

# MJM

## MICHIGAN JOURNAL OF MEDICINE



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### A NOTE FROM THE EDITORS-IN-CHIEF

Welcome to the latest newsletter from the Michigan Journal of Medicine (MJM), proudly brought to you by the students of the University of Michigan! As an entirely student-led publication, MJM remains dedicated to highlighting the cutting-edge scientific and clinical research conducted by our university's researchers. MJM continues to thrive with students in all editorial roles under the mentorship of faculty at the University of Michigan Medical School. Collaborating closely with Michigan Publishing Services, a division of the University of Michigan Library, we strive to uphold the highest standards of academic excellence. In the academic year 2024-2025, we are thrilled to build upon the success of last year's initiatives, particularly the Abstract Conference, which proved to be a resounding success. As the new Editors-in-Chief, we are committed to fostering a culture of innovation, collaboration, and academic growth among our peers. Join us as we embark on another exciting journey of discovery and scholarly exploration within the pages of MJM!

**-- Niki Grotewold & Brandon Lu**

# Volume 7 • 2023

## Case Report

### [Factors Influencing Underrepresented Minority Applicants' Ranking of General Surgery Residency Programs](#)

*Rita R. Shehiriana, Caroline E. Richburg, Maya J. Smith, Sonia S. Iyengar, Jessica R. Santos-Parker, Grace F. Chao and Gifty Kwakye*

## Perspective

### [Tale of Two Journeys](#)

*Kateryna Strubchevska and Marko Kozyk*

### [A Missed Opportunity to Engage Students During a Crisis](#)

*Sarosh Irani, Samuel Klein, Keerthi Gondy, Marika Waselewski and Tammy Chang*

### [A Student's Perspective: Medical Education on Caring for Patients of All Abilities](#)

*Maxwell Sievers, Bryan Aaron, Kate Panzer and Rachel Gottlieb*

## Original Research

### [Introducing Mindfulness Practices to the Healer's Art Course for Medical Students: A Feasibility Study](#)

*Kirin Saint, C. Kenzie Corbin, Michael F. Barton, Julie Barrett and Heather L. Burrows*

### [A Peristaltic Pump to Improve Bladder Emptying and Irrigation in Patients Who Use Clean Intermittent Catheterization](#)

*Arjun Rajan, Jason W. Lo, Likitha Nimmagadda, Emily R. Bozich, Jason Qu, Julian Wan and Bryan S. Sack*

# Volume 7 • 2023 (cont.)

## Original Research (cont.)

### **Survey of Medical Student Debt Status, Financial Literacy, and Desires for Financial Education**

*Anderson Lee IV, Jamaal K Tarpeh, Emma C Manuel, Kristian M Black,  
Brennan McMichael, Jesse Wilson, Niki Matsuko, Michael J Englesbe,  
Brian Fallon and Gurjit Sandhu*

### **Doula-Supported Births and Outcomes Among DONA International Doulas, 2000-2012**

*Nicole E. Trupiano, Kea Turner and Stacey L. Klamann*

# 2024 - 2025 LEAD EDITORS

## Editors-in-Chief

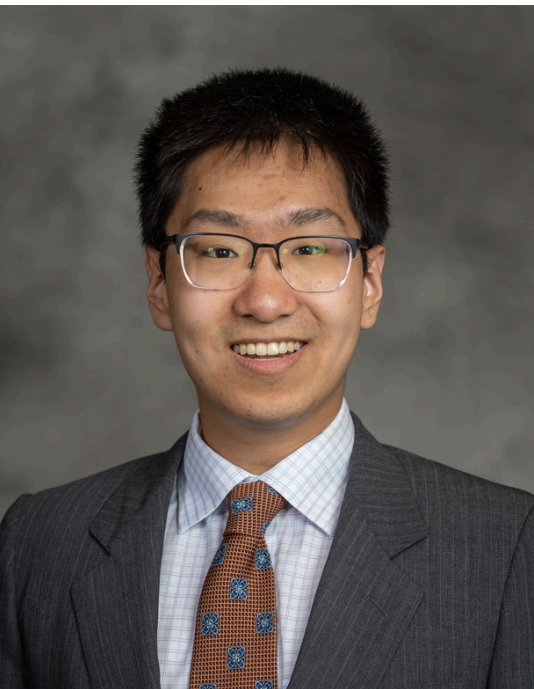
### Niki Grotewold

Niki is a third year MD-PhD student specializing in neuroscience. Niki enjoys playing soccer, tennis, and piano. He has been involved in MJM for three years and is looking forward to continuing to publish alongside healthcare students and promoting their research and stories.



### Brandon Lu

Brandon is a second year MD-PhD student interested in pediatrics genetics and researching protein/nucleic acids structure. There are countless research projects going on at UM and he is excited to help fellow students disseminate their findings with MJM. He is looking forward to seeing a diverse collection of articles as the journal further expands its reach. This will be a great year for MJM!



# 2024 - 2025 LEAD EDITORS

## Executive Editors

### Olivia Horrigan

Olivia is a third-year MD-PhD student interested in metabolic disease and its effect on inflammation, specifically researching immune cells in the context of obesity. She is currently in the beginning stages of her PhD and is excited to get deeper into her project! She loves working with people to ensure their hard work in research does not go unnoticed and MJM is a perfect platform for graduate students to learn and grow on their way to becoming seasoned researchers! As a future family physician scientist, she is looking forward to continuing to broaden the view of the journal to include many different aspects of patients' medical, social, and psychological care.



### Cyrus Najarian

Cyrus is a third year MSTP student with a clinical interest in Neurology, currently pursuing his PhD in Biomedical Engineering. His research focuses on using image and signal processing with machine learning for precision medicine, ultimately trying to improve healthcare diagnostics, prognostics, and treatments. When not passionately working on his research, he can be found playing soccer, writing murder mysteries, or playing board games with friends.



# 2024 - 2025 LEAD EDITORS

## Managing Editors

### Ashley Li

Ashley is a second year medical student whose past research work includes ophthalmology and post-partum hemorrhage. She is excited to join the MJM team to help students achieve their research goals and learn how enjoyable research can be. Outside of school, she enjoys reading science fiction, cooking new dishes, and running a book club.



### Kristen Lozada Soto

Kristen is an MSTP fellow with a profound interest in the cellular and molecular mechanisms that govern intestinal mucosal tissue homeostasis, and how these mechanisms are perturbed under inflammatory conditions. She is pursuing her graduate studies in the Molecular & Cellular Pathology PhD Program. In addition to her work in the lab, she is also involved in research projects related to health equity and healthcare disparities in Hispanic populations. She's looking forward to defending her thesis dissertation in the Fall. As one of the Managing Editors for MJM, she is excited to review the latest submissions and support her peers in successfully navigating the publishing process.





## **Sonal Joshi - Education Editor**

Sonal is currently on a research leave-of-absence and is involved in a breadth of projects spanning surgery, radiology, health equity, and interprofessional education. She brings a non-traditional background to MJM with a PhD in nuclear engineering & radiological sciences, nuclear security policy experience at the US Department of Energy in Washington, DC, as well as a medical physics residency in radiology. She looks forward to learning what her peers are passionate about and supporting their journey to publishing in MJM and beyond.

## **Francesca Giacona - Outreach & Fundraising Editor**

Francesca is a second year medical student from Grosse Pointe, Michigan. Before medical school she managed a lab at Massachusetts General Hospital with a research focus on pulmonary/critical care medicine and allergy/immunology. She's excited to serve as a lead editor for MJM and hopes to further increase publishing accessibility and reach for her incredible classmates and their research. In her free time she loves to write and tend to her jungle of plants.



## **Michael Greenstein - Technology Editor**

Michael is a first year medical student passionate about musculoskeletal health, patient-reported outcomes, and healthcare quality improvement. He is eager to explore the dynamic world of medical research. Research is pivotal for driving innovation in healthcare, yet it can appear daunting to beginners. MJM presents an exceptional chance for students to actively participate in the academic publishing process, as a research investigator or peer reviewer. He is excited to join the MJM team and collaborate with peers to further develop skills needed to integrate academic medicine into clinical practice.



**“RESEARCH  
IS SEEING  
WHAT  
EVERYBODY  
ELSE HAS  
SEEN AND  
THINKING  
WHAT NOBODY  
ELSE HAS  
THOUGHT.”**

**-- ALBERT  
SZENT-GYÖRGYI  
MD, PHD**

*Nobel Prize in Physiology  
and Medicine (1937)*

## MJM Speaker Series

Keep an eye out for updates on our upcoming MJM speaker series, where you'll have the chance to connect with faculty and staff who share valuable insight on research skills and a diverse range of opportunities.

## Call for submissions

Are you interested in publishing your first journal article and in need of support? Or perhaps you're seeking a platform to showcase your passion on a particular topic? Maybe you're applying for residency this fall and want to enhance your ERAS application with a research article.

Whatever your reason, we welcome you to visit our website and submit a manuscript to MJM. We are currently accepting rolling submissions for Volume 10!

<https://journals.publishing.umich.edu/mjm/submissions>

## Contact us!

Please let us know if you have any questions or if you are interested in becoming involved with MJM by emailing [editorinchief.MJM@umich.edu](mailto:editorinchief.MJM@umich.edu)





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