

PRESS RELEASE

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ONSF Holds 3rd Annual Mini-Med School

GREENWICH, CT –The **ONS Foundation for Clinical Research and Education (ONSF)**, held its **3rd Annual Mini-Med School June 22nd to 25th, 2015**. The **ONSF** Arthroscopy, Surgical Skills and Biomechanical Research Lab provided an ideal mentor/student atmosphere for the annual Mini Med School. Fifteen high school students enthusiastically embraced the opportunity to participate in a “hands-on” experience, a one week workshop in orthopedics. This year’s students represented Greenwich Academy, Greenwich High School, Brunswick School, Sacred Heart Academy and Poly Prep School and demonstrated an interest in careers in medicine or were enrolled in a STEM program.

Doctors discussed orthopedic problems, physical examination and diagnosis. Broken wrist? No problem for these students who spent two sessions in a casting workshop. From putting on surgical scrubs to learning surgical procedures, students were introduced to the operating room environment. In addition, they participated in lectures and a workshop that dealt exclusively with suturing.

Other activities included learning the fine points of fluoroscopy and actually performing knee and shoulder arthroscopy on “Alex” models. Orthopedic surgeons made it possible for the students to look inside the distal radius models, observe the injury and tissues and make the necessary repairs. Student Jessica Liu wrote that she had “...a truly rewarding experience... I learned so much from the doctors’ experiences ...strengthening my strong desire to become a doctor and pursue a career in medicine.”

The week included an ultra-sound workshop, review of X-ray and MRI, an introduction to physical therapy and some one on one time with **ONSF** research interns. From a close review

of student comments, the words “awesome, amazing, exceptional” were frequently repeated and many underlined a serious interest in medicine.

The 3rd Annual Mini Medical School Schedule is included here and clearly shows the quality of this academic program.

Monday, June 22nd

- 9:00-9:15 AM Lecture 1: Welcome breakfast (Dr. Delos)
- 9:15-9:45 AM Lecture 2: Why pursue a career in medicine (Dr. Delos)
- 9:45-10:15 AM Lecture 3: Common orthopaedic problems (Dr. Delos)
- 10:15-10:30 AM BREAK
- 10:30-11:30 AM Lecture 4: Intro to evidence-based medicine; assignment of papers to be reviewed on last day (Dr. Sethi)
- 11:30-1:00 PM Lab 1: Cast workshop #1 (Dr. Delos/Vitale/PAs)

Tuesday, June 23rd

- 9:00-10:00 AM Lab 2: Cast workshop #2 (Dr. Vitale/PAs)
- 10:00-11:00 AM Lecture 5: Intro to surgery and the operating room environment and scrub workshop (Dr. Peden and Ray Delacruz)
- 11:00-11:15 AM BREAK
- 11:15-12:00 PM Lecture 6: Suturing in surgery (Dr. Kowalsky)
- 12:00-1:00 PM Lab 3: Suturing workshop (Dr. Kowalsky)

Wednesday, June 24th

- 9:00-10:00 AM Lecture 7: Intro to physical therapy (Alicia Hirscht, PT)
- 10:00-10:15 AM BREAK
- 10:15-12:45 PM Lab 4: Alex models/knee arthroscopy and distal radius models (Dr. Vadasdi/Vitale/Delos)

Thursday, June 25th

- 9:00-9:45 AM Lecture 8: Intro to ultrasound (Dr. Sahler)
- 9:45-10:30 AM Lecture 9: Intro to Xray/MRI (Dr. Desai)
- 10:30-11:15 AM Lab 5: Ultrasound workshop (Dr. Kessel)
- 11:15-11:30 AM BREAK
- 11:30-12:15 PM Final presentations of papers reviewed on first day (Dr. Delos)
- 12:15-1:00 PM Lecture 8: Professional workshop
- 1:00-1:15 PM Conclusion and certificates (Dr. Delos/Sue Plant)

ONSF is a registered not-for-profit, 501(c)3 organization devoted to researching the causes and optimal treatments of orthopedic injuries and musculoskeletal conditions. **ONSF**, in alliance with Greenwich Hospital, strives to improve standards of excellence for the treatment of musculoskeletal disorders through clinical research, physician and patient education, and community outreach programs. The Foundation is located at 6 Greenwich Office Park, Greenwich, CT. For further information about **ONSF** call (203) 869-3131 or visit our website at www.ONSF.org