

Elective Courses

Elective courses are usually given one unit of credit, although there are exceptions, and grading is on a pass/fail basis. Not all approved electives are offered every year.

Advanced Anatomy 1 and 2

The objective of these courses is to formalize student prosection into a directed learning experience that benefits both the enrolled students (in terms of focused study of human anatomy and potential development of research projects) and the students taking *Human Anatomy* as part of the curriculum of any of our colleges. The elective is open to second year osteopathic medical students and to students who have taken the anatomy course that is offered as part of the physician assistant program. Participants will perform directed prosections in pursuit of their own learning projects and for extended study by first-year students in these programs. Enrollment in Advanced Anatomy I is not a prerequisite for enrollment in Advanced Anatomy II and the topic areas are distinct.

Advanced Nutrition

The Advanced Nutrition elective provides the opportunity to examine in more depth the effect of nutrition on health. It starts later in the first semester to allow first year Osteopathic Medical Students the opportunity to finish the introduction to nutrition portion of the Fundamentals Course. The course will cover those aspects of nutrition that are becoming more prominent public health concerns. The topics covered have been chosen to appeal to the holistic health professional. This course will emphasize the importance of sound nutrition in preventing and/or treating disease. Selected experts from the Bay Area and TUCOM-CA are among the list of lecturers.

Biomedical Research 101

This course is an introduction to basic and clinical research in medicine, but assumes no background in research methods or statistics. It is tailored for medical students with an interest in performing research on campus or during rotations. It can also serve as the basic course for residents preparing their monographs (OPTI). The course provides a general overview of the ways that biomedical researchers generate a research question, evaluate the literature, generate a hypothesis, elaborate aims, and generate a research proposal. The course also provides a foundation for locating and evaluating medical information, a general outline of the main data analysis strategies, and the responsible conduct of research. This is not a statistics course.

Human Growth and Variation

In this seminar-discussion course, the biological and behavioral foundations of human growth and variation are considered: what is normal, abnormal, common to all people or

exclusive to certain groups? How does the body grow from birth to adulthood and what genetic, environmental, and cultural factors influence the outcome? Clinical conditions related to the growth process and congenital diseases that reflect the recent histories of ethnic groups are discussed. Modern human ethnic or "racial" variation is considered as it relates to models for global dispersion and colonization. The course also considers behavioral aspects of culture, such as diet, nutrition, and activity levels as they relate to the spectrum of clinical problems in our society.

Global Health: Health and Disease in the Developing World (1 unit)

Unit 1 provides an opportunity for an examination of basic issues of health in developing countries with country and specific diseases given as examples for each issue. Unit 2 familiarizes students with current strategies for implementation and delivery of intervention programs and provides an opportunity for students to critically analyze the intervention and public health programs in developing countries. Unit 3 introduces the student to the role of social, cultural, environmental and developmental factors in shaping various aspects of health in developing countries. Unit 4 introduces the student to challenges of policies and strategies in public health – a comparative study. This course, offered in the spring semester, is a prerequisite to Global Health: Summer Internship.

Global Health: Summer Internship (3 units)

The mission of the Global Health Summer Internship is to serve, to learn, and to teach. The summer program has been set up to provide the TUCOM students interested in Global Health and Global Medicine an opportunity to learn about various endemic diseases around the globe, improve on their clinical skills in the diagnosis and management of these diseases and begin to understand the challenges that confront medical practitioners specifically in developing countries. The internship also offers avenues for research and service learning projects particularly in the area of public health. Available sites currently include Tanzania and Ethiopia for clinical, research and service projects and China and Israel for clinical training only. The summer internship is not designed to be an elective rotation for credit for TUCOM students, although the sites are available for elective rotations.

Medical Spanish 1

The overall objective of this course, which is intended to be a beginner's course, is to help the student to determine the chief complaint of the Spanish-speaking patient, provide basic medical instructions, obtain information about the patient, and answer the patient's most common questions. These objectives will be achieved through teaching of Spanish medical terminology, colloquial words and phrases, and some basic grammar, as well as through practice sessions in conducting histories and physicals in Spanish.

Medical Spanish 2

The objective for this second medical Spanish course is to improve the students knowledge acquired during level 1 and expand their medical vocabulary. This objective will be achieved through intensive practice of histories and physicals in Spanish each week on a different organ system, practicing patient presentations and providing some written assignments.

Postpartum Care for the Mother and Infant

Preparation of healthcare providers to feel comfortable counseling pregnant and breastfeeding mothers in infant feeding choices. Teach approaches in the initial postpartum period that help initiate breastfeeding successfully. Give algorithms to help maintain successful lactation on follow up health care visits. Discuss management styles of the well mother-baby lactating couple. Learn ways to maintain lactation of the mother infant couple in the instance of illness or hospitalization. Investigate troubleshooting strategies for the poorly lactating mother or the failure to thrive baby due to poor suckling. Utilization and management is explored of medications entering mother's milk and the effects on the suckling infant. Exploration of maternal employment and the commercial formula industry influences on infant feeding choices. We discuss weaning to include; outcomes of the duration of breastfeeding, societal norms, counseling mothers and deleterious effects of early weaning.

Pregnancy Partners

This program is designed to allow first year osteopathic medical students to observe and act as advocates in the prenatal care, labor, and delivery of a prospective mother. The prospective mothers are clients of "Great Beginnings Prenatal Services" operated through Sutter-Solano Medical Center in Vallejo, CA. In the program a TUCOM-CA student is matched with a prospective mother, attends all prenatal office visits, and is present during labor and delivery, as well as for the first postpartum office visit. The student will observe the relationships developed between the prospective mother and her health care providers and the protocol of the labor and delivery rooms. The student will act as an advocate only, e.g., encouraging the prospective mother to ask any questions she might have at her office visits, reminding her of her visits, but never dispensing medical advice. The course will also include lectures on a variety of topics related to maternal and fetal health.

Summer Clinical Preceptorship

This class is intended to provide students with the opportunity to apply basic science knowledge in a clinical setting during an otherwise non-academic time; i.e., between the first and second years. Students will, with approval of the course coordinator, work with a faculty member of TUCOM-CA, a clinician at another institution, or a licensed physician in the community, in order to observe medical practice in an area of medicine and a clinical setting of their choice.