

# ACFAS Update

student resident

NEWS FROM THE AMERICAN COLLEGE OF FOOT AND ANKLE SURGEONS



## Words of Wisdom from a Recent Graduate



**Tara L. Harrington, DPM, MBA, MHA**, a second-year resident at Intermountain Medical Center in Salt Lake City, wants all podiatric medical students to have a successful outcome after they graduate. Residency placement, employability and how to best manage student loan debt are just a few of the concerns students must think about on top of full course schedules, homework, research and more. Dr. Harrington's practical advice, however, can help make the transition from student

to resident to full-time practitioner as smooth and as painless as possible.

"For most people, getting a job, no matter what field, involves building your resume, networking and putting yourself in the best position possible to succeed by being prepared," says Dr. Harrington.

The difference, she notes, is that podiatric medical students must think about residency and job placement from the very start. She says that while the most successful and prestigious residencies accept the most qualified students, qualified does not solely mean a 4.0 GPA. Self-motivation, clinical and surgical prowess, publication in research journals and involvement in the profession through school or national organizations must all be taken into account.

"And while a residency program may help you secure a job," she says, "to set yourself apart from other candidates, you must constantly improve yourself beyond what is listed on your resume." Based on the challenges and successes she experienced as a student, Dr. Harrington offers these five quick tips:

1. Always be prepared for every situation and manage your time well.
2. Remember that nothing is guaranteed. Going to podiatric medical school does not guarantee you a residency, and a residency does not guarantee you a job. Do not get too complacent or comfortable.
3. Be well rounded and well read.
4. To minimize student loan debt, apply for as many scholarships as possible, live within your means and establish a payment plan for any loans that works with your budget and is not overwhelming.

5. Have fun! Medical school and residency can be stressful, but it is also a time when you will meet some of the most influential people, patients and mentors. Take advantage of the chance to connect with those who can influence your life and career and can make you a better physician.

After her residency, Dr. Harrington plans to continue her involvement with ACFAS and to pursue local and national leadership positions. She also plans to do an ACFAS fellowship and then work for a larger orthopaedic or sports medicine multispecialty group while becoming more involved in her community through outreach and athletic events. Above all, she wants to help promote and advance foot and ankle surgery. "I want to bring our profession to the forefront of medicine and make sure we get the recognition we deserve," she says.

Questions for Dr. Harrington about life before or after graduation? Contact her at [tee.harrington@gmail.com](mailto:tee.harrington@gmail.com).

## Kudos to ACFAS Student Club Poster Winners

All nine ACFAS Student Clubs participated in this year's poster contest held during the 75<sup>th</sup> Anniversary Scientific Conference in Las Vegas. Congratulations to the winners:

### 1<sup>st</sup> Place:

*Correlation Between Patient-Reported and Functional Outcome Measures Following Ankle Injury*

- Temple University School of Podiatric Medicine, Pennsylvania

### 2<sup>nd</sup> Place:

*Titanium-Induced Foreign Body Giant Cell Reaction Following a Pantalar Arthrodesis and Lateral Calcaneal Slide Osteotomy*

- Arizona School of Podiatric Medicine – Midwestern University, Arizona

### 3<sup>rd</sup> Place:

*Relative Strengths of Intramedullary K-wire Techniques for Digital Deformities*

- Kent State University College of Podiatric Medicine, Ohio

## 2017 ACFAS Scholars

ACFAS Scholars are the current ACFAS Student Club presidents at each of the podiatric medical schools. The Board of Directors thanks these young members for their year of service to the College by giving them a scholarship to attend the Annual Scientific Conference. Medartis sponsored this year's ACFAS Scholars.

Second row, L-R: Emily Zulauf (Kent State); Joshua Wolfe (DMU); Dylan Grau (Barry University); Austin Chinn (Scholl College)

Front row, L-R: Stephen Smith (AZPod); Kale Meeks (Western University); Calvin Davis (NYCPM); Brian Derner (Temple); Brennan Menninger (CSPM) (not shown)

Medartis representatives Klaus Bruer and Sharon Chestnut are shown on either end in the photo.



## 2017 Division Scholars

ACFAS Division Scholars are funded by the ACFAS Division Presidents Council, specifically their home Divisions, and most are the president-elect of their Student Club. Their local Divisions honor them as future leaders of the profession.

The 2017 ACFAS Division Scholars are:

Top row, L-R: David Aungst, DPM, FACFAS (Division 1 president); Elizabeth Ansert (Barry University); Keith Cook, DPM, FACFAS (Division 12 president); William Finn, DPM, FACFAS (Division 6 president); Zach Croy (DMU); Brent Blanck-Singer (NYCPM); Alexander Lawson (Scholl); Robert Fridman, DPM, FACFAS (Division 9 president); Garrett Nguyen (AZPod); Britain Wetzel (Kent State)

Bottom row, L-R: Pedro Aldape Esquivel (Western University); Lance Hopkin (CSPM); Eric Walter, DPM, FACFAS (Division Presidents Council chair); Fred Mechanik, DPM, FACFAS (Division 4 president); Alan MacGill, DPM, FACFAS (Division 5 president); Julie Wieger, DPM, FACFAS (Division 13 president); Anthony Samaan (Temple) (not shown)



Visit [acfas.org](http://acfas.org) for more on ACFAS Student Club events and activities.

## Mirmiran Family Scholarship Recipients Attend ACFAS 75



Congratulations to Andrea Cifaldi and Ellen Barton, both students at Des Moines University, on receiving the 2017 Mirmiran Family Scholarship. The family of Roya Mirmiran, DPM, FACFAS, of Albuquerque, NM, established the scholarship to provide \$1,000 of annual support to a podiatric medical student. The funds are intended to offset travel expenses and costs for attending the ACFAS Annual Scientific Conference.

## Barry University Welcomes ACFAS Board Liaison

Christopher L. Reeves, DPM, FACFAS, board liaison for the ACFAS Student Club at the Barry University School of Podiatric Medicine, visited the campus in January to meet with students and to discuss how College membership can benefit them now and as future physicians. He shared trauma and surgical cases he has worked on throughout his career, gave advice on how to write a strong resume and explained what directors look for in students who apply for externships.

Visit [acfas.org](http://acfas.org) for more on ACFAS Student Club events and activities.



From R-L: Dylan Grau, Student Club president; Elizabeth Ansert, Student Club president-elect; Dr. Reeves, Board liaison; Stephen Schmitz, Student Club treasurer; & Brandt Davis, Student Club secretary

## Keep Location in Mind When Deciding Where to Practice

Did you know that in Massachusetts, South Carolina, Alabama and Mississippi, foot and ankle surgeons are not allowed to practice on the ankle? These states have restricted scope of practice to the foot only. The scope of practice law defines the extent to which a physician can practice medicine.

When choosing a location in which to practice, it is important to look at that state's scope of practice law. A foot and ankle surgeon's scope of practice can be found in the respective state legislature's Podiatry Practice Act. Efforts are underway to expand the scope of practice in the remaining four non-ankle states, such as educating lawmakers on the education and training of foot and ankle surgeons. Visit [acfas.org](http://acfas.org) for scope of practice support, including a [State Scope of Practice grid](#).

## ACFAS Joins APMSA Partners' Program

ACFAS is proud to be part of the American Podiatric Medical Students' Association (APMSA) Partners' Program. This mutually beneficial partnership supports podiatric medical students during their education and ensures that APMSA members are aware of opportunities available through ACFAS, such as Student Clubs and free PGY-1 membership. Both

organizations recognize that students are the future of the profession and offer combined support to help enhance their academic experience.

