

MESSAGE FROM THE VICE DEAN



Imran Ali, M.D.

Dear Medical Students

I would like to wish you and your families the best for the Thanksgiving holiday. There is a lot to be grateful for in our lives and it is an important time to spend your time with friends and family.

Related to our work here at UT COM, we in the Department of Medical Education continue to enhance the medical school curriculum, addressing the needs of the students as

well as complying with institutional and LCME standards. As our legacy curriculum is being phased out, we are cognizant of the needs of M2-M4 years and our faculty are working hard to enhance the third and fourth year curriculum. Some of our initiatives include implementing integration of pathology into the third year, additionally we are planning to develop courses to better integrate foundational sciences into the clinical curriculum and enhance diagnostic reasoning skills by establishing a two week hands on course for M4s early in the 2018-19 academic year. If you would like to play in role in developing this course please email us. Additionally we are looking into developing tracks for the fourth year to allow greater focus based on career changes.

We always value your feedback whether formal or informal and have been developing these new initiatives based on perceived needs and your feedback. More to follow.

Happy Thanksgiving to all of you!

FOURTH YEAR ORIENTATION

MARK YOUR CALENDAR!

The Department of Medical Education and the Office of Student Affairs will again jointly host a Fourth Year Orientation and Academic Advising Session. This **mandatory** session is designed to help you plan for the fourth year of medical school and has been scheduled for **Monday, November 27, 2017 from 3:00 p.m. to 6:30 p.m.** in the Collier Building.

Based on positive student feedback from last year, you will be asked to select three disciplines in advance that you wish to participate in for break-out sessions. Each break-out session will last for 30-minutes, with Program Directors providing a brief overview of their respective program and allowing time for questions. An *optional* break-out with current M4's will be offered following the required sessions from 6:30 p.m.-7:00 p.m. Please follow the link below to sign-up for your desired break-out sessions (students will not need to sign-up for the *optional* session):

<http://www.utoledo.edu/med/md/curriculum/web/forms/4th-year-orientation.html>

PLEASE NOTE:

The deadline for submission is Friday, November 17, 2017 at 5:00 pm.

Students on campus will be released at 2:30 p.m. Those off-site or on rotations outside of the Toledo area can contact their Clerkship Coordinator for special release accommodations as all third year medical students are expected to attend this session. We are pleased to provide this crucial information for you and look forward to seeing you on November 27! Please stay tuned over the next several days for additional details, including agenda and personalized break-out schedules.

FLU VACCINATIONS



Influenza vaccination season has begun and will continue until the University **deadline of Nov. 30, 2017**. I've included our vaccination schedule and the schedule for our learners at Promedica.

Here is the link to the Influenza vaccination app <https://influenza.utoledo.edu/> where the consent and the option to upload the influenza documentation can be found. **Everyone should use this site to upload their documentation of their influenza vaccine for the 2017-2018 season.**

The link can also be found in the UT Community tab under Health & Wellness in myUT.



In the Spotlight



Christopher Pevette

Christopher Pevette is the **E-Learning Instructional Design Specialist** for the University of Toledo - College of Medicine and Life Sciences. He provides e-learning and multimedia design services, educational technology training, learning management system and video capture support, and faculty consultation services regarding online and blended course design and development for the new medical school curriculum. Prior to joining UT COM, Christopher worked with UT Online where he helped to advance online education by designing and developing some of the very first completely online courses to receive Quality Matters (QM) national certification for online course quality assurance. He was also instrumental in the design and implementation of The University of Toledo's first three fully online science laboratory courses.

He earned a M.S. in Instructional Design from East Carolina University, a B.S in Industrial Technology from Appalachian State University, a National Board for Professional Teaching Standards Certification, and a professional teacher licensure from the state of North Carolina where he taught high school engineering and architecture for 9 years.

Christopher's research interests include e-learning, online and blended learning, educational uses for augmented reality / Virtual Reality, video assessment, transactional distance theory, instructional strategies for blended education, and Additive Manufacturing (3-D printing) applications for secondary and higher education, specifically utilizing CT and MRI data to create 3D models used for surgical preparation and anatomical visualization.

Christopher lives in Ottawa Hills where he enjoys spending time with his wife and two children, recording music in his home studio, and watching and playing sports.

CAPSTONE CORNER

The semester is flying by quickly and sessions are moving along nicely. Please be sure to keep up with your online modules, which will be due the last day of the semester, December 15, 2017.

The following sessions will wrap up Fall semester:

Interprofessional Communication Skills

November 16, 2017
November 30, 2017
December 1, 2017

Clinical Skills Training

November 22, 2017 Emergency Medicine
November 30, 2017 Ob Gyn



MINDFULNESS MEDITATION FOR CAREGIVERS

Tariq Shah, PhD; HCLD; MPA

The awe-inspiring progress in allopathic medicine and technology over the last century has enabled us to effectively diagnose and treat diseases as never before. As a corollary to these developments, the Western style of medicine has assumed the preeminent status as the most reliable mode of delivery of care throughout much of the developed and developing world. However, the ever-increasing incidence of chronic diseases has continued to pose an almost insurmountable challenge. It is widely accepted now that the primary causes of chronic diseases are behavioral—both among the patients and the caregivers—and not necessarily genetic.

Burnout and stress, for example, among clinicians, nurses, psychologists, residents, and medical students are endemic. Chronic stress among clinicians has been linked with diminished attention and concentration, impaired decision making skills, inability to effectively connect with the patients and convey empathy. Several studies have identified burnout and stress

as associated with frustration, fatigue, insomnia, depression, heart disease, blood pressure, diabetes, and premature aging etc. This has significant consequences for both the patients, healthcare professionals as well as health systems as business enterprises.

Decreased patient satisfaction and untoward patient outcomes have been found positively correlated with higher burnout rates, leading, in many cases, to a vicious cycle of healthcare providers' dissatisfaction with their profession. While resilience is a required trait among the healthcare givers, they, like all humans, are vulnerable to restlessness, irritation, anger, confusion, distraction, anxiety, interpersonal conflict, error of judgement, and general unhappiness etc.

The bad news: stress is not going away from our lives any time soon. During these uncertain times, it will keep on compounding. There is not an easy escape from it: the only way out of this is to foster a personal ability to recognize it, accept it and find ways to relate to it.

During the last decade or so, newer and more effective methods of dealing with burnout and stress have emerged, and are now becoming mainstream after some initial cynicism among the Western audiences. The most preeminent among these techniques is the Mindfulness-Based Stress Reduction (MBSR). The most succinct definition of MBSR is the one proposed by its founder, Jon Kabat-Zinn, PhD.: "paying attention in a particular way; on purpose, in the present moment, and non-judgmentally". MBSR inculcates a habit of conscious direction of one's awareness to the present moment, and accepting it *as is*, without labelling as good or bad.

Mindfulness is a psychological concept that originated from the Buddhist meditation practices. However, the contemporary conceptualization of the concept is a clear departure from its Buddhist origin, and has led to its wider acceptance into the mainstream secular realm. Thus, while the MBSR is not a religious practice, it can be incorporated into any religious routine without compromising its effectiveness. In this sense, MBSR will be supplemental to, and not as substitute to, one's own religious practice.

Mindfulness relates to all the life's activities, and can be deployed while brushing your teeth, eating, walking, driving, talking or making phone calls. The technique is very effective before or while counselling, examining or operating on a patient, ordering or dispensing medications, or dictating progress notes in patient charts etc. MBSR is an effective tool for successful completion of any routine tasks but it is particularly effective during the real or perceived stressful situations such as before class tests and board examinations etc.

There is one caveat! It requires constant daily practice, a practice for which you do not necessarily have to set aside a significant chunk of your time. For it to become your second nature though, more dedicated and motivated daily practice will lead to positive immediate and long-term effects.

A few short sessions of daily Mindfulness Meditation may not alter your circumstances or challenges, but these will invariably lead you to ways of effectively dealing with them, and circumvent significant personal and social costs in terms of stress and burnout. The net result will be an improved quality of life—yours, your loved ones', your colleagues' and your patients'. Numerous studies have shown MBSR to strengthen immune system, and improve emotional regulation and cognitive control.

It has been shown to correlate with development of ability to cope with depression, rumination, failure, worry and anxiety etc.

A new initiative at UTCOM, under the auspices of the Department of Medical Education, is underway with a view to foster a culture of mindfulness among its staff, students and the faculty. The sole aim of the initiative is to impart and acquire a sense of mindfulness in our daily routine - - including but not limited to how we, directly or indirectly, deliver high quality care to our patients, without compromising our own quality of life.
