INDIANS INTO MEDICINE
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INMED staff from left to right are: Kathleen Fredericks, Eugene DeLorme JD, Nancy Martin, Patricia Hoeper, and Colleen Clauthier.
Thank you for your interest in our Program. INMED is a comprehensive program designed to assist American Indian students who aspire to be health professionals to meet the needs of our Indian communities. We begin working with students at the elementary school level and provide assistance to students until they are health professionals.

Students from across the country join our program each year as they dare to dream and to work to make their dreams come true. Each year we proudly graduate new health care professionals who serve our Indian people not only with competent educations and skills, but with the cultural understanding and dedication necessary to enhance the health status of American Indians.

If you would like to be a doctor, nurse, physical therapist or other health care provider for your community, I encourage you to contact INMED to discuss your educational and career opportunities. Let us help you reach your professional dream and at the same time help all our people.

Eugene L. DeLorme, J.D.
Turtle Mountain Chippewa

The INMED Program is designed to:
- Increase awareness, interest and motivation among Indian students with the potential for health careers,
- Recruit and enroll students in the proper curricula,
- Provide academic, personal, and cultural support to aid in successful academic achievement,
- Research and develop academic programs to enhance Indian health care,
- Assist participating students in completing their programs of study.
INMED was established in 1973 at the University of North Dakota located in Grand Forks, North Dakota, on the eastern border of the state nestled in the valley of the Red River of the North. The origination of the program coincided with the termination of the federal doctor draft, which had previously been a means of supplying physicians for Indian health facilities.

INMED was developed to address three main problems facing all of the Indian reservations in the five states of North Dakota, South Dakota, Montana, Nebraska and Wyoming:

1) Not enough health professionals in the American Indian communities;
2) No American Indian health care providers, and
3) Substandard health and health care.

The program, though located where American Indian health needs are the greatest, accepts students from across the nation.

INMED is making an impact. To date, the program has graduated 173 Indian physicians, or approximately twenty percent of this country’s Indian physicians who are enrolled members of Federally recognized tribes. INMED has assisted numerous other American Indian students who are now nurses, physical therapists, clinical lab scientists, psychologists, social workers and other health care providers.

The program is an integral part of the UND School of Medicine and Health Science and maintains close ties with the Indian communities through the INMED Tribal Board. The Tribal Board is comprised of representatives from the 24 tribes in the five state area of North Dakota, South Dakota, Montana, Wyoming and Nebraska. The Board provides support and develops program philosophies and priorities.

The number of Indian students who participate in INMED increases each year, and the scope of the program’s activities is expanding. INMED is destined to continue its leadership role in training American Indian students for health careers.
Comprehensive Approach

INMED offers educational support for students from junior high through the professional school levels. This comprehensive approach distinguishes our program from most other educational assistance programs.

Junior high level students are provided motivational and instructional materials to encourage an interest and aptitude for careers in health care.

Our summer programs provide an opportunity for junior and high school students to participate in our Summer Institute program, a six-week academic enrichment session, and our Med Prep and Pathway components, which provide opportunities for college-level students.

Our academic year program provides support services to over 150 students each year; including academic, financial and personal counseling.

Graduates of health professions participate in a traditional honoring ceremony held in conjunction with the annual UND Wacipi Pow Wow.
INMED Satellite Office at the Sanford School of Medicine
The University of South Dakota

Through a special agreement between the INMED Program, the UND School of Medicine & Health Sciences and Sanford School of Medicine The University of South Dakota, an INMED Satellite Office was established in 1990.

The South Dakota Satellite Office agreement has enabled INMED to increase the number of medical students it enrolls each year. INMED students attend the first two years of medical school at UND, having the advantage of INMED’s academic support services during their classroom training. Some participants are then placed at clinical sites in South Dakota for third and fourth year training, and are supported through the USD School of Medicine & Health Sciences.

Transfer students are designated at the time of enrollment, and South Dakota residents are given preference if they choose the USD transfer plan.

Satellite Office staff also recruit for INMED in the states of South Dakota and Nebraska, and assist USD in developing institutional minority recruitment and retention programs, and in helping to sensitize faculty and staff to the needs of Indian students.

For more information on the Satellite Office, contact:
University of South Dakota
School of Medicine
414 E. Clark
Vermillion, South Dakota 57069
Telephone: 605-677-515

INMED teamed up with the IDeA Network of Biomedical Research Excellence (INBRE) project and introduced biomedical research to the summer institute program.

INBRE

The goal of North Dakota INBRE is to build biomedical research capacity by serving research universities, baccalaureate institutions, and tribal colleges within the state.

Quentin N. Burdick Indian Health Programs
The Federal Indian Health Amendments established the Quentin N. Burdick Indian Health Programs at the University of North Dakota as a center for the promotion of Indian health education. The Burdick Programs include INMED, the Recruitment/Retention of American Indians into Nursing (RAIN) program at the UND College of Nursing, and the Indians into Psychology Doctoral Education (INPSYDE) program at UND’s Department of Clinical Psychology.

INPSYDE provides a summer program for high school juniors and seniors. The three projects provide coordinated services for Indian health careers students at UND.

The three programs cooperate in recruiting students, retaining them in their curricula and in developing education programs which will maintain UND as a national center for the education of American Indian/Alaska Native health professionals.
INMED offers summer academic enrichment sessions for American Indian students at the junior high, high school and medical preparatory levels. These summer programs are designed to bolster participants’ math and science skills, introduce health career requirements, and help develop potential for success in health science careers.

**Summer Institute at UND**

Junior and high school students are encouraged to participate in the INMED Summer Institute (SI) which is a six-week academic enrichment session for students currently enrolled in grades seven through twelve. SI provides students an opportunity to enhance their potential for success in a health career through courses offered in biology, chemistry, communication/study skills, health with basic first aid, math and physics. These courses are vital for a successful health career. In addition to the coursework, Summer Institute participants are given the opportunity to experience life on a college campus; listen to successful American Indian health professionals; learn more about the various health careers; participate in educational field trips; attend a powwow and meet other American Indian students from across the United States. Students are housed in UND dorms and eat in the cafeteria. Classes are held in University classrooms.

Ninety students are selected each year to participate in SI. Supervision is provided on a twenty-four hour a day basis for the entire six-week period. All expenses, i.e., room and board and transportation, are paid by the program with funds from our Indian Health Service.

**Pathway at UND**

This six-week summer program is for tribal community college students planning to transfer to UND in health care or pre-health curricula. Pathway courses are taught by University personnel, and are designed to prepare participants for advanced courses in the areas of anatomy, physiology, biology and physics. Pathway also includes a learning skills component to promote successful learning styles and study habits. Participants receive a stipend and travel reimbursement, and have an opportunity to settle in at Grand Forks before the beginning of fall semester.
Med Prep at UND
Med Prep is a six-week summer session for American Indian college upperclassmen and graduates who are preparing for medical school coursework. The program is divided into two major components and includes pre-medical students preparing to take and/or retake the Medical College Admissions Test (MCAT), and students entering medical school.

Incoming first-year medical students are offered a patient-centered clinical case-study approach that includes lectures, labs, and Individual Patient-Centered (IPC) group sessions. Workshops focusing on needs assessment, resource/study skills and interview skills are offered.

Students preparing to take and/or retake the MCAT are offered half-day sessions focusing on the basic sciences, including biochemistry and physiology, and on verbal reasoning, writing and focal problems. Shadowing is a major aspect of both components. Students receive shadowing appointments in a variety of areas, including emergency care, cardiology, pediatrics, oncology, radiology, renal analysis, respiratory care and surgery. Visitations to area hospice/home care and rehab facilities are also offered.

Students also participate in computer workshops, attend presentations by medical school personnel and visit Indian Health Service facilities. All travel, living and educational expenses for this program are covered by INMED.

Medical Education
The University of North Dakota School of Medicine & Health Sciences adds seven slots in its freshman class each year for fully-qualified INMED students. This commitment of slots for American Indian students has helped UND to maintain a leadership role in educating American Indian physicians.

INMED personnel maintain educational linkages with other medical schools, and the program can provide referral services and assist applicants in locating medical education opportunities throughout the United States.

The UND School of Medicine & Health Sciences application deadline is November 1 each year (for medical school entry in August of the following year). UND offers a full four years of medical education in North Dakota, however, some INMED students complete the first two years of medical school at UND and transfer to the University of South Dakota School of Medicine or elsewhere for third- and fourth-year clinical training.

Pre-medicine
The University of North Dakota School of Medicine & Health Sciences requires applicants to have completed a minimum of 90 semester hours of credit from an approved college or university. Preference is given to students who have completed an undergraduate degree and who are broadly educated in the sciences and humanities.
The School of Medicine & Health Sciences recognizes that, since medicine deals with people, an understanding of literature, art, history, ethics, and philosophy is an adjunct to a physician. Science and humanities are not mutually exclusive and both are viewed as necessary for the practice of medicine. It also is highly recommended that students be computer literate.

Minimum prerequisite courses are as follows:

- Chemistry .................................. 16
- Inorganic and qualitative .............. 8
- Organic ................................... 8*
- Biology (with laboratory) ............. 8
- Physics (with laboratory) ............. 8

Psychology/Sociology ..................... 3
Language Arts
   (English, Speech, etc.) .............. 6
College Algebra ............................ 3

*A student may substitute a semester or quarter of biochemistry for the final semester/quarter of organic chemistry.

INMED assists advanced college students and graduates in preparing to attend medical school. These students can enroll in University of North Dakota undergraduate or graduate courses to strengthen their medical science backgrounds and to complete medical school admissions requirements.

Workshops assist upperclassmen and graduates in preparing for the Medical College Admissions Test and the medical school application and interview process. MCAT preparation sessions are held during the fall and spring semesters, and during the summer Med Prep course.

INMED’s Learning Resource Center contains computer software packages designed to assist students in preparing for the MCAT and MCAT study manuals. INMED assists post-baccalaureate students in applying to the University of North Dakota and to other medical schools.
Nursing
To be eligible for consideration for admission to the College of Nursing, a student must have completed one year of pre-nursing education.

The required courses include general chemistry, organic biochemistry, human anatomy, introduction to psychology, introduction to sociology (anthropology can be taken in place of sociology), and English composition. College Level Examination Program (CLEP) subject exams results will be accepted according to current University policy.

Students who decide to complete pre-nursing requirements elsewhere should plan their coursework in consultation with the College of Nursing. The College of Nursing offers Bachelor’s, Master’s and Doctoral degrees.

Allied Health Fields
The University of North Dakota offers academic programs in a variety of other health fields. Some of the career categories are not considered for IHS scholarships. Priority scholarship categories can vary, and are dependent on personnel needs in Indian health. Please discuss current details with an INMED counselor.

UND Offers Health Careers In The Following Areas:
Clinical Laboratory Science (Medical Technology), Clinical Psychology Counseling, Dietetic and Nutrition Occupational Therapy, Physician’s Assistant, Physical Therapy, Social Work, Psychology, and Undergraduate.

Clinical experiences are a vital part of health career education at UND, and students have opportunities to learn and work at several reservation health facilities.

Medical students doing rotations frequently stop by the INMED office.
INMED’s student advisors assist participating students in planning class schedules and registering for each semester. The counselors’ assistance can ensure adequate and timely preparation to enter professional degree programs. INMED’s academic retention services support students throughout their health career pathways.

INMED staff can also help students work through the University system, and inform them of the wide variety of services, including health care, which are available to University of North Dakota students. INMED staff also offer advocacy services to participating students and assist in their interactions with University faculty and staff.

**Learning Resource Center (LRC)**
The INMED Learning Resource Center is located on the south end of the INMED wing on the second floor of the School of Medicine and Health Sciences and consists of a library, computer lab, and study rooms which are available to INMED students for extended hours during the week and on weekends.

The LRC atmosphere is set up to encourage effective study and camaraderie for students as well as offering reference sources such as books, audiovisual aids, and computer software in health curricula. The library contains over 2,500 books, subscribes to numerous tribal papers, and keeps a collection of periodicals geared to the Indian student studying in health related fields. The computer lab has both Windows and Macintosh machines and offers scanning and support for both platforms as well as printing services. Computers in this area are loaded with Internet capabilities and word processing programs as well as software specific to the areas of study of the INMED students.

Study rooms are furnished with tables for group study or tutoring and desks for individual study. Also available are typewriters, projectors, microscopes, and other multimedia machines that students may need during their college career.

Services available to INMED students through the LRC include photocopying, color printing, transparencies, and computer technical support. INMED staff are available to monitor LRC materials and to assist students in their research. Student Assistants trained in library procedures and computer troubleshooting are available evening and weekend hours.

**INMED Pre-Med Day**
INMED Pre-Med Day brings in students from across the United States to interview for medical school.
Tutoring
Tutoring is available for each INMED student on request, and weekly group sessions in core area courses can be arranged. The INMED tutoring program is very helpful for students to enhance and strengthen foundations in math and science.

Each student whose grades fall below an acceptable level for his/her particular major is placed on probation with UND and INMED. Conditions of probation include tutoring sessions, periodic instructors’ evaluations, weekly advising sessions, mandatory class attendance and individual testing to identify skill areas the student should strengthen.

INMED Student Organization
INMED participants maintain unity by participation in an academically- and socially-oriented student organization, which is acknowledged and funded by UND’s Student Activities Committee. The INMED students hold several social activities each year, including an annual powwow which attracts over 500 participants.

Many INMED students also participate in the UND chapter of the American Indian Science and Engineering Society (AISES), a national organization which provides student activities and support services. Participants have the opportunity to attend AISES conferences and workshops which are held throughout the United States. The University of North Dakota has long held a commitment to providing a comfortable atmosphere and an effective learning environment for Indian students, and an Indian Studies department offers a variety of coursework. UND’s American Indian population is the largest in the region, and many INMED students also participate in the University of North Dakota Indian Association, an active social and cultural organization serving over 300 Indian students on campus.

Conferences
The INMED program offers health education sessions for students, educators and health professionals. These workshops focus on major Indian health issues, and have addressed such health topics as diabetes, alcoholism, domestic violence, tuberculosis, and hypertension.

An important feature of the INMED workshops is their American Indian orientation. The topics are presented with an Indian perspective on lifestyle, diet, patient compliance and health maintenance. Instructors for the seminars include IHS health professionals, national researchers and School of Medicine & Health Sciences faculty. Continuing Medical Education, Continuing Education and academic credit have been available for participation.

INMED has tutors available to assist students in most mathematics and science courses.
Field Experiences
During college and professional school, Indian Health Service-funded scholarship students can obtain ‘hands-on’ experience through IHS externships at Indian health facilities. INMED has assisted students with placement for many students at their home reservations. The program has also placed participating students in summer research experiences which focus on Indian health needs and issues. An alliance with the Mayo Clinic in Rochester, MN, will afford INMED medical students the opportunity to conduct cancer research among Native American communities.

Student Loan Fund
INMED maintains a Stan Guardipee Memorial Student Loan Fund for emergency loans to help students through financial crisis situations. The fund has helped many students stay in school through difficult times.

The loan fund was initiated by the INMED Tribal Board, and was named after a Board member. Financial support for the fund comes from private contributions and INMED fundraising activities.

Research
UNDSMHS is an important and growing research institution, and INMED is participating in the development of summer and academic-year laboratory placement for American Indian students. The School is also recruiting American Indians for M.D./Ph.D. programs, and for post-doctoral research at UNDSMHS facilities.

The Center of Excellence in Neurosciences is a research-oriented program involving basic science and clinical departments. The goal of the Center is to help talented investigators develop expertise in multidisciplinary approaches toward the understanding of brain function in health and disease, including Parkinson’s disease and Multiple Sclerosis which have high incidences in the state of North Dakota.

The Center has proposed a program in conjunction with the Federal Office of Neurological Disorders and the Association of American Indian Physicians which will include research experiences for American Indian high school and college students.

UNDSMHS was recently awarded a five-year, $10.3 million grant for a Center of Biomedical Research Excellence (COBRE), which will fund five major research projects and establish imaging and mass spectrophotometry core facilities on campus.

The School also hosts a Biomedical Research Infrastructure Network (BRIN) program including a Tribal College/Baccalaureate Science Core. The Network enables tribal colleges to strengthen science instruction through curriculum development and utilization of videoconferencing for distance learning. BRIN also encourages student-oriented research projects, and includes a scientist exchange program, with advanced graduate students entering teaching internships at tribal colleges and generating release time for selected tribal college and baccalaureate college faculty to participate in research.

Three INMED Graduates
Working Together

Left to Right: Dr. Geniel Harrison, Dr. Cynthia Davila and Dr. Lynelle Noisy Hawk. These INMED graduates are currently working for IHS on the Standing Rock Indian Reservation in Fort Yates, ND.
Students who are applying to enroll in UND or the School of Medicine & Health Sciences must complete a separate application.

The deadline for completed applications for the INMED Summer Institute is March 31. Applications to the School of Medicine & Health Sciences are due November 1 of the year before proposed admission.

UND admissions and housing application forms can be downloaded from the website: http://www.und.edu/.
It is also possible to apply on-line.

UND School of Medicine and Health Sciences application information and application forms can be downloaded from the website: whttp://www.med.und.nodak.edu/admissions.html

For further information contact:
INMED Program
UNDSMHS Room 2101
501 N Columbia Rd Stop 9037
Grand Forks, North Dakota 58202-9037
Telephone: 701-777-3037 Toll Free: 1-800-CALL UND (1-800-225-5863), ask for INMED.
Fax: 701-777-3277
E-mail: inmed@medicine.nodak.edu
Or visit the program’s website:
http://www.med.und.nodak.edu/depts/inmed/home.htm

INMED staff welcome individuals and groups for tours. E-mail or call INMED to have your address added to the “Serpent, Staff and Drum” newsletter mailing list.
Generations gather at the annual UND Indian Association’s large regional pow wow.