Group 9 and complete all sections.

Questions about training requirements?

Sarina Tom, Student Life Manager: stom@stanford.edu

Mijiza Sanchez, Assistant Dean Office of Medical Student Affairs: mijizams@stanford.edu

Questions about immunizations &/or health insurance?

Cindy Peschard, Coordinator of Entrance Medical Requirements:

CPeschard@stanfordhealthcare.org



Stanford MEDICINE

ON-CAMPUS HOUSING

Although the official campus housing move-in date is listed as August 20 on the website below, once you know where you have been assigned you can contact the Housing Front Desk (<https://web.stanford.edu/dept/rde/cgi-bin/drupal/housing/frontdesk/home>) to **request an earlier arrival**.

More information on applying for graduate housing can be found here:

https://web.stanford.edu/dept/rde/cgi-bin/drupal/housing/sites/default/files/pdfs/2015_Grad_apply_for_housing_031215_access.pdf

Questions about on-campus housing?

Jessica Engelson, Graduate Housing Office: jingle@stanford.edu; 650-725-2810

<http://web.stanford.edu/dept/rde/cgi-bin/drupal/housing/calendar/movein-out>