Monday Memo – May 1, 2017

Presentations

- The 18th Annual Primary Care Days was held on April 26 in Westboro. Dennis Dimitri, Michael Kneeland and Bill Corbett served as the Executive Planning Committee. Department faculty who presented included:

  Ron Adler, Quality in Healthcare: The New Frontier”

  Bob Baldor, Skin Cancers: Prevention, Screening and Treatment”

  Phil Bolduc, “HIV Update: The Epidemic Has Changed… Have You?”

  Frank Domino, “The Top Ten Things I Learned This Year”

  Kristina Gracey, “Exercise: What Should We Recommend”

  Steve Martin, “Addiction Medicine in the Primary Care Office”

  Michele Pugnaire, Melissa Fischer, Jill Terrien, “Skill-Based Practice in Opioid-Safe Prescribing”

  Jennifer Reidy, Vandana Nagpal, “Breaking Bad News”

  Jill Tirabassi, “Diagnosis and Management of Meniscus Tears”

- David Gilchrist presented at the Annual Meeting and Spring Institute of the American Academy of Physician Leadership in New York City, NY on Saturday April 22nd on “Leading From the Front Line to Transform Culture and Improve Performance”.

- Amber Hewitt and Jennifer Carty were invited speakers on April 27th at MaineHealth, a health care system with a long and successful history of integrated primary care.
MaineHealth is committed to expanding their capacity to provide medication treatment for opioid use disorders in primary care. Drs. Hewitt and Carty provided a day-long workshop for MaineHealth’s behavioral health consultants and administrators entitled, “Enhancing the Skills, Confidence, and Personal Wellness of Primary Care Team Members Caring for Patients with Opioid Use Disorders.”

- Bill Foley table trained and lectured for the annual osteopathic course by A Still-Sutherland Study Group held April 22-23 in Great Barrington, MA. The title of his lecture was "Cervical Spine and Fascias." There were 66 DO and MD participants for this weekend CME program.
- Maria Michas presented on April 26 on the topic of Medical Marijuana at the American Occupational Health Conference, the annual meeting of the American College of Occupational and Environmental Medicine. Her presentation included a brief history of medical marijuana, current medical marijuana laws, science of cannanabis and cannabinoids, information on therapeutic uses and adverse health effects and implications of medical marijuana for public health and workplace healthy, safety and productivity. There were over 100 people in attendance.

Public Health Interdisciplinary Education

- Suzanne Cashman facilitated the Paul Ambrose Symposium again this year. The Symposium is planned and implemented by the Association for Prevention Teaching and Research (APTR), and is named for the Office of Disease Prevention and Health Promotion’s Luther Terry Fellow who died on September 11. This symposium offers 40 students from 7 different health professions an opportunity to learn foundational elements of public health and begin advancing plans for a health promotion related project. In addition to facilitating the Symposium, Suzanne led a presentation entitled Project Planning. This year, two students from UMass participated—Emily Yuan, from the med school and Kari Whitney, from the GSN.
Awards and Recognition

- Anna Chon PGY3 at Family Health Center of Worcester captured third place in the UMass Medical School's Thirteenth Annual Gerald F Berlin Creative Writing Award Contest for UMMS residents and medical students for her piece entitled: Finding Light Amidst Darkness.

Events

- The UMass Sports Medicine team provided care to runners in course tents and in all finish line clinical areas (Tent A, Tent B and the Massage area) for the 121st running on the Boston marathon on April 17. The team of 19 included attending physicians, psychologists, sports medicine fellows, residents and students. Members are: Elana Bannerman and Kim Sikule (SM fellows); James Broadhurst and Pierre Rouzier (SM faculty); Nathan Cardoos, Laura Fralich and Chad Beattie (SM graduates) ; Sarah Jackson (UMMS graduate, current Boston Children’s SM fellow); Louis Fazen, Stacy Potts, Tina Runyan (FM faculty); Scott Goldberg (FM resident), and three, fourth year UMMS medical students (Jeff Brady, John Sooy and Valerie Valant). Four Emergency faculty, residents and graduates also were part of the team.

WELLNESS MOMENTS

- You have been mindful with breakfast, lunch and dinner. Then, 9 PM happens. Part of your brain is begging for something sweet: a cookie, a piece of candy, ice cream… anything! Or maybe you are the 3 PM candy bar craver. This is a part of your physiology that is hard to control; your body is trying to make your mindfulness go to waste. Instead of arguing with yourself (called mindstream in the mindfulness world) whenever the cravings want you to break your commitment to eating well, try crowding out bad habits with good ones. If you want to be a mindful eater, add a pre-craving snack. At 3 PM and 8 PM, get a glass of milk (2% or whole, not skim), have a piece of cheese, or 10 almonds or 20 pistachios. Drink 4-5 glasses of water per day. And just notice … does this prevent the cravings?