

Upstate Medical University offers more than 200 electives designed to supplement our required curriculum; allowing students to explore their interests while gaining valuable knowledge.

Students are not required to take any electives during the pre-clerkship curriculum; there is ample time to complete all elective requirements otherwise. A maximum of 8 elective credits taken during the pre-clerkship curriculum may be applied to graduation requirements.

Fall Semester Electives available to MS1 Students							
Course Name	CRN	Elective Director	Email	Time and Dates	Course Description	Additional Information	
Clinical Experience Elective	MDCN2215	Zachary Shepherd Contact: Lisa Oliver	oliverl@upstate.edu	June-August	A 6-week Internal Medicine experience. You will have an extended stay in the clinical world working with members of the Internal Medicine team. You will gain insight and skills that will serve you well during the remaining three years of medical school. Students will participate in three 2-week blocks in which they will work with faculty, house staff, and, perhaps, clerkship students, in a variety of venues including the following: Outpatient Clinics (General Medicine and Subspecialty) (1) Intensive Care Unit (2) Coronary Care Unit (3) General Medicine Inpatient (4) Hematology/Oncology Inpatient. Additionally, the student will participate in a weekly small-group session with a member of the faculty to tackle a variety of topics such as clinical case review or physical exam skills.		
Basic Medical Spanish Terminology	NTD9441	Maria Lourdes Fallace	fallacem@upstate.edu	Mondays 4:30 to 7:00pm starts August 14, 2023	Basic Spanish is a foundation course that gives students a strong base to be able to learn medical terminology in Spanish. Students learn parts of the human body, organs, systems symptoms of common illnesses along with basic communication such as greetings, numbers, dates, specific vocabulary for visits to a doctor and much more. They are able to have a basic dialog and develop sentences grammatically correct using regular and irregular verbs in conjunction with other parts of a sentence in concordance with gender and number.	Medical terminology in Spanish is a skill that all medical students need to have to effectively communicate with patients.	
Introduction to Medical Spanish	INTD9442	Maria Lourdes Fallace	fallacem@upstate.edu	Wednesdays 1:00 - 3:30 pm starts August 16, 2023	The Introduction to Medical Spanish course builds on the strong foundation of the Basic Spanish level and expands knowledge of medical terminology to continue learning correct sentence construction for effective communication. Students do role play with classmates imitating situations at a doctor's office, hospital or emergency rooms. Students learn communication at a higher level with patients and the public in general. They are able to have dialogues asking more relevant questions related to the patient's complaint in grammatically correct sentences using regular and irregular verbs in the present, past tense and future tenses.		
Intermediate Medical Spanish	NTD9443	Maria Lourdes Fallace	fallacem@upstate.edu	Wednesdays 4:00 - 6:00 pm starts August 16, 2023	Intermediate Medical Spanish is a conversations level. It builds on knowledge acquired on previous levels and prepares medical students to communicate effectively with patients with limited English proficiency. Students at this level speak only Spanish in class and are able to volunteer at a local clinic, shadow a health care provider and assist him/her in communicating to the patient the nature of the problem/condition, necessary tests required, the results, as well as treatment and prognosis. They are able to inform the patient about follow up appointments and convey any other information.		
Hospice Volunteer Elective	NTD9425	Julie King MD Contact: Michele Devlin	mdevlin@hospicecny.org	7 Consecutive Thursdays 5-7pm: 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26	Hospice volunteers are trained to help patients / families cope with issues at the end of life. Volunteers will learn how to assist with the physical, emotional, and spiritual struggles of this unique time. Once trained, volunteers will be matched with families based on interests, experience, and availability. Typical activities would be: Visit, watch TV, read to patients, grocery shopping, mowing lawns, childcare, sitting with patient's so family can run errands, driving patients or families to appointments or to visit loved ones. This is a rich opportunity to assist those in your community who are living with dying, and to learn about the psych-social-spiritual aspects of the journey towards the end of life.	Located at Hospice of CNY at 990 7th N. Street, Liverpool, NY	
Physicians and Social Responsibility I	CBHX2408	Rachel Fabi	fabir@upstate.edu	1 Wednesday per month 1:15-3:15pm 9/13/23, 10/4/23, 11/15/23, 12/6/23	This is the first of a two- elective sequence that establishes a critical, analytic component in conjunction with selected health-related service activities, to provide a robust, service-learning experience for medical students to develop their understanding of and commitment to physician's social responsibility. Course content addresses a variety of topics, such as fundamentals of health systems and financing; impacts of socioeconomic disparities in health and illness; cultural diversity in clinical practice; health outcomes; advocacy skills; structure and effectiveness of the safety net; global health inequities; environmental issues in health. Exact topics are modified from year to year.		
Intro to Rural Health	FAMP 1646	Lauren Meyer	meyerl@upstate.edu	Wed, 8/16 (kick off event - 5 pm) Thursdays 9/14, 10/19, 11/9, 6 pm	This elective is required for all first-year medical students admitted to SUNY Upstate College of Medicine through the Rural Medical Scholars Program. This elective introduces basic principles related to comprehensive rural health care. The format of the course is interactive, allowing students to learn about their roles as future physicians, and pass on enthusiasm for rural practice to a new generation of future small town practitioners. Students will be exposed to specific rural health issues through small group case discussions and learn about different rural communities across NYS. Students will extrapolate from their medical school knowledge to teach a clinical case to a team of high school students, preparing their teams for a case competition each Spring.		
Literature and Medicine: Examining Issues in Primary Care	FAMP1642	Ruth Hart	hartrh@upstate.edu	Wednesdays 6-9pm	This elective will examine health issues in primary care, using the perspectives afforded by literature, film and theater. Hands-on literature and drama experiences will be part of the elective with attendance expected at live theater performances and at a local author lecture series. Topics to be included are: professionalism, resource allocation, physician-patient communication, quality of life, cultural diversity and research ethics. Class participation and discussion are the basis for assessment. The class meets late August to early December on Wednesday evenings, 6-9 pm, with occasional events on other weekday evenings. Cost for performances: \$35.00 total.		
Food as Medicine	MDCN2230	Barbara Feuerstein	feuerstb@upstate.edu	Select Wednesdays* 5 pm 8/21, 8/28, 9/5*, 9/25, 10/2, 10/16, 10/23, 11/6, 11/27, 12/4, 12/11	Lifestyle modification, including eating healthy food, is an important component in the quest to prevent and treat many of the medical problems that are challenging our country. The goals of this elective are to teach students about the practical implications of nutrition, how to cook tasty, nutritious, and affordable meals, and how to better counsel patients on their eating habits. The course consists of a combination of online modules that provide foundational information about nutrition and how it pertains to certain diseases (e.g. diabetes and heart disease) and social issues (food insecurity), as well as hands on activities such as cooking classes and practicing motivational interviewing skills. The course runs from September through December. There are 9 online modules ranging from 30-60 minutes in length. The modules can be completed on your own time during the elective block. There are also five scheduled group activities that are about 90 minutes in length and one required volunteer/shadowing experience- many fun options! There is a final project to design a recipe that will be compiled into a course cookbook. The first thirty student who sign up are the lucky ones! The course is only offered in the fall semester.		

Spring Semester Electives available to MS1 Students							
Course Name	CRN	Elective Director	Email	Time and Dates	Course Description	Additional Information	
Introduction to Medical Spanish	INTD9442	Maria Lourdes Fallace	fallacem@upstate.edu	Wednesdays 1:00 - 3:30 pm	The Introduction to Medical Spanish course builds on the strong foundation of the Basic Spanish level and expands knowledge of medical terminology to continue learning correct sentence construction for effective communication. Students do role play with classmates imitating situations at a doctor's office, hospital or emergency rooms. Students learn communication at a higher level with patients and the public in general. They are able to have dialogues asking more relevant questions related to the patient's complaint in grammatically correct sentences using regular and irregular verbs in the present, past tense and future tenses.	These electives are held only if there is adequate enrollment. Contact goodenpa@upstate.edu for more information	
Intermediate Medical Spanish	NTD9443	Maria Lourdes Fallace	fallacem@upstate.edu	Wednesdays 4:00 - 6:00 pm	Intermediate Medical Spanish is a conversations level. It builds on knowledge acquired on previous levels and prepares medical students to communicate effectively with patients with limited English proficiency. Students at this level speak only Spanish in class and are able to volunteer at a local clinic, shadow a health care provider and assist him/her in communicating to the patient the nature of the problem/condition, necessary tests required, the results, as well as treatment and prognosis. They are able to inform the patient about follow up appointments and convey any other information.	These electives are held only if there is adequate enrollment. Contact goodenpa@upstate.edu for more information	
Advanced Medical Spanish	NTD9444	Maria Lourdes Fallace	fallacem@upstate.edu	Mondays 5:00 - 7:30 pm	Advanced Medical Spanish is service learning elective that prepares medical students to communicate effectively with patients with limited English proficiency. Students at this level are able to shadow a health care provider and assist him/her in obtaining accurate history of the patient, performing a physical examination and communicating to the patient the condition, necessary tests and results, as well as treatment and prognosis at a proficiency level.	These electives are held only if there is adequate enrollment. Contact goodenpa@upstate.edu for more information	
Physicians and Social Responsibility I	CBHX2408	Rachel Fabi	fabir@upstate.edu	1/15/24 – All day Health Justice Conference attendance 2/21/24, 3/6/24 – with PSR2, 4/24/24 1:15-3:15pm	This is the first of a two- elective sequence that establishes a critical, analytic component in conjunction with selected health-related service activities, to provide a robust, service-learning experience for medical students to develop their understanding of and commitment to physician's social responsibility. Course content addresses a variety of topics, such as fundamentals of health systems and financing; impacts of socioeconomic disparities in health and illness; cultural diversity in clinical practice; health outcomes; advocacy skills; structure and effectiveness of the safety net; global health inequities; environmental issues in health. Exact topics are modified from year to year.		
Intro to Rural Health	FAMP 1646	Lauren Meyer	meyerl@upstate.edu	1/ 18, 2/15 6 pm	This elective is required for all first-year medical students admitted to SUNY Upstate College of Medicine through the Rural Medical Scholars Program. This elective introduces basic principles related to comprehensive rural health care. The format of the course is interactive, allowing students to learn about their roles as future physicians, and pass on enthusiasm for rural practice to a new generation of future small town practitioners. Students will be exposed to specific rural health issues through small group case discussions and learn about different rural communities across NYS. Students will extrapolate from their medical school knowledge to teach a clinical case to a team of high school students, preparing their teams for a case competition each Spring.		