Monday Memo – October 2, 2017

Department Retreat

- Registration is now open for the Department’s one-day retreat on Friday, November 3. Are you interested in hearing the latest Massachusetts Secretary Sudders regarding health reform in the state? How about an update on the UMass Memorial strategic plan from CEO Eric Dickson? Perhaps a review of how your colleagues are managing opiates and pain management, or of a number of clinical and educational initiatives around the Department and UMass Memorial? Or maybe you need to renew your BLS certification.

To do all that and more, you can register at https://www.surveymonkey.com/r/FY18FMCHRretreat.

Presentations

- In addition to the presentations previously listed by our faculty at the AAFP FMX meetings in San Antonio, Phil Bolduc co-presented “Ending HIV: Family Physicians on the Front Line of Prevention.”

- Alan Ehrlich presented two lectures at Pri-Med East in Boston this past weekend, “More Clinical Decision Rules” and “How to say NO to antibiotics”

Medical Student Education

- Dan Lasser facilitated and Frank Domino participated on a panel for the kick-off meeting for the second year of the Primary Care Principles Optional Enrichment Elective; Marcy Boucher spoke at the second session. The early feedback from the students is that they have valued the personal and professional perspectives of the speakers who have candidly shared what can be frustrating while reinforcing what is rewarding, as well as discussing why they are pleased with their choice of primary care, and in particular, family medicine.

Oral Health

- Hugh Silk and his interprofessional team at Smiles for Life announced this week that Smiles for Life has surpassed 1 million discrete site visitors and more than 200,000 courses have been completed for continuing education credit. You can visit and use the modules, phone app, interactive games on the site at www.smilesforlifeoralhealth.org

Publications

• Valerie Coppenrath authored a commentary, "Reflections from the Jury Box: Improving Evidence Based Practice through a Comparison with our Legal System," which was published in Innovations in Pharmacy 2017;8(3): Article 15. http://pubs.lib.umn.edu/innovations/vol8/iss3/15/

WELLNESS MOMENTS FOR THE MONDAY MEMO

In honor of the soon to begin baseball playoffs, as well as EPIC Go-Live:

Why self-care in healthcare?

The purpose of self-care is not to become a nutrition guru, an elite athlete or even a bodhisattva; but rather to improve our capacity to handle the impact of emotional, intellectual, physical, occupational, spiritual and social stress. Consider the following:

A professional baseball catcher can consistently catch 90+MPH fastballs if they have both the strength and flexibility to accommodate this task.
Strength without the flexibility to absorb the impact = a broken hand
Flexibility without the strength to handle the impact = the ball hitting you in the face
Either case results in an injury - especially if the catcher have to handle multiple pitches in an inning!

Each of us needs to cultivate (and maintain!) both strength and flexibility in all the wellness dimensions mentioned above. Failing to do so sets us up with an inability to handle the stressors around us, eventually not only impacting us, but our families, friends, coworkers and, yes, how we are able to care for our patients.