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## 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. It is important to BE SYSTEMATIC and log your hours JUST like you would if it was in-person shadowing.

**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. Again, BE SYSTEMATIC, log your hours, do it regularly, and make notes!  
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? The 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/> Again, BE SYSTEMATIC, log your hours, do it regularly, and make notes!

**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 like SHIPT
- \*Work at a grocery store
- \*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

**6. People have also worked as a remote scribe** (See the Robin Company) or even found an opportunity to do **tele-apprenticing.**

**7. Sign up for The Great Courses** – they have master teachers in EVERYTHING!! You can diversify yourself by learning about things in other areas. Develop new interests, or learn about something you always wanted to know more about. It's \$20 per month, so make the most of a month or two, or share with a friend. Take notes, be organized and scheduled, and set goals. [The Great Courses](#)

**8. Be a Ted Talk enthusiast.** Same thing here, learn something new, explore your interests. Explore medicine topics. Set Goals, log your studies. Start a Ted Talk Group of friends, like a book club, only Ted!

**9. Other miscellaneous creative ideas from recent applicants themselves:**

#### **ACADEMIC/HEALTHCARE-RELATED/RESEARCH**

Systematic study of Gray's Anatomy

Systematic study of organ systems

Reading books by physicians

Reading books about patients, diseases, policy

Contact Tracing

Other municipal efforts During Pandemic: Helping collect and organize PPE, Assisting testing and vaccination

Making masks

Data Entry

E-Scribing (Robin HC, AmeriCorps and more)

EMT training with community college OR local fire department

Virtual grief counseling

Five-week virtual Seminar Series at the CDC

Moved to another city which had more opportunity to volunteer at hospitals

Medical Reserve Corps: chapters in every state, PH education and awareness; go to [UHPHS.gov](http://UHPHS.gov) to find local corps office

Volunteering in the NICU as a baby cuddler

#### **SERVICE**

Virtual visits to a residential or assisted living facility for residents there

Crisis text hotline

Food Pantry stocker

Food Delivery Service

Grocery Store work

Developed STEM activity kits for local middle schoolers

Tutoring for home-schooled kids to relieve parents

Fundraise for a good cause by baking

Virtual bike ride (Texas 4000) still able to raise \$100+K for breast cancer

Virtual 5K for breast cancer

Taught/assisted residents of nursing home with ZOOM platform so they could enjoy visits from family.

Facilitate a blood drive

#### **PERSONAL GROWTH**

Learn a language

Study an instrument

Reading; log your books; start a book club; start a medical book club

Dance lessons

Took up writing/journaling