



# NEW YORK MEDICAL COLLEGE

A MEMBER OF THE Touro College and University System

## School of Medicine

### WELCOME TO YOUR FIRST YEAR OF MEDICAL SCHOOL!

Welcome to the Foundations of Clinical Medicine Course (FCM)! FCM will provide an introduction to the essential knowledge and skills of doctoring. I am excited to start your instruction in the essential clinical skills of your new profession.

The goal of the FCM 1 Course is to teach you the following:

- Doctor-Patient Relationship skills including communication, history taking and interviewing skills
- Core Physical Examination Skills
- The ability to understand the broader context of your patient's health including social, biological and psychological factors that affect their health

In the FCM course you will learn how to interview and examine patients in small group sessions and with standardized patients in our clinical skills and simulation center. Beginning in the late fall, you will then have the opportunity to practice your new skills through experiences with patients under the supervision of community preceptors.

You will need the following textbooks at the start of the course:

#### A. Textbooks:

1. Coulehan J.L. and Block M.R. *The Medical Interview: Mastering Skills for Clinical Practice*, Fifth edition, Philadelphia, F.A. Davis Company, 2006
2. Bickley L. and Szilagy P: *Bates' Guide to Physical Examination and History Taking*, 12<sup>th</sup> Edition, J.B. Lippincott Co, 2017

#### B. Personal biographical information:

In order to assign you to a preceptor who best matches your interests and experience, we would like you to provide us with some biographical information as well as information about proficiency in a second language. This information will help us match you at a preceptor site that would optimize your experience. *This will be available to you after you arrive at NYMC and will be available on our learning management system.*

#### C. Medical equipment.

The physical exam component of the course begins early in the academic year.

The following are required medical equipment that must be brought to small group sessions for the physical exam and preceptor components of the course:

- White coat (2 total required; 1 coat is provided to you by the medical school at your White Coat ceremony in October)
- Ophthalmoscope
- Otoscope
- Blood Pressure Cuff (Adult)
- Stethoscope
- Reflex Hammer

Since access to this equipment is a requirement of your coursework, the cost to purchase these items has been **included in the budget for your financial aid package**. If you have concerns about financing your equipment, please discuss with your financial aid advisor.

We have reviewed much of the available equipment and selected the equipment that is the best quality for the best value. We strongly urge you to obtain the specific items as recommended. It is our experience that lower quality equipment impedes students' ability to learn these invaluable skills.

You may choose to purchase these items in advance of orientation OR purchase them once on campus during our annual vendor fair when representatives from Welch Allyn and Littman will be on campus to discuss any questions you may have about the equipment.

Detailed information about the required equipment is listed below and also available on the Welch-Allyn and Littman Website, respectively.

**I. Ophthalmoscope/Otoscope**-There are *two acceptable options* for this piece of equipment. Your decision should be made based on ease of use, price and portability of equipment.

1. Welch Allyn Coaxial 3.5 ophthalmoscope – This is the standard ophthalmoscope utilized by most physicians and the one that is available in most hospital and office-based settings.
  - a. Advantages:
    - i. Since this is the “standard” ophthalmoscope, you will be able to practice with the equipment utilized at most clinical sites
    - ii. it is cheaper and more portable than the Panoptic
    - iii. this is the current ophthalmoscope that is provided when you take the USMLE Step 2 Clinical Skills exam. Please note that it is possible that an alternate device may be the one available by the time you take this exam in your fourth year of medical school.
  - b. Disadvantages:
    - i. This tool it is more difficult to master and does not provide as large a view as the panoptic scope
    - ii. This scope works best when the patient’s eyes are dilated
2. Welch Allyn Panoptic ophthalmoscope- this ophthalmoscope allows the user to see a considerably larger view of the fundus.
  - a. Advantages:
    - i. it is much easier to learn to use than the standard ophthalmoscope
    - ii. it has a 5X larger view of fundus than the standard ophthalmoscope
    - iii. you do not need to dilate pupils to use this ophthalmoscope
  - b. Disadvantages:
    - i. it is more expensive than the standard ophthalmoscope
    - ii. you will still have to learn to use the standard ophthalmoscope, as this is the one that is provided at most clinical sites
    - iii. it is bulkier than the standard ophthalmoscope, and therefore more cumbersome to carry

- Since there are advantages and disadvantages to both of the above types of ophthalmoscopes, most vendors will be offering the opportunity to get both with a special combination package.
- We recommend the lithium ion handle for either of the above ophthalmoscopes, whether the standard and/or panoptic. This handle is much lighter, much more portable, and easier to recharge (two hours of time). We do not recommend the NiCad handle as it is much heavier, only has one-hour of charge time, takes longer to recharge and must be fully discharged prior to recharging.
- The Diagnostic Otoscope with throat illuminator comes with either ophthalmoscope and is very useful.
- You should purchase the attachable air insufflator for the otoscope.
- We also recommend the soft case for either of the above types of ophthalmoscopes. It will be lighter to carry and has a belt loop to facilitate carrying the equipment while on hospital rotations.

**II. Stethoscope-** We recommend the “Cardiology IV” by Littman. This has a large and small size tunable diaphragm, which means that each side can serve as both a bell and a diaphragm depending on pressure. The two sizes of diaphragm will allow the stethoscope to be used with both adults and children.

**III. Sphygmomanometer-** A basic adult aneroid blood pressure is required for this course.

1. American Diagnostic Corp Adult Blood Pressure Kit

**IV. Reflex hammer-**variable models available

Please feel free to contact me directly with any questions at **FCM-1@NYMC.edu**

I look forward to meeting everyone and getting to know all of you in the upcoming years!

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