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The Student View

RWJMS Orthopaedic Surgery Interest Group Newsletter

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Orthopedic Surgery Summer Immersion Program

This summer, the Orthopaedic Surgery Interest Group (OSIG) at RWJMS successfully hosted its **Third Annual** M2 **Orthopedic Surgery Summer Immersion Program**, marking a significant milestone in the continued growth of this initiative. The program garnered **international interest**, receiving applications from medical schools across the United States and beyond, with 11 students ultimately selected to participate.





Coordinated by **OSIG's Vice President Dan Devine**, this year's program offered an immersive two-week experience, meticulously planned over six months with the guidance of Chief Resident **Jomar Aryee** and faculty advisor **Dr. Brian Katt**. The program provided a comprehensive exposure to the daily life of an orthopedic surgeon, blending clinical practice with educational activities.

Participants engaged in a variety of orthopaedic subspecialties, attending fracture conferences, grand rounds, and evening journal clubs. Hands-on learning was emphasized through bioskills workshops, including sawbones sessions, which allowed students to practice and refine their surgical techniques. The program also facilitated informal networking through social events, such as a student social dinner and a resident Q&A session, helping participants forge valuable connections with mentors.



Feedback from the participants was overwhelmingly positive, with students **rating the program 9.3 out of 10** for **meaningful exposure** to orthopaedic surgery and **9.54 out of 10** in **recommending the program to future students**. Notably, 100% of the participants connected with an orthopedic mentor during the program, underscoring the program's success in fostering mentorship and guidance.



As OSIG looks forward to future iterations, the success of this year's Summer Immersion Program reaffirms our commitment to providing enriching opportunities that inspire and prepare the next generation of orthopedic surgeons.

Student Feedback about the Program



Elise McKenna
NJMS

"What stood out to me the most was **the caliber, structure, and diversity of the program**. Not only did I receive a comprehensive immersion to orthopaedic clinics, surgery, and hospital rounds, but I also gained invaluable knowledge and skills. A highlight for me was the **RPM 1000 workshop**, where we used various orthopaedic power tools to complete a series of tasks, with points awarded for the most accurate use. I met great mentors and peers and left feeling empowered to pursue orthopaedics."



Talia Morchower
RWJMS

"Participating in the summer immersion program was an invaluable experience that allowed me to hone my technical skills and gain a deeper understanding of the field. The program provided unique opportunities to engage with a wide variety of orthopedic specialties while networking with like-minded students and experienced faculty, **fostering both my professional growth and passion for orthopedics!**"



Neha Boinpally
NJMS

"The summer immersion program truly **lived up to its name** — the week long experience was immersive, engaging, and worthwhile. We had the opportunity to **explore orthopedics through a number of lenses**: shadowing in the OR and clinic at both RWJ and private practices, following the intern pager, participating in journal clubs, fracture conference, resident didactics, sawbones and suture workshops, etc. Coming from NJMS, it was also really great to meet RWJMS students — all of whom were so welcoming, friendly, and collaborative!"

M2's Summer Internships in Ortho

Many OSIG members spent the summer between their first and second years of medical school participating in **orthopaedic surgery internships across the country**. These experiences allowed them to deepen their exposure to the field, forge mentorships, engage in research, and gain firsthand insight into the complexities of orthopaedic clinics and surgeries. We asked our members to highlight the benefits of their respective programs:

HSS Medical Student Summer Research Fellowship



Ryan Cheng

Benefits: Great mentorship, educational lectures, bioskills labs, exposure to research methods, and networking opportunities
Program focus: Research

Jersey City Medical Center Summer Research



Daniel Devine

Benefits: Great mentorship, learning EPIC use, networking, shadowing opportunities, educational lectures
Program focus: Research

UCSF OTI Summer Research Program



Calvin Wang

Benefits: Great exposure to attendings and residents, anatomy labs on surgical approaches, plenty of research projects to join
Program focus: *Research*

Brigham and Women's Sports Medicine Summer Internship



Kiera Vrindten

Benefits: Fantastic mentorship, exposure to variety of orthopaedic specialties, bonding with the team outside of clinic/OR (pickleball, running a 10K)
Program focus: Clinical

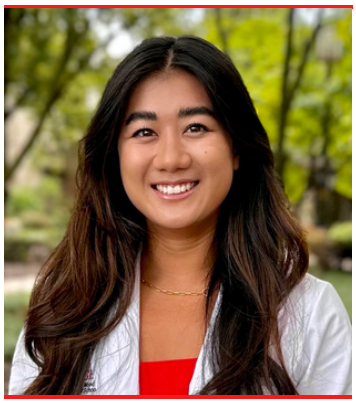
NYU Orthopedic Surgery Summer Externship Program



Diana Vitkovska

Benefits: Plenty of OR time, well structured educational curriculum, spending time with students from all over the country
Program focus: Clinical

Jersey City Medical Center Summer Research



Elizabeth Tell

Benefits: Mentorship, research methods, networking
Program focus: Research

Jersey City Medical Center
Summer Research



Ryan Terrany

Benefits: Learned research methods, networking opportunities, great advice on pursuing a career in Orthopedics
Program focus: Research

We are proud that our members have the chance to explore and experience the field of orthopedics beyond our home program. By participating in these opportunities, they not only broaden their perspectives but also gain valuable **insights** that they can **share with first-year students, helping them choose the most beneficial summer opportunities for the following year.**

Rutgers Robert Wood Johnson Department of Orthopaedic Surgery Sub-I Bootcamp

In May 2024, the Department of Orthopaedic Surgery at Rutgers Robert Wood Johnson Medical School (RWJMS) hosted its fourth iteration of the **Orthopaedic Surgery Sub-I Bootcamp**. Spearheaded in 2021 by **Dr. Thomas McPartland**, this boot camp was specifically crafted to **prepare fourth-year medical students for their orthopedic surgery sub-internships**.

As orthopedic surgery remains one of the most competitive specialties, applicants must excel in various objective measures, including Step 2 scores, AOA status, and research contributions. **Recently, performance during fourth-year clinical rotations, known as sub-internships or "away rotations," has become a new subjective measure.** These rotations provide both the applicants and the hosting residency programs with an opportunity to assess whether they are a "good fit". Program directors and residents evaluate applicants' orthopedic knowledge, clinical skills, work ethic, and personality. Given the limited orthopedic training and clinical exposure available during medical school, **adequate preparation for these rotations is crucial for applicants' success.**

To address this need, the RWJMS Orthopaedic Surgery Sub-I Bootcamp was designed to equip students with essential foundational knowledge and technical skills. Over four days, the boot camp offered a **robust curriculum** that combined didactic lectures, hands-on simulation training with real-time feedback, and case-based discussions. **The schedule was as follows:**

May 2024, Orthopaedic Surgery
Sub-I Bootcamp Schedule

Day 1

9 - 10 AM	Orthopedic Consult and Presentation Skills
10 - 12 PM	Physical Exams and SNAPPS
1 - 3 PM	Anatomy Prosection, Dissection, and Discussion Surgical Approaches
4 - 5:45 PM	Review of Orthopedic Implants and Modes of Internal and External Fixation
6:15 PM	Social Hour

Day 2

9 - 10:30 AM	Using Surgical Instruments, Tissue Handling, Suturing, and Knot Tying
11 - 12 PM	Interpreting Imaging
1 - 3 PM	Splinting and Casting Hands-on Practice

Day 3

7 PM	Lecture: Fracture and Wound Healing Biology and Principles
8 PM	Being a Helpful Medical Student

Day 4

7 PM	Lecture: Lecture: Assessing a Trauma Patient
8 PM	Lecture: Rehab Principles Lecture

Feedback from participants showed **significant improvements** in their **self-reported confidence** and **competence in orthopedic skills**. Additionally, participants reported improvements in their knowledge of surgical anatomical concepts, orthopedic implants, imaging interpretation, and trauma assessment.

The success of the Sub-I Bootcamp underscores the importance of such preparatory programs in **bridging the gap between medical education and residency**. By providing targeted, immersive training, the RWJMS Orthopedic Surgery Sub-I Bootcamp ensures that our fourth-year students can tackle their away rotations with the confidence and competence necessary to increase their chances of matching in the desired programs!

OSIG Updates

Upcoming Fall Events

- **Medical Student Orthopaedic Surgery Symposia**
  Thursday, September 12th, 5:30-9:00 PM
- **Intro to Research Lecture**
  Tuesday, September 24th, 4-5 PM
- **OSIG X Golf Club Social Event**
  Tuesday, September 24th, 5-6 PM
- **OSIG Introduction to Fracture Conference and Hospital Tour**
  Monday, September 30th 7:00-9:30 AM
- **Dr. Yang Intro to Ortho X-ray Lecture**
  Thursday, October 3rd, Time TBD
- **OSIG X RJOS Women in Orthopaedics Panel**
  Wednesday, October 30th, time TBD
- **OSIG Volunteering at Elijah's Promise**
  Details TBD
- **OSIG Rutgers Homecoming Tailgate**
  Details TBD
- **Anatomy Lab Lecture with Dr. McPartland**
  Details TBD
- **Splinting and Casting Workshop**
  Details TBD
- **M1 Summer Ortho Programs Info Session**
  Details TBD

Our Social Media

You can find recordings of our previous events in **OSIG playlist** on the Residency **YouTube** click **here**

For OSIG **Instagram** click **@rutgers.osig**

For OSIG **X (Twitter)** click **@RutgersOSIG**

For OSIG **TikTok** click **@RutgersOSIG**

Rutgers Robert Wood Johnson Department of Orthpaedic Surgery

Fracture Conference*

Monday mornings at 7:30 AM in MEB 102 at RWJUH and via Zoom

Grand Rounds*

Thursday mornings at 7:30 AM in MEB 102 at RWJUH via Zoom

***Dress code**: white coat, business casual. It is recommended that medical students sit in the first two rows of the lecture hall in MEB 102.

The link for the Department Calendar can be found here

Social Media

For residency **YouTube** click here

For residency **Instagram** click @rutgersrwjortho

For Alumni

- We are in the process of building and expanding our alumni network. Our goal is to have connections nationwide to benefit our students and graduates alike.

- If you would like to **update your contact information**, please click **here** or scan the following QR code:

- OSIG is committed to providing the best learning experiences for our students and growing a vibrant alumni community through networking events. If you would like to contribute to our cause, please use the following link to **make a donation** or scan the following QR code: