

a day at DMU

DOCTOR OF
PODIATRIC MEDICINE

DES MOINES UNIVERSITY



8:30 a.m.
Coffee with friends:
Collaboration among students leads to
lifelong friendships.

Enjoy a profession that does a world of good

Kathie Palmersheim, a podiatric medical student at Des Moines University, and Amy Borden, a DMU osteopathic medicine student, describe their experiences in Haiti as they view photos on Kathie's laptop. The two students were members of a DMU global health service group that provided health care to more than 800 people over in a week after the catastrophic 7.0 magnitude earthquake devastated the island nation in January 2010.

Meanwhile, podiatric medical students Nathan Graves, Joshua Marshall and David Rettedal are making final changes on a manuscript about their research on the human dorsal lisfranc ligaments, the tough bands of tissue that stabilize the arch of the foot. They plan to submit their research, which was funded in part by a grant from the American Podiatric Medical Students Association, for publication in the Journal of the American Podiatric Medical Association.

Elsewhere, podiatric medical student Justin Banks smiles over winning an iPad in a video competition of the American Podiatric Medical Association. His stars in the "knock your socks off" competition were his wife, Erika, and 18-month-old son, Parley, who were playing "this little piggy."

"DMU's professionalism, the faculty and the facilities knocked my socks off," he quips.



DMU AT A GLANCE

Founded in 1898, Des Moines University offers all graduate programs in its three colleges: Osteopathic Medicine, Podiatric Medicine and Surgery, and Health Sciences. Its mission is to educate tomorrow's physicians, health educators and scientists in a collaborative environment where principles of health, wellness and research foster effective, professional and empathetic care of individuals and populations. Total enrollment is approximately 1,800 full- and part-time students.

What this means for you: All DMU programs focus on medicine and the health sciences, so faculty and students share a common orientation toward patient care.

QUICK FACTS

- Program length: four years
- Average entering class size: 55
- First-year student/faculty ratio: 7 to 1
- Class of 2015: 55 students (62% male, 32% female)
- Average age of students: 23
- Average entering grade point average: 3.41 cumulative; 3.22 science
- Average MCAT score: 23
- The first class of 30 students enrolled in 1982
- Alumni live in all 50 states, Canada, Puerto Rico and several European countries



10:30 a.m.
Meeting with my advisor:
There's always time for a
few more words of wisdom.



Doctor of podiatric medicine. A big step into a world of professional possibilities.

Podiatric medical students at DMU are trained as physicians first and specialists second, an approach that creates the greatest competence, ability and career opportunities. Taught and mentored by caring, expert faculty, DMU students benefit from a curriculum that integrates the basic sciences, body systems and problem-based learning and facilities that offer real-world experiences. That combination fosters high placement rates among students in residency programs at many of the top-recognized medical centers in the country. It's the best preparation for clinical training, board exams and patient care in a wide range of settings.

CPMS students seize opportunities to enhance their knowledge and abilities through research, campus organizations, volunteer activities, global health service trips and much more. In the process, they gain an exceptional education at an institution with an outstanding reputation.

Students in DMU's College of Podiatric Medicine and Surgery lead the nation in board exam pass rates. Preceptors seek our students for competitive residencies. Graduates hold leadership positions across the profession. And faculty members are renowned for their clinical skills and scholarly contributions.

The college was the first school of podiatric medicine to be affiliated with an academic health science center, an alliance that offers you many educational and resource advantages as well as opportunities to interact with other future health care providers.

MORE OPPORTUNITIES FOR YOU

DMU's **Global Health Program** offers students in all programs invaluable cultural, social and clinical experiences beyond the United States. Students hone their clinical skills and gain global perspectives

while serving people and communities in need. Opportunities range from short service trips to extended rotations at sites including Belize, El Salvador, Mali, St. Lucia, South Africa and Uganda.

Research at Des Moines University offers students invaluable opportunities to learn and discover. It involves collaborations across campus and with health care professionals and organizations in the community, around the state, across the country and literally around the world.

Students in DMU's doctor of podiatric medicine and surgery program can **pursue a dual degree** leading to master's degrees in health care administration, public health, anatomy or biomedical sciences. This option enables students to combine their clinical knowledge with expertise gained in the master's degree program, helping their patients and enhancing their career options. The majority of course work for the health care administration and public health degrees can be completed online. If you are interested in these options, contact the CPMS Admission Office for more information.

PODIATRIC PHYSICIANS:

- Prevent, diagnose and treat disorders and diseases of the foot and ankle for patients of all ages
- Surgically and orthopedically correct foot and ankle problems
- Care for patients with diabetes, who are vulnerable to limb-threatening complications
- Treat patients with medical conditions such as poor circulation, gout, neurological disorders and arthritis

These doctors benefit their patients with the knowledge of how conditions and function of the foot, ankle and leg affect the rest of the body and overall health. For more information about the podiatry profession, visit www.apma.org.

1:30 p.m.
Rotations: Learning
to interact with
patients and
technology.



An exceptional environment. First-rate facilities inspire confidence.

The summer after their second year, CPMS students experience rotations with physicians at **Des Moines University Foot and Ankle**, all board-certified by the American Board of Podiatric Surgery or the American Board of Podiatric Orthopedics and Podiatric Medicine. Nearly 12,000 patient visits occur at DMU Foot and Ankle annually, exposing students to a variety of pathologies and practice opportunities.

DMU's **Iowa Simulation Center for Patient Safety and Clinical Skills** offers exceptional opportunities to practice and improve clinical evaluation and treatment skills on highly lifelike medical mannequins that are programmed to exhibit a wide variety of conditions. Students can draw “blood” from these simulators, start IVs, catheterize, defibrillate, intubate and perform chest compressions. Faculty offer guidance, feedback and review. Sim center experiences let students, beginning in their first year, encounter diverse clinical scenarios, learn from their mistakes and gain knowledge, skills and confidence before they treat real patients. Watch the sim center in action: Visit www.youtube.com/dmuedu and type “simulation” in the search box.

In the **Standardized Performance Assessment Laboratory**, students participate in medical scenarios, interacting with standardized patients who are trained to play the role of actual patients.

Students then review video of their patient encounters and learn from evaluations by faculty and “patients.” This training enhances students’ interpersonal and physical exam skills. Watch a SPAL session: Visit www.youtube.com/dmuedu and type “standardized” in the search box.

The **Surgery Skills Center** includes simulation model labs, a computer technology lab and a simulation operating room lab with a digital overhead camera, laparoscopic equipment and station monitors for viewing and recording procedures. Students integrate medical knowledge and critical thinking, learn and practice fundamental and advanced technical skills, and use and explore advances in technology.

The **Gross Anatomy Laboratory** features computer-aided instruction with 32-inch flat screen monitors at 43 dissection stations. Each offers dissection instructions linked to images from Netter’s Atlas of Human Anatomy online. Video files of laboratory orientations and reviews are available to students, as are CT/MRI images, plain film radiographs and three-dimensional images converted from CT/MRI scans.

The **Human Performance Laboratory** uses computerized motion analysis equipment to assess and evaluate muscle, joint and nerve problems that contribute to movement disorders. Test results give staff and students a better understanding of the disorders to improve patient care. The laboratory also enhances DMU’s rich research environment.



QUALIFYING FOR ADMISSION

To be admitted to DMU’s College of Podiatric Medicine and Surgery, you need:

- A bachelor’s degree in any field, or 90 semester hours
- Biology: 8 semester hours with labs
- General Chemistry: 8 semester hours with labs
- Organic Chemistry: 8 semester hours with labs
- Physics: 8 semester hours with labs
- English or Language Arts: 6 semester hours
- MCAT score

See more detailed information on pages 14-15.



LEARNING FOR A LIFETIME

As a podiatric medical student at DMU, you will take the same courses as the University's osteopathic medical students during your first year and part of year two. That will equip you to think and respond

as a physician. You will benefit from a breadth of teaching methods and learning opportunities. In addition to traditional lectures, textbooks and two-dimensional illustrations, DMU students use online applications, computer animation, motion analysis and lifelike models in state-of-the-art facilities. DMU invests in technology-driven tools that make learning more efficient and real-world—a key advantage in fast-paced medical fields.

DMU's podiatric medical curriculum lets you specialize in the lower extremity but ensures you will be knowledgeable in using a variety of specialties—vascular, surgical, therapeutic, dermatological and more—to assess and treat patients.

| | AUG | SEPT | OCT | NOV | DEC | JAN | FEB | MAR | APR | MAY | JUN | JUL | |
|---------------|-------------------------------|--------------|----------------|--------------|---|---------------------|----------|----------------|--------------|------------|--------------------|-----|--|
| YEAR 1 | Orientation | | | | | | | | | | | | |
| | Anatomy | | | | | Physiology | | | | | | | |
| | Biochem/Molec. Genetics | | | Cell Biology | | Microbiology | | Pathology | | Geriatrics | | | |
| | Intro to Podiatric Medicine | | | | Immuno. | Physical Diagnosis | | | | | | | |
| | | | | | | | | | Neuroanatomy | | | | |
| YEAR 2 | Pharmacology | | | | | Behav Med | | Biomech & Surg | | | Clinical Rotations | | |
| | Cardio/Resp | | Endo | Hem | Neuro | Renal | GI/Nutri | Biomech | | Boards | | | |
| | | | | | | Lower Limb Anatomy | | | | | | | |
| | | | | | | Clin Pod Med & Diag | | | | | | | |
| YEAR 3 | Basic Surgical skills | Lwr Ext Derm | Lwr Ext Trauma | Comm Health | Principles & Practices of Evidence-Based Podiatric Medicine | | | | | | | | |
| | Clinical Rotations | | | | | | | | | | | | |
| YEAR 4 | | | | | | | | | Boards | | | | |
| | 4th Year Clinical Assessments | | | | | | | | | | | | |
| | Clinical Rotations | | | | | | | | | | | | |

YEAR 1 – BASIC SCIENCES

The first year provides core instruction in the basic sciences. Podiatric medical students share these courses with students in the University's College of Osteopathic Medicine. As the course of study progresses, they focus more on the foot and ankle. Students also complete a comprehensive course in physical diagnosis using DMU's nationally recognized Standardized Performance Assessment Lab.

YEAR 2 – BASIC AND CLINICAL SCIENCES

The second year integrates basic sciences and clinical medicine with an emphasis on the lower extremity. Students learn to identify the interrelationship and interdependence of body systems. After completing the lower limb anatomy course, they study podiatric medicine, diagnostic procedures, biomechanics and foot and ankle surgery.

YEAR 3 – EVIDENCE-BASED MEDICINE

The keystone to the curriculum is small-group problem-based learning through which students apply principles of evidence-based medicine to solve clinical cases. Students are introduced to the concepts of evidence-based medicine during the first two years and become fully immersed in case discussions and research

during the third year. Problem-based learning complements and prepares you for clinical training.

YEARS 2, 3, 4 – CLINICAL TRAINING

Students practice physical diagnosis skills on a voluntary basis during the second year. Formal clinical rotations begin in the summer between the second and third years and continue until graduation. Offered in a variety of settings, clinical experiences focus on the interaction of podiatric medical physicians with other members of the health care team, fostering understanding about the role of podiatric medicine.

Year 3 clinical rotations occur in Des Moines and surrounding areas. Students have 10 months of required rotations in podiatric medicine, general medicine, vascular medicine, orthopedic medicine and wound care.

Year 4 rotations span 11 months. Available nationwide, they include a podiatric medical/surgical rotation, core hospital rotation, podiatric medical private practice and an elective rotation.

RESIDENCY TRAINING

After graduating, students enter residency programs across the nation. DMU students often receive residencies at prestigious and well-known teaching hospitals.



At DMU, you're well-connected

DMU incorporates technology throughout the curriculum to support your education. This connected learning blends the Internet, hardware and software in ways that benefit you on campus and during off-campus clinical training. Here are the high-tech advantages that keep you in touch:

- You receive a laptop and an iPod Touch for use on campus, at home and during clinical rotations. Upon graduation, you own both.
- Wireless access connects you to the University's computer network and Internet anywhere on campus without cables or data ports.
- You can download lectures in MP3 format and, with your laptop, watch videos of your lab encounters.
- A web-based learning management system gives you access to course material, quizzes, discussion lists and other resources.
- The student portal, Pulse, is your gateway to web-based services. You can view your grades, class schedule and e-mail, and you can access other services and information through customizable pages.



5:00 p.m.
Wellness center: working
hard at taking a break.



Interesting people. From music to marathons, you'll work and play with DMU students and faculty.

DMU's **more than 50 clubs and organizations** offer speakers, presentations, hands-on workshops, opportunities to attend conferences and a wide variety of social and community service activities. Many are affiliated with national professional organizations; others focus on special interests, from pediatrics to infectious disease to holistic medicine.

DMU is the nation's first university or college to earn **platinum status for its wellness program**, the highest recognition granted by the Wellness Councils of America. The wellness center has everything you need to stay (or get) in shape. Treadmills, elliptical machines, free weights, basketball and volleyball court, exercise classes, intramural sports, healthful cooking – there's something going on all the time, and something for everyone.

Student government and club leadership are a great way to have a voice and develop or sharpen leadership skills. Many students choose to become involved with

student government or with professional podiatric medical associations at the state and national levels.

Community service is common among DMU students and employees. Just some examples are the University's popular Senior Health Fair, Girls in Science day, free sports physicals and tutoring for local school kids, services at local free clinics and outreach to homeless individuals.

The Student Education Center is your home away from home. It's a great place to study with friends, utilize the library, grab a beverage and a bite to eat in the cafeteria, curl up by the fireplace, take a TV break or unwind with a game of pool or ping-pong in the game room.



DES MOINES

9:30 p.m.
Downtown Des Moines: One of the first things I learned is how cool Des Moines is.



PHOTOS COURTESY OF THE GREATER DES MOINES CONVENTION AND VISITORS BUREAU

Many options and some great surprises. Like DMU, Iowa's capital city offers plenty to do.

Des Moines is a metropolitan city with an area population of more than 530,000 and lots of recreation, restaurants, entertainment venues, museums, professional sports and more.

The **DMU neighborhood** is known for its historic homes, shaded lawns and stately surroundings. The governor's residence at Terrace Hill is just a few blocks east. Many reasonably priced apartments are within walking distance of campus; many students, in fact, live right across the street. Grocery stores, shops, restaurants, pharmacies, banks and other services are located nearby. And while many students live near campus, others choose great housing options elsewhere in Des Moines or its suburbs. Wherever you live, the campus is within a 30-minute drive. And that's during rush hour.

Downtown Des Moines is a contemporary urban center with something for everyone. It features a new outdoor sculpture park, the Science Center of Iowa and IMAX Theater, Wells Fargo Arena, Broadway shows, baseball and arena football and an abundance of loft-style housing. Historic Court Avenue offers a variety of restaurants and music, and East Village offers distinctively different art, shopping and cuisine. During warm weather, the Downtown Farmers Market on Saturday mornings draws thousands who buy fresh produce, baked goods and much more.



DES MOINES ADDS UP!

- #1 best city for young professionals** – *Forbes.com*
- #1 best place to raise a family** – *Farmers Insurance Group of Companies*
- 4th best city in America where you can get the best bang for the buck** – *Forbes.com*
- 3rd most livable city** – *American City Business Journals Inc.*
- 4th among best cities for business** – *MarketWatch*
- 6th best city to relocate to in America** – *CNBC.com*
- 17th strongest U.S. metro economy** – *Farmers Insurance Group of Companies*
- One of the 18 "coolest places" to live in America** – *Men's Journal*
- 18th of the top 50 "most blissful" cities in which to work** – *CareerBliss*
- 35th of 200 largest U.S. metro areas in "brainpower"** – *Portfolio.com and American City Business Journals Inc.*

DES MOINES HIGHLIGHTS

Safe neighborhoods, great public and private schools and many family-friendly events and attractions

12 colleges and universities and nearly 300 houses of worship representing 79 denominations or faiths in the metro area

Miles of bike paths, three lakes and more than 130 parks in the metro area

A thriving economy with strong agricultural companies, biosciences, health care, insurance, finance and more

Where Des Moines doesn't rank highly: in per-capita crime or cost of living. That's why, as the city motto says, Des Moines lets you "do more."

For more information about Des Moines, check out:
www.seedesmoines.com
www.desmoinesmetro.com



1 HAVE WHAT IT TAKES

Most applicants will have earned a bachelor's degree prior to enrolling at DMU; however, a student may be admitted to the DPM program after completion of at least 90 hours of undergraduate course work. To qualify for admission, we require a cumulative grade point average of at least 2.5 or higher, and require that you complete each of the following prerequisites. You may apply while prerequisite courses are in progress, but you must have a plan in place to complete course work prior to matriculation.

REQUIRED COURSES

- **Biology:** 8 semester hours, with lab
- **General Chemistry:** 8 semester hours, with lab
- **Organic Chemistry:** 8 semester hours, with lab (may substitute biochemistry for up to 4 hours of organic chemistry)
- **Physics:** 8 semester hours, with lab
- **English or Language Arts:** 6 semester hours

ADDITIONAL HIGHLY RECOMMENDED COURSES. Suggested undergraduate courses include biochemistry, genetics, comparative anatomy, mathematics, psychology and medical terminology. All work must be from a regionally accredited institution.

TAKE THE MCAT. You must complete the Medical College Admission Test (MCAT) to be considered for admission.

SEE FOR YOURSELF – COME FOR A VISIT.

Still not certain this is the school for you? We'd be glad to show you around the campus and answer questions. To arrange for a tour, call the CPMS Admission Office at 800-240-2767, ext. 1538, or 515-271-1538. Or send an e-mail to CPMSadmit@dmu.edu.

2 APPLY YOURSELF

APPLY ONLINE through the American Association of Colleges of Podiatric Medicine (AACPM) application service. Here's the procedure:

1. DOWNLOAD AND SUBMIT AN APPLICATION THROUGH THE APPLICATION SERVICE AT WWW.AACPM.ORG.

Applications are available through AACPM starting in August for admission in the following year.

2. SUBMIT YOUR APPLICATION TO AACPM no later than May of the year you anticipate entering the program.

We have a **ROLLING ADMISSION PROCESS*** and recommend that you submit your application early in the cycle. This will increase your likelihood of being selected for an interview. Note that you can apply to only one DMU clinical program at a time.

**What is rolling admission? Here's how it works: We evaluate applications throughout the year as they are completed. By the nature of this process, the entering class could be filled early during the admission cycle. By applying early, you have a greater likelihood of being interviewed and accepted into the program.*

FOR INTERNATIONAL STUDENTS

Effective starting with the 2012-2013 academic year, individuals who are not U.S. citizens or permanent legal residents are not eligible for admission to DMU except for its post-professional doctor of physical therapy program and its master of public health online-only program. If you have questions about the University's international student policy, call 515-271-7498 or e-mail dmuadmit@dmu.edu.

3 GET IT IN WRITING

LETTERS OF RECOMMENDATION.

Along with your application, we require letters of recommendation that attest to your academic performance and prior exposure to podiatric medicine with a D.P.M. To provide this information, you need to submit:

- One letter from a science professor, academic advisor or pre-professional advisory committee, and
- One letter from a doctor of podiatric medicine

These letters should be on the letterhead of the writers and sent by them directly to:

**CPMS Admission Office
Des Moines University
3200 Grand Avenue
Des Moines, Iowa 50312-4198**

Letters are also accepted electronically through Interfolio and Virtual Evals.

4 THE INTERVIEW

COME PREPARED.

All completed applications are reviewed for a possible interview. An on-campus interview is required for admission. Only those applicants being strongly considered for admission will be invited for an interview. Candidates not offered an interview are notified that they are no longer being considered for admission.

5 WELCOME TO DMU!

Admission decisions are made within two weeks of your interview, so you'll know right away whether you are accepted. Then you can start packing your bags to begin the first steps in your DPM education.

STATEMENT OF NONDISCRIMINATION: Des Moines University does not discriminate on the basis of race, color, gender, creed, national origin, age, marital status, sexual orientation, or disability in employment, admission, or access to education programs, activities, or health care. **DEFINITION OF DIVERSITY:** Diversity at Des Moines University is a campus environment shaped by individuals and groups that offer a broad spectrum of cultural differences, life experiences, and distinct characteristics they bring to our institution. These include, but are not limited to, educational background and performance, gender, ethnicity, age, socio-economic background, leadership qualities, employment experiences, talents, geographical background, and other attributes that affirm the University's commitment to creating an inclusive environment.



ACCREDITATION: The College of Podiatric Medicine and Surgery is accredited by the Council on Podiatric Medical Education of the American Podiatric Medical Association, 301-571-9200. The council is recognized by the U.S. Department of Education and the Council on Postsecondary Education as the specialized accrediting body for podiatric medical education. The council also approves residencies in surgery, orthopedics and primary care podiatric medicine. **FINANCIAL AID:** Many students need help with tuition and living expenses, and financial aid is available for this program. For current tuition rates and more information on financial aid, please visit our website or contact the Financial Aid Office directly at 800-240-2767, ext. 1470, or 515-271-1470; e-mail: financial.aid@dmu.edu. **TECHNICAL STANDARDS:** Candidates for the DPM Program must be able to quickly, consistently, and accurately integrate all information received, and must have the ability to learn, integrate, analyze, and synthesize data. Candidates must be able to meet minimal

technical standards in order to be admitted. A list of these standards is available at www.dmu.edu/CPMS/pm/technical_standards.

This brochure has been prepared for general information purposes only. Des Moines University reserves the right to make program changes without notice. 2.25K 10-11

QUESTIONS?

We welcome your questions! Give us a call or reach us via e-mail at CPMSadmit@dmu.edu. For more information about the DPM Program, visit our website at www.dmu.edu/cpms.

HOW TO REACH US:

CPMS Admission Office

515-271-1538

Outside the 515 area code, call 1-800-240-2767, extension 1538

E-mail: CPMSadmit@dmu.edu



**DES MOINES
UNIVERSITY
DOING A WORLD
OF GOOD.**

