



THE LECOM PAGER



To DO:

Congratulations to the first years for completing their first PBL Exam!



Current events:

Keep an eye out for this month's wellness events!

Comedy Central:



Turkey: "Give it to me straight, Doc. How long do I have?"

Doctor: "About five hours... at 350 degrees."

Welcome to the eighth edition of The LECOM Pager! In this month's issue, we feature a rotation spotlight, student achievements, a faculty highlight, a recap of the recent SOMA conference, SH Research Day coverage, and an overview of the many clubs and organizations you can join to get involved on campus!!

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Rotation Highlight

My name is Natalie Pakosz and I am a third year med student currently rotating with AHN. My case report on road rash was prompted by not only how common road rash is, but also the particular patient required every kind of skin graft and skin substitute we had. This made the case unique, but also broadly applicable as it will apply to every single case that encompasses friction burns. "Road Rash" became a brochure and not just a

case report when my attending wanted to share it with his patients. I realized that medical jargon could result in a gap in the patient-physician communication. We created a brochure in layman's terms to bridge this gap and facilitate the outstanding care the Burn Center at West Penn Hospital provides their patients. I am currently rotating on trauma surgery at Allegheny general hospital (AGH) in Pittsburgh, PA. My advice to medical students starting their rotations is to "Always ask". Ask questions, ask to help, ask to go with, ask for reasoning on clinical choices. Asking has granted me better education, understanding, and opportunity. I hope to specialize in either emergency medicine or burn surgery/ critical care.

Staged management of "road rash" friction burns with biological and synthetic dressings

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Abstract

"Road rash" is commonly used to describe friction burns, or more specifically, mechanical-thermal burns. These occur by sliding the skin over an abrasive surface, much like the road, and therefore are a common injury of motorcycle drivers. Here, we present the case of a 37 year old male who presented with road rash, after being involved in an accident on his motorcycle. The patient was found to have mixed second and third degree burns requiring excisional and nonexcisional debridement with allograft, xenograft, skin substitute and eventual debridement with autograft.

Introduction

Friction burns—also called "road rash" or mechanical-thermal burns—result from skin sliding over an abrasive surface, producing both mechanical shearing forces and heat-generated tissue injury. Unlike pure thermal burns, friction injuries often lead to irregular wound borders, embedded debris, mixed-depth injuries, and a higher risk of contamination. Reported in an epidemiologic series of 60 patients, friction burns disproportionately affect younger adults, are often associated with trauma, and present unique therapeutic challenges given the combined mechanisms of injury [1].

Management of friction burns requires a nuanced approach to wound bed preparation, debridement, and staged closure. It is important to have early excision where feasible, use of biological or synthetic dressings as temporizing covers, and timing of autografting once a clean, vascularized wound bed is achieved [2]. These principles are particularly relevant in complex cases in which friction burns coexist with multisystem trauma or orthopedic injury.

Here, we present a 37-year-old male with 9% TBSA mixed-depth friction burns sustained in a motorcycle crash, managed via staged debridement, biologic grafts, and advanced dressings in the setting of concomitant orthopedic and neurosurgical injuries.

Case Report

A 37-year-old male sustained friction burns involving 9% total body surface area (TBSA) following a motorcycle crash. The patient reported being cut off by another driver, causing him to sideswipe the vehicle and collide with a guardrail, resulting in direct friction and contact burns (Fig. 1, 2, 3). He was initially evaluated at an outside facility as a level 2 trauma activation. Workup revealed a left fibular neck fracture and a small subarachnoid hemorrhage. He was subsequently cleared by orthopedics, neurosurgery, and trauma surgery prior to transfer to West Penn Hospital Burn Center for higher-level wound care.



What is road rash?

Road rash happens when skin rubs against a rough surface, like pavement. It can range from mild to severe, sometimes needing surgery.

Dirt and debris can cause infection

- wounds may heal unevenly without proper care
- road rash may be complicated with other injuries (broken bones, concussions, etc)

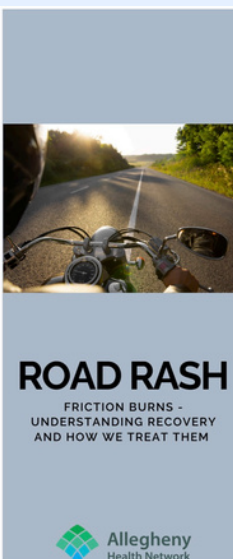
KEY TAKEAWAY

Road rash can be serious, but with proper care healing is possible

AHN- West Penn Burn Center

(412) 578-5273

4800 Friendship Ave,
Pittsburgh, PA 15224



How we treat it:

1. CARING FOR THE WOUND

Removing damaged skin- can be excisional or nonexcisional "debridement".



2. TEMPORARY COVERINGS

Temporary skin coverings- donor skin (allograft), fish skin (Kerecis), or skin substitute (Suprathel)



3. SKIN GRAFTS

Using your own healthy skin for deep wounds or if using allograft and sometimes for xenograft.



4. RECOVERY & SUPPORT

This includes Appropriate dressing changes, pain management, and possible visits to the outpatient burn clinic



Faculty Highlight



This month, we are excited to highlight Mrs. Judy Cross, Student Affairs Representative at LECOM SH. Mrs. Cross plays an essential role in student life at LECOM. She oversees SGA, manages matriculation for all incoming students, and leads community outreach initiatives that help strengthen connections between LECOM and the Greensburg community. Outside of work, her world revolves around her family. She has two children: a 27-year-old daughter who serves as a state trooper and a 23-year-old son who will soon be leaving for six months of training at the state police academy. When she's not supporting students or cheering on her kids, Mrs. Cross enjoys going to the gym, working on puzzles, word books, sudoku, and spending quality time with her loved ones. At home, she's kept company by her loyal husky-German shepherd mix, Forrest. Recently, Mrs. Cross has been catching up on *Only Murders in the Building*, her current favorite show. When asked what advice she has for medical students, she stated, "Just keep studying. As long as you keep studying and don't get derailed, you'll be fine."

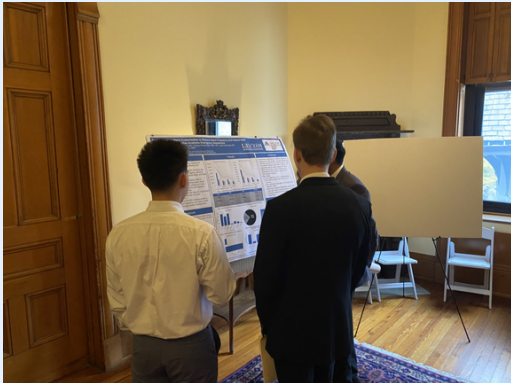
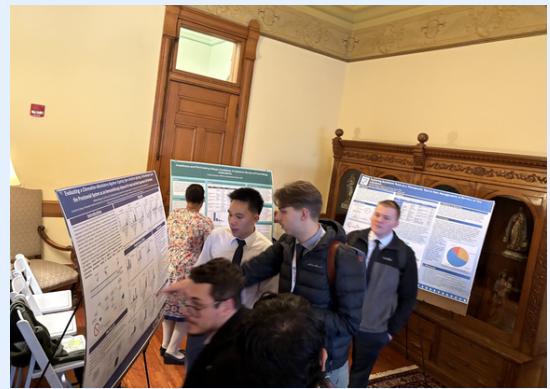
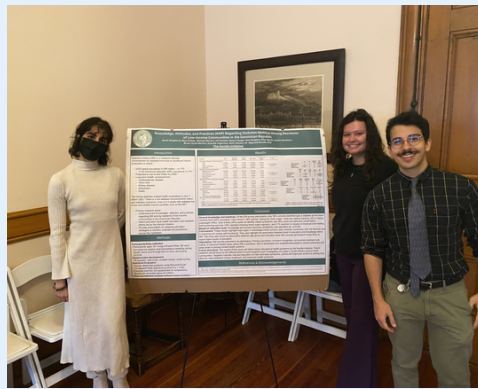
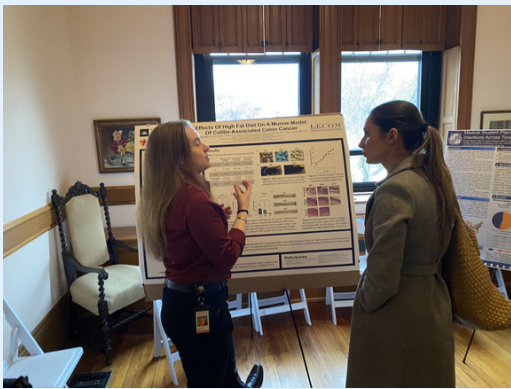
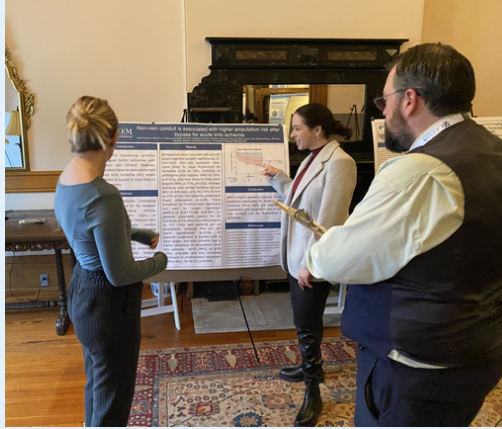
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Students Attend SOMA Conference this Summer

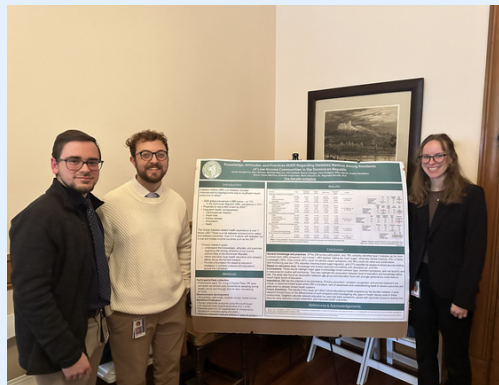
This past summer from July 16-18th, OMS-II students, Rishika Patel and Shrina Patel attended the SOMA National Conference in Chicago, Illinois. The National Osteopathic Student Caucus (NOSC) is a once a year forum that allows osteopathic medical students to voice their opinions on AOA House of Delegates resolutions that affect students, residents and the osteopathic profession. Rishika and Shrina attended various meetings, a social media workshop, and participated in the National Osteopathic Student Caucus. They also saw the Navy Pier fireworks!



LECOM Research Day



On October 31st, LECOM held its annual LECOM Research Day across campuses for LECOM students to present research. Congratulations to all those that participated!



Student Highlight: Cassandra Troy

Earlier this month, LECOM SH OMS-II, Cassandra Troy, was named as one of the 2025 Hydrocephalus Association (HA) Scholarship Award Recipients. HA's scholarship program provides financial assistance to capable and promising teens and adults living with the ongoing challenges and complexities of hydrocephalus. Diagnosed with acquired hydrocephalus at age nine due to a brain tumor, Cassandra faced significant medical and personal challenges, including surgery and recovery that affected her physical activity and academics. Despite these obstacles, she remained committed to her education, athletics, and community involvement, competing in hockey and lacrosse throughout college and volunteering with summer camps for children with medical conditions, the American Red Cross, and the Hydrocephalus Association's WALK to End Hydrocephalus. Cassandra shares, "Hydrocephalus has given me a unique perspective and has shaped my approach to both personal and professional relationships, emphasizing the importance of empathy, patience, and perseverance." Congratulations Cassie!

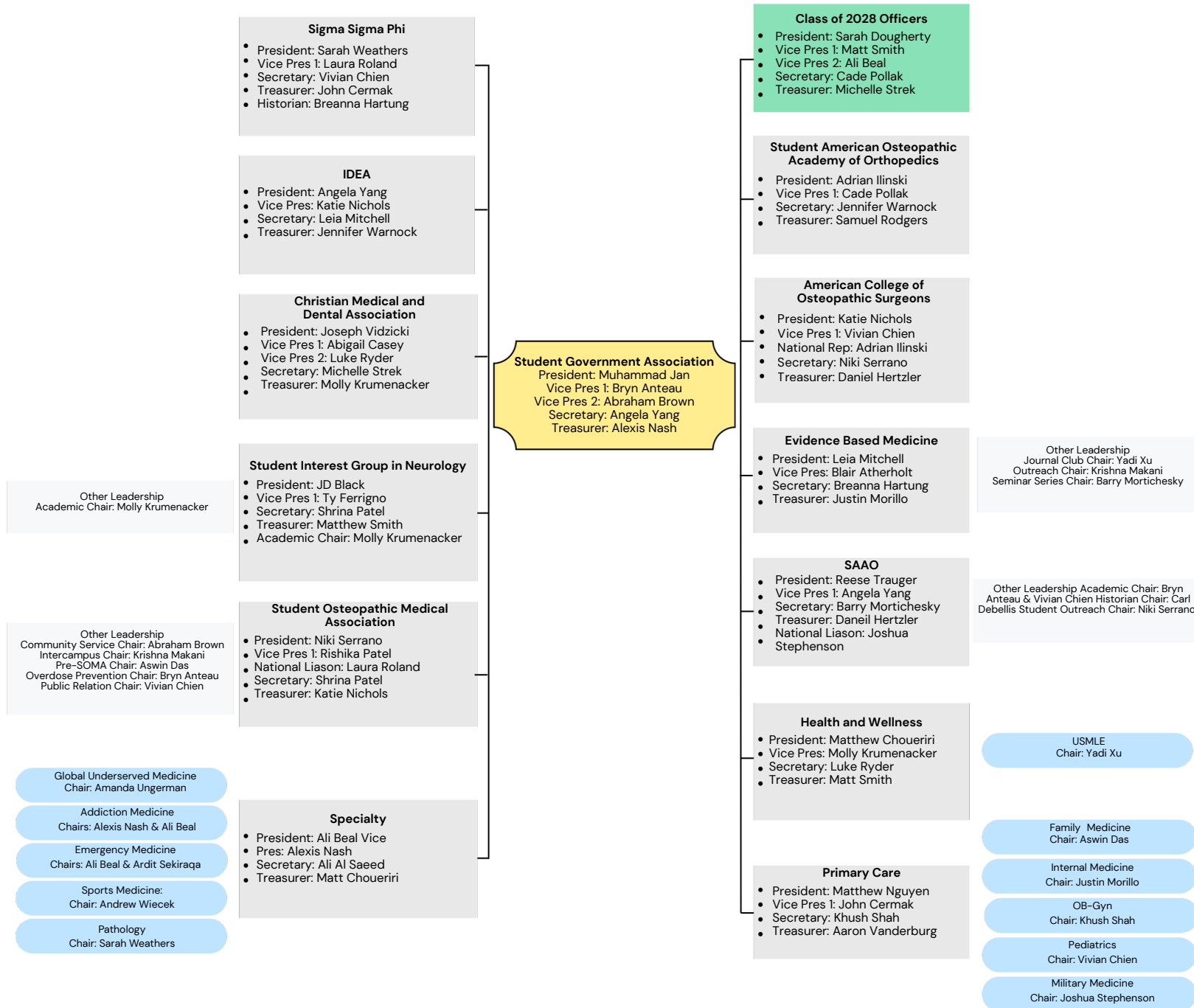


Student Highlight: Bridging the Gap

Kumal Siddiq, Fatima Mubarik, Rachael Kopec, and Vivian Chien participated in the Bridging the Gaps Program this summer, serving the Westmoreland community. During their time, they created two key projects: a Westmoreland County Transportation Guide to Clinics and a Greenhouse accessible to patients at one of the organizations they served. They also attended Community Resource Fairs, where they provided free blood pressure checks, vision screenings, and other resources for improved physical and mental health. They also traveled to Philadelphia last month to present their BTG poster at a conference celebrating the program's 25th anniversary, with the support of the SGA. They found their involvement with BTG as very rewarding and learned that change begins with small steps, such as listening and showing empathy. They hope to continue serving the community and making a change, even if it is one small step at a time.



LECOM Seton Hill Clubs



- Student Government Association – governing body over umbrella clubs
- Class Officers – representation of the Class of 2028
- Umbrella Clubs – clubs that run auxiliary clubs, headed by presidents
- Auxiliary Clubs – clubs that fall under an umbrella club, headed by chairs