



Vitals

STUDENT PRESIDENT'S MESSAGE

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AAEM/RSA Medical Student Council President



Congratulations on completing another challenging year of medical school. For the first-year students reading, welcome to an exciting educational journey! Throughout our time in medical school, we are expected to learn and retain an immense amount of information, from antimicrobials to arrhythmias, poisoning symptoms to personality disorders, and vitamin deficiencies to Virchow's triad. In addition to the required exam material, we are also encouraged and expected to keep up with current journal articles and newsworthy events while researching residency programs and juggling interviews. This may be more challenging in the first few years when the light at the end of the tunnel is dim, but it's never too soon to start immersing yourself in relevant knowledge about your future specialty of emergency medicine.

AAEM/RSA provides practical resources for medical students interested in emergency medicine which will help you to stay organized. We do the legwork of sifting through relevant journals and news sources, highlighting the crucial facts and summarizing the important issues in emergency medicine. Check your email regularly for our monthly updates featuring journal articles, current controversies in emergency medicine, and practical advice from *Rules of the Road for Medical Students*.

As a student member of AAEM/RSA, a myriad of resources is available to supplement your education on our website, www.aaemrsa.org. The information it encompasses will help you succeed not only as a medical student, but also in the future as a resident and attending physician. If you have not done so already, I strongly recommend reading *Rules of the Road for Medical Students*, by Dr. A. Antoine Kazzi and Dr. Joel Schofer. Articles in *The Journal of Emergency Medicine* and *Common Sense* are other helpful ways to keep abreast of the latest developments in emergency medicine. These publications are mailed to paid student members and are also available online. We hope that you will take advantage of all of these resources and also spread the word about AAEM/RSA to your colleagues.

Another way to stay updated and get involved is through your medical school's Emergency Medicine Interest Group (EMIG). If your school does not already have an EMIG, contact us or check out our EMIG Starter Kits at <http://www.aaemrsa.org/resources/emig-starter-kits.php>. This year, the AAEM/RSA Medical Student Council is making an effort to improve communication between AAEM/RSA and the EMIGs. Another one of our goals is to increase the number of EMIG Workshop Starter Kits. Ideas for new PowerPoint presentations may be emailed to info@aaemrsa.org.

For students starting the residency application process, we recommend logging on to EM Select (www.emselect.org). Here, one can search through a residency database, save a list of programs along with personal notes, compare programs side-by-side in preparation for creating a rank order list and much more.

Save the dates! We have some exciting events this year including the 3rd Annual Midwest Medical Student Symposium to be held at Loyola University Chicago Stritch School of Medicine on August 22, 2009, and the 16th Annual Scientific Assembly to be held at Caesars Palace in Las Vegas, NV, on February 15-17, 2010.

Finally, I would like to congratulate the new Medical Student Council: Vice President Deena Ibrahim (University of California, Irvine); West Regional Representatives Meaghan Mercer (Western University) and Mike Mitchell (University of Washington School of Medicine); South Regional Representatives Cassandra Bradby (Meharry Medical College) and Michael Buscher (Virginia College of Osteopathic Medicine); Midwest Regional Representatives Lauren Pandolfe (Loyola University Stritch School of Medicine) and Lisa Weber (Michigan State University College of Human Medicine); Northeast Regional Representatives Erica Adams (Georgetown University School of Medicine) and Brett Rosen (Drexel University College of Medicine); and the Ex-Officio Representative Ali Farzad (St. George's University).

The 2009-2010 AAEM/RSA Medical Student Council is dedicated to continuing the tradition of excellence set forth by previous councils. We look forward to working hard to improve the services and outreach of the council, and we invite you to become more involved with AAEM/RSA.

Good luck with all of your endeavors and especially your journey into emergency medicine!

**Welcome to our newest
100% Residency Programs!**

**Denver Health Medical Center
LAC+USC Medical Center
University of California, Irvine**

*To sign your program up for 100% membership,
please email info@aaemrsa.org*