

Keeping Our Eye on the Prize

We made it through our first year of podiatry school! We have learned an incredible amount of information in a very short time and we may have even retained some of it! If you need someone to identify a neutrophil or a parietal cell then we have got you covered. We can--with a quick refresher--draw the brachial plexus, walk through the clotting cascade, and list the brainstem nuclei.

We have spent a lot of time learning how to become physicians first. Working and studying alongside our Doctors of Osteopathic Medicine (D.O.) colleagues has been a boon for our education but it also offers a unique challenge: in the thick of the basic sciences it can be easy to lose sight of our end goal which is to be the best *podiatric* physicians that we can be. When a family member or friend asks us to diagnosis their foot deformities over Christmas break it becomes apparent how much we still have to learn.

One important way that we stay focused on our end goal is our podiatry specific club activities. One exciting activity put on by the American College of Foot and Ankle Surgeons in conjunction with our Introduction to Surgery class was the suture competition. Each class member competed for prizes in a timed event where the speed and quality of our sutures were assessed.

Another opportunity to get our minds off of basic sciences and focus on our goals is to volunteer at various homeless shelters in the Phoenix area where Arizona School of Podiatric Medicine (AZPOD) students and local podiatrists team up to provide care for those who would otherwise go without. First year AZPOD students have the chance to volunteer at these clinics and put to work the skills that they have learned in their podiatry classes. These experiences are rewarding and valuable.

It is helpful to know there is light at the end of the tunnel. As we go through the long and rigorous training required we need to remember our end goal is to become excellent podiatric physicians.



James Allred
AZPOD Class of 2020