The Fitchburg Residency graduation was held Friday evening, June 30, at the Westminster Country Club. Congratulations to this year’s graduates:

Angela Cabral, MD
Jordan Nagle, MD
Natalie Peters, MD
Eric Rosenthal, DO

At the graduation the following faculty and staff received awards as selected by the residents:

Teacher of the Year = Julian Sanchez-Cruz, MD
Specialist of the Year = Tanya Campus, MD
Staff Member of the Year = Briana Bizzotto

The graduating Fitchburg residents completed their Quality Improvement project entitled: PDSA Cycles Implementation for Improving Providers’ Awareness of the ACC/AHA 2013 Guidelines for Statin Therapy in Diabetic Patients Aged 40 and Older.

The Preventive Medicine Residency Program held it’s graduation party for its’ two outgoing residents, Mukti Kulkarni, MD, MPH and Daria Szkwarko, DO, MPH, at Via
Restaurant, Shrewsbury Street on Tuesday, June 20. Thirteen people attended which included present and past faculty, current residents as well as former graduates of the program

Awards and Recognition

- Nidhi Lal, Instructor, and former FHCW residency graduate, was named was the Community Physician of the year for Middlesex North.

- Jasleen Kaur, MS IV, has been selected as a 2017 awardee of the “Family Medicine Leads” Scholarship. The Family Medicine Leads (FML) Scholarships are provided by the American Academy of Family Physicians Foundation. Family Medicine Leads (www.aafpfoundation.org) focuses on filling the workforce pipeline with the best and the brightest, as well as supporting the development of future family medicine leaders. All scholarships are made possible by the donations of family physicians across the country. In 2017, 250 scholarships will be awarded to attend the National Conference of Family Medicine Residents and Medical Students, July 27-29 in Kansas City, MO.

Grants and Contracts

- The Center for Integrated Primary Care received a $50,000 award from the Blue Cross Blue Shield Foundation of Massachusetts to build a web-based program focused on patients with Opioid Use Disorder. The project will be developed collaboratively through partnerships with patients and families impacted by OUD. The final product will then be freely available to everyone and accessible by computer or smartphone. Those accessing the materials will receive education about topics such as harm reduction, treatment options, and behavioral strategies for managing their substance use disorder.

Publications

- Tina Runyan and Stephanie Carter-Henry published an article on the “Ethical Challenges Unique to the Primary Care Behavioral Health Model in the Journal of Clinical
Psychology in Medical Settings” (DOI 10.1007/s10880-017-9502-2). The article can be accessed online from this link: http://rdcu.be/tFlI

- The NIAAA grant team at DFMHC (Carole Upshur, Linda Weinreb, Kate Sullivan, and Liz DeLaRosa) in conjunction with the National Health Care for the Homeless Council published an article about homeless women’s substance use on line: Prevalence and Predictors of Substance Use Disorders Among Homeless Women Seeking Primary Care: An 11 Site Survey, The American Journal on Addictions DOI: 10.1111/ajad.12582

Presentations

- Steve Martin, Steve co-presented a workshop on April 21, “Preventing Over and Under-Diagnosis: Conservative Diagnosis Principles”, at the Lown Institute Conference in Boston on May 6. Steve also co-presented a Learning Lab at the IHI Annual Summit on Improving Patient Care in the Office Practice and the Community: “Comprehensive Care: Principles and Practice of Responsible Insourcing.”

- Ricardo Poza presented a poster at the 12th International Conference on Computer Supported Collaborative Learning. The poster was titled: ”Girls, Robotics Learning, and Internalized Stereotypes: Is There a Relationship?” The research was funded under an NSF grant and will be published as part of the conference proceedings. Ricardo has also been invited to be part of this year’s cohort at Simon Initiative’s LearnLab at Carnegie Melon University on July 10 to July 14. He’ll be specifically participating in the Open Learning Initiative, but there are also other tracks on intelligent tutoring system, computer supported learning and educational data mining.

- Alan Ehrlich presented “Highs and Lows of Marijuana Use: Talking with Patients” at the Massachusetts Medical Society Symposium on Men’s Health on June 15.

- Bill Foley was on faculty as a table trainer for this year's annual Osteopathic Cranial Academy conference held in Minneapolis, MN. This historic conference had a record breaking attendance that celebrated the teaching of Anne Wales, DO.
Continuing Professional Education

- Steve Martin contributed a unit to the recently-released Harvard Medical School Global Academy Opioid Use Disorder Education Program, a partnership with the National Institute for Drug Abuse. His unit, Special Populations with Opioid Use Disorder and Related Issues, focused on: medical co-occurrences related to behavioral and physical health; families and children; criminal justice–involved population; adolescents and emerging adults; and geriatrics. The course is described here: [http://direct.externaled.hms.harvard.edu/hga/oudep/overview](http://direct.externaled.hms.harvard.edu/hga/oudep/overview). It can be accessed here: [https://globalacademy.hms.harvard.edu/courses/course-v1:HarvardMedGlobalAcademy+OUDEP3+2T2017/about](https://globalacademy.hms.harvard.edu/courses/course-v1:HarvardMedGlobalAcademy+OUDEP3+2T2017/about)

Medical Student Education

- Carolyn Langer led two workshops for 2nd year medical students participating in the Disabilities Interstitial at UMMS on June 12. Her topic was “Caring for Children with Autism.”

WELLNESS MOMENTS FOR THE MONDAY MEMO

Resilience Week 1

According to the [American Psychological Association](https://www.apa.org) (APA), Resilience is described as a learnable and exercisable process of returning to a state of homeostasis in the face of adversity, trauma, tragedy or significant sources of stress. Essentially, it is the learnable ability to “bounce back” from difficult experiences. In the next five weeks, we will explore 10 ways suggested by the APA to build resilience:

Building Resilience Week 1: Taking Care of Oneself & Building Connections

Paying attention to your needs and feelings is an important step in the building blocks of learning resilience, per the APA. Take some time to engage in activities that you enjoy and find relaxing.
Taking care of oneself helps to keep one’s mind and body primed to deal with situations that require resilience. Additionally, the APA suggests that having a healthy circle of good relationships can help to re-energizing & re-invigorate oneself and help provide support during times of hardship.

**Building Resilience Exercise for Week 1:**

Take a moment to think about one thing you will do today or this week to take care of yourself.

Take a moment to identify four members in your circle that help you feel supported or one way you can engage in building connections to grow your circle with healthy relationships.