Monday Memo – March 5, 2018

Professional Development

- Josh Tessier received notice last week of passing board certification in Addiction Medicine.

Awards and Recognition

- Congratulations to Hugh Silk, who was recently recognized by the Executive Committee of the Smiles for Life program for his ongoing contributions to the program over many years. Developed by the STFM Group on Oral Health, Smiles for Life is a comprehensive oral health curriculum for primary care clinicians, physician assistants, nurse practitioners, students, and educators. The set of courses, available online or for download, is designed to enhance the role of primary care clinicians in the promotion of oral health for all age groups through the development and dissemination of high-quality educational resources. The curriculum can be found at http://www.smilesforlifeoralhealth.org/

Publications


Professional Service

- Hugh Silk has been selected to be an initial contributor to the new collaboration between Project ECHO and the American Academy of Pediatrics (AAP) for the pilot phase focusing on Integrating Oral Health in Medical Settings Knowledge Network.

Presentations

- Carolyn Langer presented on a panel at last month’s Association of Maternal & Child Health Programs 2018 Annual Meeting in Washington, D.C. on the subject of "Transforming Systems and the Role of the National Standards for Systems of Care for Children and Youth with Special Health Care Needs."
Media

- Steve Martin was quoted in this month's issue of the Massachusetts Medical Society's *Vital Signs*, in an article titled *Treating Pain in the Age of Opioid Addiction*. http://www.massmed.org/News-and-Publications/Vital-Signs/Treating-Pain-in-the-Age-of-Opioid-Addiction/#.WpyYmZMbM0Q

WELLNESS MOMENTS FOR THE MONDAY MEMO

Acceptance as Clear Comprehension
One of the most helpful things I ever heard from a mindfulness teacher (Christina Feldman), is that the Pali word for “acceptance” is actually more accurately translated as “clear comprehension.” This is relevant to some of the recent FM email threads, which can artificially set up tension between various responses to work stress – like there is a choice to either demand systemic change or bolster our own resilience through mindfulness practice or other self-care practices. One of the myths about mindfulness is that it is about finding a way to be okay (“zen”) with whatever comes our way. As an activist and an MBCP (Mindfulness-Based Childbirth and Parenting) Faculty member who teaches MBCP at FHCW, I would not be comfortable with simply passing along tools for coping with broken systems. In actuality, when we practice mindfulness, we are not trying to relax; instead, we are practicing seeing clearly what is in front of us. Clear comprehension means being aware of our implicit and explicit biases, filters, judgments, and having some space (even if just a few seconds) to consider what would be a skillful response, in the most triggering and stressful situations. It is the opposite of passive. In fact, when we practice being aware of our own reactivity to the quite real work stresses that we encounter, we have more room for wisdom, creativity, and energy in a movement toward justice, toward reclaiming our work. Onward!