

Society Head Overview

April 2025

**We're here for
support**



Program Rules for Ochsner 2nd Years

- Pass the first 32 units of the UQ-OCS program
- Take the Step 1 preparation stream and Pass the National Board of Medical Examiners (NBME) Comprehensive Basic Science Examination (CBSE) prior to taking Step 1
- Take Step 1 by 2026 census date, but preferably before starting Year 3
- Additionally, pass Step 1 prior to starting Year 4

Best approach to Step study



Consistent engagement with the UWorld question bank is the way to be successful.



We have data from many years of students who have been successful, and we know the path to success.



Now we can track this data to help you maintain your focus:

Scores on periodic CBSSA exams
(including the most recent)

Progress and engagement with Uworld
(next slide)

Progressing through the UWorld Question Bank

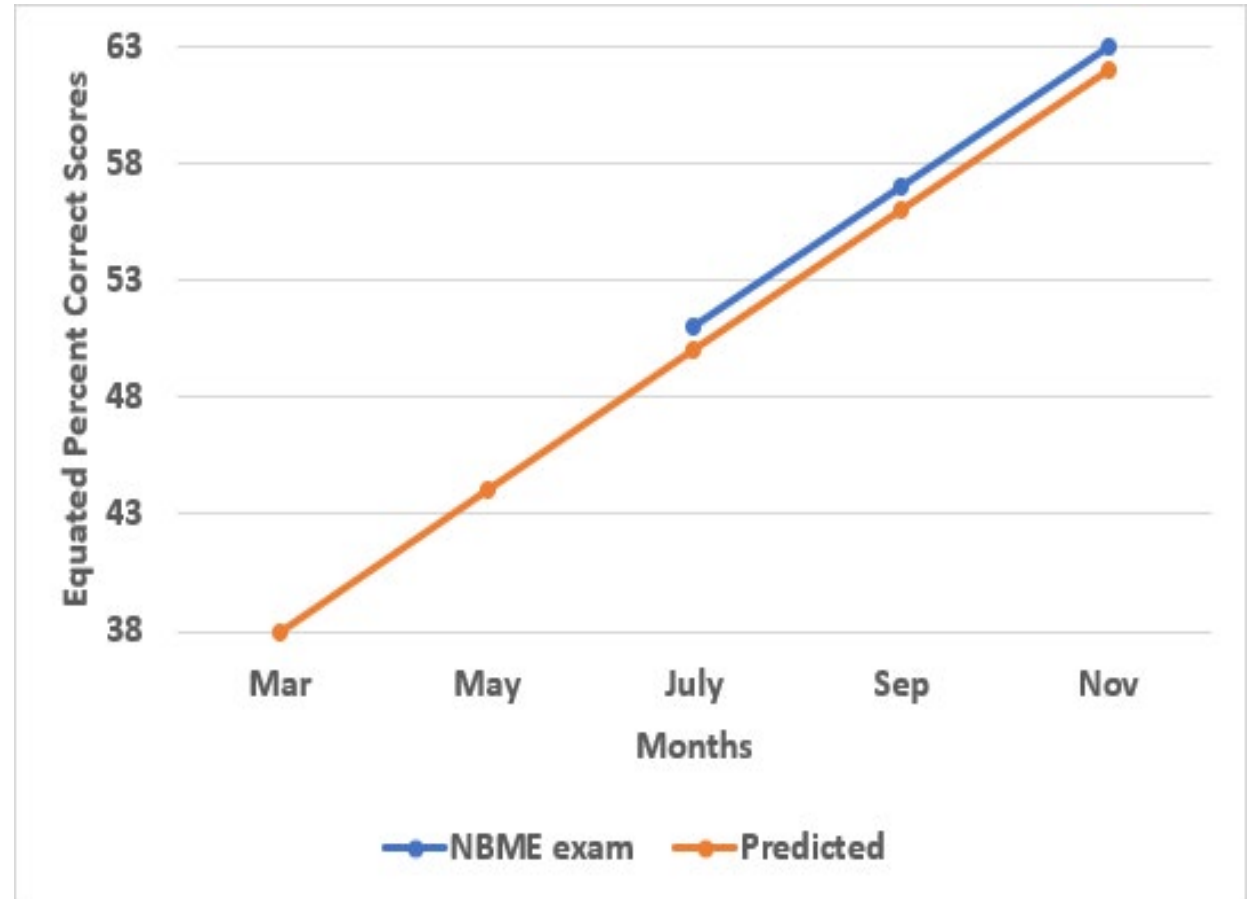
Timeframe	UWorld Access Hours	Questions Taken	Questions Revisited
By 31 May 2025	6 hours	160	80
By 31 July 2025	32 hours	750	300
By 30 September 2025	100 hours	1650	600
By 31 October 2025	150 hours	2600	800

CBSSA score progress toward success

For the April Administration, the target score was >35.

For the second (Aug/Sep) administration, the target score will be around 55, depending on when it is administered.

Do your best. There is plenty of time to recover if you scored less than 35 on the first exam

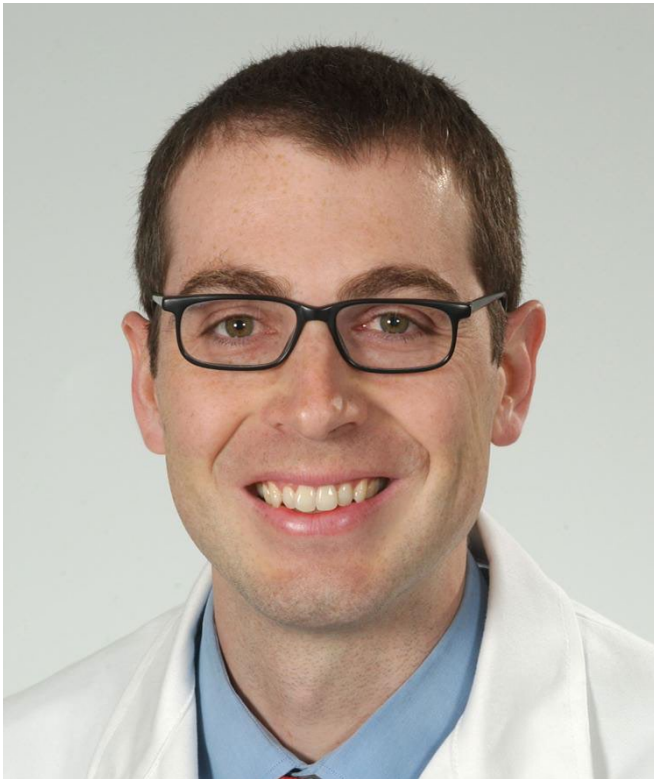


Introducing your society heads



Burns Society Head

Dr David Galarneau



Dr. Galarneau received his medical degree from Weill Medical College of Cornell University.

He completed his internship and residency training in psychiatry at New York Presbyterian Hospital- Cornell where he served as chief resident.

He is board certified in psychiatry and has been on staff since July, 2006.

Dr. Galarneau's areas of special interest include substance abuse and alcoholism treatment.

Caldwell Society Head

Dr Michele Puzdrakiewicz



Dr. Michelle Puzdrakiewicz earned her medical degree from Tulane Medical School.

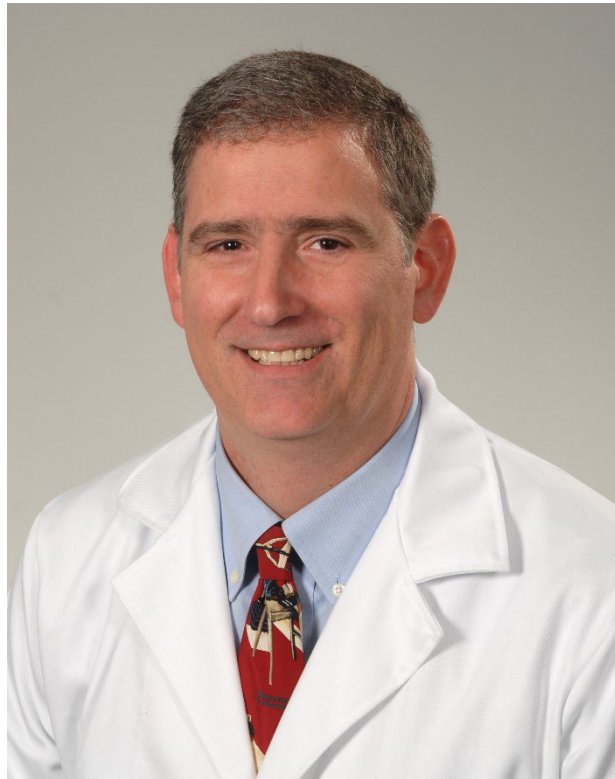
She completed her internship and residency in pediatrics at the University of California at Davis (UC Davis) Medical Center and served the fourth year as chief resident at UC Davis.

Dr. Puzdrakiewicz specializes in hospital medicine and is board certified in general pediatrics as well as pediatric hospital medicine.

Dr. Puzdrakiewicz currently practices at Ochsner Hospital for Children in New Orleans.

LeJeune Society Head

Dr Charles Kantrow



Dr Charlie Kantrow earned his medical degree from LSU School of Medicine in New Orleans where he was elected to the Alpha Omega Alpha Medical Honor Society.

He completed his pediatric residency at St. Louis Children's Hospital where he served as Pediatric Chief Resident.

Dr. Kantrow is board certified in pediatrics and has been on staff at Ochsner since 1993.

He is the Medical Director of Ochsner's Myelodysplasia Team.

His special interests include caring for spina bifida patients, transplant patients, hospitalized children and infants, complex congenital diseases and routine well-child care.

Ochsner Society Head

Dr Leise Knoepp



Dr Leise Knoepp, MD, MPH received her medical degree at Louisiana State Health Sciences Center in Shreveport, LA. Prior to that, she completed her Masters of Public Health from Emory Rollins School of Public Health.

As a resident in Obstetrics & Gynecology at Vanderbilt University Medical Center, Dr Knoepp served as Chief Resident and was awarded for teaching fellow residents.

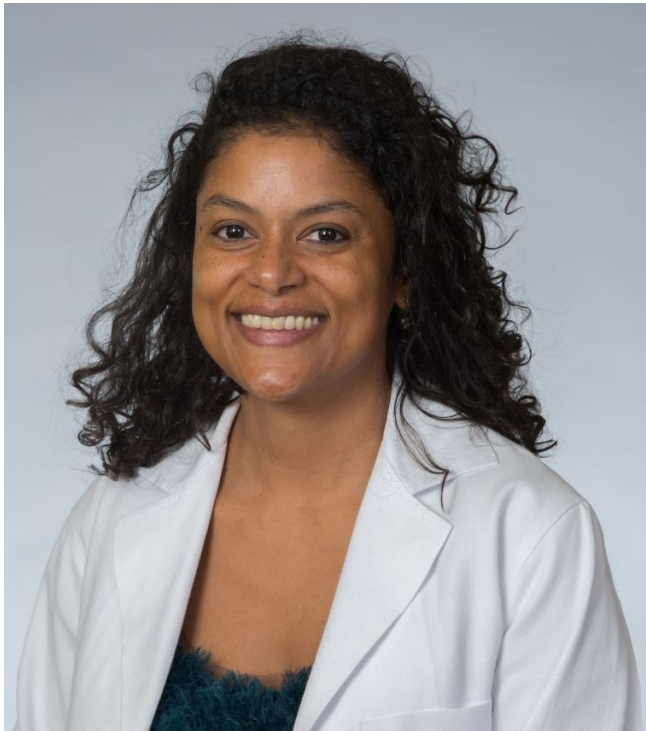
She completed a fellowship in Female Pelvic Medicine & Reconstructive Surgery (Urogynecology) at Johns Hopkins Bayview Medical Center.

During fellowship she received competitive national research grants and was honored as best fellow teacher by the residents.

She is currently a member of the American College of Obstetricians and Gynecologists (ACOG) and the American Urogynecologic Society (AUGS).

Tyrone Society Head

Dr Kathy Jo “KJ” Carstarphen



Note: Dr Carstarphen is on extended personal leave until July 2025

Dr. Carstarphen is a native of Selma, Alabama. She attended Washington University in St Louis for her bachelor’s degree with a double major in Biology and African-American Studies.

She then studied Biotechnology at Columbia University in New York where she also worked as a guidance counselor for middle school students in Harlem who were at-risk of not completing high school.

She received her medical and public health degrees from University of Alabama at Birmingham, then completed her internship and residency at Tulane Medical Center in New Orleans.

She has clinical experience with population health management for high-risk populations and seniors.

Dr Carstarphen is board-certified in internal medicine and has been on staff at Ochsner since 2016.

She has a special clinical interest in healthcare disparities, vulnerable populations, barriers to care, and improving the delivery of healthcare to all members of the New Orleans community.

In her spare time Dr Carstarphen enjoys crafting and biking.



UQ-Ochsner Society Head Overview

ALTON OCHSNER, M.D.
1896 ~ 1981

Questions?

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