Monday Memo – August 28, 2017

Publications

- Carole Upshur and the NIAAA grant team in the Department—including Linda Weinreb, Kate Sullivan and Liz DelaRosa, along with colleague Lillian Gelberg, MD at UCLA, Darlene Jenkins at NHCHC and Liz Orvek at QHS published a second paper from their study of homeless women’s prevalence of alcohol and drug use and access to substance use services. The manuscript appeared on line on Aug. 14 in the *American Journal of Drug and Alcohol Abuse* “Homeless women’s service use, barriers, and motivation for participating in substance use treatment” [http://dx.doi.org/10.1080/00952990.2017.1357183](http://dx.doi.org/10.1080/00952990.2017.1357183). The study was done in conjunction with 11 health care for the homeless primary care clinics in 9 states nationally and in conjunction with the PBRN of the National Health Care for the Homeless Council.


Media

Presentations

- Charles Lehnardt presented at the ROME (Regional Osteopathic Medical Education) New England conference in Cambridge, MA, Saturday, Aug 19. The title of the presentation and hands-on training was “Expanding the lens: Screening to focus our efforts”.

- Ron Adler presented Cancer Overdiagnosis Explained: A Simple Graphical Model at the Preventing Overdiagnosis Conference in Quebec City on August 18. The conference was attended by 400 people from 20 countries on 5 continents.

WELLNESS MOMENTS FOR THE MONDAY MEMO

Work/Life Balance – Week 1

As medical providers, we are trained to work hard and to put in many unpaid and unrecognized hours. This extra work that goes on behind the scenes represents an especially high burden in primary care. Many of us bring that work home with us, spending evenings after dinner or after children go to bed documenting patient encounters and filling out disability forms. When we do work in our homes, they become places of work as well.

For a challenge this week, try to finish all your notes and paperwork at your work place. It may not be feasible to do this every day, but even if just one day per week you do not bring work home, your house may feel more like a place where you relax and nurture yourself or your family.

It is a practice worth trying to cultivate!