

WORDS OF WELLNESS

A newsletter for UNM School of Medicine students, residents, fellows and faculty produced regularly by the Office of Professional Wellbeing.

The Office of Professional Wellbeing (OPW) is dedicated to providing initiatives for faculty and learners that improve practice efficiency, enhance a culture of wellness and promote personal resiliency based on the Stanford University Medical School [wellness model](#).

Winter 2019-20

PROMOTING A COMPASSIONATE CULTURE

Meet and Learn About Assistance Dogs of the West on Monday, December 2

Assistance Dogs of the West (ADW) will re-visit UNM’s North Campus from 11:30 a.m. to 12:30 p.m. Monday, December 2, on HSC Plaza’s grassy area opposite Fitz Hall (or in Fitz Hall’s lobby area if weather dictates). Please stop by to pet the dogs, meet their handlers and learn about their training. The ADW Program teaches diverse student populations to support the work of professional dog trainers. Each ADW dog learns a minimum of 90 commands. Additional training educates dogs to serve complex disabilities like PTSD and for medical alert. The handlers love interacting with students, answering questions and even teaching dog training moves. Learn more on ADW’s [website](#).



Recruits Needed to Serve on *Word of Wellness* Editorial Advisory Board

Do you have specific ideas for future *Words of Wellness* newsletter content of benefit to faculty, residents or medical students? If so, we welcome you to join our virtual Editorial Advisory Board.

No meetings are needed – simply responding to an e-inquiry every other month from the Office of Professional Wellbeing. Please email OPW@salud.unm.edu to express your interest. We value your input!

Faculty/Residents/Students to Benefit from Interprofessional Education Activities

The UNM Health Science Center Office of Interprofessional Education (IPE) is launching a new IPE Certificate of Honors program aimed at helping students account for all IPE received over the course of their academic time at UNM. “We are also happy to support a student-led IPE innovators program that will be working on building community collaborations and new opportunities for students to engage in reciprocal service learning with people and organizations in Albuquerque,” notes Director IPE Heidi Rogers. Additionally, the IPE office is planning to offer an all-day workshop in Spring 2020 themed “Caring, Listening, Altruism and Compassion” and continues working with student leaders on community outreach to youth plus building a student/faculty leadership group around climate change and health. Interested in joining the IPE e-distribution list? Email requests to hrogers1@salud.unm.edu, and be sure to bookmark the [IPE website](#) for event updates.

Suggested reading: [Want to solve the world’s problems? Try working together across disciplines.](#)

Helping the Healers Heal: Peer- to-Peer Support Program for Faculty

By Joyce Phillips, MD, FAAP, Director, Faculty Wellness Initiatives

Since 2000, when Dr. Albert Wu coined the term “second victim,” it has been known that medical staff members require support in difficult times. This December, the UNM School of Medicine Office of Professional Wellbeing will initiate a Peer-to-Peer Support Program for faculty members who have been involved in adverse events. The purpose of our program is to create a safe way for clinicians to talk about their experience and emotions with a colleague.

The program’s aim is to offer confidential, emotional support with suggested strategies that have helped other clinicians. The following five departments will be part of our pilot program: Pediatrics, Internal Medicine, Neurology, Dermatology and Surgery. Peer-to-peer counselors from each department attend a kick-off training in November. Our hope is to expand this service to all departments in the future and, that with provide support and understanding for our colleagues, we will move a step closer to a culture of wellness at UNM.

All program contact is by self-referral. If you have a need to talk to someone, please email OPW@salud.unm.edu. A peer counselor outside of your department will then contact you to arrange for a conversation or meeting. **NOTE:** If you are outside of one of the five pilot program departments, please also email OPW@salud.unm.edu , and we will try our best to accommodate you.

Applause for Faculty and Resident Teaching from Third-Year Clerkship Students

*By Felisha Rohan-Minjares, MD, Assistant Dean, Undergraduate Medical Education
Associate Professor, Family and Community Medicine*

I meet with our 3rd year students at the end of each clerkship to discuss the learning environments they are experiencing in hospitals and clinics. Here are a few examples that highlight the outstanding teaching and role modeling that our residents and faculty provide:

ObGyn Intern Class

Third-year clerkship students in ObGyn would like to applaud “every single OBGyn intern” for excellent teaching during their clerkships. Students report that these interns “understand clear expectations are important” and teach in clear, concise ways despite being busy with clinical work.

Amrita Mahesh, DO, Internal Medicine Resident

An Internal Medicine student was caring for a patient who died. The patient was a young man with a family, and the medical student had a difficult time processing the death. Dr. Mahesh called a 'time out' to allow a moment of silence and afterwards checked in with the student to debrief. The student observed, "Dr. Mahesh will make an outstanding attending. She is unafraid to address that medicine is human."

Alfonso Belmonte, MD, Pediatrics Attending

Students appreciate that Dr. Belmonte ensures you learn something new while providing care to every patient on inpatient pediatrics service. He revised fluids lectures for the clerkship didactic, which were well received, and put substantial effort into the overall presentation, demonstrating active learning strategies done well.

Student's 'Women in Medicine' Research Project Featured on OPM Bulletin Board

Class of 2022 student Alyssa Espinoza "wanted to make an ode to women in medicine" so recently created a message board featuring 'Women in Medicine' throughout the ages—from Elizabeth Blackwell, history's first female physician, to Kate Becker, UNM Hospital's first female CEO. "I encourage everyone to check out the display to see a historical, modern perspective and learn how inclusive the field of medicine has become," says Espinoza. Her project is currently displayed on the Office of Professional Wellbeing's hallway bulletin board in Fitz Hall outside Room 147.

Putting Thankfulness into Action through Gratitude – How Are You Doing It?

By Martha McGrew, MD, Executive Vice Dean, UNM School of Medicine

When Dr. Liz Lawrence asked me write this piece on gratitude, I started looking up definitions of gratitude and went in my mind to what seems popular with thankfulness these days: *write down three things you are thankful for every day*. I'm not very creative so, most often, that is family and friends, my work and my health because that encompasses just about everything!

Then two things happened simultaneously that clarified thankfulness and gratitude for me. I looked up gratitude quotes and found this one:

*Gratitude is thankfulness expressed in action. – **William George Jordan***

At nearly the same time, my daughter, a Midwifery/Family Nurse Practitioner student, wrote this about volunteering in a free clinic for underserved pregnant women on the weekend:

Rooting myself to The Work this weekend through service and gratitude.

- 1. The patients I see today are as important as any patients I will see in the future, and more important than any test grade.*
- 2. I am grateful for the opportunity to serve patients in a clinical setting, and for their generosity in allowing me to learn and for teaching me how to be a better practitioner.*
- 3. I am overwhelmed for the blessing and privilege to study in this program. My actions and intentions align with the greater path that I am on.*

My thoughts then turned to what I am thankful for and how I try to express my gratitude – at work specifically. I'm not always perfect at it. I want to take a few more moments each day to be deliberate in expressing my gratitude. Here are a few examples:

- I am thankful to every patient I have even seen because they have all taught me something and allowed me to enter their lives in ways that others cannot because of my education.

I show my gratitude by being the best physician I can and creating an outstanding education for our learners as was done for me. I always tried to express my gratitude to the parents after a birth for allowing me to be part of their journey.

- I am thankful to the WE – the teams of which we are a part. Everyone – physicians, dentists, APPs, nurses, pharmacists, public health, MAs, techs of every kind, food service, housekeeping, administrative staff, finance. Could any of us do it without the other? I show my gratitude by recognizing them, saying thank you and treating them with respect. I also show my gratitude by honest, respectful discussion when we disagree. I write thank you notes because we all love getting handwritten notes when least expected!
- I am thankful (and very lucky) to have had “bosses” who have recognized that I am not just a physician but also a parent, and made accommodations when I deeply needed them. Thank you Drs. Heffron, Kaufman and Roth. I show my gratitude by paying that forward to others with dependents.
- Because academic medicine is the career I chose, I am especially thankful for our learners. I have learned more medicine by teaching. As I grow older and, hopefully, wiser, less egocentric and less prideful, I show gratitude by listening and learning from them as well.

That is just a small part of my list. How are you putting thankfulness into action through gratitude?

ENHANCING PRACTICE EFFICIENCY

Bullet Journaling Stirs Creative Juices of Students/Staff/Faculty as Time Management Resource

The first-ever Bullet Journaling event hosted by the Health Sciences Library and Informatics Center took place October 1 and attracted nearly 30 participants. The drop-in-and-out session was designed for creating personal logs for time-management purposes and recording of personal thoughts and feelings. “It was wonderful to meet so many students and staff and hear your needs for moving forward with work, research, writing, and school work,” said Education and Research Services Librarian Kelleen Maluski.

Based on participant feedback, Maluski is planning to offer an Introduction to Bullet Journaling and Habit-Tracking Workshop with follow-up support sessions in Spring 2020. The upcoming workshop will cover how to implement journal tools into workflows.



Watch for more details in future editions of this newsletter.

PALS Mentoring Program Benefits Both Residents and Interns in Many Ways

Internal Medicine’s PALS mentoring program is designed to pair interns with experienced, upper-level residents who can help interns in any way needed.

“Upper-level PALS commonly help by giving general tips and spending mornings pre-rounding with the interns,” explains Dr. Eileen Barrett, Director of Graduate Medical Education Wellness Initiatives. “They also look for ways to optimize the interns’ performance in the hospital which encompasses everything from how to do a quick, thorough chart review to making their daily work flow efficiently.”

Dr. Salah Mahoud, a PGY-II Internal Medicine Resident who received PALS mentoring during his first residency year, now serves as a mentor to on-boarding interns. “As a mentor I can help reduce interns’ stress levels by answering questions on how to fit in,” recalls Mahoud. “It helps ‘break the ice’ and creates a friendly environment that makes the work flow easier,” he adds. Want ideas on how to implement PALS in your department? If so, please email Internal Medicine’s [chief residents](#).

SUPPORTING SELF-CARE

Complimentary Chair Massage Sessions for Physicians Extend into November

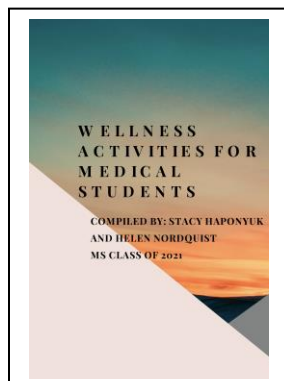
The School of Medicine’s Office of Professional Wellbeing has once again invited physician faculty to take a 20-minute break Friday, [November 22](#), for complimentary chair massages in UNMH’s Physician Lounge (located in rear section of second-floor cafeteria). Certified Licensed Massage Therapist David Lang from UNM’s [Center for Life](#) is providing 10, privacy-screened sessions, which are already filled! Please check our [November 22](#) link in SignUpGenius for last-minute cancellations or to join our waiting list.

Last month’s chair massage sessions for physicians garnered positive feedback from recipients like Dr. Laura Lundy, who directs clinical training at the UNM Center for Neuropsychological Services. “My massage was terrific,” comments Lundy, who would “highly recommend continuing this service.” Learn more about the medical value of therapeutic massage from this [Mayo Clinic video](#).

Join Running Medicine for “Friday Flash Mob Walk/Runs” in November

Take a few minutes to get out and move with a campus Flash Mob on Fridays! All speeds and abilities are welcome. Walk/runs start on the HSC Plaza in front of the Health Sciences Library and Informatics Center and go from 12:15 to 12:45 p.m. Fridays, November 8 and 22.

Just 30 minutes of daily exercise can improve both our physical and mental wellbeing. For information on other Running Medicine activities, visit [runningmedicine.org](#).



Wellness Activities Guidebook Compiled by Medical Students

Are you looking for a basic yoga routine? Want to learn reflective journaling techniques? Need guided imagery or progressive muscle relaxation instructions that are easy to follow? If so, please check out the new [Wellness Activities for Medical Students](#) guidebook compiled by Class of 2021 students Stacy Haponyuk and Helen Nordquist.

The 15-page resource also offers 5- and 10-K training schedules, tips for healthy meal prepping and handy links to related web references.

Meal Prepping Can Help You Save Time/Money/Calories and Gain Nutrients

By Rachel C. Baca, Health Sciences Center Student

Meal prepping is the act of preparing weekly meals and snacks ahead of time. This reduces stress, lets you try new recipes and—most importantly—save TIME, MONEY and CALORIES. You will avoid long café lines and scraping together a somewhat nutritious meal. Start by listing recipes to try, and switch up weekly menus to avoid boredom with the same meal. Look for recipes on Pinterest, Instagram (#mealprep), YouTube and in my [Meal Prepping guide](#) posted on [OPW's website](#).

Avoid prepping more than four days' worth of food at once to keep it fresh. Consider make-ahead breakfasts (e.g., overnight oats, pumpkin bread or quiches) and bulk-prepared foods stored separately like cook rice, roasted vegetables, grilled chicken and diced fruit to mix-and-match throughout the week. Hate cooking? Go for pre-made options like rotisserie chicken + crackers + baby carrots + hummus + piece of fruit. Eventually, meal prepping will become a natural part of your week, and you will look forward to new recipe sampling and better food choices!

For Residents/Students: Dealing with Stress or Depression? Or Does Someone You Know Need Support?

Please consider reaching each out to one of the following resource personnel for confidential* help:

- Jeff Dunn, MD (Psychiatrist)
Available to see School of Medicine residents/students, generally within 3-5 days, including after work hours: 505-272-6130; JeDunn@Salud.unm.edu
- Cheri Koinis, PhD (Psychologist)
Available to see Health Sciences Center residents/students: CKoinis@salud.unm.edu

**Access is not reported to your program nor documented in PowerChart.*

Web Resources Feature Employee Assistance Program Details for VA Faculty

Our OPW website now includes a handy link for accessing [Employee Assistance Program](#) information available to VA faculty. Faculty can also connect to other "Confidential Help for Faculty" links on OPW's [Mental Health Resources](#) webpage, including contact information for UNM's Psychiatry & Psychology Faculty Clinic.

The 'Holiday Blues' and How to Avoid Them to Stay Healthy and Centered

By Elisabeth Ferre & Alexander Norton, UNM Psychiatry Residents

Oh, the holidays—that magical time of year when Bing Crosby's "White Christmas" graces the airways and social calendars are filled with family gatherings, office parties and other festive events. However, consider those working the holidays in the hospital who cannot celebrate with family and friends. And while gift giving can be fun, it can also result in budget strain or anxiety over choosing the most perfect gift. This can lead to 'holiday blues'—a phenomena described by a 1955 author as "including marked feelings of helplessness, increased irritability, nostalgic or bitter ruminations about holiday experiences."

Here are a few tips to help stay healthy this holiday season:

1. Manage your expectations. You don't need to buy anything. Use words to tell people what they mean to you. Craft your own holiday card or hand-make something unique.
2. Enjoy everything in moderation and responsibly. (Eat that cookie, but try and limit yourself to one!)
3. Continue self-care, usual routines and daily rituals, which help ground and center us. Try and go to bed at a reasonable hour and squeeze in some brief exercise when you can.