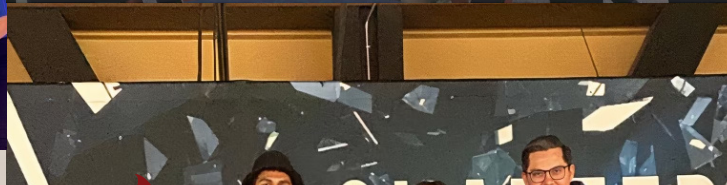
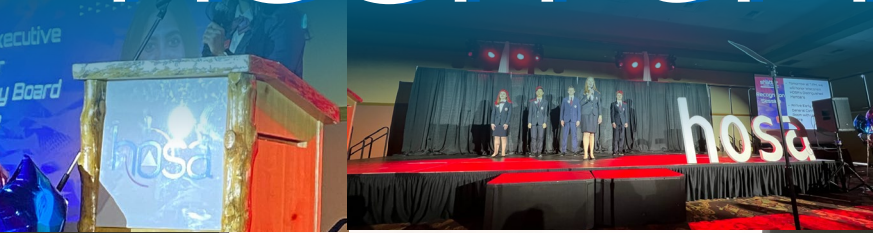


# HOSA eMagazine

SPRING 2022



*Sharing*  
the Moments



# MAKING THE MOST OF ILC

**Hello HOSA members!** On behalf of the International Executive Council (IEC), we would like to extend a warm welcome to all members attending the in-person 45th International Leadership Conference! Since this is our first in-person ILC since 2019, we thought it would be useful to outline some of the pertinent information necessary to maximize your ILC experience and detail some advice from IEC officers who have previously attended both in-person and virtual ILCs. The competitive events HOSA offers are certainly a crucial aspect of the conference; however, it is one among the plethora of opportunities to take advantage of! "HOSA University" is a new opportunity at ILC that includes several different courses, or series of workshops, specifically catered to members with varying experience levels in HOSA.

Whether you are a new member looking to learn how to get involved in your chapter, an experienced state officer or chapter advisor who wants to advance their chartered association, there are workshops for you. With a \$25 fee, this brand new HOSA experience will allow you to obtain invaluable skills. Make sure to check it out! Special thanks to Goodheart-Willcox for sponsoring the Advisor Leadership Development University - New Chapter Advisors and Experienced Chapter Advisors at the 2022 ILC.

In addition to the more competitive or "work-oriented" elements of the conference, HOSA provides several tourist attractions and activities for you to kick back, relax, and enjoy! Some of the festivities include:

- **The Gaylord's SoundWaves** enormous indoor/outdoor waterpark
  - Wednesday-Saturday 6/22-25 from 8 am -8 pm
  - Tickets purchased through hotel reservation link
- **"Cruising Aboard the General Jackson"** - a 300 foot, 4 deck boat ride along the Cumberland River with a live show in its two-story Victorian theater
  - Friday and Saturday 6/24-25 from 6:30-10:30 pm
  - Transportation included in cost
- **"Grand Ole Opry Performance"** - dedicated to honoring the country music's past and dynamic present, the show features a mix of legends in country and contemporary music. Two notable members who could appear include Blake Shelton and Carrie Underwood
  - Friday and Saturday 6/24-25 from 6:15-9:45 pm
  - Transportation included in cost
- **"Nashville Behind the Scenes"** - Take a behind the scenes tour of the "Mother Church" of country music called the Ryman Auditorium.
  - Saturday 6/25, 9 am- 1 pm
- **"Nashville Zoo at Grassmere"** - Come check out the over 2100 animals Nashville Zoo hosts!
  - Saturday 6/25, 9:30 am - 2 pm



Outside of the HOSA's engaging curriculum and Nashville's tourist spots, you can enrich your conference experience through our several workshops and educational symposiums. These sessions are tailored towards your interests in healthcare and HOSA, and we highly encourage you to attend as many as possible! The opportunity to listen to experts in their respective fields and gain insight from these professionals is priceless, and it could very well spark an interest you never knew you had.



You will undoubtedly meet countless new people over the course of your time at ILC – make the most of this networking opportunity at the annual HOSA Expo! Every year at ILC, HOSA hosts an exhibition with over 100 exhibitors who share more about their work, their role in healthcare, and how students like you can get involved. Whether you are a freshman in high school or undergraduate preparing for medical school, the network you can build at this event can be beneficial for obtaining experiences and/or jobs in the future. The exhibitors are there on behalf of the HOSA members – understand that you are the future of healthcare, and choose to make the first step towards that future by exploring what the world has to offer.

Overall, ILC would not be the same without such engaging and insightful events. However, there is one group of special students that ensures the smooth experience we all enjoy: **Courtesy Corps!** From assisting judges, working at the HOSA store, to assisting with educational symposiums, courtesy corps is an integral part of any HOSA conference. If you are interested in working behind-the-scenes and playing an indispensable role at ILC, contact your State Advisor with your interest in serving as a member of the Courtesy Corps.

With ILC starting in just days, here are some **final reminders** you might want to keep in mind:

- Registration was due **May 15, 2022**. Be sure to talk to your chapter to figure out logistics and payment to avoid last-minute complications.
- If you have trading pins from your home state, bring them to ILC! We will be hosting members from all across the globe, and we love the diversity and unique spirit each of you bring.
- Competition
  - Read your competition guidelines thoroughly before your event.
  - Complete the following forms, which can be found at [hosa.org/ilcforms](https://hosa.org/ilcforms)
    - Pre-Conference Release Forms
    - HOSA ILC Code of Conduct
    - Tallo is the vehicle HOSA competitors use to showcase their work
  - Submit your applications on Tallo **on time**. These are hard deadlines, and we want all competitors to showcase their work!
- Official HOSA Uniform
  - We cannot stress this enough – do not forget your HOSA uniform! At ILC specifically, you will not be allowed on stage (even if you won 1st) to collect your prize, unless your uniform is appropriate. Check out our graphic with all the uniform information you need: <https://tinyurl.com/hosafhpdresscode>

## Advice

WOW! That was a lot of information and if you have made it this far in the article, we applaud you. This final brief section will offer 3 key pieces of advice that IEC officers learned from attending previous ILCs.

**1.** As previously mentioned, there is A LOT to do. At any given, moment there are innumerable opportunities to take advantage of. One suggestion is to pretend the conference is a family vacation you are planning. Before attending the conference, you should read the 2022 ILC program to get a better understanding on everything the that is available and plan what workshops and events you would like to attend.

**2.** There are a lot of people at ILC! Over 10,000 people from all over the WORLD will be attending the conference. That makes ILC a once in a lifetime opportunity to meet people you would normally never have the chance to connect with. Every IEC officer can attest to the fact that some of their closest friends and most memorable experiences have been made with those they met at ILC. Take the time to meet as many people as possible, trading pins and making friends!

**3.** Finally, have fun! The international conference will be one of the most action-packed, amazing experiences you have ever had! Enjoy every moment of your stay in



# Hidden Gems in Healthcare

Healthcare consists of a vast range of pursuits, each with different education and certification levels. Here, we will explore four indispensable professional areas of work for the global health community.

## Social Workers

Social workers empower people and communities by striving towards social change, development, cohesion and the empowerment of people and communities. There are three levels of social work practice, focusing on different patient populations. Micro social work involves family and small-group individual services; mezzo social work operates with larger groups of people in settings such as schools, hospitals, or prisons; social work at the macro level encompasses research, community based initiatives, and policy making. This line of work addresses vulnerable and oppressed populations—they are educated and trained to address social injustices and barriers.

If diversity or cultural competence is what draws others to you, consider the Social Work career field. For more information, please visit: <https://socialworklicensuremap.com/>.

## Dietitians

The experts in food and nutrition to promote well-being and prevent disease are dietitians. Registered dietitians teach people and populations about food, nutrition and health; they can help diagnose and treat illness. Dietitians help maintain healthy eating habits for their patients by creating personable nutrition plans, considering food preferences, socioeconomic barriers, religious beliefs and necessary medical adjustments. Dietitians take on consulting roles in government positions, insurance companies and nonprofit organizations, addressing larger populations regarding nutrition and food in these positions.

If you are interested in nutrition and dietetics, this profession might be a nice fit for you. For more information, visit <https://www.bls.gov/ooh/healthcare/dietitians-and-nutritionists.htm#tab-2>

## Community Health Workers

According to the American Public Health Association, a Community Health Worker (CHW) works on the frontlines of their communities, connecting health and social resources to community members. CHWs are invested in the communities they serve. They work to build trust and educate themselves to know their communities well. By staying close with the communities they serve, CHWs ensure they can properly support their communities inclusively and equitably and in a culturally competent way. CHWs undertake many actions in their communities, such as conducting Health Education, providing social support, and conducting advocacy.

If you are interested in Public Health, Social Work, or initiatives in Diversity and Inclusion, consider the CHW profession. For more information, please visit: <https://www.apha.org/apha-communities/member-sections/community-health-workers>.

## Physical Therapists

Physical Therapists (PTs) work with individuals to improve their physical well-being and health. Through exercise, education, patient interactions, and care, PTs engage directly with their patients. PTs hold a wide spectrum of duties for a wide spectrum of patients – from senior citizens to newborns. They work to diagnose, examine, and treat patients to improve their movement and function and reduce pain. You can find PTs working in multiple settings – from clinics and hospitals to nursing homes.

If you are interested in Fitness, Physical Education, or directly working with patients, the Physical Therapist profession may be a good fit for you. Visit the following website for more information: <https://www.apta.org/your-career/careers-in-physical-therapy/becoming-a-pt>.





# AN INSIGHTFUL HOSA-FUTURE HEALTH PROFESSIONALS SPRING CONFERENCE SEASON UNLIKE ANY OTHER

The 2022 Spring Conference season comes to a close at the tail end of a global pandemic that has affected each of our lives. While it is imperative to be cautious of rising cases in key geographic areas in the United States and across the globe, HOSA is excited to be celebrating the achievements and accomplishments of its members in-person at this year's International Leadership Conference in Nashville, Tennessee.

For Sricharan, this year marks a rebirth of what it means for HOSA-Future Health Professionals to be "in-person," reconnecting with HOSA members, advisors, industry professionals, and key stakeholders at conferences, in meetings, and "in-person." Sricharan's year as President-Elect last year, dominated by virtual conference visits and a virtual International Leadership Conference, has distinct parallels from this year - a unique barrier this year's IEC has effectively navigated.



For Kartik, quite the opposite. Kartik could have never imagined becoming involved as part of the International Executive Council (IEC) again. Having served as HOSA's Secondary Board Representative on the IEC from 2018-2019, being on stage for HOSA's most recent *in-person* International Leadership Conference in 2019 at Orlando, he is more excited than ever to have served this past year as President-Elect and looks forward to stepping in the role of International President this June.

Spring conference season is one of the most exciting parts of the year for the IEC. It is a time we get to join associations for the State Leadership Conferences. Kartik and Sricharan both visited a plethora of state associations both virtually and in-person these last few months. From giving keynote addresses at the SLC's (an IEC first!), to commemorating the successes in our HOSA family, this season was definitely one for the books!

For Kartik, the conferences, workshops, and panel discussions characteristic of the Spring season ranged from the Carolinas (North and South!) all the way to Alaska's virtual conference.

In February, Kartik was able to speak at the 2022 "Value of CTE" panel for United States Capitol Hill and Congressional Staff, commemorating CTE month alongside DECA, TSA, and FCCLA leadership.

As part of the panel, Kartik was able to share the value proposition of investing in health, health science education, and health industry professional workforce programs. Kartik shared the fact that he has witnessed firsthand HOSA's boundless potential in connecting students to the health industry pipeline to minimize long-term workforce shortages in one of our country's fastest growing industries: health.

To the audience of U.S. Capitol Hill and Congressional staff, Kartik emphasized the need to recognize that "technical programs aren't any less rigorous or valuable than non-technical programs... as policymakers and professionals, you deal with a lot of change but a constant that is faced has been workforce development - workforce shortages - industry shortages. Folks in technical programs are really a population of professionals that can help us bridge the gaps that all industries face. That's why it's an honor to be here representing a career and technical student organization that believes in serving as an **early intervention**



**program** for middle school, secondary, and postsecondary/collegiate students - that we can connect our students to the health industry pipeline - that we can prepare them with the appropriate resources necessary to minimize workforce shortages and enhance workforce development."

The panel can be viewed in its entirety at the following [link](#).

In March, Kartik had the privilege of going on a "tour of the Carolinas," attending both the North Carolina HOSA and South Carolina HOSA State Leadership Conferences. It was Kartik's honor to represent HOSA-Future Health Professionals at his home state of North Carolina, where Kartik delivered the Annual Keynote Address to thousands of members, advisors, and industry professionals and presented several workshop sessions.

In his extended keynote address (the first he had ever delivered,) Kartik stressed how personal health and healthcare are for HOSA members. He shared that "we do a disservice to the field of health when we restrict it to the laboratory - when we restrict it to the hospital - when we restrict it to the doctor's office. If there is anything - anything - we have learned in the past couple of years, it's that health and healthcare cannot be taken for granted. We can't take our health for granted, and neither can the future of the health industry."

Kartik instilled in North Carolina HOSA the importance of *believing* and keeping the *faith*. "We have it in us," Kartik said, "we have it in us - to rise up - to rise up to the challenge. I am faithful to what we do. I have faith in all of you. It is that faith that will push us forward on our journeys. So today I ask you to keep the faith. Keep the faith in a tomorrow not seen before. Faith that we have more tomorrows than we do yesterdays. Faith that we have the ability and capacity to move forward - to move forward when things get tough - to move forward when things get difficult - to move forward in the face of adversity - uncompromisingly and unrelentingly, understanding the enormity of the challenge that is before us."

To view Kartik's keynote address, [click here](#) or interact via LinkedIn for the highlights [here](#).

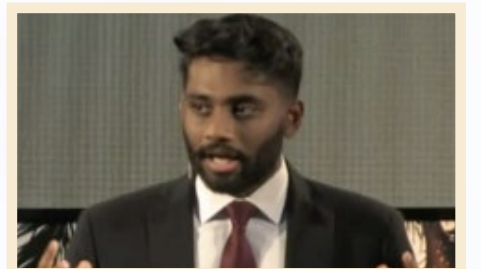
To the Florida HOSA family, Sricharan brought an invigorating message on the most important trait to possess as an aspiring health professional and leader - Tenacity. Sricharan broke it down into the subcomponents of interpersonal tenacity, and intrapersonal tenacity.

Interpersonal tenacity deals with the humanity that persists through healthcare. While COVID-19 may have taught us to socially distance and maintain 6 feet, the concept of being there for one another is a fundamental pillar in healthcare that can never be forgotten.

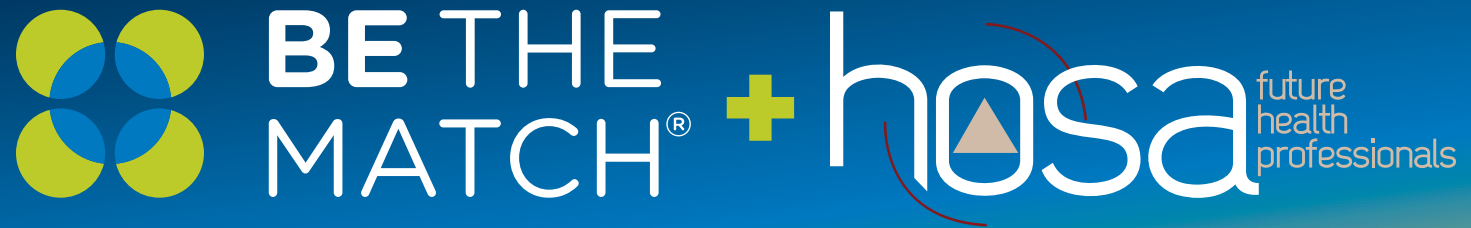
Intrapersonal tenacity deals with self. The idea of resilience. The concept of getting back up, even when things go wrong. The mindset to adapt and keep pushing forward to make a difference for our future patients.

To view Sricharan's address, click [here](#).

HOSA's International Executive Council has attended over 20+ conferences this spring alone and cannot wait to see members, advisors, and guests at this year's International Leadership Conference - the most eagerly anticipated ILC yet - in Nashville, Tennessee.







**BE THE MATCH® IS NOW THE PREMIER HOSA SERVICE PROJECT PARTNER!**

**HOSA chapters are saving lives**—adding new potential marrow donors to the Be The Match Registry® and fundraising to support patients and their families through their transplant journey.



### DID YOU KNOW?

You can receive registry drive and fundraising kits for **FREE** when you email [HOSA@nmdp.org](mailto:HOSA@nmdp.org)

## FUNDRAISE FOR PATIENTS

From tissue-typing a donor's swab kit to providing financial assistance grants, every dollar makes a difference for patients and their families.



**\$20**

Covers the cost to send a "Box of Hope" care package to a patient



**\$120**

Covers the cost to add one potential marrow donor to the Be The Match Registry



**\$500**

Secures one week of temporary housing during transplant recovery



**\$2,000**

Helps families make ends meet while the caregiver provides full-time care

**EMILY, A COLLEGE STUDENT AND MEMBER OF HOSA-FUTURE HEALTH PROFESSIONALS DONATES LIVE-SAVING BLOOD STEM CELLS TO**

## HELP A COMPLETE STRANGER

While many college students were studying for finals or preparing to go home for the holidays last December, one junior at Wofford College in South Carolina was traveling to Seattle to donate blood stem cells to potentially save a stranger's life.

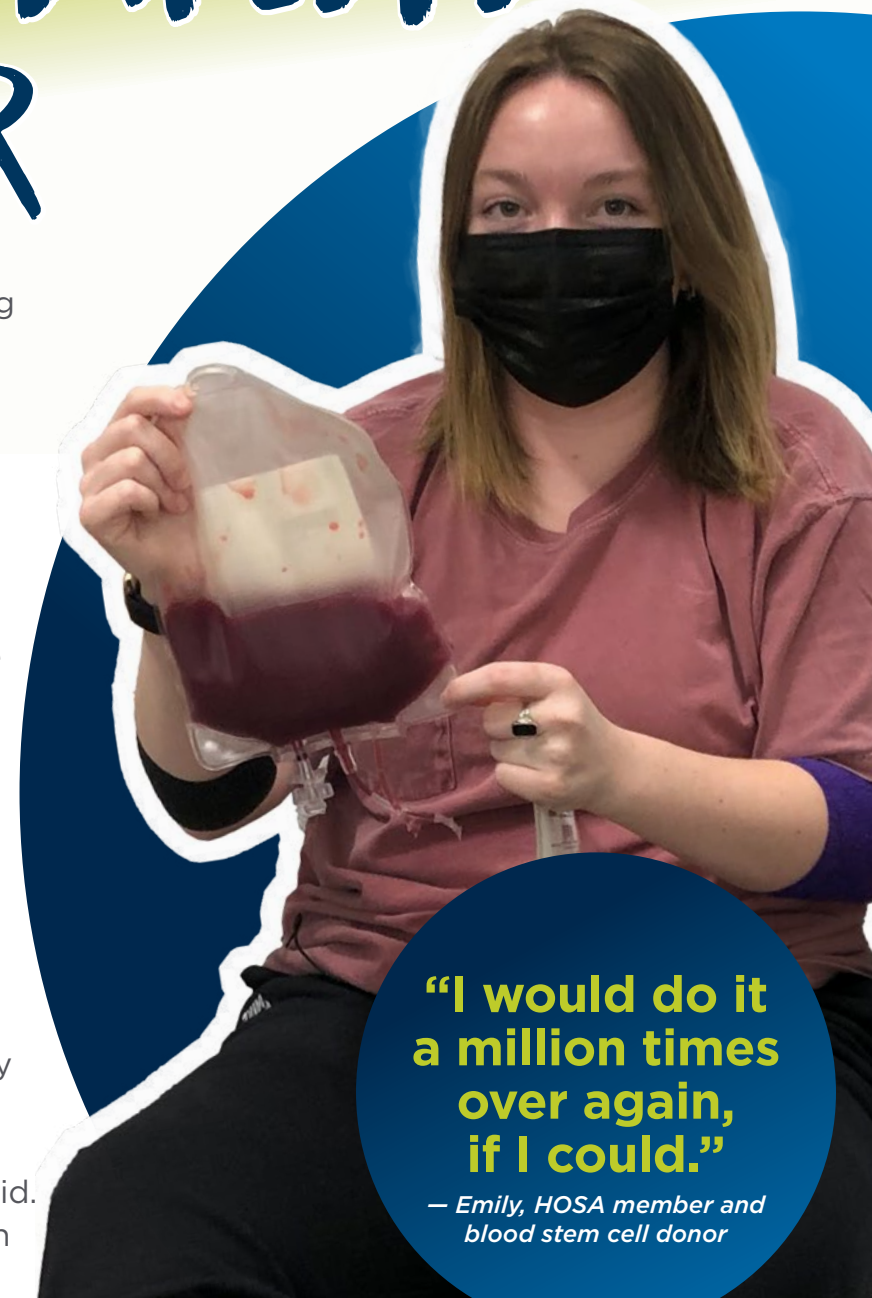
When HOSA and Be The Match kicked off a partnership, Emily requested a swab kit to join the registry and see if she could be a match for someone in need.

**"HOSA members have that compassion, and they have the drive, and so I think that makes HOSA and Be The Match, the partnership between the two, the most perfect thing," Emily said.**

Emily got the call that she was a match for a patient in 2021. When she found out that she would have to travel across the country to the Be The Match collection center in Seattle, she didn't hesitate. "I have had no reservations about the entire thing," she said. "This has been, literally, the easiest decision and process I've ever been through in my entire life, and I'd do it again."

"The process didn't hurt," said Emily, who donated peripheral blood stem cells. "I'm honored that I got to do that," she said.

**WATCH EMILY'S STORY! ►**



**"I would do it a million times over again, if I could."**

— Emily, HOSA member and blood stem cell donor

### QUESTIONS?

Visit [BeTheMatch.org/HOSA](https://BeTheMatch.org/HOSA) or email [HOSA@NMDP.org](mailto:HOSA@NMDP.org)



# YOUR LIFETIME OF SERVICE BEGINS NOW

Hannah Eckstein & Angelina Yu

Service to others is not only a core value of HOSA; it is the foundation of all health professions. HOSA members recognize and embrace this reality. Often, students view serving others as a means to an end, a way to get a certain number of hours or build their resumes. We in HOSA know this is not the intended purpose. We know service extends far beyond the hours we spend or the activities we do. It directly reflects our dedication to our community and the world beyond as we strive to become impactful global citizens.

To further our emphasis on community service, HOSA continues to proudly offer its members the chance to be recognized for their work through the Barbara James Service Award. The Barbara James Service Award begins at the Chartered Association level and then extends to International recognition. HOSA members can submit hours to be recognized at Bronze, Silver, and Gold levels at the International Leadership Conference. . Below are five (5) examples when HOSA members share their passion for service, they broaden their healthcare horizons.

## Cards & Letters for Hospice Centers and Retirement Homes

Because of the ongoing COVID-19 pandemic, several hospice centers and retirement homes do not allow many people to volunteer inside the buildings or interact with the patients. However, the elderly in these homes still need meaningful interaction with others. To facilitate this, HOSA members can start a letter and card campaign.

**What do we do?** You can do this on your own or with a group. First, contact the facility you would like to work with. We recommend working only with one location. While it may feel more impactful to write to several homes, the depth of your impact will be far greater with only one location. After getting their permission, start writing letters or making cards. Because of privacy regulations, you most likely will not be able to have the name of a specific patient; however, you can still write a letter without their name or send a card addressed to anyone. The key is to continue this project. Send cards for every holiday and even just for fun. Don't just write little phrases; give them meaningful content.

**What is the time commitment?** As much or as little as you want! The more time you spend on this project, the greater your impact.

**How does this relate to healthcare?** Throughout this community service, you may interact with nurses and doctors in geriatrics, the branch of medicine dedicated to the health and care of the elderly. Additionally, many of these centers are staffed by Certified Nursing Assistants and Certified Medical Assistants. These are certificates high school students can pursue in many states!

## Community Blood Drive

Right now, the American Red Cross reports a national blood crisis. To put it simply, there is not enough donated blood for all the patients who need it. You can help end the shortage by hosting a community blood drive.

**What do we do?** Do some research and find your local blood bank. If you don't have a local organization for donations, contact the American Red Cross, and they will help you find one or partner directly with you. Find a date, time, and location. Usually, blood drives last most of the day, and they need to be at a central location in your community. You could host it at your school, a local religious center, or a community center, just make sure it is recognizable and easy to find. You will need a group of volunteers to help with set up, tear down, and all the time between. Enlist your local HOSA chapter to help!

**What is the time commitment?** As previously mentioned, blood drives usually take a whole day. Many organizations choose to do an annual or semi-annual drive.

**How does this relate to healthcare?** The health professionals taking the blood are phlebotomists. They are certified technicians who take blood for donations, tests, and transfusions. Phlebotomy is an allied health career, and it can take a year or less to get the certification. Phlebotomists not only work at blood drives; they are also a key part of hospitals and clinics nationwide.

## Vaccination Campaign

The past few years have made the importance of vaccines apparent. One of the most essential vaccines is often forgotten about: the annual flu vaccine. It saves lives and keeps people from getting sick, yet millions of people do not get the shot. Sometimes, people just need to be reminded to head to the pharmacy to get their shot, and you can do that!

**What do we do?** If your school does not already have a day for teacher and staff vaccinations, speak to your administration about starting one! Reach out to your local pharmacy or community health center about posters you could put up at school or hosting a vaccination drive at a central location. A vaccination drive runs in the same way as a blood drive: find a central location and convenient time and day and get going!

**What is the time commitment?** People should try to get vaccinated prior to flu season, so schedule a time close to the start! The time commitment depends on how much you want to put in. It can be as simple as an hour hanging up posters or a day-long drive.

**How does this relate to healthcare?** Every day, public health experts are trying to find solutions to different health-related problems, including vaccine hesitancy and lack of vaccinations. By hosting your own campaign, you can get a taste of what it's like to be a public health professional. *BONUS: Interview a public health expert in your community before you begin your campaign to hear their ideas and learn more about the career!*

## Be The Match Donor Registration Event

Of course, we can't mention community service without highlighting our partner organization Be The Match. Be The Match focuses on building a robust network of potential donors for patients afflicted with blood cancers. They are constantly looking to expand their network of donors to constantly increase the possibility of finding matches! You can help out by holding registration events at your school!

**What do we do?** To hold a registration event, first contact a Be The Match Representative through the Be The Match website. This Representative will assist you in organizing your event either virtually or in person. From there, reach out to your school's population and friends and family. Ask them about their knowledge of Be The Match and show them how easy it is to sign up and get involved!

**What is the time commitment?** Most of the time for this event will come from planning. Expect to spend at least two weeks in contacting the Be The Match Representative and finalizing a location for the event, then also plan to spend time creating marketing materials and creating a general list of expected attendance. The event itself should only take a few hours, but those hours will be the fruition of weeks of hard work!

**How does this relate to healthcare?** Be The Match assists patients across the world and connects donors with recipients in ways previously unimaginable. By helping Be The Match, you are helping save someone's life! This project will not only help contribute to a larger purpose but also help you become familiar with the process of donor registration. This may be a skill very useful in the future, especially for careers in larger hospitals and public health campaigns.

## Be My Eyes Visual Assistance

As we look towards the future of volunteering, we can surely expect to see more collaborations between digital apps and healthcare initiatives. Be My Eyes is a premier app focused on helping people who are blind or low-vision navigate their daily lives. By downloading the app and signing up as a volunteer, you can help make a difference in the lives of people all over the world. Be My Eyes is an easy way to take volunteering with you and to maintain your involvement!

**What do we do?** To participate in Be My Eyes, it couldn't be any simpler! Go to the App Store on your respective device and download the app. Signing up will lead you to full access to help those in need when they need it.

**What is the time commitment?** Getting involved with Be My Eyes is entirely based on your availability and the demonstrated need of assistance at a given time. The app will notify you if someone is in need of assistance and whether or not you are the one to help is up to you! Don't worry if you can't pick up, another volunteer will be alerted if you are unavailable. In this way, you can help out as you so choose.

**How does this relate to healthcare?** The healthcare industry is beginning to change, starting with more heavy integration of health technology in daily life. Apps like Be My Eyes are certainly going to become more common as the healthcare industry follows this trend. By becoming more comfortable with applications like these, you can become better prepared for the future of healthcare. This volunteering opportunity also helps in assisting people with blindness and low vision with their daily lives, furthering the mission of healthcare to better daily health.



# Med Student Leader Ready to Dig Into Family Medicine

With undergraduate and master's degrees from Stanford University, Bright Zhou, M.S., knew where he wanted to continue his training after graduation from the Stanford University School of Medicine. Zhou recently matched with the Stanford — O'Connor Family Medicine Residency in San Jose, Calif.

"I feel honored to be welcomed into this space where I'll still be serving populations I care about and know deeply," said Zhou, who has been working in student-run free clinics in San Jose and East Palo Alto that serve largely minority populations for nearly a decade. "I come from, or reflect, parts of that population."

Zhou, whose parents immigrated from China, started working in the clinics as a Mandarin interpreter when he was a freshman.

"I didn't have medical knowledge, but I did have linguistic and cultural knowledge," he said.

Zhou was impressed by the primary care doctors who staffed the clinics.

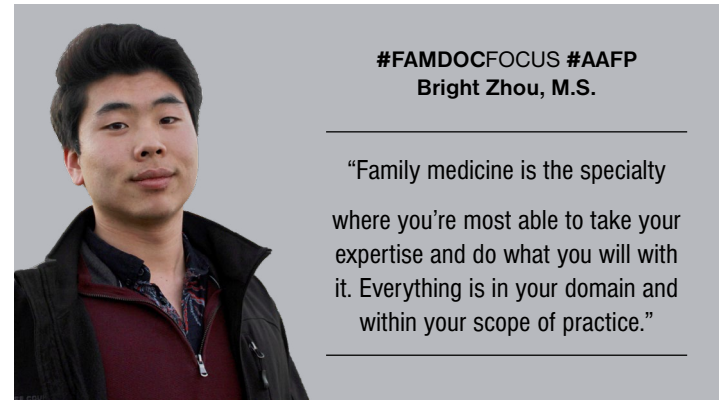
"The coolest thing was the vast amount of knowledge the primary care physicians had about everything," said Zhou, whose alma mater lacks a family medicine department. "At Stanford some of my classmates looked down on family medicine and said, 'It's all bread-and butter stuff — hypertension and diabetes.' But it's so much more complex than that. Primary care physicians can take care of anyone who comes in, and that's what I want to do."

Zhou had just 40 hours of training before beginning work as an interpreter, and he questioned whether that was enough.

"I was entrusted to be in a space that maybe I shouldn't have been in, hearing cancer diagnoses and other important, powerful conversations as an 18-year-old," he said.

Later, Zhou served as the San Jose clinic's staffing manager and implemented more robust training programs for interpreters and volunteers. He also initiated a patient follow-up system and diversity recruitment efforts.

Zhou grew up speaking Mandarin with his parents. He said language and storytelling are "crucial to why I became interested in helping others."



"It's the classic immigrant narrative of seeing ways that language both improved our experience but also hindered us at times," he said. "Language access is the root of a lot of immigrant health disparities. The more I can help alleviate that, that the better off patients will be."

The O'Connor program serves a diverse patient population that includes speakers of Spanish, Vietnamese, Cantonese, Mandarin and more. Zhou has taken classes to improve his Mandarin, also speaks Spanish and is learning Korean.

"I'm pretty critical of my own Mandarin," he said. "I want to make sure that I have the best education so I can give the best education to my patients and students."

At first glance, Zhou might seem an unlikely family medicine match not only because he attended a school without a family medicine department but because the first five years of his studies were focused on archaeology.

It comes back to storytelling for Zhou, who spent the summer after his freshman year on an excavation in Turkey.

"I ended up falling in love with archaeology, which is this beautiful field that is intensely humbling," he said. "It's basically digging through trash, but through it you're creating meaning and narratives and perspectives from things folks have left behind."

The leap from digger to doctor might not be as big as you think.

"There's an inherent process of destruction when you are trying to uncover something in archaeology," he said. "To get to something older you have to destroy what's above it."

You have to be certain you have collected every data you can from the context you're in before you dive deeper. That's translatable to medicine because every test or intervention can have side effects or consequences for patients. You only order what's necessary."

Zhou isn't yet sure what his practice after residency will look like, but don't be surprised if teaching and research are in the mix. He's been a teaching assistant for six years, has made more than a dozen conference presentations and is finishing up his latest journal article, which looks at lessons learned from a COVID-19 consult service implemented by students to answer physicians' questions last year. The article is expected to be published later this month in Academic Medicine.

"I'm proud of all the medical students who were pulled off rotations but still wanted to provide energy and organized so many ways to help physicians and patients," he said. "Primary care physicians were faced with this new pathology no one had ever heard of, and there were so many questions."

Zhou was the co-founder and co-editor-in-chief of the Stanford Frontline COVID-19 Consult Service, which created evidence-based literature reviews within 48 hours of questions being submitted by primary care physicians in Stanford's network. The system included a database so others could read what was being asked and answered on topics such as personal protective equipment.

From the time students were pulled from clerkships in March until they returned in July, the team of 16 students and 13 faculty created and reviewed 87 evidence syntheses.

"In the past, if faculty had ideas they would put students into traditional roles like health coach or scribe," he said. "Now we're thinking more expansively because COVID broke that apart. Look at the different projects students created when they had time, flexibility and an urgent pandemic to respond to. Students can do a lot."

Zhou's curriculum vitae is a testament to that statement. After holding a plethora of campus and community leadership roles, this year he is serving as the student representative to the Society of Teachers of Family Medicine's Board of Directors. But his interests go beyond medicine. In the performing arts scene, he's a playwright, actor, curator and musician, including five years as a violist in the Stanford Symphony Orchestra and the Stanford Philharmonia. Zhou, who has served as the clinical wellness chair and leader of a mental health task force for the Stanford Medical Students Association, said those interests are vital to his own health.

"I've had to give up some things during intense clerkships," he said. "I'm always so impressed by how well I feel after doing the things I'm passionate about. I played the viola three to four hours a week from fifth grade up until the second year of medical school. In the year and half that I didn't play there wasn't a conscious difference, but the moment I started playing again I realized how restorative it had been. We have to find ways to be demanding and have some non-negotiables in life. It's possible as a med student, and hopefully it's possible as a resident. Music and performance — these are things that are crucial to me."

With such diverse interests, Zhou said it's not surprising he's going to be a family physician.

"Family medicine is the specialty where you're most able to take your expertise and do what you will with it," he said. "Everything is in your domain and within your scope of practice. Family medicine was definitely the right path for me because I'm interested in so many different things."

To learn more about family medicine: [www.aafp.org/hosafm](http://www.aafp.org/hosafm)



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