Dear Incoming First-Year Medical Students,

Congratulations and welcome to Medical School!

As Director of the Medical Gross Anatomy & Embryology course, I want to give you a heads-up on what to expect for the start of the course.

I speak for the faculty when I express our enthusiasm to help you build a strong foundation in anatomy and Embryology in order for you to be the best physician that you can be!

Anatomy and Embryology will begin this year with orientation on Tuesday, Aug 8th from 8:00 to 11:00 am (more on this in a moment). The first laboratory (dissection) will be Wednesday, Aug 10th at 10:10 am. The course finishes with final exam week (Dec 11th through 15th 2017).

Anatomy meets two mornings per week for 19 weeks. These meetings will be laboratory dissection. You will be expected to prepare for lab in your Independent Learning Time (ILT). The course website (Blackbag), pre-recorded lectures, lecture notes, and textbook will be critical in this capacity. There will be many additional review sessions (lecture and lab) during the course.

The course obviously provides the opportunity to learn every structure in the human body. In addition, it includes coverage of radiographic anatomy. There will also be a number of medical procedures in lab in order to appreciate the application of anatomy to a procedure without a negative consequence. One goal of the course is to prepare you to perform the physical exam in Essentials of Clinical Medicine (ECM). I am confident that you will find your courses interesting, challenging, and clinically relevant.

The Embryology course will consist of 13 lectures given throughout the semester. The first lecture is from a physician on the importance of embryology in the practice of medicine. The subsequent 3 lectures cover the first weeks of embryonic development. The next series of lectures cover the development of the various systems of the body. These are aligned with the completion of the dissection of the correlated region of the body. Each lecture will be followed by an on-line quiz to be completed within one-week of the lecture. The goal of the embryology course is to build a solid foundation of Embryology, prepare you to apply embryo during your clinical rotations, prepare you for board exams, and explain the difficult definitive (adult) morphology discovered in dissections.

There will be an orientation session on Tuesday, August 8th, 2017. This will begin with a description of the histology course and will follow with an introduction to the Gross Anatomy & embryology course and laboratory procedures/ regulations. One goal of the orientation is to provide you with an opportunity to have your questions answered regarding Histology, Gross Anatomy and Embryology. The course syllabus, grading, textbooks requirements, etc will be covered. There will also be an address from the Anatomy Bequest Program on the donor procurement process, as well as, your professional obligations and responsibilities of working with the generous donors.
We have much to learn, so we will start dissecting on Wednesday morning, August 9th at 10:10 am in the dissection laboratories. You will pick-up your locker assignment and meet your three body buddies after orientation on the 8th. Before your first dissection, please be prompt to 5th floor Jackson Hall to get changed and ready for the first lab. The lab will begin at 10:10am.

You will need a change of clothes (appropriate for dissection lab) and gloves - see below. Note that University Laboratory policy requires coverage of thighs, legs, and feet. Thus, you will not be allowed in the labs wearing shorts or open-toed shoes. You will be provided with lockers and locks – located on 5th floor of Jackson Hall. You will also be provided with dissection tools. Tools, lab notes, Anatomy Atlas, and Dissection Guide will be at your dissection table when you arrive for dissection.

The lab will begin with orientation to the lab space, and dissection techniques. Your first dissection will be the Pectoral region.

During this lab, there will be present a number of second year students to assist you in getting going, and to help you past any ‘first-day jitters’ that you may have.

Please plan to bring the following items with you on Wednesday morning - and for every dissection:

- Old clothes or scrubs, and old shoes to wear in the lab. Much of what you have heard about the fragrance of the dissection lab is true. So bring clothes and shoes that you won’t mind parting-with after the course. You can store these clothes in your locker during the course.
- Gloves. (We are not able to supply gloves). No latex please. We highly recommend nitrile gloves. Nitrile gloves provide the best protection for your hands. Many individuals have strong allergies to latex gloves – anywhere, in any of the labs. For this reason, we do not allow latex gloves anywhere in any lab.

There will be lecture and lab note packets for sale in the University of Minnesota Bookstore in Coffman Union. The lecture notes will serve as a guide to preparation for the lab. The lab notes are your guide to the dissection procedure. Copies of lab notes will be provided in the labs. All Lecture and lab notes will also be available on the course website.

The following is a list of texts for the course.

bold texts have referenced page numbers through-out all of the materials in our course.

**Books**

**Required:**


This text is required. It will be necessary to read this text to do well in the course - and to prepare yourself for the embryology component of the Step-I board exam. Any edition will be fine. The 12th edition might just be the cheapest.

An anatomical atlas is absolutely required for the study of anatomy. Each student should have one. Most students seem to prefer Netter’s Atlas of Human Anatomy (F.H. Netter). However, there are a number of excellent atlases available including Grant’s Atlas of Anatomy (A.M.R. Agur) and Anatomy (C.D. Clemente).

The Netter is available as an E-Book through the Biomedical Library: https://www.lib.umn.edu/get?url=https://www.clinicalkey.com/#!/browse/book%2F3-s2.0-C20100686068

Optional:
Suggested textbooks for this course are in bold. These texts are referenced in course notes.


There are many other good text books that cover the same material. If you have a good anatomy textbook already (graduate level), you probably don’t need another one. But all students should have an anatomy text for reference. Also consider that it is worth investing in a good quality anatomy text that you will keep on your bookshelf for reference for your entire medical practice.

3. *Grant’s Dissector* (Any dissector is recommended. These provide step-by-step instruction to the elaborate, meticulous dissection procedure.)
   i.e.
   or
   13th edition, Tank, LWW
   or
   *Essential Anatomy Dissector*, 2nd ed. J.T. Hansen, LWW


The biomedical library has many, many of the above textbooks as e-books as a resource for you.

ClinicalKey link to browse for all on-line textbooks: https://www.clinicalkey.com/#/browse/books

Most all information regarding the course, including a daily schedule, can be found on the Gross Anatomy & Embryology Course Web site (in “Black Bag”)

IT IS NEVER TOO EARLY TO PERUSE BLACK BAG FOR THE MATERIAL IN THE COURSE !!

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Please prepare for the start of the course by completing the following things !!! ***

All of the following are found in the course website

(1) Before orientation on Tuesday, August 8th, please read the course syllabus found on the course Black BaG website to learn more about the course.

   ✓ It might also be a good idea to flip through your Netter Atlas to get comfortable with the organization. Note that Gross Anatomy and the Atlas are organized by Regions.

   ✓ For this reason, it might also be a good idea to read through the various SYSTEMS in a textbook, the sections on: Skeletal, Muscular, Nervous, and Cardiovascular systems to get a overview of the way the systems are organized in each Region of the body.

(2) Before LAB on Wednesday August 9th
   (Go to Course website. Scroll down to “Orientation Videos: Gross Anatomy”)

   **Before your first dissection, please view the following videos .**

   ✓ You will meet your first patient (your cadaver) and dissect on Wednesday, August 9th. In order to take part in this activity, you must first view the video by the Bequest Program on the donation process and respect for the donors……..“Orientation to Cadaver Use and Care”

   ✓ Your dissections in Gross Anatomy are done by Regions. It might be a good idea to watch the “Lecture to introduce the Anatomy by Systems – put the pieces together”

   ✓ You may be interested in watching the video on the “History of Anatomical Dissection”

(3) To get a valuable introduction/ learn how to DISSECTION
   You SHOULD DEFINITELY watch the videos on dissection. This WILL NOT be covered in lab before dissection.

   ✓ “Orientation to Dissection – Instruments and Techniques”
   ✓ “Introduction to Dissection Techniques”

   ✓ There is also an introduction video on “Anatomical Terms and Conventions”.

   **Last year’s students suggest that this is required viewing.**

(4) To monitor preparedness, and prevent anyone from falling behind, students must complete and submit for each lab session a **pre-lab assignment** at the start of each lab session. The assignment will not be worth points, but required in order to be allowed to dissect and learn. This can be found on the course website. **Please have this done for your first dissection (Pectoral Region) on Wednesday.**
(5) Upon completion of every laboratory dissection, an evaluation or “check-out” form must be completed. These will be provided to you at the end of each lab session. Your dissection must be thoroughly completed, and all questions and discussions in the lab notes thoroughly answered. The checkout form must be approved and signed by a faculty member or TA before embarking on the subsequent dissection. Note that the check-out form does not need to be approved and signed before leaving the lab, but this MUST be done before you will be allowed to begin the subsequent dissection.

That’s about it. We hope you have an excellent experience in your Anatomy studies!

See you in August,

[Signature]

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