

New Jersey Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Association  
Medical Student Scholarship/Medical Student Loan Repayment Program  
Spring, 2015

Dear Applicant:

Thank-you for your interest in the Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) Medical Student Scholarship and Medical School Loan Repayment Program offered by the New Jersey Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Association (NJME/CFSA).

The purpose of our scholarship/loan repayment program is to encourage medical students and medical residents to learn about Chronic Fatigue Syndrome (CFS) by writing an essay about this illness. ME/ CFS is also known as Chronic Fatigue Immune Dysfunction Syndrome (CFIDS), Chronic Fatigue Syndrome (CFS), ME meaning either Myalgic Encephalomyelitis or Myalgic Encephalopathy, and CFS-ME. In March of this year, the Institute of Medicine proposed that the illness be renamed and known as Systemic Exertion Intolerance Disease (SEID).

The NJME/CFSA Medical Student Scholarship and Medical School Loan Repayment Program is **not** a financial need award. It is open to **all** medical students and medical residents who will be returning to any of New Jersey's medical programs this fall. Previous winners of this award are ineligible for the award. But previous applicants, who have not won the award, are eligible to reapply.

The winner of the award shall receive \$5,000. If the winner is a medical student, that student will receive a \$5,000 tuition reimbursement that will be applied toward the tuition of the 2015/2016 academic year. If the winner is a medical resident, a direct payment will be made to the holder of the medical school student loan.

Completed applications must be postmarked or electronically submitted no later than the first day of class of a student's Fall, 2015 semester. Residents need to submit applications by the first day of classes of the Fall, 2015 semester of their cooperating medical school. All applications should be sent to Ms. Ginny Rutkowski, Coordinator, New Jersey Health Foundation, Inc., 120 Albany Street, Tower II, Suite 850, New Brunswick, NJ 08901. Phone: [908-731-6596](tel:908-731-6596); Fax: [732-247-0017](tel:732-247-0017); [vrutkowski@njhf.org](mailto:vrutkowski@njhf.org).

We hope that the process of writing the essay for this award will contribute to your becoming a physician who is better able to assist and provide compassionate care for patients suffering from ME/CFS and similar, complex, chronic illnesses which have no known cures.

In the event that the Judging Committee deems no submitted essay satisfies the rigorous standards of scholarship needed to win the award, NJME/CFSA reserves the right not to make the award this year.

NJME/CFSA, Inc. is a registered 501(c)(3), non-profit, charitable organization dedicated to supporting ME/ CFS patients and their families, and promoting education and research into the causes and cure of Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS).

If you have questions about Myalgic Encephalomyelitis/ Chronic Fatigue Syndrome, 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 NJME/CFSA's Medical Student Scholarship/Medical School Loan Repayment Program Committee 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](mailto:kenneth.j.friedman@gmail.com)).

Sincerely,  
Kenneth J. Friedman, Ph.D.  
Chair, Medical Student Scholarship/Medical School Loan Repayment Committee  
New Jersey Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Association, Inc.

New Jersey Chronic Fatigue Syndrome Association  
Medical Student Scholarship/Medical School Loan Repayment Program  
*Application/Applicant Requirements*

Please read the application/applicant requirements below. Applicants must:

1. Be a currently enrolled medical student in a medical school located in New Jersey or be a physician completing a medical residency program within New Jersey.
2. Complete the application in every detail. An incomplete application will automatically disqualify the applicant.
3. Research and write an essay on the stated topic concerning ME/CFS. The essay must be submitted prior to the commencement of the applicant's Fall, 2015 semester of medical school, or the beginning of the Fall, 2015 semester of the medical school sponsoring the medical resident's program. The work must be the applicant's original work and not have been submitted elsewhere.
4. Agree that the submitted essay becomes the property of the NJME/CFSA, and that the essay may be used by NJME/CFSA for advertisement purposes, and/or published in any of the Association's publications.
5. 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.
6. Provide the name and address of your local newspaper.
7. Attach an official transcript from the registrar's office of your medical school or arrange to have a transcript sent to: Ginny Rutkowski at *New Jersey Health Foundation, Inc.*, per the address below. Medical residents need to submit proof of enrollment in a New-Jersey-based, medical residency program.
8. Submit the application by the first day of the Fall, 2015 semester to: Ms. Ginny Rutkowski, Coordinator, New Jersey Health Foundation, Inc., 120 Albany Street, Tower II, Suite 850, New Brunswick, NJ 08901. Phone: [908-731-6596](tel:908-731-6596); Fax: [732-247-0017](tel:732-247-0017); [vrutkowski@njhf.org](mailto:vrutkowski@njhf.org)).

**The New Jersey Chronic Fatigue Syndrome Association Medical Student  
Scholarship/Medical School Loan Repayment Program  
APPLICATION FORM**

**PART A: APPLICANT INFORMATION**

To be completed by applicant (please type).

Name: \_\_\_\_\_ Sex: M \_\_\_\_\_ F \_\_\_\_\_

Name of NJ Medical School or Residency Program:  
\_\_\_\_\_

Medical School Class of (List Medical School if applicant is a Resident): \_\_\_\_\_

Medical School Academic Standing (If applicant is a medical student): \_\_\_\_\_

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):

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

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**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.)

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

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

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Signature of Applicant and Date

## Part F: Essay

Write an essay of approximately 4,500 words on the following topic:

Chronic Fatigue Syndrome, also known as Myalgic Encephalomyelitis or ME/CFS, is a complex multi-symptom illness of unknown etiology. There is no medical test which will diagnose the illness. The diagnosis is made when the patient's symptoms meet the criteria of one of several overlapping case definitions, and all other known illnesses with similar symptomology have been excluded. A new case definition has recently been proposed. [1] How would you study the accuracy of diagnosis of this new case definition in comparison to the diagnostic accuracy of previous case definitions? Which case definition would you recommend for use in primary care and why?

1. Committee on the Diagnostic Criteria for Myalgic Encephalomyelitis/Chronic Fatigue Syndrome. Board on the Health of Select Populations. Institute of Medicine of the National Academies. *Beyond Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Redefining an Illness*. The National Academies Press, Washington, D.C (2015). [www.nap.edu](http://www.nap.edu)

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