Monday Memo – October 23, 2017

Awards and Recognition

- Pablo Hernandez was selected as one of the 100 most influential people for the Massachusetts Hispanic community by El Planeta, Boston’s Latino Daily. The list includes one hundred individuals from all walks of life.

Professional Service

- Sandy Blount was an invited participant in Starfield III in Washington, DC, a meeting of approximately 50 experts from around the US and a few from other countries to work on measurement in primary care. The Starfield Summit process is built on early findings from two years of work to catalogue insights from more than 1,000 diverse stakeholders—clinicians, patients, payers, policymakers—on what matters in primary care and how what matters might be measured and used in ways that are helpful.

Academic Appointments and Promotions

Congratulations to the following individuals with recently completed academic appointments or promotions:

- **Jena Adams, MPH** was recently appointed as an Instructor in the Department. Ms. Adams received her Masters of Public Health degree from the University of Michigan, Ann Arbor in 1994. She has most recently served in the role of Director for Special Projects/Instructional Specialist for the Central Massachusetts Areas Health Education Center, Inc (CMAHEC) located in Worcester. Since assuming this role in 2012 she has had oversight for the development and facilitation of education programs for a variety of health workers, including UMass medical students. She has also been appointed as the new Director for CMAHEC (dba Center for Health Impact). Ms. Adam’s has recently worked as a consultant for UMass Commonwealth Medicine where she was contracted by MA Senior Care Foundation to create and implement the Care Transitions Education Project nursing curriculum funded by the Robert Wood Johnson Foundation. She is also an experienced Project Director implementing programs in schools, clinics and communities focused on adolescent health issues. Ms. Adams has also co-facilitated a small group for the Population Health Clerkship related to End of Life Care and will continue with this educational activity on behalf of the Department.

- **Kristy Kedian Brown, DO** was recently appointed as an Instructor in the Department. Dr. Kedian Brown received her medical degree in 2002 from the University
of New England College of Osteopathic Medicine in Biddeford, ME and went on to graduate in 2005 from the UMass Worcester Family Medicine Residency program based at the Hahnemann Family Health Center (HFHC), where she served as Chief Resident. After residency she accepted a faculty position at HFHC and was appointed as an Assistant Professor (2005-07). She left Massachusetts for a short time and joined the faculty at the University of Michigan School of Medicine in the Department of Family Medicine (2007). In 2009 she became the Assistant Residency Director at Ypsilanti Family Practice Clinic, a clinical site for the University of Michigan SOM. In 2012 she returned to Massachusetts and joined the Community Health Center of Cape Cod in Mashpee, MA. As we develop more of a family medicine presence at Cape Cod, Dr. Kedian Brown has agreed to precept medical students in her office.

- **Dennis Dimitri, MD, FAAFP** was recently promoted to Professor in the Department. Dr. Dimitri is a 1979 George Washington University SOM graduate and graduated in 1982 from the University of Massachusetts Worcester Family Medicine Residency Program. A Worcester native, he started a private practice based in the city from 1982-2006 where he operated a full spectrum clinical practice and also rounded on his patients admitted to the hospital. In addition to maintaining his busy clinical practice, he advanced as a leader, serving as the Chief, Department of Family Practice at Hahnemann Hospital (1986-89), Associate Chair for the Department of Family Medicine, Memorial Health Care (1989-98), and now as the Vice Chair for Clinical Services in our Department, a position he has maintained since 2006. He was first appointed to the faculty in 1986 as an Assistant Professor, and was promoted to Clinical Associate Professor in 2011.

Dr. Dimitri’s most notable achievement to date has been his service to the Massachusetts Medical Society as its President (2015-16). A family physician leader he became an expert and the spokesperson on the opioid crisis and generated a great deal of attention through his various media appearances and interviews. During his tenure as President he made significant contributions which will have a lasting effect within organized medicine. The Governor invited him to join a medical education working group (2015) to examine the misuse of prescription drugs. Subsequently he joined the Massachusetts Special Commission which is examining the feasibility of a pain management access program for the State. He also continues to serve as the Chair for the Task Force on Opioid Therapy and Physician Communication. Additionally, Dr. Dimitri has been called upon to provide legal testimony and assisted in the development of “landmark” Chapter 52 legislation related to opioid prescribing. Dr. Dimitri’s service in this area was and continues to have a high impact and as a family physician he represented our discipline with distinction.

Since 2011 he has provided oversight and planning expertise for the UMMS annual primary care conference, Primary Care Days offered each spring. He works successfully with colleagues in the Departments of Pediatrics and Internal Medicine to ensure an engaging and informative event each year. In his leadership role he also oversees the monthly Grand Round Lecture series for our Department. A true clinical educator, he has contributed to core educational activities within the Department including serving as a
medical student preceptor for the 3rd Year Clerkship (since 1986), a longitudinal preceptor for 1st and 2nd year medical students (since 1983) and for four years served as faculty for a medical student Interclerkship devoted to health policy (2012-2016). An expert in the area of opioid overdose and misuse, Dr. Dimitri has contributed to the development of an opioid curriculum for medical students here at the medical school, having developed core competencies on how to effectively teach students about safe prescribing practices.

Dr. Dimitri has been recognized by various awards and honors. In 2015 he was awarded the Family Medicine Advocate Award by the Society of Teachers of Family Medicine, our discipline’s national academic organization. The Massachusetts Academy of Family Physicians named him Family Physician of the Year and the Worcester District Medical Society honored him with a Career Achievement Award in 2010.

- **Ivonne McLean, MD** was recently appointed as an Instructor in the Department. Dr. McLean received her medical degree in 2013 from St. George’s University School of Medicine and went on to graduate in 2014 from the UMass Worcester Family Medicine Residency program based at the Barre Family Health Center (BFHC) where she participated in the Global Health Track (GHT). She was recently accepted into a 1-year Fellowship program devoted to Reproductive Health Care and Advocacy at the Institute for Family Health in New York. As a resident at the BFHC Dr. McLean was involved with multiple initiatives including organizing a Teen Clinic (2015-17), and co-facilitator of the Girl Talk program (2015-17). Dr. McLean has also been an active participant in the diversity work the Department is engaged in at the faculty and residency levels. She has indicated her desire to continue to work with us over the next year as she completes her Fellowship and will help co-facilitate 2-3 diversity workshops.

**WELLNESS MOMENTS FOR THE MONDAY MEMO**

**Time Management for Your Everyday Life**
There never seems to be enough time in the day, but then there are people around us that seem to have all the time in the world! How is this possible? The key is to keep your time management processes simple, but practice them often.

**Find out what you don’t know**
It’s hard to effectively fix what you don’t know is broken. With time management, this process starts with maintaining a time log. Track what tasks you are actually doing during the day (vs. what you had planned on) as well as how long it took you.

**Determine the actual length of your daily tasks**
Those tasks you thought were 5 minutes y may reveal themselves as tasks that actually took 30-45 minutes. Once you know how long it takes you do to things, you can plan more effectively.

**Use your time log to eliminate wasted time**
Although used for minimizing waste here at UMass Memorial, you can use the acronym DOWNTIME to look for wasted time at home as well.

**Defects:** Have you ever had to go back and do a task because someone else didn’t do it correctly?

**Overproduction:** Is it necessary to bake for each event for your family when you are driving by the store on the way to the event?

**Waiting:** Do you need to sit in your car, while your child socializes at the end of practice?

**Non-Utilized People:** Is there family/friends you can coordinate activities with?

**Transportation:** Do you need to drive to one practice, go home and then drive to the grocery store and back home again, just to go back to the same location later that day?

**Inventory:** Do you have too much clutter in your house that needs constant upkeep?

**Motion:** Are you constantly moving up and down to get things done?

**Extra Work:** Can you/your family be taught to put things away as they go, rather than having to dedicate a separate block of time to clean up the mess?

### Prioritize the tasks that are left over

Break your tasks/activities down to three categories: Must do’s, Should do’s and Could do’s.

- **Must Do’s:** these are your “no fail” tasks that absolutely have to be done. Examples include: sleep, going to work, taking care of family members, etc.

- **Should Do’s:** these are tasks that, if left incomplete, will become Must do’s in the future. Examples include: major projects for work, grocery shopping, home repair, etc.

- **Could Do’s:** these are things that it would be nice to be able to do, but that are not imperative. Over time some of these tasks may be moved up to a Should do.

A key with determining the priority for your tasks is to take a step back and look at the task objectively rather than looking at them while in the weeds. Things you may initially set as a high priority (e.g. picking up a child from an afterschool practice or trying to finish a project ahead of a deadline), may end up at a lower priority with proper planning (e.g. coordinating a ride with a friend or taking a little bit of time to work on the project each day, respectively).

**Now that you’ve got a plan-stick to it!**