

The 2024-2025 Dr. Rosemary Underhill Medical Scholar Program
of the
New Jersey Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Association

Dear Applicant:

Thank-you for your interest in the Dr. Rosemary Underhill Medical Scholar Program, offered by the New Jersey Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Association (NJME/CFSA).

Dr. Underhill was a patient, a physician, a ME/CFS researcher, and one of those who assisted in the founding and nurturing of this program. We honor her 2021 passing by giving the program her name. This program's purpose is to encourage men and women training to be healthcare providers to learn to diagnose and to treat Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) by researching and writing an essay about the illness. ME/CFS is also known by other names: Chronic Fatigue Immune Dysfunction Syndrome (CFIDS), Chronic Fatigue Syndrome (CFS), ME meaning either Myalgic Encephalomyelitis or Myalgic Encephalopathy, and ME/CFS. Despite the Institute of Medicine proposing to rename the illness *Systemic Exertion Intolerance Disease (SEID)*, the U.S. government and the worldwide scientific community continue to call this disease ME/CFS.

The Dr. Rosemary Underhill Medical Scholar Program is **not** a financial need program. It is open to **all** students studying in the health professions (medical, physician assistant, and nurse practitioner students, etc.) in New Jersey. It is also open to **all** New Jersey state residents studying the health professions **anywhere**. It is open to individuals engaged in post-health degree training at an academic institution if they are training in New Jersey or are a New Jersey state resident. Proof of enrollment or participation needs to be demonstrated for the 2024-2025 academic year. Previous recipients of this award are ineligible for the award, but previous applicants, who have not received the award, are encouraged to reapply.

The recipient of the award shall receive \$5,000. If the recipient is paying tuition for the 2024-2025 academic year, the recipient will receive a \$5,000 tuition reimbursement that will be applied toward the tuition of the academic year. If the recipient is in a qualifying training program and is not paying tuition, a direct payment will be made to the recipient with the understanding that the funds will be used to defray former educational expenses.

Completed applications must be postmarked or electronically submitted no later than January 6, 2025 unless written permission for an extension is granted. Applications are to be submitted as indicated in the table below:

Applicant's Institution	Send Completed Application To:
Rutgers: NJMS, RWJMS	Ms. Jeannine Hodkey, Coordinator, New Jersey Health Foundation, Inc., 155 Village Blvd., Suite 130, Princeton, NJ , 08540. Phone: 908-731-65962; Fax: 732-247-0017; jhodkey@njhf.org .
Rowan: Cooper MS	Ms. Kyhna Wingate, Assistant Director of Financial Aid, Cooper Medical School of Rowan University (CMSRU), CMSRU Financial Aid Services, 401 South Broadway, Camden, NJ 08103. P: (856) 361-2850, option #4; F: (856) 361-2828; email: financialaid@coopermed.rowan.edu
Rowan SOM	Ms. Gail L. Forman, J.D., Senior Director of Development, Rowan University School of Osteopathic Medicine, Office of Advancement, 42 East Laurel Road, Rowan Medicine, Suite 3610, Stratford, NJ 08084. P: (856) 566-6635; F: (856) 566-6652; email: forman@rowan.edu
Hackensack- Meridian	Robert Macauley, Director, Office of Student Financial Services, Hackensack Meridian School of Medicine, 123 Metro Boulevard, Nutley, NJ 07110. 862-660-5120, robert.macauley@hmhn.org
All Others	Contact Kenneth.j.friedman@gmail.com for instructions

We hope that the process of writing the essay for this award will contribute to your becoming a healthcare provider better able to assist and provide compassionate care for patients suffering from ME/CFS and similar, complex, chronic illnesses such as Long Covid.

In the event that the Judging Committee deems no submission satisfies the rigorous standards of scholarship needed to receive the Dr. Rosemary Underhill Medical Scholar Award, we reserve the right to not make an award this year.

NJME/CFSA, Inc. is a registered 501(c)(3), not-for-profit, charitable organization dedicated to supporting ME/ CFS patients and their families, and promoting education and research into the causes and finding a cure for ME/CFS.

If you have questions concerning ME/CFS, the New Jersey Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Association, or are in need of assistance in obtaining source material for your essay, please contact Dr. Kenneth J. Friedman, Chair of the Dr. Rosemary Underhill Medical Scholar Program by mail (NJME/CFSA, P.O. Box 477, Florham Park, NJ 07932), by telephone (973-379-1048), or by email (kenneth.j.friedman@gmail.com).

Sincerely,
Kenneth J. Friedman, Ph.D.
Chair, Dr. Rosemary Underhill Medical Scholar Program
New Jersey Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Association, Inc.

Dr. Rosemary Underhill Medical Scholar Award Program
New Jersey Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Association

Application/Applicant Requirements

Please read the application/applicant requirements below:

Applicants must:

- Be currently enrolled as a health profession student or in a post-baccalaureate, health professional degree training program at a medical training facility in New Jersey, or be a New Jersey state resident receiving such training elsewhere.
- Complete the application in every detail. An incomplete application may disqualify the applicant.
- Research and complete the application on the stated topic. The application must be submitted on or before January 6, 2025. The work must be the applicant's original work and not have been submitted elsewhere.
- Agree that the submitted work becomes the property of the NJME/CFSA, and that the work may be used by NJME/CFSA for advertisement purposes, and/or published by the Association.
- Provide a one-page, Biographical/Personal Statement as part of the application. Include any information that you would like the Award Committee to consider when reviewing your application.
- Provide the name and address of your local newspaper.

Attach an official transcript from the registrar’s office of your participating school or arrange to have a transcript sent. Transcripts are to be sent to the Medical Scholar Program Administrator indicated in the table below:

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Rutgers: NJMS, RWJMS	Ms. Jeannine Hodkey, Coordinator, New Jersey Health Foundation, Inc., 155 Village Blvd., Suite 130, Princeton, NJ , 08540. Phone: 908-731-65962; Fax: 732-247-0017; jhodkey@njhf.org
Rowan: Cooper MS	Kyhna Wingate, Assistant Director of Financial Aid, Cooper Medical School, Rowan Medical School (wingate@rowan.edu)
Rowan SOM	Ms. Gail L. Forman, J.D., Senior Director of Development, Rowan University School of Osteopathic Medicine, Office of Advancement, 42 East Laurel Road, Rowan Medicine, Suite 3610, Stratford, NJ 08084. P: (856) 566-6635; F: (856) 566-6652; email: forman@rowan.edu
Hackensack- Meridian	Robert Macauley, Director, Office of Student Financial Services, Hackensack Meridian School of Medicine, 123 Metro Boulevard, Nutley, NJ 07110. 862-660-5120, robert.macauley@hmn.org
All Others	Contact Kenneth.j.friedman@gmail.com for instructions

**The Dr. Rosemary Underhill Medical Scholar Award Program
APPLICATION FORM**

PART A: APPLICANT INFORMATION

To be completed by applicant (please type).

Name: _____ Sex: M _____ F _____

Name of Healthcare Provider Program in which you are enrolled:

Your standing in that program (Class of, 1st year, etc.): _____

Date of Birth: _____ Place of Birth:

U. S. Citizen: Y ____ N ____ Marital Status: Single _____ Married _____

Permanent Legal Address:

Number Street

—

City State Zip Code

Mailing Address:

(Leave blank if same as permanent address)

Email Address:

Home Phone:

Area Code and Number

Cell Phone:

Area Code and Number

Local Newspaper Name:

Local Newspaper Address:

Number Street

City, State, Zip Code

PART B: APPLICANT'S ACADEMIC ACHIEVEMENTS (please list and include awards/honors):

PART C: APPLICANT'S COMMUNITY INVOLVEMENT (please list volunteer activities or other forms of community service performed beyond high school)

PART D: APPLICANT'S WORK EXPERIENCE (please list work experiences performed beyond high school) (Please list work experiences performed beyond high school. Dates of employment, employer, position held.)

Part E: APPLICANT'S BIOGRAPHICAL/PERSONAL STATEMENT (Attach optional photo here.)

Write a brief biography emphasizing why you decided to pursue a career in the health professions and what are your career goals and aspirations. (You may attach a separate sheet).

Signature of Applicant and Date

Essay Question:

Despite diverse, physical symptoms which manifest variably across multiple body systems

(Missailidis D, Annesley SJ, Fisher PR. Pathological Mechanisms Underlying Myalgic Encephalomyelitis/Chronic Fatigue Syndrome. *Diagnostics (Basel)*. 2019 Jul 20;9(3):80. doi: 10.3390/diagnostics9030080. PMID: 31330791; PMCID: PMC6787592.), ME/CFS patients carry a significant mental health burden resulting from historical and name-related stigmatization of the disease both by healthcare professionals and the general public, disbelief in the actual existence of the disease, a lack of understanding of the cause and true nature of the disease, inadequate availability to healthcare providers knowledgeable about the disease (especially for homebound and bedbound patients), the limited number of proven treatment options, and the lack of a cure. The mental health impact of the disease has recently been reviewed:

<https://www.sciencedirect.com/science/article/pii/S2405844024030627>

1. Review the literature documenting the biochemical and physiological nature of ME/CFS which argue against psychological/psychiatric causation of the disease. You may include arguments taken from other diseases.
2. Given the mental health burden of the disease on ME/CFS patients, develop recommendations as to how the healthcare provider can reduce or relieve these burdens.

- Your essay must not exceed 15 double-spaced pages of 12-point type with 1-inch margins.
- All facts and opinions in your essay must be supported by references that you cite.
- References should be cited within the text of the essay using standard, medical journal format.
- No more than 40 references should be cited.
- A bibliography containing all references cited in the essay should be included at the end of the essay.
- The bibliography should be formatted using standard, medical journal format.
- The document needs to be scholarly and well-referenced. Cite monographs and scholarly journal articles either in print or online. Citing web sites of not qualified or not respected sources as references is *not* acceptable.
- The essay must not have been offered or submitted elsewhere.
- Essays not conforming to these standards will not be considered.
- A committee will be formed by NJME/CFSA to review the submitted essays and select the winner. Judging will be on the basis of scholarship, and the demonstration of understanding the difficulties involved in diagnosing and providing compassionate and effective care to patients

with ME/CFS and related illnesses. If, in the opinion of the judges, no essay meets the rigorous standards as set forth herein, NJME/CFSA reserves the right to not make an award this year.