INDIANS INTO MEDICINE
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This publication is funded by
Indian Health Service
Grant #D919400026-13
Director’s Statement

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 a health career.
- 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 Staff from left to right are: Kathleen Fredericks, Patricia Hoeper, Bridget Hoffman, Lyndsey Langenfeld, and Eugene DeLorme, J.D.

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) Not enough American Indian health care providers, and

3) Substandard health and health care.

The program, although 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 193 Indian physicians, and 218 other health professionals for a total of 411 INMED graduates. 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 Sciences 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 aids in the development of the INMED program’s 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.

INMED’s Learning Resource Center is equipped with a library, a student computer lab, study rooms, and student lounge.
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 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.

Academic Year Programs

Occupational Therapy

Occupational Therapy (OT) practitioners are skilled professionals whose education includes the study of human growth and development with specific emphasis on the social, emotional, and physiological effects of illness and injury. OT students will complete a five year entry-level Master of Occupational Therapy (MOT) degree after two years of pre-professional coursework and three years of professional OT curriculum. The Indian Into Medicine program at UND has two placements available for fully qualified students.

Physical Therapy

The Department of Physical Therapy offers the clinically oriented, entry level Doctor of Physical Therapy (DPT) degree. The first three years of the curriculum are considered to be pre-physical therapy (pre-professional). The professional component of the DPT requires three academic years and two summer sessions following completion of the 90 credit pre-physical therapy entrance requirement. The INMED program at UND has two placements available for fully qualified students.

UND Offers Health Careers In
The Following Areas:

- Clinical Laboratory Science (Medical Technology)
- Clinical Psychology
- Counseling
- Dietetics and Nutrition
- Occupational Therapy
- Physician Assistant
- Physical Therapy
- Social Work
- Psychology
Medical School Requirements:

Letters of Recommendation:
4 Letters Required From:
1 Science Instructor
1 Peer
2 Your Choice

Or

2 Letters Required From:
1 Pre-Med Committee
1 Peer

Credit/Grades for Requirements:
AP Credit and CLEP Credit: OK
S/U Grades: Not OK

Medical Education

The University of North Dakota School of Medicine and Health Sciences adds seven placements in its freshman class each year for fully qualified INMED students. This commitment of placements 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 and Health Sciences medical school application deadline is November 1 each year (for 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 Sanford School of Medicine at the University of South Dakota or elsewhere for third- and fourth-year clinical training.
Pre-Medicine

The University of North Dakota School of Medicine and 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 and 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.

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 (MCAT) and the medical school application and interview process. During the academic year MCAT study materials are available in the Learning Resource Center for students to utilize and MCAT preparation sessions are held during INMED’s summer Med Prep course. INMED’s Learning Resource Center contains computer software packages and study manuals designed to assist students in preparing for the MCAT. INMED assists post-baccalaureate students in applying to the University of North Dakota School of Medicine and Health Sciences.

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.

Minimum pre-requisite courses for medical school are as follows:

General Biology*  
8 Hours: Biol 150, 151  
(Must Include Labs)

General Chemistry*  
8 Hours: Chem 121, 122  
(Must Include Labs)

Organic Chemistry*  
8 Hours: Chem 341, 342  
(Must Include Labs)

Biochem  
Biochem 301  
(Strongly Recommended)

General Physics*  
8 Hours: Physics 211, 212  
(Must Include Labs)

Math  
College Algebra: Math 103

English  
6 Hours: Comp I, Comp II or Engl 125  
(If a student waives or CLEPs Comp I and/or Comp II, upper division English or Lit may be substituted.)

General Essential Study Requirements

Courses strongly recommended:  
Genetics* (Bio 315)  
Cell Biology (Bio 341)  
Ethics in Healthcare (Phil 372)  
Anatomy 204, 204 L  
Histology (Bio 369)  
Micro 302  
Developmental Biology (Bio 378)  
Psych 250, 270  
A course in physiology:  
PPT 301 or Bio 442

Advisors are available for requirements for individual majors.

*Must be completed (or nearly so) before taking the MCAT
**Summer Programs**

**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 an online Blackboard course that focuses on the academic content of the first year medical curriculum. The course is designed to strengthen students’ knowledge of biochemistry and physiology. Students preparing to take and/or retake the MCAT are offered full-day sessions focusing on the basic sciences, including biochemistry and physiology, and on verbal reasoning, writing, and focal problems.

**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, medical terminology, physics, and study skills.

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.

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.
Shadowing is a major aspect of both Med Prep 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.

**Summer Institute at UND**

Junior high 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 basis for the entire six-week period. All expenses, i.e., room and board and transportation, are paid by the program.

“INMED will help increase my college experience, increase my knowledge of other cultures, prepare me for a world beyond the reservation and increase my knowledge of careers in the medical field.”

“INMED has helped to strengthen my true passion in life, which is to become a physician and make a difference in helping people.”

*2011 INMED Summer Institute Participant*
INMED Support Services

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.

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 the 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 and Health Sciences faculty. Continuing Medical Education, Continuing Education, and academic credit have been available for participation.

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.
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. It also offers 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 projectors, microscopes, and other multimedia machines that students may need during their college careers. 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 during the evening and weekend hours.

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 with placements 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.

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.
Research

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

The Center of Excellence in Neuroscience 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 of Biomedical Research Excellence (COBRE), was designed by the National Institutes of Health (NIH) to cultivate research expertise among junior faculty and strengthen the research infrastructure of states that do not receive as much NIH funding as some large states. In 2002, the University of North Dakota School of Medicine and Health Sciences received a $10.4 million award from the National Institutes of Health to establish this nationally recognized center of biomedical research excellence. This five-year grant was renewed in 2007 for another five-year period at $10.1 million.

The grant will continue to support collaborative projects at UNDSMHS promoting research opportunities for biomedical investigators in North Dakota with broad potential for understanding and treating pathophysiological and neurodegenerative diseases as well as providing funds to establish the Imaging Center and the Mass Spectrometry Center.

The UNDSMHS also hosts Institutional Development Award (IDeA) Network for Biomedical Research Excellence (INBRE) program. This program helps develop the research infrastructure and capabilities within the state. The University of North Dakota INBRE works to build biomedical research capacity in the state of North Dakota by working with public universities and tribal colleges. The program’s goal is to increase the number of American Indian biomedical researchers in the state. The program 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.
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 and Health Sciences and Sanford School of Medicine at 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 Sanford School of Medicine.

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
Sanford School of Medicine
414 E. Clark St.
Vermillion, SD 57069
Telephone: 605-677-5156

Program Affiliations

INMED teamed up with the IDeA Network of Biomedical Research Excellence (INBRE) project and introduced biomedical research to the Summer Institute program. 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 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.
Program Application Information

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:
http://www.med.und.edu/admissions

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

Application Deadlines:

The deadline to complete the Summer Institute application is March 31.

Applications to the UND School of Medicine and Health Sciences are due November 1 of the year before proposed admission.

Visit INMED’s website:
http://www.med.und.edu/inmed

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.