



**MEDICAL
UNIVERSITY**
of the **AMERICAS**



New Student Guide

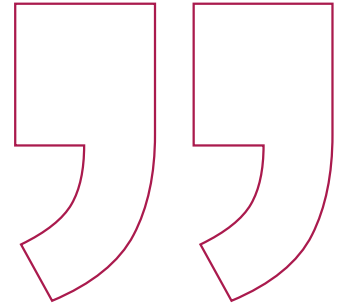




TABLE OF CONTENT

Welcome Message	3
Before You Arrive	4
How to Make Payments	5
Financial Aid Services and Bursar	7
Checklist Requirements	8
Visa Requirements	9
Immunization and Police Clearance Information	10
Travel Information	11
When You Arrive	12
What to Bring	13
Mailing and Shipping	14
Campus Life	
Living in Nevis	15
Books and Laptop	16
Technology Information	17
Academic Life	
Orientation	18
Course Registration	18
Student Handbook	18
Academic Support	
The Learning Center	19
Library	19
Get Involved	
Ways to Get Involved	20
Nevis Island Resources	
Money and Banking	21
Hospitals and Health Clinics	22
Internet, Cable, Cellular, & Electronics	22
Transportation	23
Supermarkets	24
Explore The Island	
Around the Island	25
Good Eats	26
Essential Contacts	27

Message from the Dean



Dear Future Physician,

Welcome to the Medical University of the Americas (MUA)! We are honored that you have chosen our community to complete your M.D. degree. We look forward to you joining our graduates around the world who continue to make us proud.

Now more than ever, we need highly trained, globally minded, and patient-focused physicians. MUA is the best place to become a practicing physician with the drive to help others and the skills and network to match. While you are with us, you will experience the diversity of our campus culture and community, the academic excellence of our program and faculty and the warmth and diversity on the island of Nevis in the Caribbean.

To prepare you for this new chapter, we have prepared a guide with valuable resources so that you can smoothly transition into the MUA experience.

Dr. James P. Bruzik

Executive Dean, Basic Science



**MEDICAL
UNIVERSITY**
of the AMERICAS

Before You Arrive

Please take a moment to read the following information, as it is important in making your island transition a smooth one.

These items are required for you to start your studies with us at MUA. Please email a copy of each required document to the US Admissions Office at admissions@mua.edu. If you have any questions, please call the Admissions Department at (978) 862-9500.



Seat Deposit

Pay your seat deposit which is not applied to your tuition payment. Directions are included in the application portal.

The Finance Department or Financial Aid Department must notify you of being tuition satisfied.

All students must confirm they are tuition-satisfied before arriving in Nevis. Traveling to Nevis is not recommended before confirming your tuition status.

You can only register for or attend classes if you have satisfied your tuition commitments.



Conditional Documents

If you are a conditionally accepted student, you are required to email the conditional documents listed on your student portal to admissions@mua.edu.



Health Insurance

Your health plays a vital role in achieving your goals at MUA. Without adequate health care insurance, unexpected medical expenses could alter your medical education and your future. MUA requires that all students provide proof of health insurance and description of coverage. You can purchase health insurance through RCM&D. For an online application, visit their website at <https://secure.visit-aci.com/insurance/mua/>



Medical Evacuation and Repatriation Insurance

MUA provides a mandatory Emergency Medical Evacuation and Repatriation insurance policy that covers students in the event of emergency treatment. This insurance will cover the cost of being airlifted to a nearby facility for emergency care in the event it cannot be handled at the Alexandra Hospital on Nevis. It is mandatory that all students and dependents carry this insurance.

How to Make Payments



Helpful Financial Information

Here are helpful contact information and payment instructions.

Tuition Payment Deadlines

All students entering the first semester must pay tuition 45 days prior to the start of the semester

How to Make Payments

Tuition payment options include electronic funds transfer or mailing a personal check or money order to our US Office. Please see wire transfer insert for directions.

U. S. Dollars Electronic Funds Transfer Information:

Account Name: Medical University of the Americas
Bank Name: Bank of America
Bank Address: 1 Landmark Square, Stamford, CT 06901

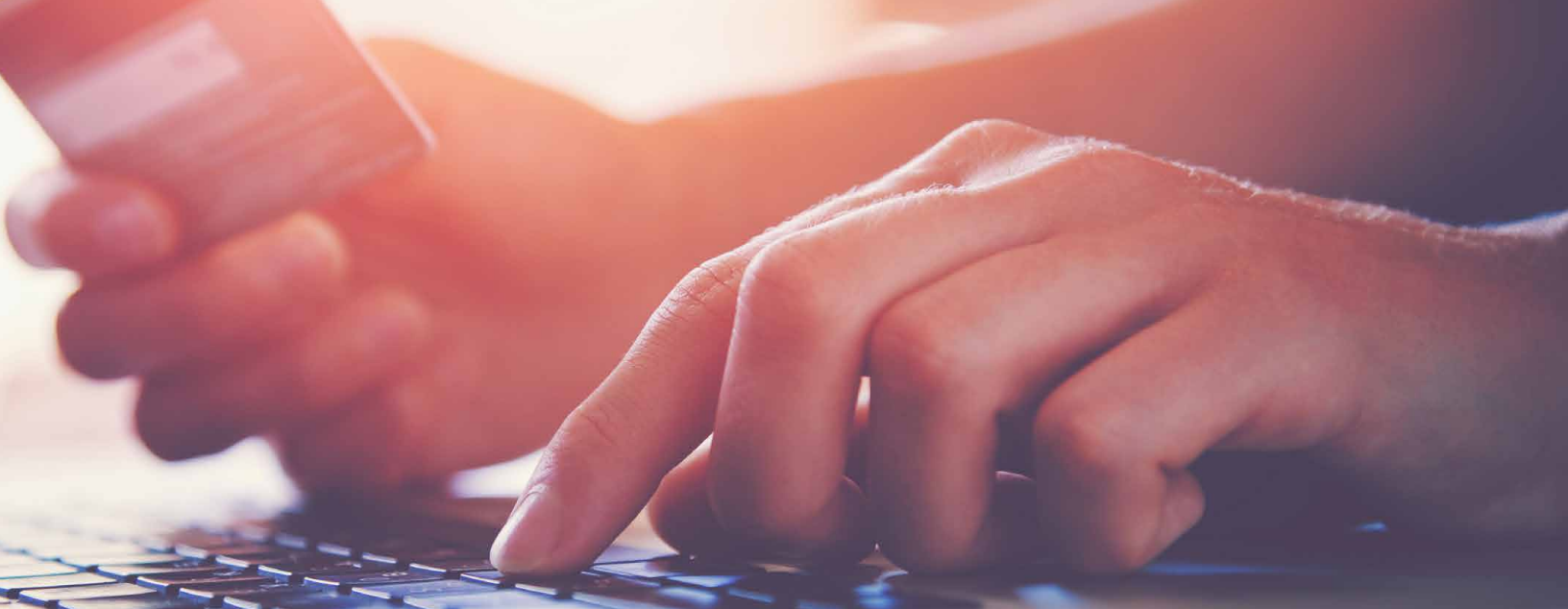
For International wires, please use:

Account Name: Medical University of the Americas
Bank Name: Bank of America
Bank Address: 222 Broadway, New York, NY 10038
Bank Phone #: 1-800-577-WIRE (1-800-577-9473)
Beneficiary Account Number: 0094 2073 0035
ABA (routing) # 026 009 593 Swift Code - BOFAUS3N
ACH (routing) # 011 900 254 CHIPS – 0959

Our bank sometimes imposes an incoming wire transfer fee on payments received. Please include an extra \$35 to your wire payment to cover this cost. Please note that this amount is separate from any amount your bank charges to send the wire transfer.

For all payments, reference the Student's First & Last Name

For additional information or questions contact the MUA Finance Office at 978-862-9500, option 4 or by email at studentaccounts@mua.edu.



Helpful Financial Information

Bank Name: Bank of America

Beneficiary Account Number: 0094 2073 0035

Account Name: Medical University of the Americas

- Locate your nearest Bank of America branch
- Complete a deposit slip referencing the beneficiary account number listed above
- After completing your deposit with a bank representative, be sure to ask for your receipt as proof of transaction
- Forward your receipt via email or fax to MUA's US Office to the attention of the Finance Department
- Be sure and include the student's first and last name on all correspondence remitted

A copy of your receipt must be forwarded to the US Office once the deposit is made via email or fax in order for MUA to recognize it on your account. Please be sure and reference the student's first and last name.

For additional information or questions, please contact MUA's Finance Department at 978-862-9500 ext. 531

Foreign Check Policy

Medical University of the Americas does not accept checks that must be processed through the "Foreign Draft & Check Collection Department" of our financial institution. Monies submitted from foreign accounts must indicate an affiliation with a US banking institution on the face of the check and be remitted in US funds. Checks received from foreign accounts will be returned to the remitter. International money orders remitted in US dollars are an acceptable form of payment. If you have any questions regarding this policy, please feel free to contact MUA's Finance Department at 978-862-9500 ext. 531.

*All students must confirm they are tuition satisfied prior to arriving on Nevis. You will not be able to register for or attend classes without being tuition satisfied. It is not recommended to travel to Nevis prior to confirming your tuition status.

KEY CONTACTS

Finance Department Contact Information

MUA Admissions Department

Email: admissions@mua.edu

Phone: 978 862 9500 ext 1

Student Accounts

Email: studentaccounts@mua.edu

Phone: 978-862-9500 ext. 531 Fax: 978-862-9599

Financial Aid Department

Email: FinAid@mua.edu

Phone: 978-862-9500 ext. 530 Fax: 978-862-9599

Canadian Financial Aid Department

Email: CanAid@mua.edu

Phone: 978-862-9500 Fax: 978-862-9599

Financial Aid Services and Bursar

US Federal Loans

Direct Subsidized Loans: These loans are available to undergraduate students with financial need. The government pays the interest on these loans while the borrower is in school at least half-time, during the six-month grace period after leaving school, and during any periods of deferment (postponement of loan payments).

Direct Unsubsidized Loans: These loans are available to undergraduate, graduate, and professional students. The borrower is responsible for paying the interest on these loans, even while in school. However, the borrower can choose to pay the interest while in school or allow it to accrue and be added to the loan balance (capitalized) later.

Direct PLUS Loans: These loans are available to graduate and professional students, and to parents of dependent undergraduate students. The borrower is responsible for paying the interest on these loans.

Direct Consolidation Loans: These loans allow borrowers to combine multiple federal education loans into a single loan with a single loan servicer. This can make loan repayment more manageable, but borrowers should be aware that they may lose certain benefits by consolidating their loans.

Canadian Federal Loans

Canadian students are eligible for Federal Loans through the Ministry of Education Student Support Branch in the province of residence. For example, Ontario residents are eligible for the OSAP loan. Students may apply for up to 52 weeks of financial assistance annually. Canadian students should contact their individual province directly for information regarding additional requirements.

- Alberta | <https://www.studentaid.alberta.ca/>
- British Columbia | <https://studentaidbc.ca/>
- Manitoba | <https://www.edu.gov.mb.ca/msa/>
- New Brunswick | <https://www2.gnb.ca>
- Newfoundland and Labrador | <https://www.aes.gov.nl.ca/studentaid/fulltime/index.html>
- Northwest Territories | <https://www.ece.gov.nt.ca/en/services/student-financial-assistance>
- Nova Scotia | <https://novascotia.ca/studentassistance/>
- Ontario | <https://www.ontario.ca/page/osap-ontario-student-assistance-program>
- Prince Edward Island | <https://www.princeedwardisland.ca/en/topic/student-loans-bursaries-grants-and-awards>
- Saskatchewan | <https://www.saskatchewan.ca/residents/education-and-learning/student-loans>

For student loans, including US Federal Financial Aid and Canadian Provincial loans, contact the Financial Aid Department at finaid@mua.edu (978-862-9500) and canaid@mua.edu (978-862-9500).

Checklist Requirements

Students attending Medical University of the Americas who are either Canadian or US citizens must have the following:



Valid Passport

Passports are required of all visitors. Your local post office will provide you with a passport application if you do not already have one. Be sure to apply early, as it may take several weeks for your passport to be issued. A passport is necessary for all family members—including children unless they are on their parent's passport. Your passport must be valid at least six months beyond your arrival on Nevis.

Certificate Of Good Conduct (Police Clearance)

The Immigration Office on Nevis requires a clearance letter or police clearance from your local police department for approval of your temporary residence status. Please keep the original letter and present it to the University Secretary on Nevis during orientation. A copy of the police clearance must be emailed to information@mua.edu when you receive it.

Passport Size Photographs

These photographs are often needed for such things as obtaining a driver's license, temporary residence permit and/or USMLE applications. Please bring four of these photographs with you to Nevis and present them to the Administration.



Certificate Of Immunization

You should receive a copy of the certificate of immunization with your admission packet from our US office. You must email your completed immunization certificate to information@mua.edu, and bring the original certificate to orientation and registration on Nevis. All spouses and friends that accompany you and intend to live with you on Nevis during your matriculation must also have a certificate of immunization completed to qualify for temporary residence. *Please note that some immunizations are only required prior to doing clinical hospital rotations.

Negative Tb/Vdrl/Rpr Test Results

You must have proof of having tested negative for TB within 12 months before you arrive on Nevis. You must have proof of a negative VDRL/RPR within six months before you arrive on Nevis. All test results must be sent to information@mua.edu.

Visa (If Applicable)

Please see Visa Requirements page.

Students who plan to bring their spouses to Nevis are required to bring their notarized marriage license certificates with them. This document may need to be presented to the Immigration Department to procure visas or extend a stay in Nevis.

***NOTE FROM THE NEVIS ISLAND ADMINISTRATION:** Please be advised that applications for student visas or work permits will NO longer be accepted for processing without the required original police certificate from the usual country of residence of the student or employee. In addition, each applicant must submit ORIGINALS ONLY of all required documents. Faxes and photocopies will not be accepted on the island. A passport must be presented by each applicant, as a driver's license or other form of picture identification will NOT be accepted as a travel document.

Visa Requirements

For more information, contact the Admissions Department at admissions@mua.edu.

How to Obtain a Visa

To obtain a student or family visa on Nevis, you must have the following **original** documents with you when you arrive on Nevis and **copies** must be sent to the Admissions Department at information@mua.edu one month prior to your arrival:

- Passport (your passport must be valid at least six months beyond your arrival on Nevis).
- Two passport-sized color photographs
- FBI-Issued Police Clearance (US Citizens) or Police Record (Canadian Citizens) less than 6 months old from your arrival on Nevis from your arrival on Nevis.
- Venereal Disease Research Laboratory (VDRL) or RPR Rapid Plasma Reagin (RPR) test results less than 6 months old from your arrival on Nevis from your arrival on Nevis.
- Lab Report from your Mantoux or PPD test for Tuberculosis— current within the last 12 months
- * If your PPD test is positive, you must submit the result of your Chest X-ray
- Enrollment (Acceptance) Letter
- Evidence of Return Flight Ticket to your country of usual residence (valid for a minimum of one year)

The cost to obtain an entry Visa is \$50.00 US, and applications take approximately 2 weeks to be processed.

All family and friends accompanying you who plan to stay more than 30 days on Nevis, regardless of citizenship, must also have an entry visa.

eVisa

You have the option to complete a travel eVisa online by visiting www.evisas.online/saint-kitts-and-nevis-visa/

Immunization and Police Clearance Information

Immunization Record Form

STUDENT PHYSICAL EXAMINATION AND IMMUNIZATION FORM PART I AND II: Please have your physician complete the Student Physical Examination and Immunization Forms within 6 months prior to your arrival on Nevis. Regardless of immunization history, all students must provide copies of current blood titers, VDRL and TB results prior to matriculation. MD students will not be allowed to register for their first semester unless this matriculation requirement has been met.

Criminal Background Check (CBC)

US STUDENT FBI-ISSUED CLEARANCE: All students attending the Medical University of the Americas who are citizens or permanent residents of the United States must have an FBI-issued Police Clearance. Your FBI-issued Police Clearance must be performed within six months prior to your arrival on Nevis.

The first step is to get your fingerprints taken. We recommend that you visit your local police station to have this done manually and also that you get two sets of prints in the unlikely event that the initial set cannot be read properly by the FBI. You can also visit a Live Scan location to obtain your fingerprints electronically.

To obtain an FBI-issued Police Clearance in a timely manner you should submit your fingerprints to an FBI-approved Channeler. A Channeler is a company that serves as the "go-between" for submitting fingerprints to the FBI and obtaining the FBI-issued Police Clearance on your behalf.

MUA strongly recommends using National Background Information (www.nbinformation.com) as the FBI-approved Channeler

CANADIAN AND INTERNATIONAL STUDENT POLICE CLEARANCE: You must have a police clearance performed within six months prior to your arrival on Nevis. In the case of students who are citizens or permanent residents of Canada or located outside of the United States, you should contact your local police detachment and ask them for a criminal record check. They will run your name and date of birth through the RCMP database, and then produce a document that confirms the results. You can ask for a Police Clearance Letter; however, each police detachment may have different requirements and procedures.

Additional details can be found on your Acceptance Portal.



Travel Information

Incoming students and their families (if applicable) are responsible for coordinating their own travel arrangements. The Admissions Office provides this document as a resource. Please forward your travel itinerary to the Campus Office at housing@mua.edu once available. We will have a staff member waiting for you at the Nevis airport or ferry dock upon arrival.

If you're traveling directly from the US or UK, your flight will arrive at St Kitts (SKB), where you will be met and seamlessly escorted by taxi to Reggae Beach to your waiting water taxi to your accommodation in Nevis in as little as six minutes.

Two methods for traveling to Nevis:

1. Fly directly from the US or Canada to St. Kitts (SKB), then take the ferry from St. Kitts (SKB) to Nevis (NEV)
2. Fly directly from the US or Canada to one of the major Caribbean hub airports - St. Maarten (SXM), San Juan (SJU) or Antigua (ANU). From there you can fly to St. Kitts (SKB) and take a ferry over to Nevis.

Traveling to St. Kitts or Nevis by Air		
Carriers	Destinations	Frequency
American Airlines Website: www.aa.com	Miami (MIA) to St. Kitts (SKB) San Juan (SJU) to St. Kitts (SKB) New York (JFK) to St. Kitts (SKB)	Once/week (Saturday) Daily Once/week (Saturday)
United Airlines	Toronto (YYZ) to St. Kitts (SKB)	Daily
Winair Website: www.fly-winair.com	St. Maarten (SXM) to St. Kitts (SKB)	Daily
Cape Air Website: www.capeair.com	San Juan (SJU) to Nevis (NEV)	Daily

* Subject to change at the airline's discretion.

Get the latest information on flights at: <https://nevisland.com/getting-to-nevis-by-air/>



When You Arrive



Flying to Nevis or St. Kitts

If you are arriving on St. Kitts our university representative Ms. Daisy Jones will meet you at the airport in St. Kitts and transport you to the ferry dock so you can take the ferry over to Nevis.

The drive from the St. Kitts airport to the ferry dock in Basseterre is about 10 minutes and the ferry ride to Nevis is 6 minutes. You may also take the Sea Bridge (vehicles can drive onto this ferry) to Nevis. The drive from the St. Kitts airport to the Sea Bridge is about 25 minutes and this ferry takes 15 minutes to get to Nevis.



Taxi Rates from Airport to Ferries in St. Kitts

Taxi transport from St. Kitts airport to the Nevis ferry costs \$40 USD per car.

Taxi Rates for the Ferry

The Ferry from St. Kitts to Nevis runs several times a day. You do not have to pre-book the ferry ride. Cost is \$20 USD per person.

Arriving on Nevis via Ferry

MUA staff will be at the ferry docks on Nevis to welcome you and take you to your new home.

Van drivers will pick students up at the Nevis airport and provide free transportation to student housing. Landlords greet the students at their housing facility.

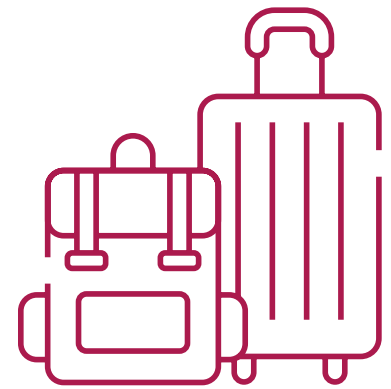
If for any reason you need to stay overnight on St Kitts, Bird Rock Beach Hotel offers our students a special rate of US\$84.00 plus taxes per night. Contact info is at www.birdrockbeach.com



Flight Itinerary

Email your itinerary to Andrew Cumberbatch (housing@mua.edu) so that he can arrange your pick-up at the airport and/or ferry. Without having your flight itinerary, we will not know when you are arriving and will not be able to meet you.

What to Bring



The following is a list of recommended items to bring to the island. This list was compiled by current students in an effort to help new incoming students.

Carry-on Items

- Confirmation of being tuition satisfied by the Finance Department
- Student Visa Required Documentation
- Four Passport Photos
- Evidence of Return Flight Ticket within a year
- FBI-issued Police Clearance (US Citizen) or Police Record (Canadian/INTERNATIONAL Citizen) from local precinct (less than 6 months old upon matriculation)
- Medical Documentation on Physician Letterhead:
- VDRL or RPR test (less than 6 months old upon matriculation) with lab report
- PPD test for Tuberculosis (less than 12 months old upon matriculation & on separate piece of paper)
- * If your PPD test is positive, you must provide the result of your chest X-ray
- Passport
- Copy of Birth Certificate or Naturalization
- Acceptance Letter
- Personal items: Medication, personal products, change of clothes, dry snacks, etc.
- Laptop and Laptop Charger

School Supplies

- Three to four boxes of latex medical examining gloves will be required for Anatomy.
- Scientific calculator.
- Students will need a minimum of two (2) sets of scrubs. One set is reserved for Gross Anatomy and the other for clinical skills courses. You will also need 2-3 short lab coats.
- You will need your white coat and professional attire
- Stethoscope
- Ophthalmoscope
- Blood Pressure Cuff
- Pen Light
- Long Cotton Swabs
- Eye Chart
- Tongue Depressors
- Reflex Hammer
- Tuning Fork
- Carrying Case

Daily Living

Consider bringing all of the following:

- Alarm clock - Wind up or battery powered/backup and extra batteries.
- Flashlight, candles (in case the electricity goes out), desk lamp, screw driver, pliers, duct tape/electrical tap.
- Clothing - Shorts, T-shirts, and summer weight (cotton) informal casual clothing is all you will need for the majority of your stay while attending MUA.
- Lightweight sweater or sweatshirt. Some semi-formal clothing for special occasions. Suits are not recommended. Closet hangers, hooks (slide over the top of doors).
- Rain gear, sneakers, flip-flops, hat, sandals, swimsuit, sunglasses, sunscreen, and bug repellent.
- Pack light snacks and food for your first day, since some restaurants and markets may be closed & the cafeteria may not be operating on the day/evening of your arrival. Dried or non-perishable goods, coffee/tea, dry food, canned foods, herbs, spices, microwaveable food, water filter system (ie. Brita), can opener and microwave safe cookware, reusable water bottle, thermos, plates/cups/utensils, plastic wrap, aluminum foil, cutting board, hotplate, small blender, electric water kettle.
- Extra bath, face cloth, hand towels and bed linens (full size flat sheets are recommended).
- Drugs/Sundries - Prescription medication (a four-month supply), over the counter drugs, multi-vitamins, heat/ice pack, first aid kit, etc. If you require a certain medication, you should decide to have enough for the duration of the semester. Alexandra Hospital located on Nevis is available for minor emergencies and some medication is available.
- Cosmetics/toiletries (shampoo, soap, deodorant, etc.), insect repellent, sun block. Special brand-named toiletries should be purchased before your departure since Nevis is limited on brand named products.



Mailing and Shipping

Post Office

Main Street, Charlestown, and Gingerland.

Open Mondays, Tuesdays, Wednesdays, Fridays, and Saturdays from 8 am to 3 pm, and Thursdays from 8 am to 11 am.

Some Postage Rates

Locations	Postcards	Letters
To USA, Canada, Puerto Rico, and USVI	\$.80	per 10 gms, \$.90
To UK:	\$1.00	per 10 gms, \$1.20
To Eastern Europe:	\$1.20	per 10 gms, \$1.60
To Caribbean, Zone A:	\$.50	per 10 gms, \$.60
To Caribbean, Zone B:	\$.80	per 10 gms, \$.90

You may want to bring plenty of U.S. stamps with you.

There can be delays when you send your email through mail. You can expect approximately 3 weeks for delivery. For faster service, you may want to send your mail by Fed-Ex, DHL, and UPS:

- DHL Worldwide Charlestown 869-469-0553
- Fed-Ex Charlestown 869-469-0722 UPS Charlestown/Vance W. Amory International Airport 869-469-5238/9333

Shipping Personal Items to Nevis

1. FedEx: Locations Worldwide | www.fedex.com
2. Hassell Free Exports, Inc.: 4407 SW Martin Highway Palm City, FL 34990
3. Telephone: 772.219.4521 | Fax: 772.907.6133 | <http://hassellfree.net/nevis/>
4. Island Bargains 3387 SW 13th Avenue Fort Lauderdale, FL 33315

Telephone: 954.381.6229 <https://www.islandbargains.com/default.asp>

Mailing address for all students attending Medical University of the Americas:

Student's Name
c/o Medical University of the Americas
Potworks, St. James Parish
Nevis, KN 1102 West Indies



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Campus Life

Housing Information

Medical University of the Americas is providing the following information as a courtesy to students, but in doing so it does not make any representation or warranty whatsoever about any housing, utilities, or any other housing-related service.

Students are solely responsible for conducting their own evaluation of any housing or housing-related options. Consistent with the university's commitment to supporting the broader community, these housing options are owned by Nevis residents.

Living with other students will provide you with an opportunity to socialize with other students and form study groups while becoming oriented to the University and life on the island of Nevis.

Please visit the Nevis Tourism Bureau's website for a complete list of island accommodations

<http://www.nevisisland.com/hotels>

Cafeteria Meal Plan Information

Incoming students may sign up for meal plans when they arrive on their first day. If you are on the meal plan then your meals are given at a discounted rate. Credit card payments are required for meal plans.

Meal Plan Options

30 meals at a cost of US 260.00

Meal plans can be renewed after the 30 meals have been used.

Cafeteria Hours

Mondays through Fridays 7 a.m. to 5 p.m.

Sample Menu Items: Burgers (beef, chicken, fish), breakfast burritos, sandwich wraps (veggie, chicken, and shrimp), french fries, mashed potatoes, pizza and chicken fingers, Indian and Halal dishes and salads. Vegetarian options are also available.

Fitness

The MUA campus includes a gym open to students for \$65.00/semester fee.

Books & Laptop



BASIC SCIENCES TEXTBOOKS

PLEASE NOTE: All required texts must be brought with you to Nevis. It is only necessary to purchase the "required" textbooks. At your own discretion you may opt to purchase the recommended references. In all cases, purchase the latest edition of any required textbook, whether or not the upgraded change is reflected here.

Semester 1

MED 502 – Human Body Structure & Function

Required Texts

- **Clinically Oriented Anatomy; 8th edition, 2017; Keith L. Moore; Arthur F. Dalley; Anne M.R. Agur; Wolters Kluver / Lippincott, Williams & Wilkins;** ISBN-13: 978-1496347213
- **Atlas of Human Anatomy; 7th edition, 2018; Frank H. Netter, MD; Saunders Elsevier;** ISBN: 978-0323393225
- **Grant's Dissector; 17th edition, 2020; Alan J. Detton, Tank, Patrick; Wolters Kluver / Lippincott, Williams & Wilkins;** ISBN-13: 978-1975134600; ISBN-10: 1975134605
- **Langman's Medical Embryology, 14th Edition (2018), Sadler, Thomas W.,** Lippincott Williams & Wilkins, Wolters Kluver Health. ISBN – 13: 978-1496383907

(Recommended Reference)

- **Snell's Clinical Anatomy by Regions; 10th Edition (2018); Dr. LAWRENCE E. WINESKI PhD;** Wolters Kluver / Lippincott, Williams & Wilkins; ISBN-13: 978-1496345646
- **Gray's Anatomy for Students; 4th Edition; A. Wayne Vogl, Adam W. M. Mitchell, Richard Drake;** Elsevier - Health Sciences Division; ISBN 13 – 978-0323393041; ISBN-10 0323393047
- **Gray's Anatomy Review: with STUDENT CONSULT Online Access 2nd Edition (May 20, 2015); Marios Loukas MD PhD (Author), R. Shane Tubbs MS PA-C PhD (Author), Peter H. Abrahams MBBS FRCS (ED) FRCS(ED) FRCR DO (Hon) FHEA (Author), Stephen W. Carmichael PhD DSc (Author);** Churchill Livingstone; ISBN-10 : 0323277888; ISBN 13 – 978- 0323277884

MED 504 – Cell / Human Histology & Physiology

Required Texts

- **Histology: A Text and Atlas with Correlated Cell and Molecular Biology.** Wojciech Pawlina MD FAAA (Author), Michael H. Ross PhD (Author), Eighth North American Edition ISBN-10: 1496383427 * ISBN-13: 978-1496383426.
- **Color Atlas of Histology** L.P. Gartner and J.L. Hiatt, (2013), Lippincott, William & Wilkins, 7 th Edition. ISBN-10: 1496346734; ISBN- 13: 978-1496346735
- **Textbook of Medical Physiology Author:** Guyton, Arthur and J.E. Hall, Edition: 14th Edition (2020), , Publisher: Saunders/Elsevier ISBN-13: 978-0323597128, ISBN-10: 0323597122

(Recommended References)

- **Netter's Essential Histology (3rd Edition)** by W. K. Ovalle and P. C. Nahirney, ISBN-10: 0323694640, ISBN-13 978-01455706310, Elsevier, 2020
- **Junqueira's Basic Histology: Text and Atlas Anthony Mescher, (2021), McGraw-Hill, 16 th Edition.** ISBN10: 1260462986; ISBN-13: 978-1260462982
- **Ganong's Review of Medical Physiology, Twenty sixth Edition 26th Edition,** by Kim Barrett (Author), Susan Barman (Author), Jason Yuan (Author), Heddwen Brooks (Author), McGraw-Hill, ISBN-10: 1260122409 * ISBN13: 978-1260122404

MED 506 – Clinical Skills I

Required Texts

Skills for Communicating with Patients Silverman, J., Kurtz, S., & Draper, J. (2013). (3rd ed.). London: Radcliffe Publishing. ISBN-13: 978 184619 365 1

Required Articles (provided in class)

- **Szauter KM, Ainsworth MA, Holden MD, Mercado AC,** Do students do what they write and write what they do? The match between the patient encounter and patient note. (2006) Academic Medicine. 81(10 supp):S44-7.
- **White JC, Rossen C, Christensen J, Hart R, Levinson W,** Wrapping things up: A qualitative analysis of the closing moments of the medical visit. (1997) Patient Education and Counseling 30:155-165.

(Recommended Reference)

Teaching and Learning Communication Skills in Medicine Kurtz, S., Silverman, J., & Draper, J. (2005). (2nd ed.). London: Radcliffe Publishing. ISBN 1 85775 658 4

Technology Information

Email and LMS Access

Once accepted to the Medical University of the Americas and your seat deposit has been paid, you will receive an email to activate your mua.edu school email. This activation email will be sent to the email address which you identified during the application process. Your school email should be activated immediately and checked daily. Correspondence with the school should always be done through this email address.

In addition, as access is provided to various online systems at the Medical University of the Americas you will be notified via your @mua.edu email account.

Access to online systems such as the LMS will be available 1 week before the start of classes.

Laptop Requirements

Medical University of the Americas students are responsible to have a properly working laptop computer that meets the minimum requirements detailed below. Netbooks, Chromebooks, iPads and other tablets cannot be used for exams and may not be able to access other learning resources.

MUA personnel are available to provide general troubleshooting, help with basic configuration issues and recommendations. However, we cannot service or repair student laptops.

Access to repair shops is limited on Nevis although some repair shops can be found on St. Kitts. If you purchase a new computer you may want to double-check to see if the manufacturer provides international warranty coverage on St. Kitts & Nevis.

Please note the University does not have spare laptops to loan to students.

Laptops must meet these minimum configuration, performance, software and equipment requirements:

- Minimum 4 GB RAM memory, 8-16 GB RAM is suggested.
- 250 GB hard drive
- Operating System:
 - Windows OS: 32-bit and 64-bit Versions of Windows 10/11. Installed version should be within 1 year of the most current release
 - Mac OS: Installed version should be within 1 year of the most current release
- Wireless 802.11a/b/g/n/ac capability
- Fully functioning keyboard
- Functioning microphone and webcam (internal, USB or Bluetooth)
- USB port
- HDMI, Mini DisplayPort or Thunderbolt video output port
- Microsoft Office (Excel, Word, PowerPoint) with an active license for the duration of your enrollment
- Anti-virus/spyware protection with an active license for the duration of your enrollment
- Extra power supply
- Surge Protector - Electrical outlets on Nevis are 220v. cycle--however, the university and housing are 110v—the same as in the U.S. and Canada. Bring a surge protector as added protection for your electronic equipment.
- Cable(s) with the ability to interface with a HDMI video input source (without the correct cables you will not be able to participate in class).

Contact <http://www.muacampus.org/osticket/> with any questions regarding these recommendations.

Academic Life



Orientation

Orientation starts the Saturday before classes start with an informal gathering where you will get to meet your classmates in person. There will also be upper-class students to help you find local resources and give you insights into being successful from the start. The first Monday is dedicated to orientation activities, and there will be several other sessions in the weeks to follow.



Course Registration

Registration for incoming students happens during the final portion of Orientation when on the first Monday before classes start, all Incoming Students will sign off on necessary forms including Course Registration. Returning students report to the Administrative Offices on Nevis prior to the first day of class to sign off on their registration forms.



Student Handbook

Once you are a student at MUA, you will have access to a comprehensive student handbook that contains the policies that you will be following as a student. It is conveniently located on the learning management system (LMS), a website that has all the materials you need for your studies.





Academic Support



The Learning Center

The Learning Center serves as a resource in promoting the individual and professional growth of students. At MUA, although we recognize that medical school is an exciting time, we also recognize that it can come with many changes and challenges, both academically and personally.

Through the careful design of our learning environment and support programs, MUA is committed to supporting students' academically, professionally, and personally.

The learning center provides:

- Academic coaching
- Workshops on time management, study and test-taking strategies
- Group activities and individual support for students who need help with test anxiety, transitioning to medical school, and personal challenges.



Lorraine Hanley Brown Library

Books are placed on reserve by faculty and can be used in the library for a two hour period. These books are located behind the circulation desk and must be requested for at the circulation desk.

There is a copy machine available in the Library. Students must purchase a "copy card" from the administration office or Librarian to access the copier. Copies are US\$0.20 per page.

Library Hours

Monday to Saturday: 7:00 am – 11:00 pm

During Vacations: 8:00 am – 4:00 pm



Get Involved

Ways to Get Involved

Campus Events & Activities

From workshops and presentations by the Learning Center, recreational activities like cricket, and social events around the island, there is always something to do when you need a study break.

Current Clubs

MUA hosts several clubs and interest groups. These clubs and groups offer opportunities to take part in the local community, meet other students with similar interests, develop new skills and participate in international activities of professional organizations, gain insights into specific medical disciplines, and have fun!

American Medical Student Association (AMSA)

American Medical Women's Association

Arab Student Association

Biomedical Sciences Association (BSA)

Black Student Association

Canadian Student Association (CSA)

Chess Club

Muslim Student Association (MSA)

SOS (Spouses of Students)

Student National Medical Association (SNMA)

Student Surgical Association (SSA)

Student Doctors for Christ

If you have an idea for a new club or interest group that you think will be of interest to other students, we invite you to complete a New Club or Interest Group Application.

Student Government Association (SGA)

The SGA is the primary student advocacy and administrative unit for MUA students.

All students enrolled in basic sciences courses are automatically considered part of the student body and as such make up the constituency of the MUA's student government. The SGA is led by a student-elected president and is advised by the Office of Student Affairs (OSA).

Nevis Island Resources



Money and Banking

There are several banks on the island, all of which are located in Charlestown. Many students open bank accounts on the island for the period they are enrolled at Medical University of the Americas (MUA). Others find it convenient to withdraw funds when needed from the ATMs.

The island is quite westernized, and most students find that they can use their own debit cards—but be sure to check whether you may be levied fees for international use. There is a global alliance network that does not charge fees for withdrawals—Bank of America is one participating institution.

ATMs are located at all the banks in Charlestown. Bank of Nevis also has an ATM easily accessible to MUA students, located at the Xpetrol gas station, just about a 3-minute drive from campus.



Popular Banks in Nevis

We recommend banking with the following institutions:

Bank of Nova Scotia
Main Street, Charlestown
869-469-5411

OR

Bank of Nevis
Main Street, Charlestown
869-469-5564/5796

Other popular banking institutions include St Kitts-Nevis-Anguilla-National Bank (SKNA), The Bank of Nevis (BON), St Kitts Co-operative Credit Union, Nevis Cooperative Credit Union, and Hamilton Reserve Bank. Banking hours are Monday-Thursday 8 am-2 pm, Friday 8 am-4 pm. There are ATM machines on Nevis, in Charlestown and at the Airport. Money is dispensed in EC dollars.

Students planning to open a checking or savings account generally should have:

- Picture ID
- Minimum of EC \$100
- Letter from MUA stating that they are current students.
- A reference letter from their current or previous bank might be required for some banks



Exchange Rate



The Eastern Caribbean dollar (EC) is the official currency. It is tied to the US dollar at \$2.70 EC per \$1 US, though the exchange rates may vary 1-2%.

The US Dollar, Travelers checks, Bank Drafts (Cashier's checks), VISA, MasterCard, and American Express are accepted everywhere on Nevis. Students may have funds wire transferred directly to the banks on Nevis.

Note: it takes approximately 21 days for checks to clear.



Hospitals and Health Clinics

Locations	Postcards
Alexander Hospital	869-469-5473/5474/5475
Charlestown	869-469-5521(ext) 2051/2035
Gingerland	869-469-3124/5521 (ext) 2075
Combermere	869-469-9323
Brown Hill	869-469-7058/5521(ext) 2078
Cotton Ground	869-469-5521(ext) 2097
Butlers	869-469-8254



Internet, Cable, Cellular, & Electronics

Telephones & Internet: Telephone and internet services are available through Lime (www.discoverflow.co) and Caribbean Cable Communications (www.caribcable.com).

Many students choose to make international telephone calls using Whatsapp or with their computer using VoIP services such as Skype or Vonage®. In addition, web-based calls can be made using services such as www.icconnecthere.com or www.crystalvoice.com.

Cable TV: Approximately 70 stations are available, including pay movie stations (HBO, Cinemax, The Movie Channel and Disney). Contact Caribbean Cable Communications (www.caribcable.com) for more information.

Name	Type	Location	Phone
Caribbean Cable Communications	Cable	Charlestown, St. Kitts & Nevis	+1 869-469-5988
The Cable	Internet	New St., Basseterre, St. Kitts & Nevis	+1 869-465-2588
SKELEC	Electric Utility	Central St., Basseterre, St. Kitts, St. Kitts & Nevis	+1 869-465-2000
Nevis Electricity Company Limited	Electric Utility	Main Street, Charlestown, Nevis, St. Kitts & Nevis	+1 869-469-7243/7245
Digicel	Cellular, Electronics	Fort St., Basseterre, St. Kitts & Nevis	+1 869-765-9369
Spajal's Tech Shop	Electronics	Brumaire, St. Kitts & Nevis	+1 869-663-2732
Horsfords Hardware Store	Furniture, Electronics	Church Ground, St. Kitts & Nevis	+1 869-469-5600
TDC Home & Building Depot	Furniture, Electronics	Vaughans, St. Kitts & Nevis	+1 869-465-2511
Smart Electronics Nevis	Electronics	Long Point, Charlestown, St. Kitts & Nevis	+1 869-668-7373
Royal Electronics & Appliance	Electronics, Appliances	Port Zante, Basseterre, St. Kitts & Nevis	+1 869-767-6186

Employment

Non-residents who wish to work in Nevis require work permits. MUA does not hire spouses or family members of students to work on campus or in housing facilities.

Transportation



Driver's License

MUA students can obtain a temporary St. Kitts and Nevis driver's license from the Traffic Department for a fee of EC \$125 for one year (EC \$62.50 for three months). Take your "foreign" valid driver's license and your passport to the Traffic Department at the Charlestown or Newcastle police stations.

Please note that St. Kitts and Nevis has left-hand traffic.

Taxis and Public Transportation

Taxis: Taxi stands are located at the airport and in Charlestown.

Newcastle Taxi Stand: 869-469-9790

Charlestown Taxi Stand 869-469-5631/5515

Public buses: Privately-owned mini-busses, the island's version of public transportation, run around the island day and night (though evening runs are less frequent). Fares run between \$1 and \$4 EC depending on distance.

Ferry Services

M&M Transportation:

Carib Breeze/Carib Surf

Phone: (869) 466-6734 / Fax: (869) 466-7325

E-mail: mmtscaribe@hotmail.com

Adults: 1st class E.C. \$21.00/Regular E.C. \$16.00

Children: 3-5 yrs \$5.00/6-12 yrs EC\$10.00

Wesk Agency Ltd:

Sea Hustler & Mark Twain

Phone: (869) 469-0403 / Fax: (869) 469-0602 / Cell: 663-7206/4167

Adults: E.C. \$25.00/Children: E.C. \$10.00 *Children under 5 yrs FREE

F & F Transportation:

M.V. Carib Queen

Adults: E.C. \$10.00/Children: E.C. \$5.00

Ferry schedules and fees are subject to change without notice.

For more information please contact the Nevis Tourism Authority

Phone: 869-469-7550 or Toll Free: 866-55.NEVIS

<http://www.nevisisland.com/getting-here/arriving-by-sea>

Car Rental Services



Car rentals are also available—try any of the following:

Car Rental Company Name	Address	Phone
Quick Silver Car Rentals and Bus Service	#53 Buckley's Site, Basseterre, St. Kitts, Saint Kitts and Nevis	+1 (869) 663-5764/661-5764
Chill Auto Rentals	Shadwell Estate, Basseterre, St. Kitts, Saint Kitts and Nevis	+1 869-660-7575
M&M Enterprise Nevis	Lower Camps Road, St. James, St. Kitts & Nevis	+1 869-469-8859
Alluring Rental Service	New Castle, St. James, Nevis, Saint Kitts and Nevis	+1 869-765-1114
Hertz Car Rental	Bay Road, Basseterre, St. Kitts, Saint Kitts and Nevis	+1 869-465-7822
Avis St. Kitts	Newtown Bay Road, Basseterre, St. Kitts, Saint Kitts and Nevis	+1 869-465-6507
Xpress Auto Rental	Front Street, Conaree, St. Kitts & Nevis	+1 869-662-5752
Bullseye Auto Rental	Pond Rd, Basseterre, St. Kitts & Nevis	+1 869-465-5656
Nevis Auto Rental	Clay Ghaut, Gingerland, St. Kitts & Nevis	+1 869-469-2886

Supermarkets



All the major grocery stores on St. Kitts-Nevis sell a wide variety of fresh fruits and vegetables, some organic and locally grown, as well as fresh fish and a selection of meats. Stores also have a wide selection of foods from around the world and boast of incredible hot food stations for breakfast, lunch, and dinner, as well as salad bars and delis.

Stores also offer fresh pressed juices and coconut water daily. Many major stores have a wide selection of ready-made plant-based meals and gluten-free baked goods. Grocery stores can also be an excellent one-stop shop for lunch on the run.

We recommend visiting any of these supermarkets and grocery stores:

Ram's Supermarket	Horsford's Value Mart	Dong Fang Supermarket
Nevis Craffthouse	SunFresh	King's Pavilion Supermarket
Helen's Grocery	Viola's Shop	Nature's Best



Explore the Island

Welcome to the Island of Nevis

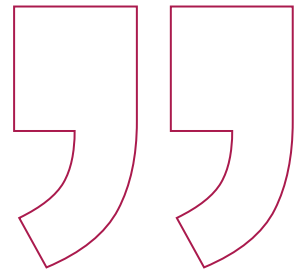
Dear Students,

As Premier, let me be the first to officially welcome you to the island of Nevis and to the prestigious Medical University of the Americas (MUA). Nevis has had a long and mutually beneficial association with MUA and I am delighted that you have chosen to study at MUA and in Nevis.

Our island is famous for its hospitality and for being the birthplace of U.S. Founding Father and first Secretary of the U.S. Treasury, Alexander Hamilton. We hope that you will find time to enjoy our natural environment, our incredible cuisine and take a dive into the island's history. May the sights and sounds of Nevis be forever etched in your memory as you embark on this new chapter in your life. I wish you every success in your studies.

Warm regards,

Mark Brantley
Premier of Nevis



**MEDICAL
UNIVERSITY**
of the AMERICAS



Around the Island

Nevis is located in the Eastern Caribbean, 2 miles from St. Kitts and is easily reached by air via connecting flights from San Juan, Antigua, St. Maarten or St. Kitts. The capital of Nevis is Charlestown. The twin-island federation of St. Christopher (St. Kitts)- Nevis gained its independence from the United Kingdom in 1983, but remains a member of the British Commonwealth.

Nevis, also called the "Paradise Island," is 36 square miles in area with a population of approximately 12,000. It is a safe island, conducive to study, family life and recreation. Much of Nevis slopes gently down from a 3,000-foot mountain peak to the palm-fringed, silver sand beaches, coconut groves and turquoise sea. Nevis has a pleasant year-round climate with an average temperature of 79 degrees. Humidity is low and constant northeast trade winds keep the island cool. Although there is no defined rainy season, the average annual rainfall is 55 inches.

Things to Do

- Visit the best beaches: Pinney's Beach, Oualie Beach, Herbert's Beach, Cades Bay, Newcastle Beach
- Visit a historical site: Eden Brown Estate, New River Estate, Cottle Church, Fort Charles
- Get a complete panoramic tour of the island with Annie's Caribbean Tours and Excursions
- Enjoy a unique experience of mind-body wellness with SoulScuba's Yoga and Diving
- Go sailing with Blue Water Safaris or Aquamax Adventures, and fishing with Pinnacle Marine
- Summit the famed Mount Liamuiga, or go off-roading with Spectrum ATV Tours



Good Eats

The island hosts a selection of quality eateries within walking distance from MUA Campus, whether you want a quick pick-up or a dine-in experience:

Bush Bar	Grub
The Runway Grill Nevis	Bistro Métisse
Bananas Bistro	Boddie's Café
Hill Top Bar and Restaurant	SIP On The Square
Catch it Restaurant and Grill	Drift Restaurant + V Gallery
Double Deuce	Yachtsman Grill
The Gin Trap Bar and Restaurant	Dew Drops Restaurant/Bar
Sweet 'O Savory Bakery & Shop	Café Des Arts
Esmie's Sunrise Superette & Snackette	



Essential Contacts

The member of the admissions committee who conducted your interview will be your main point of contact. If you have any inquiries, you can contact us at admissions@mua.edu or 1-978-862-9500.

On-island Contacts

- Andrew Cumberbatch - housing@mua.edu or a.cumberbatch@mua.edu
- Lorna Hunkins (Administration) - l.hunkins@mua.edu (869) 662-7268
- Daisy Jones (St. Kitts Coordinator) - (869) 663-4907

Security Contact Information

To contact security during an emergency between 6:00 p.m. and 6:00 a.m., please call (869) 662- 9119.

Student Services Department

We look forward to speaking to you often before your arrival on the beautiful island of Nevis!



**MEDICAL
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of the **AMERICAS**



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