

**Western
University**
OF HEALTH SCIENCES

Summer Health Professions Education Program 2020



Robert Wood Johnson Foundation



Abbey Leon
Dental
North Idaho College

When looking back on my SHPEP experience, I have gained an extensive amount of knowledge and education that has helped me feel more prepared for my future. I have gained friendships, and I have met individuals that have left an impact on me forever.



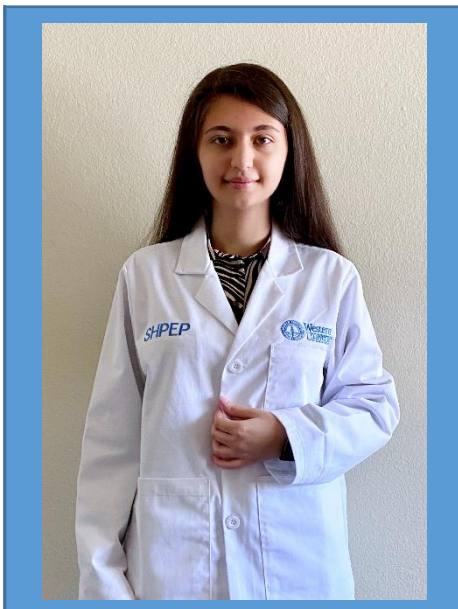
Abrianna Onwuemene
Medical
University of Michigan

SHPEP has taught me so much about the world of medicine. My desire to work in healthcare has grown much stronger throughout the program thanks to the faculty. I really loved my cohort too. They were hilarious and always there to support anyone in need!



Adrian Cortez
Optometry
Whittier College

Taking SHPEP was such an enjoyable and memorable experience! Thank you to all the faculty, students, and RPAs for making the program possible!



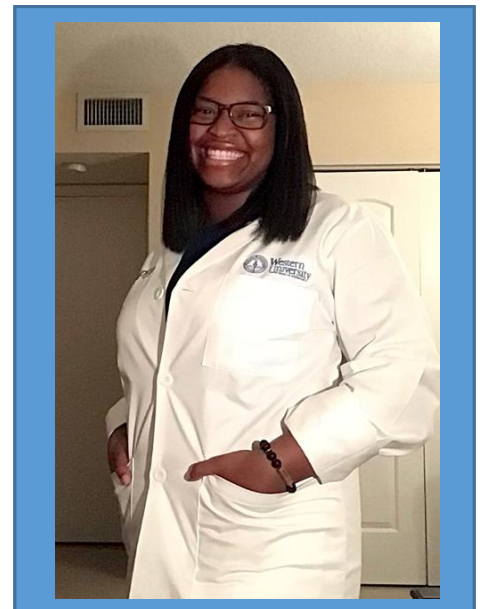
Ainaz Sharabyani
Medical
University of California Irvine

SHPEP provided me the tools and resources required to ease my journey as a pre-med. The faculty and staff at Western University motivated me more than before to pursue my goals.



Alex Collier
Optometry
Texas A&M

As disappointing as it was to not be able to meet in person and have to operate online, SHPEP was an eye-opening experience to me and I would recommend it 10/10, even the online version of it.



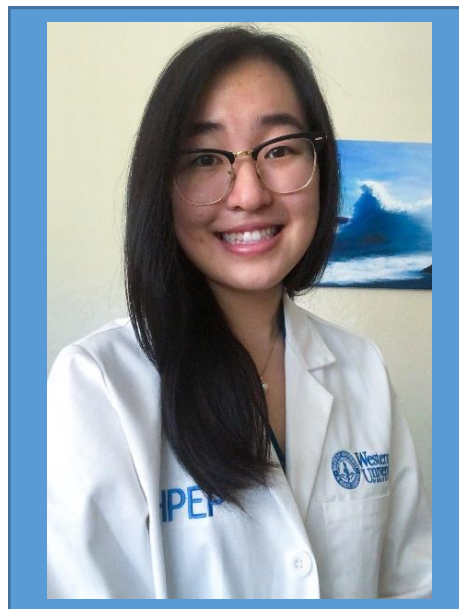
Alexandria Vieux "Alexx"
Medical
Colby College

SHPEP has allowed me to meet other people who want to help change our healthcare system for the better. I truly enjoyed discussing health disparities and learning from others the innovative ways we can decrease the disparities we see today.



Alondra Cortes Sola
Optometry
University of Puerto Rico

I am very grateful to form part of the SHPEP program. I loved each topic that was offered, but most important the faculty's dedication to explain each topic with such a passion. Also loved the cultural diversity that composed us the scholar.



Amanda Taing
Medical
University of Southern California

The faculty were incredibly supportive and engaged. For the first time, I finally feel that I have confidence and direction in my medical school path.



Amanda Teng
Medical
University of California, Berkeley

SHPEP has allowed me to gain a better understanding of the different pathways and health professions. I am extremely grateful for the relationships I have made throughout the program, and can't wait for what the future has for all my fellow scholars!



Anallely Vega
Physical Therapy
University of Nebraska at Omaha

SHPEP was a great fulfilling experience, and although it was cut short, I have met amazing people along the way. I would like to thank the SHPEP staff as well as the RPA's for taking their time and allowing us to experience this great opportunity.



Arianna Quiroz
Medical
University of Redlands

The genuine care and supportive environment fostered by the faculty, staff, and my fellow peers has made this experience memorable. I am truly appreciative and honored to be part of the next generation of compassionate healthcare professionals.



Ashley Zelaya
Medical
Johns Hopkins University

SHPEP was an amazing experience made possible by fantastic people. I've learned so much through this program, and I could not be happier to have met so many intelligent, kind, like-minded individuals. I know we will all do great things in the future!



Avrodet Mourkus
Medical
UCR

I want to thank all the faculty for being so amazing and teaching us the ins and outs of healthcare, and my SHPEP cohort for making this virtual experience so much fun, from our discussions about health disparities to our debates about cereal.



Aynur Namik
Dental
University of Illinois at Urbana-Champaign

To my SHPEP cohort & staff: thank you for teaching me about how to be a successful dentist. I've learned so much about myself and never in a million years would I have imagined a virtual experience to be so impactful. Thank you.



Bao Tran Nguyen
Medical
University of Washington

My favorite SHPEP experience is being able to work closely with the twins for the whole four weeks and determine the diagnosis based on the case presentations of the twins from the MED track!



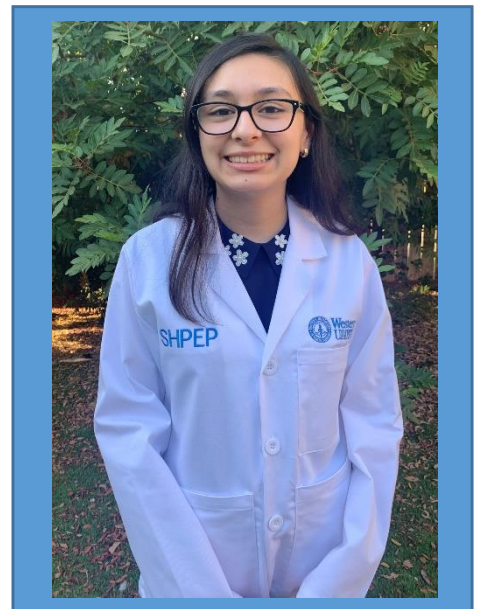
Bushra Shaia
Medical
UCLA

My experience with SHPEP was amazing and very informative. I loved the afternoon session with Dr. Craft who made it very interesting and inspiring. Faculty members were very supportive as well as awesome SHPEPERS.



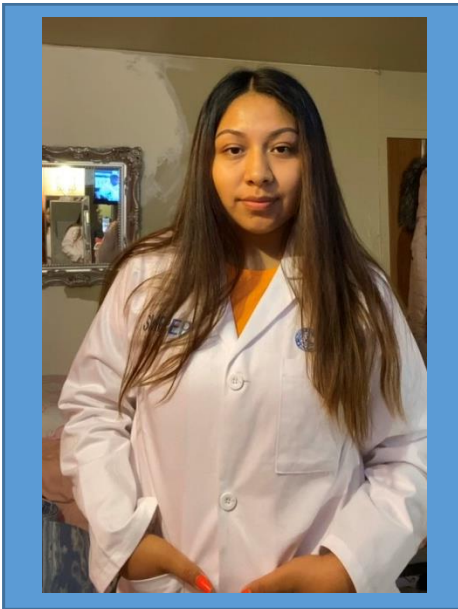
Chloe Eckert
Medical
Harvard University

SHPEP has been an amazing way to truly experience what it means to be a doctor. It has given me the confidence, motivation and spark to really pursue this path! I am incredibly appreciate of the program despite it being online. We adapted!!



Citlali Aguilera-Rico
Medical
Middlebury College

SHPEP has given me the confidence to become a physician who serves minority communities. Thank you faculty, RPA's, TA's, and my fellow students for making this one of the most fulfilling experiences of my life.



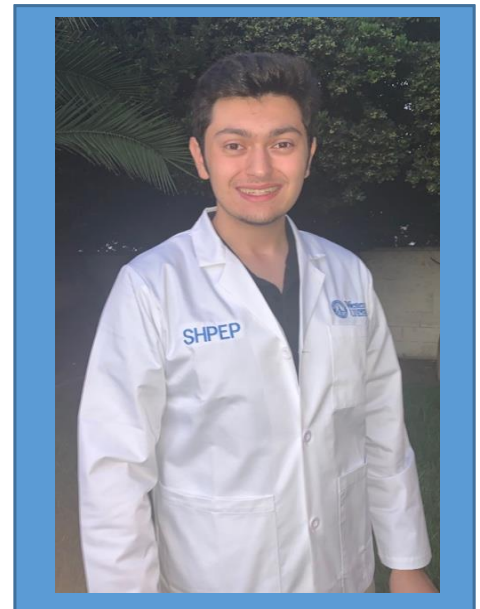
Cristial Coyotecatl
Dental
Lehman College

I really enjoyed the connections I was able to make with my peers, although it wasn't traditional I enjoyed meeting every single member of SHPEP.



Cristian Gutierrez
Medical
California State University Stanislaus

I found SHPEP to be a very fulfilling and engaging experience. I enjoyed every part of it, what stood out to me in the program was being exposed to all of the different health careers and as a result seeing how they relate and work together.



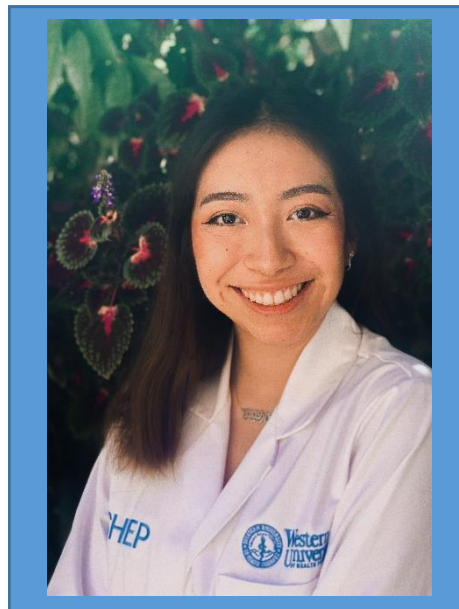
Cristian Jimenez
Medical
California State Polytechnic University, Pomona

SHPEP better helped me understand what a health profession truly demands, and allowed me to meet amazing individuals from across the country!



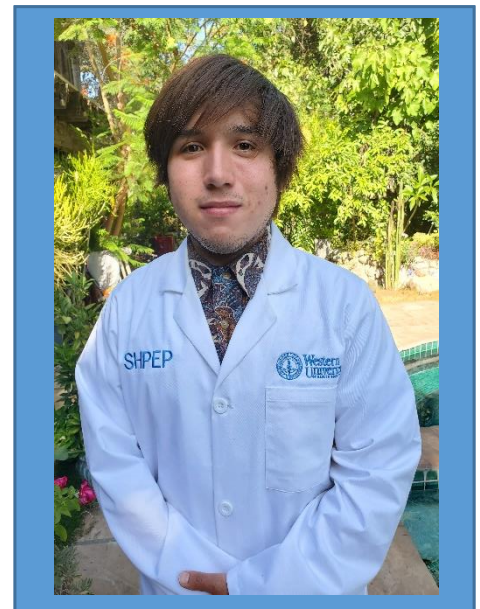
Cristopher Merino
Optometry
Farmingdale State College

I enjoyed my time during the SHPEP program. It was nice being able to meet my cohort and all the faculty members who were able to make this experience as interesting and engaging as possible.



Darling Garcia
Dental
Vassar College

Thank you Western U SHPEP + Zoom University for the fun times and good memories :-)



Darwin Sumida
Medical
University of California Riverside

I really appreciated the use of case studies in the program. It adds a lot of weight to what we were being taught and helps immerse yourself in the education.



Darya Esmailshirazi
Dental
USC

I had an amazing time learning from the faculty and making friendships with my peers! I'm so thankful for the opportunity to build these lifelong connections.



DeAndria Madden
Medical
Spelman College

Despite SHPEP being online, I had an AMAZING experience that I won't forget. I have learned more in three weeks than I have in a whole school year. I am very appreciative of the information I've obtained and the relationships I have built.



Desirae Barragan
Medical
UCLA

SHPEP has been an experience like no other. I am blessed to be a part of a cohort that provides me with endless support. I thank the inspirational faculty and ambitious scholars I have been surrounded by.

#NATIVESINMEDICINE
 - Future Dr. Barragan



Desiree Brown
Medical
Oakwood University

I really enjoyed the opportunity to engage with and meet many people who have the same passions and goals that I have. It was also very nice to have the opportunity to listen to and learn from professionals in many different fields.



Diana Ruiz
Dental
California State University
San Bernardino

I loved being able to connect to so many individuals around the country. Simply sharing our experience and motivating one another was really helpful to have.



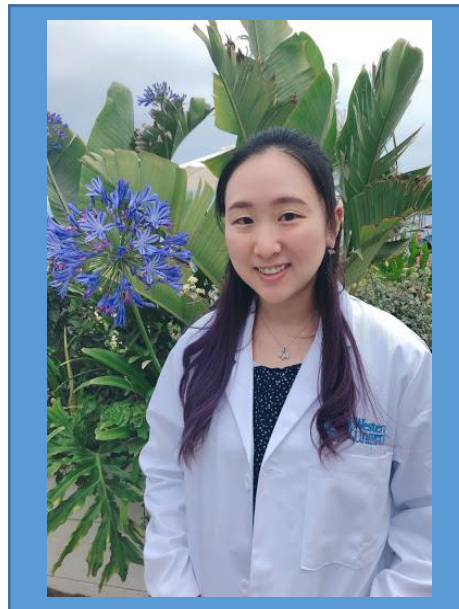
Drew Greenwald
Physical Therapy
Valencia College

My SHPEP experience has been invaluable in participating with D.P.T. classes, clinical examinations, and discussions with doctors from every field. Through the exposure of this program, I have determined that D.P.T. is the right path for me.



Dwight Martin
Dental
Howard University

SHPEP was a life changing experience for me and is something I will cherish forever. The friends I made throughout this program will last me a lifetime and I am so grateful to be a part of this cohort.



Erica Chung
Medical
Colby College

My SHPEP experience was full of invaluable wealth of knowledge about the qualities and skills necessary to become a health professional. It was eye opening to learn about real case studies and health disparities along with like-minded students.



Erick Sanchez
Dental
Ohio University

I want to thank all the Western U faculty for making SHPEP possible this year, I know it must have been hard with all that's going on in the world. I will forever be thankful!



Evelyn Casas
Medical
Mt. San Antonio College

SHPEP has allowed me to gain an insight to the world of health care. It has not only taught me a vast amount about health disparities in my community and world, but has also given me the confidence to face them.



Fernanda Mercado
Medical
University of California San Diego

SHPEP this summer was so wonderful. Although it was a virtual experience, I couldn't have asked for a better summer. Thank faculty and staff for all your hard work and support!!



Francis Tagalog
Medical
Chaminade University of Honolulu

SHPEP was phenomenal to say the least. It was difficult at first because of the time difference and that was a factor no one could control, however over time it got a little bit easier.



Francisco Rodriguez Serra
Medical
University of Puerto Rico Mayagüez

This summer program has been an amazing experience from the faculty to my fellow cohort, the camaraderie that forms between all of us has been easily one of the best things that has come from this program.



Gabriella Reynolds
Medical
University of Massachusetts, Amherst

SHPEP helped me to solidify my want to pursue a health career and showed me that being a doctor is more than enjoying science.



Gabrielle Huggins
Dental
University of Notre Dame

I really enjoyed the SHPEP program and have gained so much from it! Apart from all of the knowledge I acquired over these few short weeks, the people I met and the interactions I was able to have were invaluable!



Gabrielle Arkema "Gabby"
Medical
Case Western Reserve University

SHPEP was the highlight of my summer. It was so much fun learning about the different patient's illnesses and their treatment! SHPEP opened my eyes to what it really means to be a doctor, and I am only more sure this is the career I want.



George Bastawros
Dental
North Carolina State University

They did so amazing at making the experience very personable as if we were there. Actually, it kinda sucks because as we approach the end it feels like I'm starting to get so close to people I've never met. Dental is the best!!



Giselle Jimenez
Medical
Binghamton University

I loved the experience and getting to know everyone. I wish it was in person but you all did a great job making the switch to an online program.



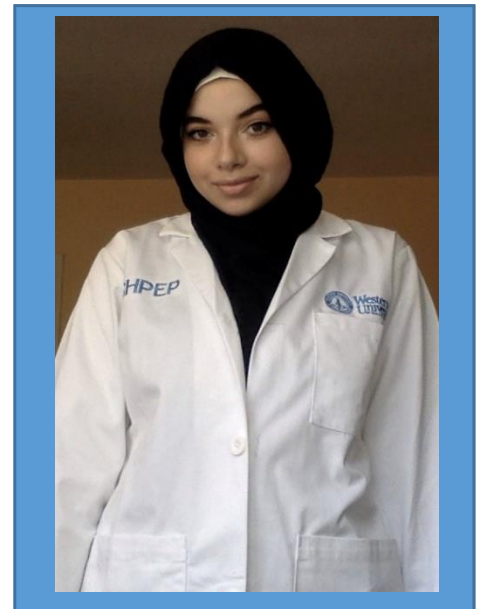
Halyn Orellana
Medical
Georgetown University

I am grateful for the opportunity I had to be part of the 2020 WesternU SHPEP! Everyone was so amazing and the learning experience I had is one to remember. I look forward to making a difference as great as those that I learned from in this program.



Harleen Kaur
Medical
California State University, Fresno

SHPEP has been a great opportunity to meet like-minded individuals who also want to make a difference in their community through health care. I am grateful to be a part of this program and expand my knowledge of health care professions.



Israa Ismail
Medical
Brooklyn College

SHPEP has honestly been one of the most life-changing experiences in my pre-med career so far! I made so many close friends, fun memories, and I'm truly happy that we were all able to make the most out of this online experience.



Jackie Ojo
Dental
The University of Texas at San Antonio

My SHPEP experience is something that I will be forever grateful for. I enjoyed connecting with individuals who are driven and share the same goals as me as well as the faculty and current students who inspired me to keep going.



Jaisha Wilson
Medical
Xavier University of Louisiana

SHPEP has been an amazing experience! Learning from various healthcare professionals has been very enriching. I am excited to apply the knowledge from this experience to my future studies career. Thank you WesternU!



Jasmine Gwizdala
Medical
University of California Riverside

SHPEP has inspired me to pursue medicine in order to advocate for patients and diminish healthcare disparities. SHPEP has immersed me in a great magnitude of medical terminology and academic coursework. I have gained amazing insight from faulty.



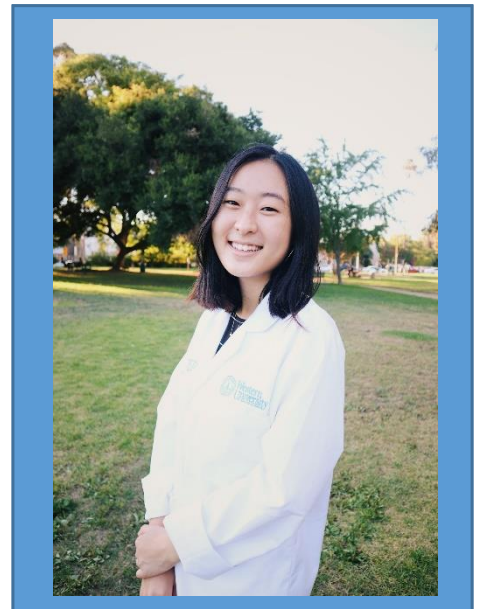
Jennifer Sanchez
Dental
Emporia State University

SHPEP was a phenomenal experience for me. It re-inspired me to pursue my lifelong dream of becoming a dentist. The friendly and welcoming environment of WesternU made me feel very comfortable. Being a part of the dental track was absolutely amazing.



Jennifer Navarro Celaya
Physical Therapy
University of Arizona

I loved how everyone is so friendly and supportive! Although this virtual experience was new to everyone, my cohort did not hesitate to create group chats so that everyone could meet each other. I hope to meet everyone in person some day! :)



Jisoo Kim "Christine"
Dental
Pepperdine University

SHPEP is such an amazing opportunity for students to get a bigger picture of our future in health care! I loved meeting all the professors, WesternU students, and peers through SHPEP and can confidently say this was an incredible experience!



Julius Ogunde
Physical Therapy
Hampton University

My personal online SHPEP experience was in a word, phenomenal. I can only imagine how amazing the WesternU campus would have been. The faculty did an excellent job in educating us on our desired profession and I wish I could do this every year.



Kennedy Moody
Dental
Howard University

I am extremely thankful for the SHPEP experience! I have learned an immense amount of material and have met lots of amazing people that have similar interests and goals as myself. I cannot wait to meet them all in person (:



Kenzie Lindemann
Medical
Montana State University

This year was obviously very different than other years, due to the ongoing pandemic, but I am still so grateful for the connections I was able to make with other medical professionals. As well as, my fellow participants. Never forget SHPEP 2020!



Kirstin Patterson
Dental
Dillard University

Participating in the 2020 virtual SHPEP program has taught me so much about my abilities as a person, and confirmed that dentistry is still the right career choice for me.



Kyle Sin
Physical Therapy
Pitzer College

Thank you to the WesternU SHPEP faculty who broadened my understanding of physical therapy! It was a joy to learn and practice various skills with my peers in the afternoon sessions. I wish us all the best in the future!



Maria Vasquez Hernandez
Medical
University of California, Los Angeles

I am so fortunate to have been a part of SHPEP! Throughout the four weeks, I have gained valuable experience and knowledge of what it's like to be in a health profession and the faculty have all been amazing. I have loved every minute of it!



Marilyn Rodriguez
Medical
University of Texas Rio Grande Valley

SHPEP is like no other program I have ever encountered. The immense support that we acquire is absolutely jaw dropping and truly inspiring.



Melinda Doan
Optometry
Xavier University of Louisiana

Through SHPEP, I met some really great people and wonderful faculty that I truly hope to keep in contact with in the future. I am extremely grateful for the hard work and determination to the faculty and professors that made this program possible!



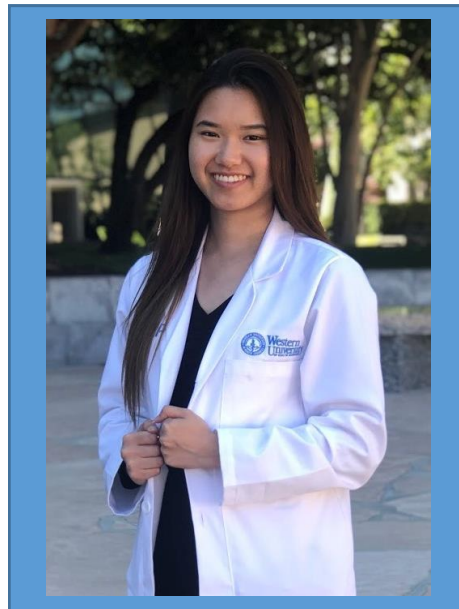
Mindy Vu
Optometry
University of Texas at Austin

The medical field can be confusing and intimidating because of all the different careers that it encompasses. SHPEP includes many of these health professions, which has allowed me to explore interesting fields that I was not exposed to before.



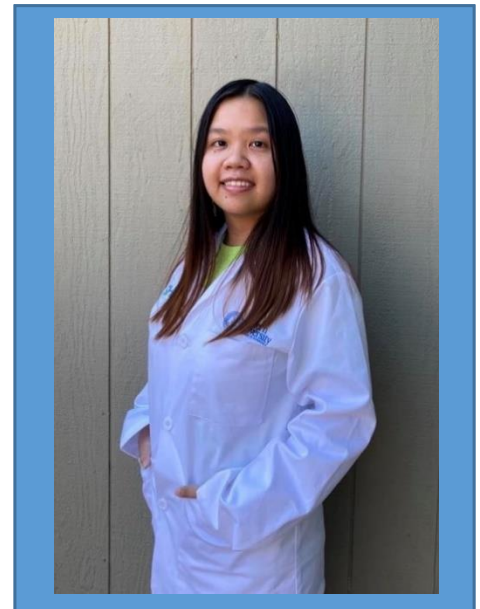
Moses Yi
Optometry
CUNY Queens College

It was definitely a rigorous and intense four weeks, but I learned so much. I will miss my fellow cohort and the faculty who have been part of this journey. I can definitely say that SHPEP has cemented my road to Optometry!



My-Linh Doan "Linh"
Optometry
University of California Irvine

The ongoing support and passion from everyone has truly been empowering and given me the strength and confidence to believe I'll make it there one day as an optometrist. Although it was virtual, I will always be grateful to have experienced SHPEP.



Nguyen Vo "Nancy"
Medical
University of the Pacific

I really enjoyed being a part of the SHPEP program. Although we didn't get to meet the faculty in person, it was still a great experience. I could feel the dedication and enthusiasm that the faculty have for this program, even through Zoom.



Noah Green
Medical
University of Southern California

My SHPEP experience was amazing and I would highly recommend it to any minority premed students. The WesternU staff were very engaging and educational by providing information about all aspects of the medical field. 10/10 would do it again!



Oluwabusayo Oni "Busa"
Dental
University of Florida

I am so thankful to be a part of this program. The friendships I made I know will last a lifetime (shout out to my Tooth Pack!). Thank you to every single faculty member for being so warm and welcoming, and providing such helpful advice and insight.



Oscar Echeverria
Physical Therapy
Mt. San Antonio College

I am very thankful for the opportunity to have been in the program. I really enjoyed the experience.



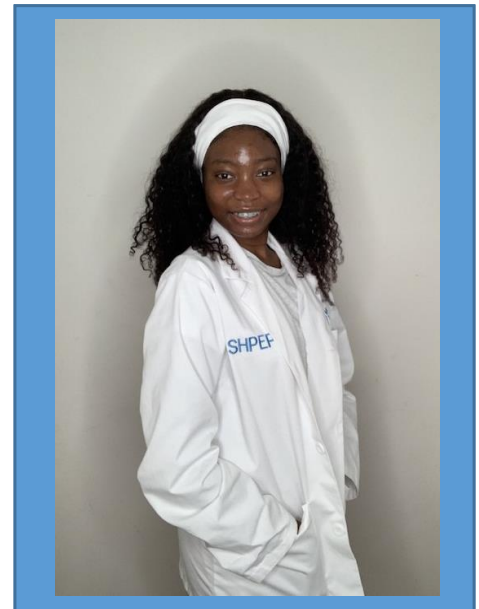
Paige McCaslin
Physical Therapy
Chapman University

The afternoon physical therapy sessions taught me a lot about the different areas in which a physical therapist can practice and it taught me the specific skills that are required of the job. I love PT more today than I did coming into the program.



Pamela Carrasquillo
Physical Therapy
University of Puerto Rico,
Rio Piedras Campus

This program showed me that there are no limitations for the people that really want to learn despite the circumstances. I am thankful for the opportunity and I really appreciated the time, effort and all the excellent resources that were part of it.



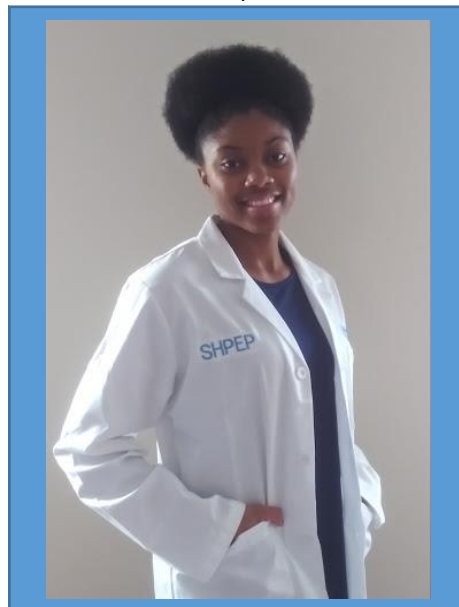
Rachael Rotimi-Samuel
Dental
Clayton State University

My SHPEP experience has been fun. I love each and every one of you because we all bring out the best in each other. It is the best experience I have had in a long time and I wouldn't trade it for anything.



Samantha Padilla "Sam"
Medical
Allan Hancock College

I really enjoyed meeting everyone and this experience was a lot of fun! Dr. Craft also managed to sway me into keeping pediatrics as an option because working with babies seems like a lot of fun. P.S. Medical track is the best track.



Sa'mya Wallace
Physical Therapy
The University of Texas at Austin

I wish there was a way for all of us to be able to interact without being behind a computer screen, but I have enjoyed and learned a lot from my afternoon track and I appreciate everyone's effort to make this experience as interactive as possible.



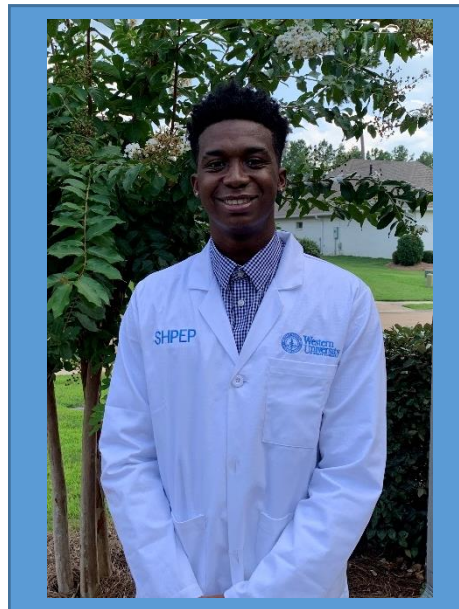
Shiarra Mae Tinawin
Dental
Johns Hopkins University

My dental cohort made the most out of everything. We've smiled and laughed together, bonding amazingly through a computer screen. SHPEP has been incredibly informative and has shared unforgettable life lessons with us.



Tawane Sheikh
Medical
University of Southern Maine

It was an amazing experience meeting the faculty and students. I learned so much within these four weeks which I am truly grateful for. Hopefully, in the future, I can teach others all of the knowledge I retained from this program.



Thomas Adams "James"
Physical Therapy
Dillard University

Despite the unfortunate circumstances, I can say I truly enjoyed my SHPEP experience and I am very thankful for this opportunity as it has been a challenging yet exciting program that has helped me grow tremendously.



Tyler Olney
Physical Therapy
Heritage University

The SHPEP experience has really helped me further realize my professional path.



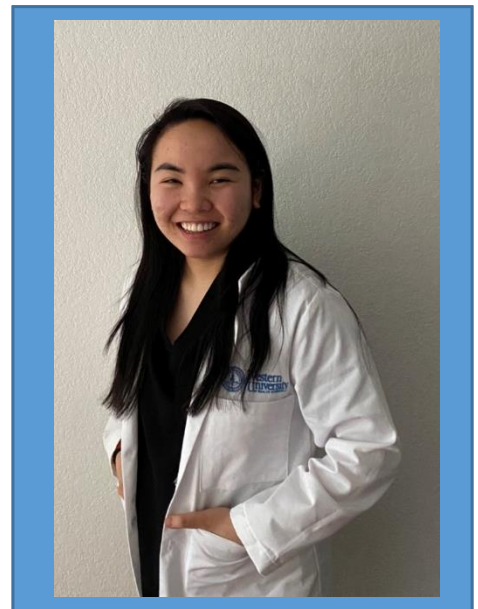
Valentina Gomez
Dental
California State University, Monterey Bay

SHPEP has been a great source for my ongoing engagement in the dental community. It has allowed me to make great memories with staff and peers.



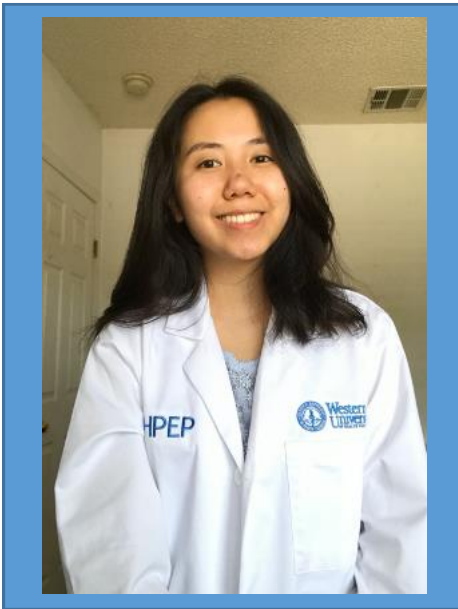
Viveca Holman
Physical Therapy
Mount Holyoke College

SHPEP has been such a wonderful experience for me. It has given me the chance to explore a field that I am passionate about, and an opportunity to connect and network with professionals and fellow students with similar ideas and interests.



Vy Lien
Dental
University of Texas at San Antonio

It was fulfilling and extremely informative in learning helpful tips in strengthening myself as a dental school candidate.



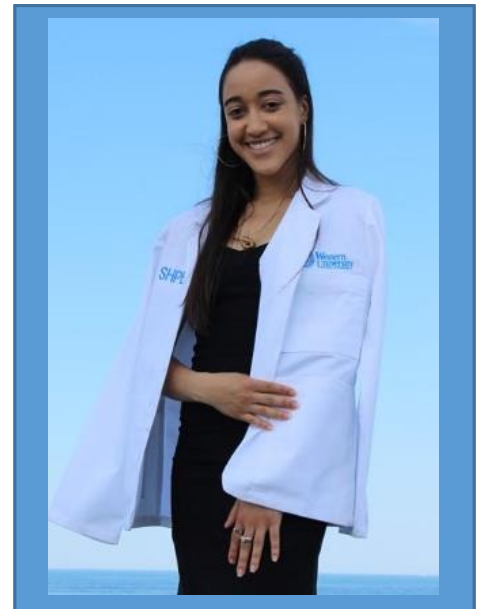
Vy Lu "Vy Vy"
Optometry
University of California, Los Angeles

Although I only expected to confirm pursuing optometry through this program, SHPEP opened my eyes to the significance of holistic patient care beyond just a simple diagnosis.



William Wang
Medical
University of California Riverside

Incredibly interesting and informative. I learned so much from this program, including how to suture, inform parents of sick children, and obtain informed consent. Thank you SHPEP for everything you've taught me!



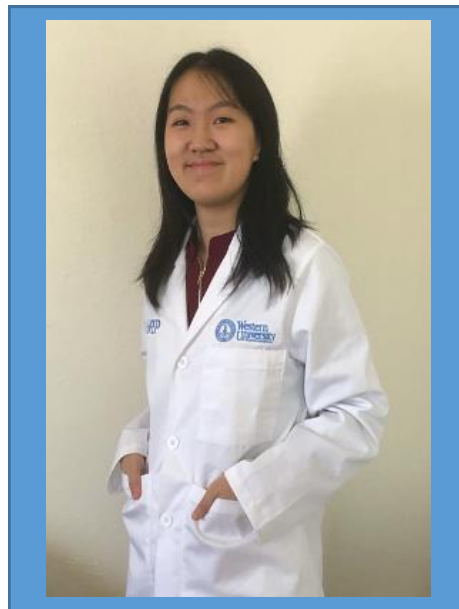
Xadia Goncalves
Optometry
Providence College

I am thrilled to have been able to meet and work with likeminded individuals who are also considering becoming medical professionals. The doctors, professors, and staff that have led SHPEP have been very patient and committed to helping us learn.



Xavier Duenas
Medical
Chapman University

I really enjoyed my time in SHPEP because it helped me learn things about my future career as a health care professional. It was very well run especially through these tough times in history. I had a great experience and I really learned a lot.



Xin Yi Yu
Medical
Cornell University

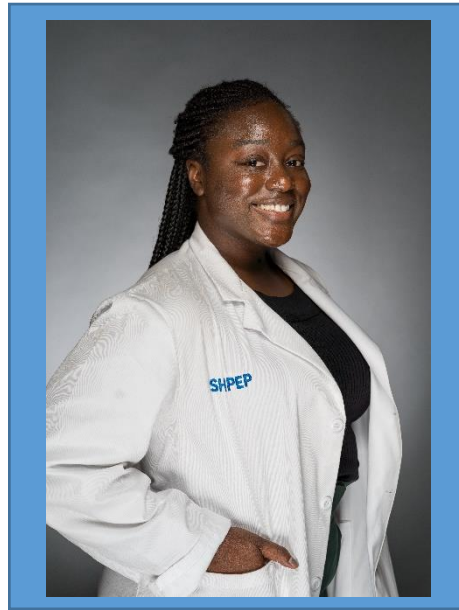
Thank you to everyone at WesternU for making SHPEP possible! Over the past few weeks I've met many wonderful, dedicated, and passionate staff and healthcare providers who have inspired me and reaffirmed my desire to pursue a career in healthcare!

SHPEP Resident Peer Advisors (RPAs)



Anthony Chavarria-Garcia “Chavy”
Medical
University of California, Riverside

It was an honor to be an RPA this summer. I really loved being able to interact with the students and help guide them through this rigorous program! This cohort gives me comfort that the future of healthcare is in good hands!



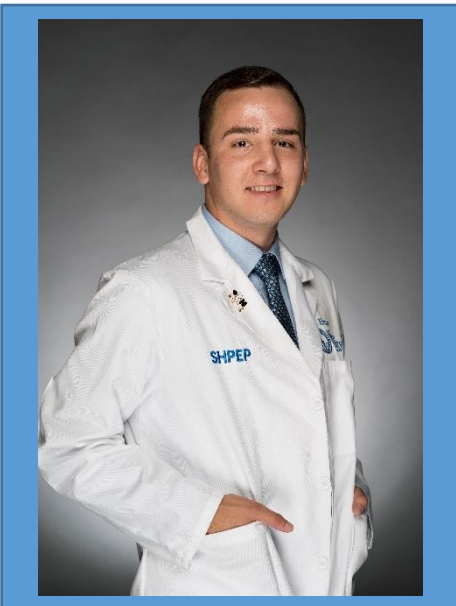
Brittney Obanor
Medical
University of Southern California

I will always be grateful for WesternU SHPEP! Thank you to the other RPAs, faculty, staff, and of course this year’s cohort of SHPEP Scholars for making this an amazing virtual experience! <3



Crystal Sin
Optometry
WesternU College of Optometry

Congratulations to all of you for finishing SHPEP! I have no doubt that each and every one of you will do great things and make the world a better place. Be passionate. Be kind. Be empathetic. Listen, learn, adapt, and grow. Never stop believing in yourself!



Hector Cordero
Dental
CSUSB Alumni

As we continue our journey to our future careers it’s important to remind ourselves that we are in control; we dictate the amount of time it takes to reach what we desire. Enjoy the journey and it will make reaching the destination that much better!



Jubilee Ahazie
Medical
University of Southern California (Alumna)

To all the WesternU faculty and admin who made this program possible, thank you! Despite the hurdles that we had to face this summer, I am so glad that I got to be a part of this program and make some memories with you all. I wish you all the best!



Soleil Dancy-Taliaferro
Physical Therapy
Community College of Philadelphia

As a first-year RPA in this new virtual format, there were some things I was unsure about. Amidst this, I was confident that I would meet a great group of scholars. Thank you guys for sticking with us and showing resilience. Keep in touch! <3

SHPEP Alliance Team



Helen Musharbash | Dr. Elizabeth Rega | Maria Moreno | Alejandra Cervantes



Steven Friedrichsen, DDS.



Paula M. Crone, DO



Denise Schilling, PT, PhD, F-NAP

"As you look around the Zoom Room, you see the future of healthcare. Congratulations and continued success." ~ Dean Friedrichsen



**Sean Rowan, Assistant Dean for Student Affairs,
WesternU College of Dental Medicine**

As a first-generation college graduate the mission and vision of SHPEP is close to my heart. I believe SHPEP is a wonderful program that provides an excellent opportunity for students who are seeking to learn and grow professionally. To the 2020 Scholars, I wish you much continued success as you further your education and aspirations to become healthcare professionals.



**Tanisha Hampton, Director of Operations College of
Biomedical Sciences**

Being a Den Parent for the past three years has been a wonderful experience. I am so happy to have met such hard working and compassionate scholars. Keep moving forward and know that the WesternU family will continue to provide support.

On behalf of WesternU SHPEP staff, faculty and administration, congratulations to the SHPEP 2020 scholars for completing this rigorous but very rewarding program!!! We know you will all thrive in your respective health career paths and will make the world a better place.

Morning Curriculum



Physical Assessment: Inspection



Normal

Muscles of relaxed inspiration: external intercostals, diaphragm

Signs of Respiratory Distress or Severe Exacerbation

- Talks in words
- Agitated
- Changes in mental status
- Sits hunched forward
- Accessory muscles in use
- Cyanosis
- Respiratory rate >30 RPM
- Pulse: >120 BPM
- O₂ saturation: <90%

Abnormal

Signs of abnormality:

- Pointed to heaving: Central cyanosis, Prolonged expiration, Reduced costovertebral angles
- Use of accessory muscles: Hyperinflated distal chest, Accessory muscles: Reduced breath sounds & wheezes
- Cyanosis: Cyanosis: Cardiac apex not palpable, Loss of cardiac dullness on percussion
- Wheezes: Increased wheezing during inspiration
- Crackles: Crackles: Increased movement of lower ribs on inspiration (low flat diaphragms)



Inhaler Device Demonstrations



Anti hypertensives – ABCD(E)



- A**
 - ACE Inhibitors
 - Angiotensin Receptor Blockers
 - Alpha 1 Receptor Blockers
- B**
 - Beta Blockers, non-selective and selective
- C**
 - Calcium Channel Blockers
 - Centrally-Acting Drugs (Alpha-2 Blockers)
- D**
 - Thiazide diuretics
 - Loop diuretics
- E**
 - Endothelin Receptor antagonist (Vasodilator stimulates release of NO)



Grand Rounds



Cows run away from the storm while the buffalo charges toward it - and gets through it quicker. Whenever I'm confronted with a tough challenge, I do not prolong the torment, I become the buffalo.

— Wilma Mankiller —

AZ QUOTES

KL From Kenzie Lindemann to Everyone

Oglala Lakota and Lakotal If anybody didn't catch that



Optometry Management Considerations for Hypertensive Patients



Ocular Diseases Secondary to Hypertension:

- **Hypertensive Retinopathy**
 - Retinal Vein Occlusions
 - Retinal Artery Occlusions
 - Macroaneurysm
 - Anterior ischemic optic neuropathy
- **Sub-Conjunctival Hemorrhages**
- Cranial Nerve Palsies
 - CN III, CN IV, **CN VI**



Antihypertensives – ABCD(E)



- **A**
 - ACE Inhibitors
 - Angiotensin Receptor Blockers
 - Alpha 1 Receptor Blockers
- **B**
 - Beta Blockers, non-selective and selective
- **C**
 - Calcium Channel Blockers
 - Centrally-Acting Drugs (Alpha-2 Blockers)
- **D**
 - Thiazide diuretics
 - Loop diuretics
- **E**
 - Endothelin Receptor antagonist (Vasodilator stimulates release of NO)



Medical Track Afternoon Sessions

The image displays a Zoom meeting interface for a "Medical Track Afternoon Session". The main view is a grid of 46 participants. Several participants are showing medical simulation exercises on their screens:

- Jubilee Ahazie**: A large video window showing a person using surgical scissors to cut a piece of white material with pre-drawn lines.
- Avrodet Mourkus**: A video window showing a person using surgical scissors to cut a piece of white material with pre-drawn lines.
- Bao Tran Nguyen**: A video window showing a person using surgical scissors to cut a piece of white material with pre-drawn lines.
- Halyn Orellana**: A video window showing a person using surgical scissors to cut a piece of white material with pre-drawn lines.
- Francisco Rodriguez**: A video window showing a person using surgical scissors to cut a piece of white material with pre-drawn lines.
- Amanda Teng**: A video window showing a person using surgical scissors to cut a piece of white material with pre-drawn lines.

The right sidebar shows the "Participants (46)" list, including:

- Anthony Chavarria-... (Co-host, me)
- Alissa Craft (Host)
- Marian Safaoui (Co-host)
- Francisco Rodriguez
- Jubilee Ahazie

The bottom right shows the "Chat" window with messages from participants:

- From Tawane Sheikh to Everyone: Thank you!
- From Jaisha Wilson to Everyone: thank you!! this was so fun
- From Erica Chung to Everyone: Thank you!! I had so much fun!
- From Cristian Gutierrez to Everyone: Thank you!

🦷 Dental Track Afternoon Sessions 🦷



Optometry Track Afternoon Sessions

Zoom Group Chat

From Xadia Goncalves to Everyone:
How long did you spend studying for the OAT? What were your best studying methods?

From Linh Doan to Everyone:
When did you start studying for the OAT?

From Melinda Doan to Everyone:
What subjects do you suggest focusing on for the OAT?

From Cristopher Merino to Everyone:
Where should I begin in terms of shadowing?

From Moses Yi to Everyone:
Would shadowing OMD (ophthalmologist) be alright?

From Vy Lu to Everyone:
Do you have any tips for approaching interviews?

From Xadia Goncalves to Everyone:
How did you know that optometry was the field you wanted to pursue?

From Moses Yi to Everyone:
^^ same question to the whole panel

From Alex Collier to Everyone:
What made you pick western u over other schools?

From Linh Doan to Everyone:
What prior optometry experience did you have before applying?

From Tiffene Harris to Everyone:
Great questions guys and we are going to take a break and cover more on the "pathway to OD school" after Dr. Hegamin's presentation :-)

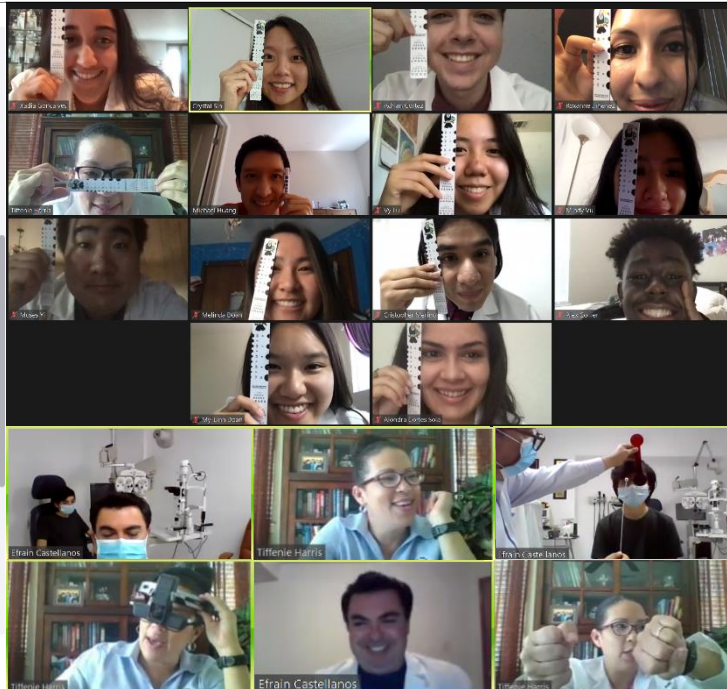
From Michael Huang to Everyone:
whoops, got sidetracked from my stories, I'll try to answer them in chat! feel free to ask more questions in chat or private message. We'll try our best to answer

From Mindy Vu to Everyone:
What extracurriculars were you guys involved in and is it a really big factor when applying to optometry schools?

From Melinda Doan to Everyone:
What did your resume look like when applying for optometry school?

To: Everyone

Type message here...



Thurs. Session #2 - Dr. Harris
Intro to Ocular Anatomy and Ocular Health Exam

1:00 - 2:00 pm: Ocular Anatomy Overview
Intro to Ocular Anatomy Break out

- Work in groups with OD students
- Complete Anatomy Worksheets

2:00 - 2:30 pm: Review
• Review responses with faculty back in main zoom room

Trochlear (IV) motor: superior oblique muscle

Abducens (VI) motor: all eye muscles except those supplied by IV and VI

Oculomotor (III) motor: all eye muscles except those supplied by IV and VI

Trigeminal (V) sensory: face, sinuses, teeth, etc.

Facial (VII) motor: muscles of the face

Hypoglossal (XII) motor: muscles of the tongue

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Thurs - Session #8 Dr. Harris
Case #2 and Wrap UP

Case Presentation - 32yo Hispanic Male
Presents with chief complaint of blurred vision, equally blurry at both distance and near despite wearing glasses. Glasses are 2yrs old. Noticed the blurred vision gradually getting worse over the past 3-6 mos. Some days vision is OK, but most days it is blurry and worse after meals.

Ocular History: LEE 2 yrs ago (wasn't dilated) unremarkable;
Medical History: (+) work related physical 6mos ago, eligible to work
Family History: (+)JHN dad, (+) DM mom and sister
Occupation: works in steel plant

Do we need more information from the history? What more would you ask?



Tues - Session #5 Dr. Castellanos
Vision and Ocular Screenings c

- Discuss the value of ocular health screenings
- Discuss the value of optometrist in interprofessional health screenings
- Review the difference between "screening" and comp exam
- Review skills from prior sessions and apply to a "screening battery" including pupils, EOM, Amsler Grid, and CVF

Tues - Session #7 Dr. Castellanos
The eyes are connected to the body

1:00 - 2:15pm
Anterior Segment Discussion on Common Disorders

- Cataracts [Cataracts](#)
- Dry Eyes
- Meibomian Gland dysfunction [Click Video Here](#)
- Xanthelasma (cholesterol plaques)
- Arcus
- Subconj hemorrhage

SHPEP Optometry Track 2020

Adrian, Moses, Linh, Vy Vy,
Alondra, Melinda, Mindy, Cristopher, Xadia, Alex

Western University
College of Optometry

Physical Therapy Track Afternoon Sessions



Who We Are & What We Do

- Licensed health care professionals
- Diagnose & oversee the management of patients to improve the physical & functional abilities of people of all ages
- Help individuals maintain optimal health & fitness
- Work with clients to prevent the onset or progression of impairments, functional limitations, & disabilities related to disease, disorders, & other conditions.

Competitive Applicants

- GPA
- Communication Skills
- Writing skills
- Knowledge of the Profession
- Professionalism



🔥 Fireside Chats 🔥



Know the answer to this question:

“ _____ ?”



🎵 Music Socials 🎵



🌈 Scholar Highlights 🌈

