



Doctor of Podiatric Medicine





Enjoy a profession that does a world of good

Your podiatric medical education will shape your career – so choose a university with an exceptional program and outstanding reputation. Des Moines University's College of Podiatric Medicine and Surgery is America's center of excellence for innovative education, scholarly activity and community service.

Our students lead the nation in board exam pass rates. Preceptors seek our students for competitive residencies. Graduates hold leadership positions across the profession. And faculty members are renowned for their clinical skills and scholarly contributions. The college was the first school of podiatric medicine to be affiliated with an academic health science center, an alliance that offers you many educational and resource advantages as well as opportunities to interact with other future health care providers.

Qualifying for admission

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

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

See more detailed information on pages 10-11.

THE PROFESSION

Opportunities and diversity in practice abound in podiatric medicine. Using a wide variety of medical skills, from surgery to orthopedics to physical therapy, podiatric physicians make real differences in their patients' mobility, wellness and quality of life.

Podiatric physicians:

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



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



3 Colleges + 2 Programs = One Great University

Des Moines University: All graduate, all health care

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

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

Podiatric medicine is a profession on the rise: Increases in foot and ankle disorders among diabetic and aging populations and those engaged in exercise and sports create a growing demand for podiatric medical services. Podiatric physicians also enjoy diverse daily activities in a collegial, family-friendly profession and wide variety of settings.



Real-world preparation, real-life advantages

“Between my second and third years, I started working with patients in the DMU Clinic. I wasn’t sure what to expect, but the clinicians understand what you’re going through; they know you have to observe to learn. In podiatric medicine, you can focus on trauma, surgery, wound care. You can generalize in a small town or specialize in a large city hospital. The profession is what you make of it.”

NICOLE MASON JEDLICKA,
DUBUQUE, IOWA

PROGRAM OVERVIEW

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

Doctor of Podiatric Medicine

QUICK FACTS

- Program length: four years
- Average entering class size: 58
- First-year student/faculty ratio: 7 to 1
- Class of 2013: 58 students (20 females)
- Average age of students: 25



AN EXCEPTIONAL ENVIRONMENT

The summer after their second year, CPMS students experience rotations with physicians of **Des Moines University Clinic’s Foot and Ankle Institute**, the largest group of podiatric physicians in Iowa. More than 7,000 patients are seen at the institute annually, exposing students to a variety of pathologies.

DMU’s **Iowa Simulation Center for Patient Safety and Clinical Skills** offers exceptional opportunities to practice and improve clinical skills on highly lifelike medical mannequins. Students can draw “blood” from these simulators, start IVs, catheterize, defibrillate, intubate and perform chest compressions. Students encounter a variety of cases, learn from their mistakes and gain knowledge, skills and confidence before they treat real patients.

In the **Standardized Performance Assessment Laboratory**, students participate in medical scenarios, interacting with standardized patients who are trained to play the role of actual patients. Students then review video of their patient encounters and learn from faculty evaluations. This training enhances students’ interpersonal and physical exam skills.

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

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

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

- Average entering grade point average: 3.41 cumulative; 3.35 science
- Average MCAT score: 23
- The first class of 30 students enrolled in 1982
- Alumni live in all 50 states, Canada, Puerto Rico and several European countries



Learning for a lifetime

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

You will benefit from a breadth of teaching methods and learning opportunities. In addition to traditional lectures, textbooks and two-dimensional illustrations, DMU students use online applications, computer animation, motion analysis and lifelike models in state-of-the-art facilities.

DMU invests in technology-driven tools that make learning more efficient and real-world – a key advantage in fast-paced medical fields.

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

The College of Podiatric Medicine and Surgery offers a four-year program that leads to the Doctor of Podiatric Medicine (D.P.M.) degree.

YEAR 1 – Basic Sciences

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

YEAR 2 – Basic and Clinical Sciences

The second year integrates basic sciences and clinical medicine with an emphasis on the lower extremity. Students learn to identify the interrelationship and interdependence



of body systems. After completing the lower limb anatomy course, they study podiatric medicine, diagnostic procedures, biomechanics and foot and ankle surgery.

YEAR 3 – Evidence-Based Medicine

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

YEARS 2, 3, 4 – Clinical Training

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

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

Over the past five years, CPMS students have averaged a first-time pass rate of 96 percent on Part 1 and 95 percent on Part 2 of the National Board of Podiatric Medical Examiners. The average first-time pass rates for students of all podiatric medical colleges, including CPMS, are 81 percent and 83 percent for Parts 1 and 2, respectively.



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

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

Residency Training

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

MORE OPPORTUNITIES FOR YOU

DMU's Global Health Program offers students in all programs invaluable cultural, social and clinical experiences beyond the United States. Students hone their clinical skills and gain global perspectives while serving people and communities in need. Opportunities range from short service trips to extended rotations at sites including

Belize, El Salvador, Mali, St. Lucia, South Africa and Uganda.

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

Students in DMU's Doctor of Podiatric Medicine and Surgery program can pursue a **dual degree** leading to master's degrees in health care administration, public health, anatomy or biomedical sciences. This option enables students to combine their clinical knowledge with expertise gained in the master's degree program, helping their patients and enhancing their career options. Course work for the health care administration and public health degrees can be completed online.

In its survey of 2008 newly graduated doctors of podiatric medicine, the Council of Teaching Hospitals found that graduates of DMU's College of Podiatric Medicine and Surgery scored higher than the national average in all 10 evaluation categories. This survey is completed by podiatric residency directors from across the U.S. and reflects the performance of residents from the nation's colleges of podiatric medicine.



"The faculty are very accessible and passionate about the profession. Everyone here wants you to succeed and will do everything in their power to help make that happen."

LAURA HEATH, DPM^{*12}, WEST DES MOINES, IOWA

At DMU, you are connected

Technology is incorporated throughout the curriculum to support your education. This "connected learning" is an ongoing process of discovery and innovation that blends the Internet, hardware and software in ways that benefit you on campus and during off-campus clinical training. Here are some of its components:

- You receive a **laptop computer and an iTouch** for use on campus, at home and during clinical rotations. Upon graduation, you own both.

- Wireless access** connects you to the University's computer network and Internet anywhere on campus without cables or data ports.

- The **student portal** is your gateway to web-based services. You can view your grades, class schedule and e-mail, and you can access other services and information through customizable pages.

- A **web-based learning management system** gives you access to course material, quizzes, discussion lists and other services.

- Most **lectures are recorded** and made available online in MP3 format.



Life as you'll know it
at DMU...

CAMPUS LIFE

DMU is the nation's first university or college to earn platinum status for its wellness programs, the highest recognition granted by the Wellness Councils of America.

You don't like ice and snow? Not to worry. The temperature is always 72 degrees on campus. Underground tunnels connect all four of the main buildings on campus so you can bypass Iowa's cold winter.

You'll get to know new people from day one as you share classes and labs. You'll also discover that cooperation prevails instead of competition—a characteristic of students throughout DMU.

CPMS students are always quick to identify needs and step up to serve others. Among other activities, students sponsor a winter shoe drive and foot screenings at community events.

The student commons is a welcoming place to call home while on campus. So go ahead, get comfortable. Meet your friends there. Eat lunch. Or grab a latte, pull up a comfy chair, and study by the fireplace.

Student government is a great way to develop or sharpen leadership skills. Many students choose to become involved with student government or with the podiatric medical association at the state and national level.

Feeling unplugged? It's OK. You won't need to hunt for a data port. The entire campus, and even some apartments across the street, have a wireless Internet connection.

Start the academic year off right with a "Welcome Back" picnic for new and returning students. There's plenty of good food and music.

Work hard/play hard



Students at DMU work hard, but they also know how to play. It's all about balance... getting an excellent education in a place that feels like home. Here are some of the distinctions that students say drew them to Des Moines University.



Students at DMU work hard, but they also know how to play. It's all about balance... getting an excellent education in a place that feels like home. Here are some of the distinctions that students say drew them to Des Moines University.



Get physical.

The wellness center has everything you need to stay (or get) in shape. Treadmills, elliptical machines, free weights, basketball court, exercise classes, healthful cooking—there's something going on all the time, and something for everyone.

Find your place.

Finding a club or interest group to join on campus won't be a problem. Students participate in more than 50 clubs and professional organizations that provide opportunity for community service, interaction with professional associations, fund-raising opportunities, social gatherings, and forming lifelong friendships.

Play a game.

Join an intramural or interschool basketball team. Shoot baskets or play one-on-one over the noon hour. Grab a football and a friend or two, head out to the courtyard or the front lawn, and see whether you've still got the arm. Students enjoy playing pool and ping-pong in the game room and student lounge.

Stick around.

It's 5 p.m. Classes and labs are over. Time to head home? Not necessarily. The Student Education Center offers plenty of reasons to stay. Study with friends in the library. Take a break in the commons area. Catch up on the cable news. It's your home away from home.

DES MOINES



A fun, affordable place to call home

THE DMU NEIGHBORHOOD is known for its historic homes, shaded lawns, and stately surroundings. The governor's residence at Terrace Hill Mansion is just a few blocks east. If you're wondering where you'll live, finding suitable housing is rarely a problem. Many reasonably priced apartments are within walking distance of the campus. Many students, in fact, live right across the street. Grocery stores, pharmacies, banks, restaurants, shops, and service stations are located nearby. And while many students live near campus, others choose to live elsewhere in Des Moines or in one of the suburbs. Wherever you live, the campus is within a 30-minute drive. And that's during rush hour.



THE DOWNTOWN is a contemporary urban center with something for everyone. Revitalization during the past decade has paved the way for an exciting yet accessible metropolitan lifestyle. The downtown features a new outdoor sculpture park, the Science Center of Iowa and IMAX Theater, Wells Fargo Arena, Broadway shows, baseball and hockey games, and an abundance of loft-style housing. The historic Court Avenue District offers a variety of restaurants and music, and East Village offers distinctively different art, shopping and cuisine. During warm weather, the Downtown Farmers Market on Saturday mornings draws thousands who buy fresh produce and products from Iowa's agricultural bounty. Annual events like the Des Moines Arts Festival and 80/35 Music Festival make downtown even more exciting.

THE SURROUNDING AREA is large enough to have great places to go and things to do, but small enough that it doesn't take hours to get there and back. The Greater Des Moines area offers variety in dining, upscale shopping, specialty shops, movie complexes, and more. Go dancing at one of the clubs. Enjoy an evening of live blues. And be sure to take in the sights, sounds, and aromas of the world-renowned Iowa State Fair. Just outside the city you can enjoy numerous lakes, parks, and recreational areas, several of which are connected to the city through bike paths. As the city motto says, "Do More."



You can get there from here

Des Moines is located in the center of America's heartland, right at the junction of Interstates 80 and 35. That makes it easy to get to and from several large metro areas.

NOTHING TO DO?

• Pigs and corn—Iowa has plenty of both, but not in Des Moines! Contrary to what you may have envisioned, **Des Moines is a real city with a relaxed metropolitan atmosphere supported by an area population of 534,230.**

• **Education and cultural diversity abound in Des Moines.** The metro area has 12 colleges and universities, and nearly 300 houses of worship that represent 79 different denominations or faiths.

• Des Moines has **safe neighborhoods**, great public and private schools, and many kid-focused events, attractions, and programs.

• **With miles of bike paths, at least 3 lakes and more than 130 parks** in the Greater Des Moines area, there are plenty of ways to enjoy the outdoors.

• **Third largest insurance center in the world.**

Major employers include EMC Insurance, Nationwide/Allied Insurance, Principal Financial Group, Wells Fargo, and Wellmark Blue Cross Blue Shield of Iowa.

• **Explore Iowa.** Take a day trip to the German Amana Colonies or the historic Dutch town of Pella. Take in a national car race at the nearby Iowa Speedway. Spend a day knocking around the historic French town of Dubuque on the Mississippi River or the unique prairie- and forest-covered Loess Hills in western Iowa.

FOR MORE INFO ABOUT DES MOINES, CHECK OUT: www.seedesmoines.com www.desmoinesmetro.com

THERE'S NO "S" IN DES MOINES. Amaze your friends — pronounce Des Moines correctly: "di-moin." The "s" is silent.

1 Have you taken what it takes?

Most applicants have completed an undergraduate degree by the time of registration. You may, however, be admitted after completing three years (90 semester hours) of undergraduate work.

To qualify for admission we require a cumulative grade point average of 2.5 or higher, and require that you complete each of the following prerequisites:

✓ REQUIRED COURSES

Biology – 8 semester hours, with lab

General Chemistry – 8 semester hours, with lab

Organic Chemistry – 8 semester hours, with lab (may substitute biochemistry for up to 4 hours of organic chemistry)

Physics – 8 semester hours, with lab

English or Language Arts – 6 semester hours

Additional highly recommended courses

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

✓ TAKE THE MCAT

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

Dual Degree Option

As a student in the College of Podiatric Medicine and Surgery you can apply for a dual degree option that leads to a Master of Health Care Administration degree (M.H.A.) or a Master of Public Health degree (M.P.H.). You also can apply for enrollment in the Master of Science in Anatomy or Master of Science in Biomedical Sciences degree program. If you are interested in these options, contact the CPMS Admission Office for more information.

IT'S IN THE AIR. You can feel it as you walk on campus—a professional atmosphere that encourages learning and personal development. It's a natural outgrowth of like-minded, graduate-level students preparing for careers in medicine and health sciences. We think you'll like it.

2 Apply yourself

✓ APPLICATION PROCESS

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

1. Download and submit an application through the application service at www.aacpm.org. Applications are available through AACPM starting in August for admission in the following year.
2. Submit your application to AACPM no later than May of the year you anticipate entering the program. We have a rolling admission process* and recommend that you submit your application early in the cycle. This will increase your likelihood of being selected for an interview. Be the early bird; it's to your advantage. Note that you can apply to only one DMU clinical program at a time.

*WHAT IS ROLLING ADMISSION?

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

3 Get it in writing

✓ LETTERS OF RECOMMENDATION

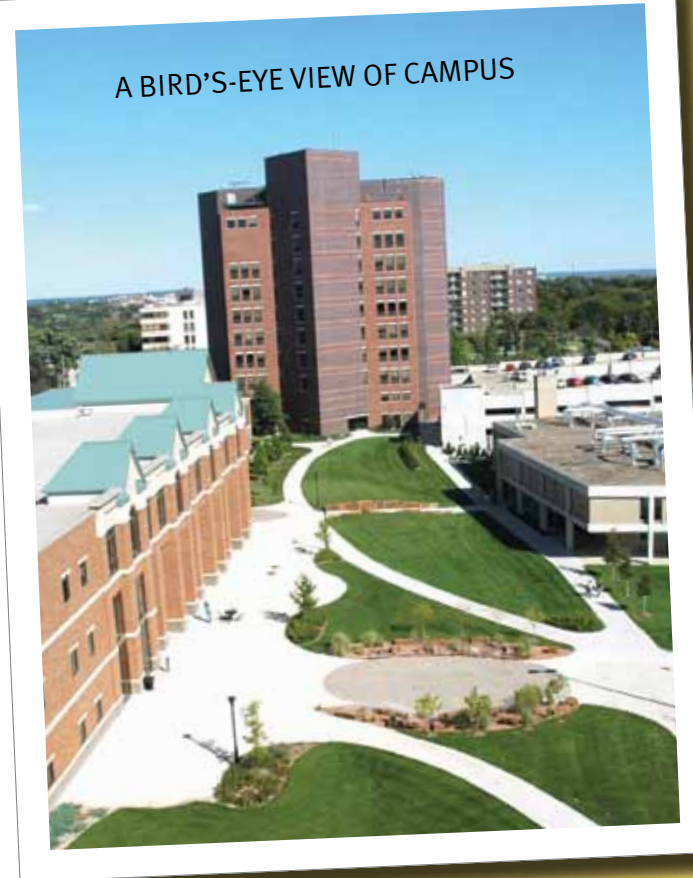
Along with your application, we require letters of recommendation that attest to your academic performance and prior exposure to podiatric medicine with a D.P.M. To provide this information, you need to submit:

- A. One letter from a science professor, academic advisor or preprofessional advisory committee, and**
- B. One letter from a doctor of podiatric medicine**

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

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

Letters are also accepted electronically through Interfolio and Virtual Evals.



A BIRD'S-EYE VIEW OF CAMPUS

4 The interview

✓ COME PREPARED

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

5 Welcome to DMU!

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

Check us out at www.dmu.edu/cpms

See for yourself – come for a visit

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



"The fact that the podiatric medical college is part of a larger health care university creates opportunities to network with other medical professionals. It's a chance to understand how podiatric medicine fits in the medical profession. There are research opportunities here, too."

ADAM LANG, DPM '11, WEST HARTFORD, CONNECTICUT

Don't ignore... THE FINE PRINT

ACCREDITATION

The College of Podiatric Medicine and Surgery is accredited by the Council on Podiatric Medical Education of the American Podiatric Medical Association, 301-571-9200. The Council is recognized by the U.S. Department of Education and the Council on Postsecondary Education as the specialized accrediting body for podiatric medical education. The Council also approves residencies in surgery, orthopedics, and primary care podiatric medicine.

Des Moines University is accredited by the Higher Learning Commission of the North Central Association of College and Schools, 30 North LaSalle St., Suite 2400, Chicago, IL 60602-2504; 312-263-0456.

FINANCIAL AID

Many students need help with tuition and living expenses, and financial aid is available for this program. For current tuition rates and more information on financial aid, please visit our web site or contact the Financial Aid Office directly at 800-240-2767, ext. 1470, or 515-271-1470; e-mail: financial.aid@dmu.edu.

TECHNICAL STANDARDS

Candidates for the DPM Program must be able to quickly, consistently, and accurately integrate all information received, and must have the ability to learn, integrate, analyze, and synthesize data. Candidates must be able to meet minimal technical standards in order to be admitted. A list of these standards is available at www.dmu.edu/CPMS/pm/technical_standards.

STATEMENT OF NONDISCRIMINATION

Des Moines University does not discriminate on the basis of race, color, gender, creed, national origin, age, marital status, sexual orientation, or disability in employment, admission, or access to education programs, activities, or health care.

DEFINITION OF DIVERSITY

Diversity at Des Moines University is a campus environment shaped by individuals and groups that offer a broad spectrum of cultural differences, life experiences, and distinct characteristics they bring to our institution. These include, but are not limited to: educational background and performance, gender, ethnicity, age, socio-economic background, leadership qualities, employment experiences, talents, geographical background, and other attributes that affirm the University's commitment to creating an inclusive environment.

This brochure has been prepared for only general information purposes. Des Moines University reserves the right to make program changes without notice. 2.25K 7-10



CHOOSE DMU

THE ACADEMIC RIGOR YOU NEED,
THE QUALITY OF LIVING YOU WANT

For more info,
check us out at
www.dmu.edu

Questions?

We've tried to cover everything, but may have overlooked something. So give us a call. If we can't answer your question when you call, we'll get back to you as soon as possible. You can also reach us via e-mail at CPMSadmit@dmu.edu. For more information about the DPM Program, visit our web site at www.dmu.edu/cpms.

How to Reach Us

CPMS Admission Office

515-271-1538

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

e-mail: CPMSadmit@dmu.edu

