

THE AUA CAMPUS UPDATE

**The Cedar Grove
Primary School
Health Day**

**AUA EMTc
Conducts First
PHTLS Course**

**The 2018
AUA RohrMan**



April 2018

Message from the Provost



Change and Disruption

Change causes disruption. This is a universally accepted axiom. Curriculum change is not an exception. Disruption causes anxiety, and anxiety can have a negative effect on performance. Of course, the purpose of change is to improve things, not make them worse. Consequently, we have to be introspective about the disruption it causes.

Curriculum Next has certainly been a big change in our academic program. Moving away from a century old approach to medical education is not easy. The changes that the Flexner report brought to medical education in the early 20th century were massive, as was the disruption it caused. If you would like to read a very detailed and well thought out analysis of this, try Kenneth Ludmerer's Learning to Heal, The Development of American Medical Education. As a recipient of that education, I find it easy to relate to many of my contemporaries who respond to change in Medical Education with the quip of "If it's not broke, don't fix it." Of course, even if it's not broken it could certainly be improved. There has been significant education research that supports the concept that the basic format of that education, the lecture, is among the least effective approach to teaching.

Active learning formats such as Problem Based, and Case Based learning have become standard in US medical education in recent years. It is generally accepted that these active learning formats do a better job of helping students to learn how to think critically which is an increasingly important skill in the practice of medicine.

While the above argument seems sound, it does not address the issue of disruption and how we view and deal with it. Students and faculty have concerns about the amount and type of disruption they are experiencing in the roll out of Curriculum Next. We need to know more about those experiences. Consequently, we have sent out some surveys to both students and faculty in an attempt to better understand what they are dealing with. Hopefully these surveys will give us important information about how to approach and modify where necessary our new curriculum. I hope we get a sufficient response to these surveys, in order that we can get reliable information about the disruption we are experiencing. Academic performance has improved at our institution in recent years.

Let's continue to work together to continue to improve our student's success. After all their success is critical for our success.

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University Provost

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From the Editor



Hello again!

Can you believe that it is the end of the first quarter already? Somehow it appears that the first part of 2018 flew by much too quickly for comfort! On the other hand, quite a bit has happened in that short space of time and I am excited to share news about recent developments and heartwarming moments I'm sure you will enjoy.

While the rate at which the Antigua campus has physically grown over the past few months is a tangible indication of success; our students who gain residency placements are an even more important indication that we are well on our way towards achieving our mandate - to create future generations of physicians that serve the communities they represent. Please join me in congratulating our recent matches and wishing them continued success in the future. Look out for brief bios of those students in our next issue.

In October last year the AUA Emergency Medicine Training Centre (EMTC) was approved by the National Association of Emergency Medical Technicians (NAEMT) as an official Training Center. This past January the centre conducted the first ever Prehospital Trauma Life Support (PHTLS) course in the OECS. This is a remarkable achievement for AUA and for the OECS as well. Congratulations to the Centre's director Mr. Vernon Solomon and the entire EMTC team for this outstanding accomplishment!

Congratulations as well to Dr. Cox and the CTLPA Antigua chapter committee on their first workshop which was successfully hosted on March 23rd.

AUA continues to play a major role in the education of Antiguan primary school teachers in the vital area of special needs

education thanks to Dr. Deborah Russ. Kudos to Dr. Russ on the conclusion of a four-session workshop on Differentiated Instruction and Accommodations for Students with Special Needs in the General Education Classroom in February.

There is absolutely no doubt that AUA is dedicated to improving the overall health and wellbeing of Antiguan and Barbudans and has well-established partnerships with government ministries and NGOs as well. This month AUA partnered with the Ministry of Health and the Environment and the US based *Let Them Walk Foundation* to provide free prostheses to individuals in the community. Read more about the wonderful work the foundation does in the Caribbean and how extremely grateful the recipients were on page 13.

Our ongoing partnerships with local NGOs like the CARE Project and the St. Johns Hospice continues to provide invaluable service to the community. Over the past two months the AUA Wellness Committee provided a series of fun and entertaining Music and Art Therapy sessions to residents at the CARE Project home. The therapy sessions were provided by Prof. Lynn McKnight and Dr. Deborah Russ with the assistance of student and staff volunteers who did a wonderful job of putting happy smiles on many faces. Big thumbs up to this awesome team!

The last few episodes of Healthy Perspectives in the latter part of this month focused on Interpersonal Violence and Sexual Assault (IVSA) coinciding with the AUA Wellness Committee's week of activities. The Wellness activities included an informative lecture on *The Intersection of Health and Wellness with the Consequences of Interpersonal Violence* from Dr. Phillip Kaplan, clinical psychologist and Consultant to the Director of Family & Social Services Division of the Ministry of Social Transformation; campus-wide observation of *Teal Tuesday* and a presentation on Human Trafficking from Dr. Carel E. Hodge, the Communications specialist within the Trafficking in Persons (Prevention) Secretariat. The new season of Healthy Perspectives will focus on Men's Health amongst other interesting topics during the month of May. We can look forward to a wealth of useful information from notable health professionals including Professor of Global Public Health at the New York University School of Global Public Health Dr. Dr. Michael L. Weitzman who was also the

keynote speaker at the April 13th White Coat Ceremony. Remember to like and share the Facebook page with your contacts <https://www.facebook.com/auahealthyperspectives/>.

Amid all of these developments I thought it would be interesting to take a look at how one of our existing academic programs is progressing; the Global MD program in particular. In February I had a conversation with one of the esteemed subject matter experts; former US Senator Mr. Timothy Bishop. Mr. Bishop had only good things to say about the program and about AUA as well (full interview on page 5).

Thanks to the contributors and the wonderful photography team, I'm sure you will enjoy the mentioned articles as well as the other features contained in this issue.

Until next time!

Sharon Brusch
Editor

The 2018 AUA RohrMan



The 6th edition of the AUA RohrMan triathlon took place on Saturday February 17th at Ffryes Beach. This year's RohrMan was organized by the Butler family in collaboration with AUA's Dr. Kimberly Mallin and orchestrated by celebrity French professional triathlete Benjamin "Benji" Sanson. Each year the team including Rory's sister Tamika - Antigua's star cyclist- put a tremendous amount of effort into promoting the event regionally and internationally and working with sponsors to ensure that the RohrMan maintains its star quality appeal.

As usual, the event attracted an impressive lineup, New Zealand's star Triathlete Andrea Hewett, French triathlete David Hauss, Guadeloupe's national champion Olivier Noglotte, Trinidad & Tobago's Jason Costelloe, and Antigua's star athletes, Sean Weathered, Jeffrey Kelsick, Robert Marsh and Sebastian Gobinet just to name a few.

Volunteers and athletes gathered on the beach long before sun up and there was the usual excited confusion and stumbling around in the half-light as athletes and volunteers checked in. Once the first race was underway, and the first set of volunteers were dispatched along the race course everything became clear as the early morning sun burst forth in all its glory to highlight the beautiful setting. Festive feather banners adorned the pristine beachfront and a huge spectator tent with comfortable seating was situated just in front of the finish arch. Tents for registration, refreshments and emergency medicine lent a fairground atmosphere to the scene as little 'athletes' ran around in colorful outfits.

Mr. Rohr soon made his way over to say hello and I teased him about the hidden fountain of youth he seems to be taking advantage of. I always admire his easygoing good humor; I try to imagine what goes through his mind as he watches the athletes warm up for a race. I imagine he remembers his son and I wonder whether he feels his presence strongly here. Johnathon has long left us but he is remembered and celebrated each year at this event, his zest and his love for athletics lives on and I'm sure he applauds every athlete who crosses the finish line.

In addition to the large number of younger athletes, there were a number of adults competing for the first time this year. Some were AUA students in enviable physical condition (and serious contenders), then there were the others like myself who were participating just for the fun and personal satisfaction of crossing it off the proverbial bucket list. I had decided since last year to participate in the only race I stood any chance of finishing; the 5K Run/Walk.

The sheer determination of the RohrMan athletes is always exciting and this year's event was no exception, I watched in amazement as a 50+ team won 2nd place in the Olympic mixed category and I told myself *you can do this!* despite the fact that I walked more than I ran the 5K (and probably finished in the last 10), I imagined Johnathon was cheering as I crossed the finish line just as he did for all the other *real* athletes.

Kudos to Dr. Kimberly Mallin and the Butler team for continuing the Johnathon Rohr legacy, special thanks to all of the volunteers

for their hard work and perseverance and congratulations to all the awesome athletes. You did it!

RACE RESULTS

1500m swim

Overall

1st place female - Zoe Dennis
 2nd place female – Aliana Spencer (Marlins)
 3rd place female – Jamie Clark Caseley (AUA)
 1st place male – Oliver Hansen (New Zealand)
 2nd place male – Sebastien Gobinet
 3rd place Male – Robert Watkins
 1st Place over 30 female – Jennifer Williams
 1st Place (18-30) – Male- Oliver Hansen
 1st Place (18-30) Female – Jamie Clark Caseley (AUA)
 1st Place under 18 male – Sebastien Gobinet
 2nd Place Male – Robert Watkins
 3rd place – Vernon Osbourne (Marlins)
 1st Place Female – Zoe Dennis

Under 14

1st Place Male – Naeem DeSouza (WAR)
 2nd Place Male – Joshua Edwards (Marlins)
 3rd Place Male – Jalon Watkins (Marlins)
 1st Place Female – Allianna Spencer (Marlins)
 10 and Under
 1st Place Male – Malik Lewis (Marlins)
 1st Place Female – Sharifa Peters (Marlins)

Jumby Bay 6 and Under

1st Place Male – Jamie Tranter (Antigua Swim School)
 2nd Place Male – Jayden des Vignes
 3rd Place Male – Leo Warne
 1st Place Female – Tamera Hurst Henry
 2nd Place female – Holly Grave
 3rd Place Female – n/a

8 and Under Premier Beverages

1st Place Male – Diego Ewinger (Antigua Swim School)
 2nd Place Male – Ireuben Edwards
 3rd Place Male – Elite Thomas
 1st Place Female – Maleah Butler
 2nd Place Female – Isabelle Bremner
 3rd Place Female – Jolie George Alexander

10 and Under Starfish Resort

1st Place Male – Ethan Stubbs Greene
 2nd Place Male – William Tranter (Antigua Swim School)
 3rd Place Male – Logan Langlois
 1st Place Female – Aoife Smith
 2nd Place Female – Maddisson McMillan
 3rd Place Female – Alexa Tarter

(Continued on Page 4)

(Continued from Page 3)

14 and under Triathlon

1st Place Male – Luke Pollen Brooks
 2nd Place Male – Tanner Esty
 3rd Place Male – Hunter Langlois
 1st Place Female – Ella Geiger

Observer Media Sprint Triathlon

1st place Male – Yahnik Martin
 2nd Place Male – Chris Boogers
 3rd Place Male – Luke Grierson
 1st Place Female – Enya Noel
 2nd Place Female – Olivia Laurence-Bertaux
 3rd Place Female – Susan Piscione
 1st Place under 18 Male – Yahnik Martin

Olympic Overall

1st Place male – David Hauss (France)
 2nd Place Male – Olivier Noglotte (Guadeloupe)
 3rd Place Male – Jason Costelloe (Trinidad)
 4th Place Male – Jeffrey Kelsick (Antigua)
 5th Place Male – Robert Marsh (Antigua)
 1st Place Female – Andrea Hewitt (New Zealand)
 2nd Place Female – Murielle Paul
 3rd Place Female – Charlotte DeGrave
 4th Place Female – Margarita Fernandez
 5th Place Female – Isabelle Adams

Olympic National

1st Place Male – Jeffrey Kelsick
 2nd Place Male – Robert Marsh
 3rd Place male – Sean Weathered
 4th Place Male – Wayne Henry
 5th Place Male – Craig Layne
 1st Place Female – Margarita Fernandez
 2nd Place Female – Lindsay Duffy

Sprint plus

1st place male – Winston Crooke
 1st place female – Susan Piscione
 2nd Place Female – Christal Clashing
 3rd Place Female – Eleonore Marion

Olympic Teams

1st Place Male – Robert, Emmanuel, Stephen (110)
 2nd Place Male – Lleyton, Kyron, Cody (112)
 3rd Place Male – Sebastien, Eddy, Jermaine (116)
 1st Place Mixed – Wayne, Nkose, Tiffany
 2nd Place Mixed – Patrice, Derrick, Janice (108)

5K Run

1st Place Male – Kelvin Sunder
 2nd Place Male – Mario Brown
 3rd Place Male – Yahnik Martin
 1st Place Female – Stephany Hughes
 2nd Place Female – Chelsea Smith
 3rd Place Female – Chelsea Smith



Mini Tri Team

1st Place - 120 – Vernon, Nigel, Nyab
 2nd Place – 119 – Emmanuel, Joshua, Timothy
 3rd Place – 121 – Sean, Jeffrey, Arielle
 4th Place – 118 – Burnette, Maurice, Charles
 5th Place – 152 – Andre, Devonte, Devon

Beach Run 1 Mile (ABTA)

1st Place Male – Neil Alphonse
 2nd Place Male – Jermaine Brann
 3rd Place Male – Nyab Alexander
 1st Place Female – Stephany Hughes
 2nd Place Female – Maleah Butler
 3rd Place Female – Neola Noronha

Mini Triathlon Individual (John Rohr)

1st Place Male – Aiden Greenaway
 2nd Place Male – Sabhaddin Nasir (AUA)
 3rd Place Male – Mohammad Khan (AUA)
 1st Place Female – Rachel Bellis (AUA)
 2nd Place Female – Alejandra Fayilla
 3rd Place Female – Paloma Ochoa (AUA)

A Conversation with Mr. Timothy Bishop



Former US Senator Mr. Timothy Bishop pictured in the AUA front lobby with the editor

I had the pleasure of conversing with former US Senator Mr. Timothy Bishop during his recent visit to campus for the AUA Global MD Program. The AUA Global MD Program is a collaboration with Florida International University (FIU) and is an elective and comprehensive, four-year global health program.

The purpose of the Global MD is to foster expertise in global health issues as it affects patient care, policy making, research and education at a global level. With a focus on public health, primary care, epidemiology and treatment of communicable and non-communicable diseases on a global basis, the program equips students with the knowledge and skills to achieve global equity in health for all.

Dr. Peter Bell is the Vice President of Global Medical Education and Course Director for the Global MD Program is Dr. Leslie Walwyn. Mr. Bishop is one of the more notable public figures among the esteemed group of subject matter experts who are full time or adjunct faculty who teach the elective from AUA, FIU, NYU, MSKCC, the US government, Antiguan government and the United Nations.

I took the opportunity to speak with Mr. Bishop to get a sense of his overall impression of the program and his involvement since its inception in 2016. Here is a synopsis of our conversation.

SB: "Mr. Bishop it's a pleasure to finally meet such an influential and esteemed gentleman."

Mr. Bishop: "And who would that be? (laughs) Thank you Sharon the pleasure is all mine."

SB: "I know that you have been involved with the Global MD Program since its inception and I would love to know your thoughts about the program and the caliber of students who opt to take this elective."

Mr. Bishop: "I honestly think this is a wonderful program and I think the students are a bright, engaged and energetic bunch of young people with a passion for the profession. For me it's energizing to be with them."

SB: "I have been trying to catch one of your lectures since last semester but unfortunately I haven't been able to do so as yet. What specifically are you presenting this week?"

Mr. Bishop: "I spoke to 2nd semester students today for 2 hours; basically about how government will influence how doctors provide care and how the health care universe functions and is regulated and how politics influences government. Tomorrow I speak to students in the 3rd and 4th semester along similar lines."

SB: "Are these important matters that every med student should be familiar with?"

Mr. Bishop: "Absolutely, this is a profession that operates in effect on the egress of the federal government in some way and also on how politics operates, how the federal government provides regulation, financial support and guidance."

SB: "This is very interesting and good to know. Have you been involved in similar programs at US med schools?"

Mr. Bishop: "No I haven't, this is the only program of this nature that I have been involved with."

SB: "Would you say then that AUA is perhaps very innovative?"

Mr. Bishop: "AUA most certainly is; and as a member of the advisory committee of this university I have a particular affinity for this med school and I would be as helpful as I possibly could to see it prosper."

SB: Wonderful! And what is your impression of our campus? Is there anything you would recommend in terms of infrastructure?

Mr. Bishop: "It's a beautiful campus. I think it would be presumptuous on my part to make any recommendations about how a medical school should be run, what I have seen so far is impressive and how the students fare as they progress with their education is quite impressive as well. I think students have made a good choice in coming to this med school."

SB: "Thank you, that is very kind. This is your 4th visit correct? How do you like Antigua?"

Mr. Bishop: Yes, it's my 4th visit here. It's gorgeous! there is really nothing that I don't like about the island."

SB: "Finally Mr. Bishop, what would you say to a prospective AUA student?"

Mr. Bishop: "I would say AUA has a good strong faculty body, good access to clinical opportunities, good community on campus and there are great prospects for a very bright future for students who work hard and do well."

SB: Thank you Sir, it was a pleasure talking to you.

SPRING EDITION

Bright, bold and beautiful are the three B's to describe this spring's fashion trends for women.



Spring forward in playful polka dots and pastels, let's not forget checkered prints and fringes – yes they're back! Okay, so we know that these are not ground-breaking trends but let's face it, what's fashion without them?



Ladies, this *feel good spring fashion* season allows us to showcase pretty pastels as sandals slowly make their return.



Fashion Insider

by Indra Walker



Men, you are always on par and never disappoint! Vertical stripes, checkered print and tonal colors are your go-to this spring



Ring in spring with these classic, never boring trends.



Faculty Publications

Dr Joseph Cross

Cross, J., Garard, H., Currie, T. (2018). DNA Bar-coding and PBL in an Australian Postsecondary College. *Teaching Science*, 65(1).

Dr. Sudhakar Pemminati

Ashwin Kamath, Priyanka Kamath, Sanjay Hadigal, Mukta N Chowta, Sudhakar Pemminati. Complexity of Medication Regimen Prescribed on Hospital Discharge in Pediatric and Geriatric Patients with Psychiatric Disorder. *Journal of Young Pharmacists*. 2017;9(3):395-398.

Vernon Bond, Bryan Heath Curry, Krishna Kumar, Sudhakar Pemminati, Vasavi Rakesh Gorantla, Kishan Kadur, Richard Mark Millis. Restricted Blood Flow Exercise in Sedentary, Overweight African-American Females May Increase Muscle Strength and Decrease Endothelial Function and Vascular Autoregulation. *J Pharmacopuncture* 2017; 20(1):18-22.

Ashwin Kamath, Sudhakar Pemminati. Methylcobalamin in Vitamin B12 deficiency: To give or not to give? *Journal of pharmacology and pharmacotherapeutics* 2017;8(1):33-34.

Student Publications

Elena N. Zamora, MD

Alexis, V., Zamora, E., Garcia, C., Ramirez, F.. The Association Between Knowledge of HA1C and Glycemic Control.. *Family Medicine*.. 2017, Sep; Pub Status: Submitted.

Virk, M. A., Anand, S., Krishnaiah, M., Momeni, M., Duddempudi, S., Paleti, V., Changela, K., Chigurupati, R. B. & Zamora, E. N. Comparison of Monitored Anesthesia Care versus Conscious Sedation for Common Endoscopic Procedures. A Prospective Patient Satisfaction Outcome Study. *The American Journal of Gastroenterology*. 2012, Oct; 15(107): 786-819. Pub Status: Published.

Samanamu, C. R., Zamora, E. N., Lesikar, L. A., Montchamp, J. L. & Richards, A. F. 5-Pyrimidine Phosphonic Acid as a Building Block for the Synthesis of Homo and Hetero Metal Phosphonate Polymers. *CrystEngComm*. 2008, Jun; 1(10): 1372-1378. Pub Status: Published.

Samanamu, C. R., Zamora, E. N., Montchamp, J. L. & Richards, A. F. Synthesis of Homo and Hetero Metal-Phosphonate Frameworks from Bi-Functional Aminomethylphosphonic Acid.. *Journal of Solid State Chemistry*. 2008, Jun; 181(6): 1462-1471. Pub Status: Published.

BOOKSHELF



With the wonderful Brenda Lee Brown at London Rocks book-signing

Today I am wearing my Book Reviewer's hat. And I am delighted the book I am reviewing is *London Rocks* by Brenda Lee Brown. It is the story of Dante Brookes, a young man growing up in the London of the late Seventies/early Eighties. Sound systems ruled the flourishing party scene for young Black-British youths of Caribbean heritage.

Our hero deals with a lot, including the death of someone close, constant stop-and-search and teenage fatherhood. He isn't always 100% likeable...and yet... I liked him.

BLB brings Dante's world alive. She writes convincingly, evoking all our senses in her descriptions effectively creating Dante's mother's kitchen with its mouth-watering aromas of Caribbean dishes and hot hair and oil, the dark, weed-smelling basements Dante frequents with a never-ending presence of Beanies. Now here I have to say I always thought a Beanie was a hat. It is, Dear Reader, a groupie! And she writes in the present tense, which gives the novel pace and vibrancy.

Dante does have a couple of strokes of amazingly good luck, which turn his life around, teaching him that the pen and the mic are mightier than the sword, but the book never strays into the realms of the unbelievable. My one criticism? I wanted more; I wanted – hoped – things would turn out for him. So I am keeping my fingers crossed for a second book.

Brenda Lee Brown was born in London but now lives in Antigua, her parents' birthplace, where she has established *Just Write* creative writing workshops. She holds an MA in Writing from Sheffield Hallam University. Her work has appeared in a number of anthologies in USA, UK and Canada and online. You can read her blog: handbagsandchocolate.wordpress And you can buy *London Rocks* here: <http://www.hansibpublications.com/London-Rocks>

(Taken from *The Journal of Elaine Spires*)

The Journey to STEP 1: A Preparation Mindset

by Dr. Sonya Ford

The American University of Antigua College of Medicine's mission is 'to provide students who would otherwise be unable to receive a medical education with the tools to become successful physicians.' Research shows there is a need for such tools. The lack of adequate preparation, study habits, and time management affects examination results of medical students. The American College of Physicians (2017) says, 'It is essential [for students] to be prepared both physically and mentally for the examination' (page 1). Although each student learns differently, focusing on effective study strategies, time management, self-testing, and self-regulated learning, influences student academic performance on examinations.

The Education Department, in alliance with the AUA mission, provides a tool to assist students preparing for their Comprehensive Basic Science Examination (CBSE) and STEP 1 examination. This tool is a comprehensive Study Plan which is available on the Education Department's Blackboard page; however, it is suggested that students schedule an appointment to discuss their individual Study Plan and learn how to properly utilize it. The Study Plan consists of six basic steps.

The Starting Line

- Personal Experience
- Setting Realistic Expectations
- Integrating Information



In an effort to support students preparing for their comprehensive exams, the Education Department partnered with the Basic Science Department to conduct workshops for Semester Three and Semester Four students at the beginning of the Spring 2018 Semester. Dr. Ford, Dr. Bharati, Dr. Fernandez, and Dr. Kumar conducted a workshop, entitled - The Journey to STEP 1: A Preparation Mindset, to share

important tips and personal experiences surrounding test-taking, however, these tips would be beneficial to all AUA students.

Additional information is available at the Education Department's *STUDY PLANS* Blackboard page at:

https://elearning.auamed.net/webapps/blackboard/content/listContent.jsp?course_id=6166_1&content_id=190361_1&mode=reset

Any student interested in additional assistance while preparing for exams should schedule an appointment with the Education Department:

Email: eed@auamed.net

Phone: 268-484-8900 x1115 or x1163

Office: Stop by the 3rd floor to schedule an appointment between 9:00 am and 4:00 pm

Reference:

American College of Physicians (2017). Tips for taking the initial certification examination: Understanding the internal medicine certification exam. Internal Medicine Board Certification. Retrieved from <https://www.acponline.org/about-acp/about-internal-medicine/career-paths/residency-career-counseling/preparing-for-internal-medicine-board-certification/tips-for-taking-the-initial-certification-examination>.

6 STEPS

- 1) Become active self-regulated learners
- 2) Use minimal, but appropriate resources
- 3) Understand how disciplines are integrated into systems
- 4) Recognize your strengths and weaknesses
- 5) Practice multiple-choice questions (MCQs) to validate content mastery
- 6) Develop a time management/study plan



What's on in Antigua

Two **very** important events are on the national calendar in the coming months - Antigua Sailing Week and the Antigua Carnival AKA The Greatest Summer Festival! here is the lineup of events you wouldn't want to miss.

Monday April 30th

Fever-Tree Race Day 2 Off the South Coast of Antigua

Chase the Race with Wadadli Cats 9 AM @ Falmouth Harbour Marina

Fever-Tree Daily Prize Giving with DeeJay Charlie & live music 3 PM – 10 PM, @ Antigua Yacht Club

Tuesday May 1st

Youth to Keelboat (YzK) Race Day 3 9 AM @ Off the South Coast of Antigua

Chase the Race with Wadadli Cats 9 AM @ Falmouth Harbour Marina

Reggae in the Park

Nelson's Dockyard 5 PM · English Harbour Town,

Wednesday May 2nd

Wadadli Beer Lay Day

Pigeon Point Beach, English Harbour, Antigua 12 PM

Thursday May 3rd

Johnnie Walker Race Day 4 10 AM @ Off the South Coast of Antigua

3PM Johnnie Walker Race Day 4 Prize Giving & Seafood Thursday with DJ Alan & The Marshians @ Nelson's Dockyard

Friday May 4th

KPMG Race Day

Off the South Coast of Antigua

KPMG Race Day 5 Prize Giving @

2PM Nelson's Dockyard with DJ Stainless

Saturday May 5th

Dockyard Day 2 PM

Harper's Office Depot School Art Competition Awards 3 PM

Royal Police Force of Antigua and Barbuda Beating the Retreat 5PM

Sunday May 6th

Dickenson Bay Beach Bash

Dickenson Bay, St. John's Antigua

Saturday May 12

Antigua & Barbuda Sport Fishing Tournament Launch Party It's a Luau!
8PM Admiral's Inn Nelson's Dockyard

Saturday May 19th

La Playa Privada experience the ultimate summer day fete 2PM. Ticket outlets: The Source, Luke's Barbershop, Gloria's Beauty Salon, Mademoiselle Shoe Store & the Ticketing app!

Get Moving with Mom

Cancer Awareness Fun run/Walk

Scotiabank High St. to Hawksbill

5:55AM move off. Package EC50 includes a cancer awareness T-shirt. Tel: 480-1520

Sunday May 20th

Pure Vice the ultra-inclusive, ALL-WHITE day fete! 2PM. Ticket outlets: The Source, Luke's Barbershop, Gloria's Beauty Salon, Mademoiselle Shoe Store & the Ticketing app!

Monday May 21st.

Asher & Arturo Unplugged

Government House Lawns 4PM. Live music, tempting tapas, decadent deserts and delicious cocktails. Ticket outlets: The TicketTing App, Quinn Fararra Village Walk, Tropic Wear Heritage Quay, AUA campus (Sharon) & Sundress & Shades Friar's Hill Road.

Sunday June 3rd

Sunny Side Up

Roman Park 5AM- 8AM. Eggs prepared your way! There will be lots of other options on sale from our favorite vendors. Ticket Outlets - The Source, House of Pink, The District, Ticketing App & ChasOmedia.

Saturday July 7th

White Fete - The Caribbean Snowstorm

The Sticky Wicket 10PM

Saturday July 14th

Blue Jeans XVI

Hodges Bay 10PM

ANTIGUA CARNIVAL 2018

SCHEDULE OF EVENTS

PRE EVENTS

FRIDAY, JULY 20
Miss Antigua and Barbuda Pageant
Carnival City | 8PM

THURSDAY, JULY 26
Iron Band Jam
St. John's City | 8PM

FRIDAY, JULY 27
Opening Parade
St. John's City | 3PM

Opening Ceremony & ECAB Jr. Party Monarch Competition
Carnival City | 7PM

SATURDAY, JULY 28
T-Shirt Mas
St. John's City | 3PM

SUNDAY, JULY 29
Jaycees Caribbean Queen Show
Carnival City | 7PM

MONDAY, JULY 30
Scotiabank Mr. & Miss Teenage Pageant
Carnival City | 8PM

TUESDAY, JULY 31
Ricardo Drue presents Drue's Day
Carnival City | 8PM

WEDNESDAY, AUGUST 1
Emancipation Day
FLOW Jr. Carnival
St. John's City | 3PM
State Insurance Jr. Calypso Monarch
Carnival City

THURSDAY, AUGUST 2
Wadadli Beer Calypso Monarch
Carnival City | 8PM

FRIDAY, AUGUST 3
LIAT Caribbean Melting Pot
Carnival City | 8PM

SATURDAY, AUGUST 4
ACB Panorama Competition
Carnival City | 8PM

SUNDAY, AUGUST 5
Flow Party Monarch Competition
Carnival City | 8PM

MONDAY, AUGUST 6
J'ouvert | 3AM – 10AM
Judging of the Bands | 12PM
St. John's City

TUESDAY, AUGUST 7
Parade of the Bands | 12PM
St. John's City
Announcement of Winners
Last Lap | 7PM – 12AM
St. John's City

THE CARIBBEAN GREATEST SUMMER FESTIVAL

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Heart Health Day at Cedar Grove Primary School

by Sumita Balooja



Dorothy Graham-Charles answers questions about nutrition

The AUA Community Outreach Committee hosted *Heart Health Day* on February 23rd at the Cedar Grove Primary School. Students from all grades were taught how to make healthier food choices, what to do in case of emergencies, and the importance of physical activity in order to maintain good heart health. "The children were very excited, very inquisitive, the interaction was very good and they were very receptive to the information," says Marlon Destin, Manager of AUA Emergency Medicine Training Center, who spearheaded the initiative.

Emergency Technician Lois Lewis and Dr. Adama Francis taught the students a few life-saving techniques such as how to conduct Hands-On CPR and what to do when in case of an emergency. Lewis explained that teaching the children hands-on CPR was particularly important so that they would all know what to do if an adult or family member was found unconscious. "Anything can happen anywhere so it is very important that we teach them the basics of hands-on CPR."

In an emergency they can utilize this knowledge until further help comes, or they can teach a family member at home what to do in the event that they do not know" Lewis said.

When it came time to educate the students on what to do in an emergency-type situation, Dr. Adama Francis said the students were very excited to learn how to handle common emergency related matters. "We spoke about burns, about child abuse, about electrical shock, about heart attacks and about poisons, we also spoke about allergies as well. These are the different types of conditions you would see presented in the emergency room, in children especially. The kids were very excited, they were happy to know that from now on, when they see different emergencies, for example, if someone gets burnt, they know what to do...In case mommy and daddy are not there or if they are at school and there is an emergency, they actually know what to do: call for help, call 911, and get medical attention right away."



The students pictured whilst learning CPR (above) with Lois Lewis and learning how to make healthy food choices Iron Chef style (Left)



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Professor Dawn Roberts and Nutritionist, Dorothy Graham-Charles of the Medical Benefits Scheme, taught the students how to identify healthy foods and the importance of making healthy food choices, by incorporating Art and Games into their sessions.

Students battled Iron Chef-style, using food models, with Graham-Charles as she taught them what to select when preparing a healthy breakfast, lunch, dinner, or snack. Meanwhile, through the use of Art, Roberts taught students how to identify healthy versus unhealthy foods. "I'm hoping that when they go grocery shopping with their parents they'll pick up vegetables and fruits instead of cake with icing or cupcakes and things like that," Roberts said.

Maintaining good heart health would not be possible without incorporating physical activity and Dr. Deborah Russ kept the students especially busy by incorporating dance and music into her sessions. "Anything that gets you moving, is good exercise for your heart," Russ said.

Principal of the Cedar Grove Primary School, Mrs. Angela James, said she was happy to have AUA visit and change things up a bit when it came to teaching and learning. "...That is what education is all about, to give our children different aspects of learning so they are not sitting behind a desk or looking at a blackboard all the time. One student actually came to me and said, 'this is the best day of my life! so many good things to do! We're doing the best things for the whole day!' I thank AUA for that initiative, they always partner with the school, they come in at different times, work with us, and give us an opportunity to move away from the books, and the talk, and just have fun while learning," James said.



The students enjoyed movement and dance with Dr. Deborah Russ as well as the healthy living themed art sessions with Prof. Dawn Roberts

World Glaucoma Week 2018 - Light up Green

by Sumita Balooja



The AUA campus sports green lighting during World Glaucoma Week March 11th to 17th

March 11th to 17th marked the official World Glaucoma Awareness Week. The theme this year was Green = Go get your eyes tested for Glaucoma: Save Your Sight! and the AUA community joined the Antigua and Barbuda Glaucoma Support Group's LIGHT UP GREEN CAMPAIGN. A special thank you to Mr. Avery Jonas and team for ensuring that our campus was LIT!

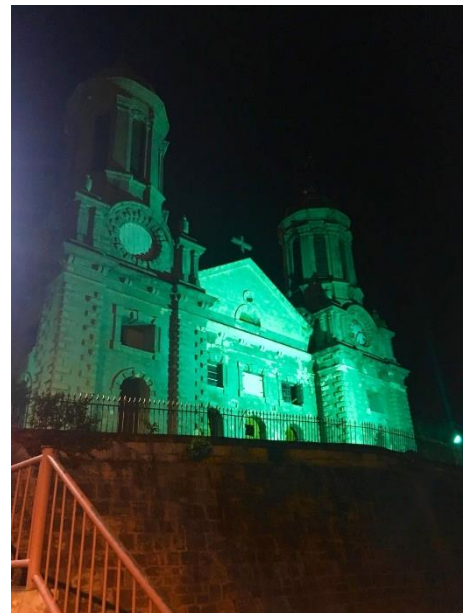
The AUA Ophthalmology group showed their support with an on-campus bake sale on March 26th with raised at total of EC\$300.

The group will be guided by Dr. Bird as to where donations will be allocated. A special thank you to faculty advisor, Dr. Srikanteswara Viswanath and Club President, Hiren Patel.

AUA Healthy Perspectives featured a conversation with Dr. Bird during Glaucoma Week which focussed on the Antigua and Barbuda Glaucoma Support group. Club president Hiren Patel also spoke about the group in this episode.



(L to R) Nirali Patel – Vice President, Med 3 and Hiren Patel, Club President, Med 4 welcome any further donations from the AUA community



The historic St. John's Cathedral in the heart of St. John's was also green lit to mark the occasion of World Glaucoma Awareness Week

AUA Partners with the Let Them Walk Foundation



Dr. David Bow (l) looks on as Dr. David Mahler speaks with a happy recipient

I had the unexpected pleasure of meeting a team of exceptional individuals from the *Let Them Walk Foundation* during their visit to Antigua last month. Prior to our meeting, I had no idea that this foundation existed. During my conversation with Dr. David Mahler Prosthetist Orthotist at New England Orthotic & Prosthetic Systems (NEOPS) he explained that *Let Them Walk* was his brainchild. During a visit to Grenada, one of his colleagues observed that there were a number of amputees with limited capabilities due to the lack of prostheses.

After learning of this sad situation, Dr. Mahler explained that he was struck by the realization that the individuals had become dependent on family members since their disabilities severely impacted their chances of gainful employment. He figured there must be something he can do to help so he immediately contacted manufactures for donations of materials and supplies to make prostheses for the Grenadians. Subsequently, Dr. Mahler communicated with Professor of Surgery & Radiology at the Yale School of Medicine Dr. Bauer Sumpio who along with his son offered immediate assistance. This led to a collaboration which later resulted in the formation of *Let them Walk*, a foundation which would provide prostheses free of cost to individuals in need.

Since its inception, the foundation has partnered with the government of Grenada as well as Barbados to provide free prostheses to island residents. In 2014 the foundation

extended their outreach to the government of Antigua and Barbuda, providing at total of 10 prosthetic limbs to local residents in March of that year with the help of Orthopedic Technician at the Mount St. John's Medical Centre (MSJMC), Alphonso Richardson. The team made their second visit to Antigua this month and AUA willingly partnered with the Ministry of Health to assist with the team's travel cost, transportation of equipment and supplies as well as providing the venue for the team to build and fit the prostheses for individuals shortlisted by the Ministry.

The AUA Skills Lab became the team's workshop during their week long visit this month. Dr. David Malher along with Dr. David Bow, a Prosthetist, his wife Dr. Ellen Bow a Physical Therapist and Mr Richardson used the recipients measurements to custom build each prosthetic limb for a perfect fit.

As Dr. David Bow explained the intricacies of how prostheses are made and fitted, I realised that making a prosthetic limb is no easy task! Fortunately, AUA staff members Heather James and Jeanette Jarvis were on hand to help with creating molds and preparing the sockets for attaching the limbs; a task they both said they enjoyed immensely.

It is an emotional moment when the completed prosthetic limb is finally fitted; recipients are very overcome by the happy realization that they can actually walk. Former Inspector of Police Mr. Raymond Jones a double amputee, was teary eyed as he

expressed his happiness at being able to stand for the first time in 4 years. He explained that he became very dependent on his wife Genevieve as a result of his disability, however, he plans to ensure that she takes an extended vacation to rest and relax without having to worry about him.

At the time of our conversation, Dr. Mahler confirmed that 15 individuals had received a total of 17 prosthetic limbs and the team had made adjustments to existing prostheses for 3 other individuals. He expressed his hope that the Ministry of Health would invest in training a team who would continue the foundation's work and eliminate the long waiting process for future amputees.

Heather James and Jeanette Jarvis both expressed a keen interest in learning more about fabricating prosthetic limbs. While explaining the process, Jeanette confessed that the preliminary measuring is a bit challenging but everything else had been relatively easy to grasp. Heather commented that she had no idea there were so many amputees on the island and was quite surprised to learn that most had not walked since their amputation, including the youngest recipient, a 22 year old man. She noted that it would be wonderful if med students were to have the kind of hands-on experience she was fortunate to have had.



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Interacting with the recipients was quite touching Jeanette noted; one of the recipients in particular, a double amputee since 1974 was overjoyed to finally be able to stand up at last. Jeanette added that this experience reminded her to appreciate how fortunate she is. Both ladies commented that students seemed very interested in what was happening, they expressed the hope that a more permanent relationship with the foundation can be fostered with the aim of eventually offering a formal training program at AUA.



The team pose with recipients



Ms. James & Ms. Jarvis assist Dr. Michael Bow



Dr. Ellen Bow and Mr. Alphonso helps a recipient stand on new legs

AUA OIG Spreads Easter Cheer



AUA Oncology Interest Group members pictured with patients at MSJMC Pediatric Ward this past Easter



The fun activities were enjoyed by everyone



AUA EMTC Conducts First PHTLS Course in the OECS

by Marlon Destin



Manager of the AUA EMTC Marlon Destin and Director Vernon Solomon receive an inaugural plaque in recognition of the Centre's 1st course

The National Association of Emergency Medical Technicians (NAEMT) Prehospital Trauma Life Support (PHTLS) is recognized around the world as the leading continuing education program for prehospital emergency trauma care. The mission of PHTLS is to promote excellence in trauma patient management by all providers involved in the delivery of prehospital care. PHTLS courses improve the quality of trauma care and decrease mortality.

On October 27, 2017 the NAEMT approved the AUA Emergency Medicine Training Center (EMTC) as an official NAEMT Training Center. The program is based on a philosophy which stresses the treatment of the multi-system trauma patient as a unique entity with specific needs. PHTLS promotes critical thinking as the foundation for providing quality care and is based on the belief that given a good fund of knowledge and key principles, EMS practitioners are capable of making reasoned decisions regarding patient care.

PHTLS is the global gold standard in prehospital trauma education and is taught in 64 countries. PHTLS is appropriate for EMTs, paramedics, nurses, physician assistants, physicians, and other prehospital providers. PHTLS is accredited by Commission on Accreditation for Prehospital Continuing Education (CAPCE) and recognized by the National Registry of Emergency Medical Technicians NREMT.

A week ago the AUA EMTC conducted the first PHTLS course in the OECS. Representatives of NAEMT were invited by the AUA EMTC to facilitate NAEMT Instructor training and evaluate AUA EMTC conducting PHTLS training as a NAEMT training Center. Over thirty pre-hospital and hospital care providers were trained to included EMT's, Doctors, Fire fighters/Police offices and Nurses.



Dr. Courtney Lewis, Marlon Destin and Vernon Solomon proudly showcase the inaugural plaque



The AUA EMTC staff pictured with NAEMT reps and course participants

Caribbean Tertiary Level Personnel Association (CTLPA) Hosts Its First Local Workshop

by Dr. Joy A. Cox



L to R standing– Anika Kentish, Deborah Russ, Dawn Roberts, Chandar Gupta Supersad, Tia Phillip and Brianne Schwartz. L to R seated - Koren Norton, Joy Cox and Andrea Airall

Student services and student affairs personnel are dedicated to student learning and development and to creating a supportive campus environment for all students regardless of their educational aspirations. These faculty and staff are involved in the teaching and learning that occurs outside the formal educational setting. Typically, student services include functional areas such as admissions and registrations, counseling, residential life, financial assistance, student life as well as education enhancement and academic advising.

On March 23rd stakeholders within tertiary level institutions across Antigua, met at the American University of Antigua (AUA) to participate in the first CTLPA local chapter's workshop. The aim of the CTLPA Antigua and Barbuda chapter is to foster the development of a more student-centered culture in tertiary level educational institutions island-wide. The workshop's theme was "Supporting Student Services Personnel in Fostering the Development of a Student-Centered Campus".

The half-day workshop commenced with guest speaker, Chandar Gupta Supersad, Manager of Financial Advisory Services at the St.

Augustine campus of the University of the West Indies. Supersad's presentation on how to cultivate a student-centered campus was very engaging and enlightening. Attendees of the workshop took part in three panel discussions that focused on customer service in student affairs, cultivating leadership amongst student population, and identifying and supporting at-risk students.

Chandar Gupta Supersad said that keen interest was especially directed towards identifying at-risk students. He said the attendees found that discussion particularly useful because some were unaware of how to identify a student who is at-risk, the type of students who are often at-risk, and why.

"I'm glad we had this workshop and I wish that all islands would do this among their tertiary level providers to continue to provide staff with an understanding of the issues that affect them as a University, or as a tertiary education provider, and see how best you can find solutions," said Supersad.

Panelists believed that the hosting of the workshop came at a time where educational institutions are facing more challenges as the academic climate evolves. They wanted to

assist and give guidance and help on how to handle these types of situations.

Other discussions highlighted the importance of cultivating a customer service mentality amongst staff and the practices that needed to be established in order to do so. Attendees felt that the ideas discussed were very informative and will make a tremendous difference in the way that they approach students.



Participants pay keen attention during the presentations

Esquina Española

by Janet Ramsey



Buenos días a todos!

Sorry I missed the pervious issue! In this issue we are going to do a little bit of revision of regular present tense regular verbs and then we will move on to talk about the verb **ESTAR** – which is another verb meaning **To Be**, but this one has very different uses to the verb **ER**, which also means **To be**. Confused? You won't be for long.

So when you talk about your daily activities or activities in general you might use adverbs of frequency such as the following:

(casi) siempre (almost) always	(casi) nunca (almost) never
todo el día all day	todos los días every day
generalmente generally	con frecuencia frequently
a veces sometimes	normalmente normally

These adverbs are usually places either before the verb or after it, however, (casi) siempre and (casi) nunca tend to be placed before the verb for example:

¿**Siempre** estudias en la biblioteca? Do you **always** study in the library?
No, **a veces** estudio en mi casa. No, **sometimes** I study at home.

So now let's do some practice:

Complete each sentence with the appropriate adverb of frequency as in the example first in writing and then orally:

(yo) ... trabajar en la oficina (work in the office)
Todos los días trabajo en la oficina.
(mi mejor amigo y yo) ... mirar la tele (watch TV)
Mi mejor amiga y yo **casi nunca** miramos la tele.
(Yo) ... **llegar tarde a la Universidad** (arrive late at the university),
descansar los domingos (rest on Sundays), **limpiar la casa** (clean the house), **comprar comida en el supermercado** (buy food at the supermarket), **bailar los sábados por la noche** (dance on Saturday nights), **leer un libro** (read a book), **escribir una carta** (write a letter), **comer pizza** (eat pizza), **aprender español** (learn Spanish).
Mi mejor amigo/amiga ... **trabajar los fines de semana** (work at weekends), **lavar el coche** (wash the car), **escuchar música** (listen to music), **cantar en un karaoke** (sing in a karaoke bar), **asistir a muchos conciertos** (attend lots of concerts), **leer el periódico** (read the

newspaper), **creer en Santa Claus** (believe in Santa Claus), **beber café por la mañanas** (drink coffee in the morning),
Mi mejor amigo/amiga y yo... **bailar juntos** (dance together), **tomar un café en un bar** (drink coffee at a bar), **regresar tarde los sábados por la noche** (return home late on Saturday nights), **hablar por teléfono** (talk on the telephone), **comer en un restaurant italiano** (eat in a restaurant), **asistir a clase** (attend class), **correr en el parque** (run in the park).

OK, so if you want to practice regular verbs more then there are plenty of websites where you can find practice exercises – www.studyspanish.com is really good and once you go to the grammar section you can find all sorts to practice the language, this website will also create quizzes for you to test what you have learned.

Check out : <https://studyspanish.com/grammar/lessons/regverb1> for regular verb info and practice.

Now let's have a look at the verb **ESTAR** – another verb meaning **To Be** – but only used to talk about LOCATION and CONDITIONS (health etc.) the mnemonic **LoCo** (Lo-cation and Co-ndition – it also means crazy in Spanish!) is used to help learners remember the uses of **ESTAR**:

(yo) estoy	I am	nosotros/nosotras	estamos	we are
(tú) estás	you are	(vosotros/vosotras)	estáis	you (pl) are
(él) está	he is	(ellos)	están	they are
(ella) está	she is	(ellas)(all female)	están	they are
(usted) está	you (f) are(ustedes)		están	you (f.pl.) are

¿Cómo **estás**? How are you?
Estoy muy bien, gracias. ¿Y tú? I am fine thank you. And you?
Bien, gracias. Fine, thanks.

¿Dónde **estás**? Where are you?
Estoy en mi oficina. I am in my office.
¿Dónde **está** tu oficina? Where is your office?
Está al lado de la biblioteca. It's next to the library.

Here are some of the adjectives you can use **Estar** with, remember to make the adjectives **agree in gender and number** with the person you are talking about ((yo) estoy enferma (female) (él) está ocupado (male), (nosotros) estamos cansados (males and females or just males):
ocupado/a - busy aburrido/a -bored bien -fine/well
mal/a - bad/not well enfermo/a -sick confundido/a- confused
cansado/a - tired content/a - happy triste - sad
nervioso/a - nervous molesto/a - upset/bothered
sorprendido/a - surprised

Check out <https://www.youtube.com/watch?v=1xEdzGPFCUA> which will help you out, and also the following website

<https://www.rocketlanguages.com/spanish/grammar/using-estar-to-express-feeling>

¡Buena suerte!



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