Monday Memo –July 17, 2017

Clinical Recognition

- Congratulations to the faculty and staff at the Hahnemann Family Health Center which has been awarded renewal of its PCMH Level 3 designation by the NCQA. This designation extends through July 2020.

Publications

- Ali Connell and Amber Hewitt co-authored a chapter entitled “The Clinical Interview in Integrated Primary Care” in the Handbook of Psychological Assessment in Primary Care Settings (Maruish, 2017).

- Philip Bolduc, in his role as Principal Investigator of the New England AIDS Education and Training Center, collaborated with faculty from four other regional AETCs and the AETC National Coordinating Resource Center in the on-line publication of “HIV and HCV Co-Infection: An AETC National Curriculum”, found at https://aidsetc.org/hivhev. This curriculum was developed as a component of the Secretary's Minority AIDS Initiative-Funded Jurisdictional Approach to Curing Hepatitis C among HIV/HCV Co-infected People of Color project through the Health Resources and Services Administration (HRSA) HIV/AIDS Bureau (HAB). Dr. Bolduc authored section 4 on Hepatitis C treatment.

Presentations

- Alan Ehrlich presented co-presented a workshop titled “The certainty of net benefit” at the 2017 Evidence Live conference in Oxford, UK on June 21. The conference is a collaboration between the BMJ and the Centre for Evidence-Based Medicine at Oxford.
WELLNESS MOMENTS FOR THE MONDAY MEMO

Resilience Week 2

Building Resilience Week 2: Nurturing a Positive Self-Image & Opportunities for Self-Discovery

Developing confidence in your ability to solve problems and trusting in your instincts helps build resilience. One way to build confidence is to nurture a positive self-image. Take time to focus on your successes and your ability to learn from challenges. Additionally, take moments to reflect on how you have grown in some respect because of the challenges you have experienced in your life. Many people who have experienced hardship have reported a greater sense of strength, increased sense of self-worth, and heightened appreciation for life after reflecting upon how the challenges in their life have influenced growth and promoted learning.

Building Resilience Exercise for Week 2:

Find a mirror. In your most powerful stance and in your most confident voice, tell yourself 5 things you love about you or say the following positive self-affirmations:

I am awesome!

I love what I do!

I am really good at it!

I get to help someone everyday!

I am a good problem solver

I am in control of my life!

I love being me!