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The Student View

RWJMS Orthopaedic Surgery Interest Group Newsletter

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Year-in-Review

> **What started out as several lunch lectures a year has blossomed into a community of dedicated students and faculty committed to bringing experiences to students**

In 2023, OSIG held a total of **26 events** ranging from research panels, to learning about orthopaedic principles, to lectures on how to match into Orthopaedic residency. OSIG hosted **6 bioskills workshops** including suture workshops, cadaver and sawbones workshops with companies like Stryker and b-One, splinting/casting labs, and even a virtual reality surgical simulation with Osso VR!





OSIG also held several informal networking events with Rutgers faculty and residents at our annual 5K and Tailgate events. The inaugural **Women In Ortho Panel** brought women orthopaedic surgeons from Rutgers and other institutions to campus for a networking dinner with students.

During this past year, OSIG expanded the **Summer Immersion Program** and received overwhelmingly positive feedback on helping rising M2 students get early exposure to the academic and clinical components of the residency program here at RWJUH. Our **Orthopaedics M4 Bootcamp** ensured that students were adequately equipped to stand out in their elective rotations as well as sub-internships, leaving positive lasting impressions on their future programs.





OSIG currently has **111 members** between all four medical student classes. In the past year, we expanded our alumni network from 30 to over **100 alumni** contacts all across the country, to ensure current RWJ students can connect, network and learn from RWJ alum in orthoapedics.

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Year-in-Review

We asked our 2023 E-Board members what was their favorite achievement serving in their positions:



Nicole Badalyan
President'23

I am so proud that our e-board hosted an in-person Women In Ortho event that had both networking and panel components for all RWJ students. Bringing four accomplished surgeons to spend an evening with students created an engaging environment that was conducive to building relationships, sharing experiences, and cultivating inspiration and excitement. I can't wait to see how the 2027 E-board takes this further!

My favorite part was leading the Summer Immersion Program. It was incredible to help expand the program and allow more students from both RWJMS and NJMS to explore Orthopaedic Surgery at an early stage of their careers. Mentorship has always been a core tenant for me, so helping others to make inroads and start networking with surgeons and residents within our department was greatly fulfilling. I hope that the program continues to make strides as we continue to improve and deliver an immersive experience for all.



Anirudh Kulkarni
Vice-President'23



Andrew Baddoo
Bioskills Coordinator'23

Serving on the E-board of RWJMS OSIG has been a great opportunity for me. Specifically, my role as the bioskills coordinator has provided a platform for skill development, leadership growth, and networking in the field of orthopaedic surgery. Additionally, this experience has allowed me to gain a deeper understanding of orthopaedic procedures while making a meaningful contribution to my peers and helping to foster interest in orthopaedic surgery which I have found to be rewarding.

My favorite achievement on the OSIG e-board has been establishing a newsletter. I think it just brings the orthopod community together and provides a medium for both alumni and faculty to stay involved in our interest group. We also get to highlight our students and their accomplishments, which brings greater recognition to the Orthopaedic Department here at RWJ.

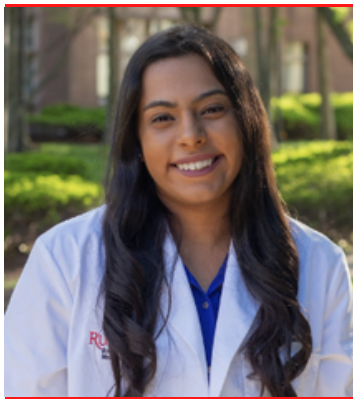


Sydney Thai
Alumni Outreach'23

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Student Spotlight

Congratulations to Jhillika Patel, M3 for receiving the RJOS Zimmer Biomet Medical Student Annual Meeting Scholarship to attend the Annual RJOS and AAOS Meetings! Jhillika attended the events in San Francisco last week, and here are a few words about her experience:



Jhillika Patel, MS3
2022 OSIG
Vice-President

I am grateful for the opportunity to participate in this year's RJOS and AAOS Conference. It was enriching to engage with cutting-edge research in orthopaedics, listen to panel discussions, and connect with mentors from across the country and from RWJ. The value of face-to-face interactions cannot be overstated. The community has been incredibly welcoming and eager to offer guidance. Leaving the conference where we experienced a mix of surgical demos, and opportunities to meet medical student peers and attend networking events, I feel profoundly inspired and motivated to join the field.

Jhillika served as the OSIG Vice-President in 2022. With the support of OSIG advisor Dr.Katt, RWJ residents, and OSIG E-Board members, Jhillika spearheaded the creation of The Summer Immersion Program. In 2024, this program continues to offer students unique immersive experiences in orthopedic surgery and has received nationwide interest from students across numerous medical schools!

Collaboration with Rutgers RWJ Department of Orthpaedic Surgery

The partnership between RWJ residents and OSIG is essential to providing our students with meaningful learning opportunities. The residents' contributions cannot be understated as they hold lectures on orthopedic principles, join us for networking events, participate in discussion panels, and play a fundamental role in the Summer Immersion Program. This collaboration fosters a dynamic environment of mutual learning, professional growth, and mentorship.

The RWJMS Orthopaedic Surgery Interest Group serves as the gateway to our specialty for the students at our institution. I've had the opportunity to work with the students in the interest group in both scholarly and clinical settings. I've been most excited about the opportunities I've had to mentor the students in the OSIG through shadowing as well as through our early immersion program each summer.

Jomar Aryee, PG-Y4

Introducing our New 2024 E-Board



Building on the remarkable legacy of our forerunners, the 2024 OSIG E-Board is excited to forge ahead creating new opportunities for students passionate about orthopaedics. As the new OSIG leadership, we aim to emphasize **transparency** and **collaboration** as our core values. With our commitment to transparency, we will strive to broaden access to educational, networking, and research opportunities. Through partnering with other student organizations, we aim to cultivate a culture of mutual learning and peer support.

In alignment with these values, OSIG is actively establishing connections with orthopedic interest groups at various medical schools nationwide, including NJMS, Stony Brook Renaissance, UCLA David Geffen, Columbia, George Washington, and Tulane. This initiative is a step towards creating a **national network** of orthopedic interest groups, enabling us to collaborate and share resources more effectively. Together, we are dedicated to creating a community that uplifts and empowers students interested in orthopedics.



Connor O'Leary
President

Why did you want to become a part of the OSIG E-Board?

As someone who was uncertain of what specialty I wanted to pursue coming into medical school, I have felt grateful for the countless opportunities that OSIG has provided in the field of orthopedics. I am excited to serve on the E-Board so I can help bring more of these opportunities to students as they consider a career in orthopedic surgery.

Fun fact: I was once featured in a New York Times article about first time backcountry skiers!

Why did you want to become a part of the OSIG E-Board?

I became interested in Ortho as a former Athlete and confirmed my interest shadowing during my gap year. I wanted to join OSIG to help create new opportunities for RWJMS students interested in ortho to learn more about the specialty and get involved!

Fun Fact: I backpacked in Japan for two weeks before I started Med School.



Daniel Devine
Vice-President

RWJMS OSIG

Introducing our New 2024 E-Board



Kiera Vrindten
Bioskills Coordinator

Why did you want to become a part of the OSIG E-Board?

I've had a growing passion for orthopedics since I suffered my first ACL tear while playing lacrosse in high school. I wanted to serve on the OSIG e-board because it represented an opportunity to work alongside my peers that have the same passion and interests as me while also working to bring fun and exciting learning opportunities to all RWJ students

Fun Fact: I can Irish step dance.

Why did you want to become a part of the OSIG E-Board?

Starting medical school is overwhelming and finding a way to get involved with your specialty of interest can be challenging. However, OSIG has continuously proven to be the best resource to do that. I sought to join OSIG e-board to contribute to the organization's impact and to further OSIG's outreach among medical students, providing valuable exposure and mentorship to M1s interested in orthopedics.

Fun fact: I make my own croissants!



Diana Vitkovska
Alumni Outreach

Introducing OSIG Chair of Research



Ryan Cheng
Chair of Research

"I'm tremendously excited and grateful to be joining OSIG as the new Chair of Research. Over the next few years, our goal is to create opportunities for medical students to participate in journal clubs, learn the lifecycle of research, and ultimately present abstracts and manuscripts at national and international conferences. I believe that clinical research is a wonderful opportunity for students to grow as both individuals and as future physicians and to transform how orthopedic surgeons and hospitals around the world care for their patients early on in their medical journeys."

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OSIG Updates

Upcoming Events

- **OSIG X SMIG Sub-Specialty Sports Medicine Panel** to introduce students to the variety of careers in sports medicine and to highlight the interplay between athletes, teams, athletic trainers, PTs, non-operative, and operative providers
  Thursday, February 29th, 8-9 pm via Zoom

- **OSIG Introduction to Research Lunch Lecture** for individuals who are looking to strengthen their research background, learn how to write papers, and collaborate with RWJ orthopedic surgery attendings and residents.
  Monday, March 4th, 12 pm-1 pm, rooms C3-C5

- **OSIG Splinting/Casting Workshop** with Dr. McPartland
  Wednesday, March 13th

- **M4 Post-Match Debrief**
  Monday, March 25th

- **OSIG Trauma Simulation Workshop**
  Wednesday, April 3rd

- **OSIG Volunteering at Elijah's Promise**
  April 25th, 2024 12:30-2:30

Our Social Media

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

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

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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

***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**

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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:

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