



Judianne Kellaway, MD, Med, FACS  
Associate Dean for Admissions  
Long School of Medicine  
UT Health San Antonio

## COVID SEMESTER ALTERNATIVES

Wondering what to do, now that your apprenticing/shadowing experiences have been canceled? Your place of service has closed down for this pandemic? How to learn and serve in this unique time is another challenge you might be facing. Here are some things you can do. But think of some on your own! Be creative! People on admissions committees will LOVE hearing about things you did.

**1. How about a “tour” of the organ systems? Here’s what I mean.** Take a couple of weeks to several weeks to do this on each, depending upon the system and how much you want to delve into things.

**First, choose a system!** Visual system (my personal fave!); Cardiovascular System; Respiratory System; Digestive System; Renal System; Muscular System; Nervous System; Endocrine System; Immune System; Reproductive System; Skeletal System; Integumentary System

### Then EXPLORE THESE AREAS:

- Spend some time with the **ANATOMY** of the System. Look at illustrations and cadaver dissections. Ask yourself, then find answers about the vascularization in the system, the innervation in the system. What parts of the anatomy perform which functions? Are there important relationships in this system?
- Explore the **PHYSIOLOGY** in various parts of the system.
- Find some common **DISEASES AND DISORDERS** in this system.
- What **LABORATORY** information and **IMAGING** techniques are used related to this system?
- What are the **TREATMENT MODALITIES** used for these problems? Surgical? Medical?
- What **QUESTIONS** should be asked in the **History and Physical exam** related to this system?
- \***This is the best one**\* Go to You Tube and search for “**How to perform a physical exam in the \_\_\_\_\_ system.**” It’s certainly not the same as being IN THE ROOM with a doctor who is taking care of a patient and their family, but it will be fun and interesting.

**2. Read a book by a physician.** There are some wonderful physician authors out there. Start with these, but then go explore on your own.

Sir William Osler; Abraham Verghese; Richard Selzer; Oliver Sacks; Atul Gawande; Perri Klass

**3. Read a book about medicine.** Do you love medicine? Are you excited about this journey? Then you’ll love ANY of these books – another way to spend some QUALITY time while you are staying safe/keeping others safe at home. <https://bookriot.com/2017/06/30/50-books-to-read-if-you-love-medicine/>

**4. Offer to help with homeschooling children.** Lord knows both the parents and the children who have suddenly found themselves in this situation need your help!

**5. Serve your community:** there are still so many people who need us. Think about helping out! Gather some friends to help the effort.

- \*Volunteer at a food shelter or food delivery service
- \*Gather supplies for a non-profit
- \*Donate blood or plasma
- \*Raise money for a good cause
- \*Research how to help the American Red Cross
- \*Look in your local paper for ways to help