Monday Memo – September 6, 2016

Publications


Media

- Jill Tirabassi will be joining the faculty in September, splitting her time between the Fitchburg Family Medicine residency practice, and several sports medicine sites, including two new department sports medicine sites in Northboro and Leominster, a continuing site at Health Alliance on the Burbank campus, and the sports medicine clinic on the Hahmemann campus. Even before her official arrival, Jill is quoted extensively in the linked article in the Sentinel and Enterprise on efforts in north Worcester county to educate about and reduce incidence of concussions in youth football. http://www.sentinelandenterprise.com/news/ci_30275903/coaches-parents-are-getting-ahead-concussions

WELLNESS MOMENTS FOR THE MONDAY MEMO

- Welcome to the new Wellness Moment Series of the Monday Morning Memo! The Departmental Wellness Committee will be hosting this section of the memo, focusing on a different topic each month including tidbits from the literature and sharing online resources. This month’s topic, consistent with the emphasis for the departmental retreat, is “Finding the Joy in Medicine.”
Recapturing the joy of practice is big business right now and it seems every national organization in medicine is talking about physician wellness and burnout prevention. Most of you have probably already seen this article [http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3659145/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3659145/) describing the practice-based strategies to help primary care providers experience joy again. You will recognize a lot of these in our departmental practices!!

Here is a 10-minute video about The Joy of Practice by one of the leading national experts, Christine Sinsky, MD Vice President of Professional Satisfaction at the AMA. [http://catalyst.nejm.org/videos/joy-practice-core-metric/](http://catalyst.nejm.org/videos/joy-practice-core-metric/)

There are many causes of burnout. National policies and the financing and regulatory practices of healthcare are substantive contributors as these trickle down to organizations and practices. Policy is slow to change. Changes at the practice level are happening more rapidly. Even more rapidly available are changes at the individual level, which will be the focus in the Wellness Moments. We hope you join us!

“While medicine is to be your vocation, or calling, see to it that you have also an avocation — some intellectual pastime which may serve to keep you in touch with the world of art, of science, or of letters.”

— William Osler