Monday Memo – March 6, 2017

Publications


Medical Student Education

- The Medical School held the Second Annual Capstone Presentation Day on Monday, March 6, wherein all graduating students presented their Capstone projects either by oral presentation or with a poster. Twenty one Department faculty served as Capstone Advisors for twenty-two projects. The following list includes first the student, followed by the title of the project, and the faculty advisor.

Dinah Gorelik | Health Journalism- Advocacy and Education; Advisor: Matilde Castiel

Sydney Greenberg & Jeffrey Larnard | Improvement in medical student confidence in preparing meals and discussing nutrition with patients; a medical student led culinary medicine elective; Advisors: Barbara Olendzki, Frank Domino
David McCarthy | Preventing Pediatric Asthma: A Community and Clinical Partnership Approach; Advisor: Warren Ferguson

Valerie Valant | UMMS Running Club: creating community & promoting wellness amongst medical students; Advisor: Phil Fournier

Shakti Nochur | Implementation and Efficacy of the Massachusetts Immunization Information System (MIIS) at MCI-Concord: A case study of an immunization database in the Massachusetts correctional system; Advisor: Patricia Ruze

Aqib Chaudhry | Preventing Falls in the Elderly; Advisor: Erika Oleson

Christina Kunycky | Delving into Determinants: Integration of Social Determinants of Health into the Preclinical Curriculum; Advisor: Suzanne Cashman

Jorge Finke | Preparation of Latino High School Students for Careers in Health Care: The Lawrence Mentorship Program; Advisor: Jaime Vallejos

Patrick McGuire | Medical Marijuana Education for Medical Students; Advisor: Jeff Baxter

Alyse Wheelock | Clinical Applications of One Health; Advisor: Louis Fazen

Patrick Alvarado | Resources for Patients Seeking to Understand and Resolve Hospital Bills; Advisor: Robin Clark

Courtney Temple | A Youth Program for Refugee Teens; Advisor: Meredith Walsh

Michael Maddaleni | Injury Prevention in Youth Sports; Advisor: Lee Mancini

Rachel LeBlanc | Caring for Patients with Autism: How to embrace a “pediatric” disorder in an adult care setting; Advisor: Robert Baldor

Yevgeniya Harrington | Burnout Assessment & Prevention at the YWCA Central MA: Promoting Wellness and Preventing Burnout with the Help of UMass Medical Students; Advisor: Alan Chuman

Jeremy Vincent | Diabetic Registry Preplanning Pilot Program; Advisor: Amber Sarkar

Minh Phan | Rowing to Recovery – Improving mental health and quality of life in substance abuse disorders through rowing; Advisor: Alexa Connell

Jennifer Fishbein | Enrichment of health education curriculum for teenagers in correctional facilities; Advisor: Judy Savageau
Rayna Trietsch | Educational Module on Tools for Advanced Care Planning at UMass; **Advisor:** Jennifer Reidy

Justin Vaida | Efficacy of Video Instruction in Teaching Medical Students Physical Diagnosis Skills; **Advisor:** Frank Domino

Elizabeth Rosen | The Farm to Health Center Initiative (FHCI); **Advisor:** Melanie Gnazzo

Naomi Malam and Sara Rosenbaum | Easing the Transition to the Clinical Years; **Advisor:** Mary Lindholm

**Grants and Contracts**

- Robin Clark and Linda Weinreb have received funding from the Health Resources and Services Administration for a longitudinal study of health care utilization among pregnant and postpartum homeless women and their infants. A collaboration between UMass Medical School, MassHealth and the Massachusetts Department of Housing and Community Development, the study will use administrative data to track healthcare utilization and adverse birth outcomes for mothers and infants who received emergency assistance for homelessness between 2008 and 2015. Initial funding of $57,526 has been approved for the one year study, with additional funding pending completion of the federal budget process.

**WELLNESS MOMENTS**

Chances are, you are sitting at your desk having gobbled something down for lunch, or grabbing a snack to refuel in between patients. Do you find yourself wondering why you haven’t yet suffered a kidney stone for lack of water intake? With the limited time we have in the hustle and bustle of our day, we rarely take time out to plan our meal, assess our level of hunger, or even enjoy the act of eating. Yet mindful eating principles have been posited to target weight control, teen eating behaviors, eating disorders, and obesity. Mindful eating employs the use of all 5 senses to be fully in tune with what we consume.
The Center for Mindful Eating defines the principles of mindful eating as:

- Choosing to eat food that is both pleasing and using all your senses to explore, savor and taste,
- Learning to be aware of hunger and fullness cues and letting these guide your decision to begin and stop eating,
- Acknowledging responses to food without judgment, and
- Becoming more aware of the positive and nurturing opportunities through food preparation and consumption.

How can we do this simply in a busy practice day? Here are a few tips as to how colleagues practice mindful eating:

- One colleague intentionally gets a hot mug of water or tea. The temperature forces her to slow down, taking the time to mentally break while sipping mindfully.
- An apple a day? Another clinician makes it a habit to bring an apple or other fruit daily, taking time to focus on the food. He finds that the process of eating fruit especially allows him to use his five senses, as he takes the time to peel the fruit and chew it slowly, he is more able to reflect on the smell of the rind, the textures in his mouth, and savor the flavor.
- Mindful eating has a large basis in Buddhism where Monks are asked to chew their food 16 times before swallowing—while reciting mantras. One staff member uses a centering mantra for her mastication mindful moment.
- Consider preparing for your lunches by cooking on Sunday so that you can portion out the meals for the week. This will ensure you have planned for what you will consume, perhaps taking into account healthier options, allowing you more time in the mornings, and perhaps decrease more compulsive eating.

Take time out and try it for a week, just a few minutes can make a big difference.