



PCOM Pre-Matriculation 2025

Welcome to the PCOM pre-matriculation program in partnership with OnlineMedEd (OME)! In advance of the start of your OMS-1 year, PCOM has arranged for optional early access to the OME curriculum (lessons) to reinforce key topic areas that are covered during the first few months of the OMS-1 year. We are providing a roadmap with a proposed schedule of lessons for you to complete over the next 3 weeks before orientation that also pair with the POPP sessions coordinated by the Academic Support staff from the PCOM Office of Student Affairs. Of course, this is not a strict schedule as OME is a self-paced platform and you can spread out, or batch lessons as needed. OnlineMedEd is all about self-directed learning, so feel free to explore the rest of the website and view other lessons that best suit your needs. You'll have access to all of our curriculum during this 3-week program.

Congratulations on the start of your medical school journey at PCOM! As an alumnus of the school, I am so excited to have the opportunity to be a small part of your new career as an Osteopathic Physician.

Sincerely,

Stephen DeMeo, DO
VP of Medical Education at OnlineMedEd
PCOM Class of 2008

Getting Started

OME Course	Video Length
Quickstart Guide	00:05:29
Learning How to Learn	01:34:56

Week 1 - Biochemistry and Metabolism I & Intro to OMM

OME Course	OME lesson	Video Length
Biochemistry 1: DNA to Protein	Genetic Material and an Introduction	0:16:32
Biochemistry 1: DNA to Protein	Nucleotides and Nucleic Acids	0:20:12
Biochemistry 1: DNA to Protein	OME's Version of DNA and RNA	0:20:16
Biochemistry 1: DNA to Protein	DNA Replication (The Fork)	0:23:21
Biochemistry 1: DNA to Protein	OME's Version of Transcription	0:21:26
Biochemistry 2: Metabolism	Introduction to Metabolism	0:19:14
Biochemistry 2: Metabolism	Glycolysis	0:29:09
OMM 1: Core Curriculum	Introduction to OMM	0:19:48
OMM 2: Next Level	Sequenced Structural Exam	0:15:20

Week 2 - Metabolism II

OME Course	OME lesson	Video Length
Biochemistry 2: Metabolism	Pyruvate Dehydrogenase	0:18:43
Biochemistry 2: Metabolism	Citric Acid Cycle	0:17:13
Biochemistry 2: Metabolism	Electron Transport Chain	0:13:32
Biochemistry 2: Metabolism	Gluconeogenesis	0:22:01
Biochemistry 2: Metabolism	Carbohydrate Metabolism Regulation	0:22:29
Biochemistry 2: Metabolism	Glycogen Metabolism	0:22:30
Biochemistry 2: Metabolism	Lipid Synthesis	0:27:38
Biochemistry 2: Metabolism	Urea Cycle	0:16:01

Week 3 - Physiology and General Pathology

OME Course	OME lesson	Video Length
General Physiology	Plasma Membranes	0:21:36
General Physiology	Transporters	0:19:24
General Physiology	Membrane-Bound Organelles	0:21:26
General Physiology	Cytoskeleton Organelles	0:19:22
General Physiology	Epithelia	0:21:58
General Physiology	Receptors and Ligands	0:25:28
General Physiology	Excitable Cells: Passive Properties	0:21:59
Inflammation & Neoplasia	Necrosis	0:23:02
Inflammation & Neoplasia	Wound Healing	0:25:19

OnlineMedEd Quick Start Guide

Logging In

1. Click the link in your enrollment email or navigate to <https://portal.onlinemeded.com> and enter your institutional email address.
2. You'll receive an email with a sign-in link.
3. Click the link, and you will be logged in to your OnlineMedEd account.

Pro tip: Bookmark <https://portal.onlinemeded.com> to easily return to the platform at any time.

Completing Assigned Lessons

1. Open your assigned OnlineMedEd lesson list (this pdf document).
2. Click on the hyperlinked assigned lessons. The hyperlink will take you to the relevant OnlineMedEd lesson within our online platform. Your activity and completion of lessons will be tracked via the platform.
3. Use the OnlineMedEd lesson list pdf as a reference. View your completion of lessons via Track reports.

Lesson Completion

1. Prime Notes: Read the notes and click **Go to next activity**.
2. Acquire Video: Watch > 90% of the video.
3. Challenge Questions: Answer all questions.

Lesson Reporting

To view a report of your activity on lessons, on <https://portal.onlinemeded.com>, click **Track**. Data updates daily at 7am CT. All report times are in UTC.

Searching Content

- Across all courses: Navigate to the **All Courses** page and enter the keyword in the search box. Hovering the mouse over a course tile displays a pop-up box showing the lessons and modalities in which the search term appears.
- Within a collection (i.e. Internal Medicine): First click the collection name in the left-hand menu, then enter the keyword in the search box.
- To search within one course, navigate to the course and enter the search term in the left-hand navigation menu.
- Within Prime notes: Type CTRL+F (Windows) or ⌘+F (Macs) and enter the search term in the pop-up box.
- Within Acquire videos: In the control bar, click the **[CC]** (closed captioning) button, select **English** to turn on CC, then select **search video** to show the transcript. Type the search term in the box and hit **Enter** to move between the occurrences.

Assistance and Feedback

The OnlineMedEd team is here to help! There are multiple ways to gain assistance:

- Visit our Help Desk page.
- For questions or issues regarding access, email support@onlinemeded.org.
- Click the **Help** button inside the content platform or reporting dashboard.