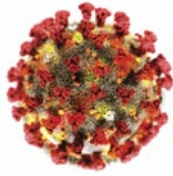


ACFAS Update

STUDENT & RESIDENT

VOLUME 7 ISSUE 2 NEWS from the AMERICAN COLLEGE OF FOOT AND ANKLE SURGEONS

COVID-19 Resources Available for Students & Residents



The COVID-19 pandemic has created many challenges for our professional community, including DPM candidates in podiatric medical schools, residents working to complete their education in CPME-approved residency programs and post-graduate fellows in their final weeks of fellowship. ACFAS is committed to supporting our community and helping to ease the pressures facing our students and residents during this time. For a wealth of assembled information collected and created by the College on COVID-19, log in to [acfas.org/COVIDResources](https://www.acfas.org/COVIDResources). Information is updated continually.

ACFAS OnDemand e-Learning Free for Residents & Students

To help fill the educational void, the College is offering ACFAS OnDemand at [acfas.org/ondemand](https://www.acfas.org/ondemand). e-Learning resources available to students and residents for free until at least July 20. ACFAS OnDemand houses a full library of the College's primer content including recorded clinical sessions, podcasts, e-books and a medical bookstore. To access the library, visit [acfas.org/OnDemand](https://www.acfas.org/OnDemand).

HealthCare Associates Credit Union (HACU) Talks Student Loans During a Pandemic

In response to many questions being asked around the uncertainty with student loans during COVID, ACFAS looked to HACU, the College's credit union member benefit partner, for answers.

Are all student loans in forbearance? If so, for how long?

This depends on the originator or lender. If the originator is a US government loan—otherwise known as a public student loan—then yes, it is on forbearance until October 2020. If it is a private student loan held by a bank or refiner, you should reach out to your lender directly. Many student loan lenders are offering forbearances. Some require a form, while others enroll you automatically.

Do you have any tips or advice on consolidation or loan repayment options to lower payments?

Again, it depends on the type of loan. Many people don't know you can refinance car loans, in addition to student loans and mortgages. Mortgages are extremely low right now, so it's a good idea to take advantage if you haven't already. HACU has published a great resource on our website to help address this question, **How College Students Can Get Financial Relief in Response to COVID-19**.

What information or resources out there might be helpful?

HACU has created a guide to help keep track of the financial information and resources available at this time, **Coronavirus and Your Financial Health: Answers, Tips, and Advice for Staying Financially Well During the COVID-19 Pandemic**.

HACU also has Financial Wellness Counselors available to answer COVID-19-related questions. Reach out by email to support@enrich.org or call (866) 676-4385.

What is the most important thing for those with student loans to know right now?

If you can continue to make payments, do so, as the money will go to principal and not interest. Look into refinancing and if you are struggling, call your financial agency, as they are willing to make concessions and possibly adjust your rate or skip payments. If you have any questions, HACU or your financial lenders are usually just a phone call away.

First Year of ACFAS Membership Free for New Grads!

Join Now, Get Your **1st** Year Free!

Apply for membership now at [acfas.org](https://www.acfas.org).

New Research Resources Available

Focusing on research while you're stuck at home? Check out the College's new suite of research resources on acfas.org under the "Research & Publications" menu. Tools include:

- **Videos** by the ACFAS Research Committee: "Why Should I Do Research?" and "How to Conduct Research." To watch: acfas.org/researchvideos
- **Deep dive webinars** on pointed topics to help you during the process.
 - Formulating a Research Topic/Performing a Literature Search
 - Research Ethics and Informed Consent
 - Ask a Research Expert — Your Questions, Answered
 - IRB Submission
 - Research Design
 - Calculating a Sample Size
 - Data Analytics Basics
 - Manuscript Preparation
- A weekly 45-minute **Journal Club** open to all students and residents to review noteworthy articles. Register from acfas.org/journalclub. *Don't delay, registration is limited to the first 500 participants!*
- A listing of **evidence-based websites** and article resources under acfas.org/ResearchResources

Kent State Student Club Debuts First ACFAS Surgery Day



What do you do when it's almost time for externships and you don't feel ready? The Kent State ACFAS Student Club 2019-2020 Executive Board answered this dilemma with a brand-new initiative, ACFAS Surgery Day—a day designed to provide extra training and material review to third-year students before embarking on externships.



Deana Lewis, 2019-2020 Club President (pictured) said, "I was worried about leaving for externships and not feeling like I knew enough. I spoke with our faculty advisor, Dr.

Mark Razzante, about my concerns and after several months of planning, ACFAS Surgery Day was born!"

More than 70 third-year students attended the inaugural event in January where they rotated through several surgical stations learning to use the tools and conducting

hands-on procedures with guidance from surgical faculty. Rotations included:

- Forefoot Station: Hammertoe Procedures
- Mid- and Rearfoot Station: STJ Fusions
- External Fixation Station: Building Delta Frames and Ankle Replacement
- Ankle Fusion Station: Ankle Fusions and Ankle Replacement

At the end of the day, the group came together for group glove and gowning and a review on x-ray and MRI readings.

The day would not have been possible without the time and tutelage of surgical faculty including Mark Razzante, DPM, AACFAS; James Connors, DPM, FACFAS; Duane Ehredt, DPM, FACFAS; Christina Pratt, DPM, AACFAS; and the support of residents from the St. Vincent Charity Medical Center Podiatric Surgery Program.

Feedback was overwhelmingly positive and, as a result, ACFAS Surgery Day will now be offered every year to third-year students at Kent State to give a big boost of confidence before leaving on externships.



Pictured Left to Right: Raj Patel '22, Roya Mirmiran, DPM, FACFAS, Zackary Clor '22

2020 Mirmiran Family Scholars

Congratulations to Raj Patel and Zackary Clor, the 2020 Mirmiran Family Scholars and members of the Scholl College of Podiatric Medicine Class of 2022!

The family of Roya Mirmiran, DPM, FACFAS, provides scholarships every year to top students who are hand-selected to attend the

ACFAS Annual Scientific Conference. Raj and Zack received the funds to offset their cost to attend ACFAS 2020 in San Antonio.

The Mirmiran Scholarship opportunity rotates to a different campus every year. For 2021, students from Temple will be recognized.

ACFAS 2020: A Hit!

ACFAS' Annual Scientific Conference in San Antonio, February 19 – 22, proved to be an action-packed week—kicking off with an inspiring keynote address from NY Times bestselling author Ben Nemtin on the Ripple Effect of Healthcare and Residents' Day—the yearly must-attend event for information on taking the next step in your career!

Throughout the rest of the conference, students and residents spent four full days

networking with leaders in the profession and immersed in sessions and workshops tailored for their needs. Young members who attended also had the opportunity to visit the Exhibit Hall, which featured a head shot lounge for professional photos and the Seventh Annual ACFAS Job Fair (hosted by PodiatryCareers.org) with job boards and a virtual CV Review program.

The conference ended with the Fellowship Breakfast Fair, which gave interested students and residents the opportunity to meet with fellowship directors about their programs, and a Texas-style Wrap Party at the Buckhorn Saloon.

Save the date for ACFAS 2021 in Las Vegas, set for February 25 - 28, 2021. Watch acfas.org and this newsletter for more information as the event draws closer.

Congrats to the 2020 ACFAS Student Club Poster Winners!

STUDENT CLUB

First Place (\$1,000)

3-D Printing for Surgical Planning of Complex Foot and Ankle Deformity

Des Moines University College of Podiatric Medicine & Surgery

Second Place (\$700)

Neurovascular Structures at Risk with Ankle Arthroscopic Portals: A Cadaveric Study

California School of Podiatric Medicine at Samuel Merritt College

Third Place (\$500)

Toe Flap Flap Wound Closure in a Guillotine Amputation of the 4th Toe in a Complex Diabetic Foot with Vascular Complications

Dr. William M. Scholl College of Podiatric Medicine at Rosalind Franklin University of Medicine and Science



ACFAS Scholars pictured with representatives from Mediartis®.

2020 ACFAS Scholars

Congratulations to our 2020 ACFAS Scholars! Every year, the College recognizes the Student Club Presidents from each of the podiatric medical schools for all the work they do throughout the school year on behalf of the organization.

Each ACFAS Scholar received a scholarship for \$1,000 to defray the costs of travel and lodging for ACFAS 2020. They also received complimentary registration.

This year's scholarships are generously supported by Medartis®.

AZPod: Ross Groeschl,
Class of 2021

Barry University:
Justin Carney,
Class of 2021

CSPM: Christopher
Zimmer,
Class of 2021

DMU: Joseph Brown,
Class of 2021

Kent State: Deana Lewis,
Class of 2021

NYCPM: Michael
Rutkowski,
Class of 2021

Scholl College:
David Warciak,
Class of 2022

Temple University:
Samuel Straus,
Class of 2021

WesternU: Rahim Khan*
Class of 2020

*Rahim is not a club officer

ACFAS Regions Support Local Student Scholars



Student Scholars with representatives of the ACFAS Region Presidents Council.

Congratulations to the 2020 ACFAS Region Scholars! Each Student Scholar received a scholarship from his or her respective ACFAS Region to attend this year's Annual Scientific Conference in San Antonio. Individual scholar photos can be found on each [Region's webpage](#).

Big West Region:
AZPod: Kayla Weber,
Class of 2022

Great Lakes Region:
Kent State: Hamidat
Momoh, Class of 2022

Midwest Region:
DMU: Drew Anderson,
Class of 2022
Scholl: Trevor Page,
Class of 2023

Northeast Region:
NYCPM: Sherwin Shaju,
Class of 2021

Pacific Region:
CSPM: Shane Hall,
Class of 2022
Western U: Spencer
Sterling, Class of 2022

Southeast Region:
Barry: Karissa Badillo,
Class of 2022

Tri-State Region:
Temple: Alexandra Brown,
Class of 2022