

Office of Curriculum

MIDS 5406/MIDS 6406: Preventive Medicine Elective

Directors:

Cassie Kruczek, PhD Cassie.Kruczek@ttuhsc.edu

Course Coordinators:

President: Simeon Salazar, MSI

Vice-President: Sydney Peffer, MSII

Secretary: Gaby Peralez, MSII

Treasurer: Jeanne Yang, MSII

Outreach Chair: Anesthesia Kim, MSII

Description: This elective teaches preclinical medical students to incorporate preventive measures and patient education in healthcare through interactive lectures and community outreach events. Preventive medicine is crucial in every medical specialty because it increases patient autonomy, improves healthcare outcomes, and decreases medical costs. This elective will equip future physicians with the knowledge to apply preventive care in their practices.

Maximum Enrollment: 30 students enrolled in MS1 or MS2 curriculum

Goals and Objectives:

1. Discuss incorporation of preventive medicine in future healthcare practices.
2. Be able to provide patient education on preventive care like nutrition and fitness.
3. Describe risks involved in poor nutrition, lack of exercise, poor mental health, and immunocompromisation.
4. Increase community awareness about the importance of vaccinations.
5. Increase awareness about the effect of varying socioeconomic statuses on availability of healthcare.

Completion Requirements:

- Attend 6 out of 8 interactive lectures*
- Attend 4 extracurricular activities

* Makeup lectures can be made up on a case-by-case basis, depending if the lecture/activity coincides with the mission of the elective. Please contact Simeon Salazar at Simeon.Salazar@ttuhsc.edu

Application: Interested students should complete the application that will be emailed by the leadership team.

Fall Elective Curriculum

| Topic | Date/Time | Location | Session Leader |
|-----------------------|-----------|----------|---|
| Trauma Prevention | TBD | TBD | Ariel Santos <i>Department of Surgery</i> |
| Musculoskeletal Aging | TBD | TBD | Keith Bishop, PhD, PT <i>Department of Medical Education</i> |
| Gut Health | TBD | TBD | Sameer Islam, MD <i>Gastroenterology</i> |
| Vaccination Health | TBD | TBD | Cassie Kruczek, PhD <i>Immunology and Molecular Microbiology</i> |
| Emergency Prevention | TBD | TBD | TBD <i>Emergency Medicine</i> |

Spring Elective Curriculum

| Topic | Date/Time | Location | Session Leader |
|-------|-----------|----------|---|
| | | TBD | |
| | TBD | TBD | Felix Morales, MD <i>Family Medicine</i> |
| | TBD | TBD | Ryan Wealther, MD <i>Dermatology</i> |

Extracurricular Activities

(must provide pictures for credit: email to Gaby.Perez@[ttuhsc.edu](mailto:Gaby.Perez@ttuhsc.edu))

Do 4 extracurriculars in any combination. The following qualify as an extracurricular activity:

| Topic | Date/Time | Location | Activity |
|-----------------------|-----------------------|-----------------|---|
| Group Fitness | August - March | TTU Rec Center | Attend a class |
| Intramural Sports | August - March | TTU | Participate in intramurals |
| Community Involvement | August - March | TTUHSC, Lubbock | Volunteer at a community event or with a student org |
| Running Club | August - March | Lubbock | Attend a session |
| Kraft for Kids | TBD | UMC ChildLife | Create cards and give to the Pediatrics Club |
| Dinos for Kids | TBD | UMC ChildLife | Peds IG & Surgery IG collab to make stuffed dinos for kids at UMC |