

# 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](#).

Aug.-Sept. 2019

## **PROMOTING A COMPASSIONATE CULTURE**

### **UNM School of Medicine Launches Learning Environment Office to Help Stem Student Mistreatment**

The University of New Mexico's School of Medicine is committed to providing every emerging physician with a professional, safe, and supportive environment in which they are able to learn, work and develop their career. To that end, it recently launched the [Learning Environment Office](#) (LEO). Led by Diana Martínez, with direct support and input from Felisha C Rohan-Minjares, MD, Assistant Dean, Undergraduate Medical Education, Joanna Fair, MD, Assistant Dean, Graduate Medical Education, and Research Fellow, Rebecca Williams-Karnesky, MD.

LEO's aim is to promote a positive and inclusive learning environment. Its functionality and services were developed based on ideas and feedback from members of the SoM community, including medical students, residents, fellows, faculty, and staff. To learn more about mistreatment and/or how to get involved with LEO, please visit LEO's [website](#), or email [hsc-leo@salud.unm.edu](mailto:hsc-leo@salud.unm.edu).

### **Supportive Time is Available for Personal and Family Health Needs**

*By Bronwyn Wilson, MD, Sr. Associate Dean for Faculty Affairs & Career Development*

University of New Mexico Health Sciences Center faculty who are at least .5 FTE are eligible for extended sick leave (ESL) after using up the 10 days of regular sick leave that is re-set each calendar year. The ESL accumulates similarly to Annual Leave: 14 hours per month, or 21 days per year, for a full-time faculty member. The maximum accumulated amount of ESL is six months following six years of service as long as ESL has not yet been taken. This leave can be used continuously or sporadically to care for a personal health issue (e.g., recovery from a surgery or other medical treatments) or to address the health needs of a spouse/domestic partner, child or parent. For more ESL policy details, please review [UNM Faculty Handbook](#) Section C210 or contact the School of Medicine's Office for Faculty Affairs & Career Development at 272-8268.

## **UNM Department of Internal Medicine (DoIM) Grand Rounds for Fall to Focus on Physician Wellness**

Please mark your calendars for these upcoming Grand Rounds sessions that take place on Thursdays from 12:30 to 1:30 pm in Domenici Auditorium:

### **September 26 - Clinician-Directed Performance Improvement: Moving Beyond Mandated Metrics**

Speaker: Lara Goitein, MD, Medical Director, Clinician Directed Performance Improvement, Christus St. Vincent Regional Medical Center, Santa Fe, NM

### **October 31 – Creating Foundations for Resident and Fellow Wellbeing**

Speaker: Eileen Barrett, MD, MPH, FHM, FACP, Division of Hospital Medicine, UNM DoIM

To participate via webcast, visit: <https://medicine.unm.edu/>.

**ACCREDITATION:** The UNM Office of Continuing Medical Education designates these live activities for a maximum of 1.0 AMA PRA Category 1 Credit(s)<sup>™</sup>.

## **WISE Weeks Allow Medical Students to Decompress and Integrate Learned Information**

WISE Weeks are a component of our School of Medicine's renewed Phase I Curriculum. "WISE stands for Wellness, Integration, Step I preparation, Education on basic science and learning," explains Patrick Rendon, MD, Associate Professor of the Department of Internal Medicine's Hospital Medicine Division and Block Chair for WISE Weeks. According to Rendon, the scheduled intersessions between basic science blocks allow medical students to "decompress material learned in blocks, integrate information from past blocks, create spiraling of content within the curriculum, learn about the science of learning, and enhance both Step I preparation and overall wellness."

Student Shannen Ramey personally attests to the value of WISE Weeks. "They provide a wonderful opportunity for medical students to reflect on and revisit high yield STEP I topics while also focusing on their personal wellness. WISE team members are incredibly receptive to constructive feedback and work diligently to incorporate suggestions offered by current medical students about strategies that were most beneficial for them during Phase I." Ramey adds, "Every group member has the best interest of the medical students at heart and wants nothing more for them than to succeed both personally and professionally."

### **September 17<sup>th</sup> is 'National Physician Suicide Awareness Day'**

Please join us for a moment of silence on the North Campus Plaza in front of Fitz Hall at 1 p.m. Tuesday, September 17. A commemorative exhibit related to 'Suicide Prevention Awareness Week' (September 9-17) will be on display at UNMH on the 2<sup>nd</sup> Floor 'bridge' between buildings. In addition, a UNM Walking Team is forming to participate in the *Out of the Darkness Community Walk* sponsored by the American Foundation for Suicide Prevention at 9:30 a.m. Saturday, September 14, from New Mexico Veterans' Memorial, 1100 Louisiana Blvd SE. For more information, email Dr. Liz Lawrence, Chief Wellness Officer and Assistant Dean, Office of Professional Wellbeing, at [ELawrence@salud.unm.edu](mailto:ELawrence@salud.unm.edu).

## **ENHANCING PRACTICE EFFICIENCY**

### **Get Writing and Research Support from UNM Graduate Resource Center**

The UNM Graduate Resource Center (GRE) is dedicated to fostering graduate student learning communities across campus through writing, statistics, and research support.

Peer consultations and workshops are offered to help students develop strategies for becoming effective academics, researchers, and professionals. Located at Mesa Vista Hall in Suite 1057, GRE staff invite you to join the GRE listserv for information about upcoming events. Visit <https://unmgrc.unm.edu/> to sign up!

## **Office of Professional Learning to Host Variety of Workshops and Online Learning Opportunities**

The new Office for Continuous Professional Learning (OCPL) was created to serve the wide-ranging learning needs and interests of our School of Medicine educators (e.g., clinical and basic-science faculty, residents, post-docs, graduate students) plus physicians and other providers. "The OCPL encloses functions previously found at Continuing Medical Education and Professional Development and the Office for Medical Educator Development," notes Associate Dean Gary Smith, PhD. "We strive to move beyond dissemination of best practices for improved learner and patient outcomes," Smith adds.

The OCPL's 2019 Education Day is set for October 4 and will include presentations plus lunch-table discussions ranging from clinical and inter-professional education to learning and work environments. It also features a ***You Make a Difference – Creating a Positive Learning Environment*** workshop co-led by Liz Lawrence, MD, and Patrick Rendon, MD. For more OCPL information, please email [Dr. Smith](mailto:Dr.Smith) or visit the [OMED](#) and [CME/CPD](#) websites while OCPL's site is under development.

## **Hospitalists Granted Time During Workday to Complete Required Online Trainings**

Faculty often use personal time to catch up on work. The Department of Internal Medicine's (DoIM) Hospitalist Division pioneered a new practice this year, dedicating its usual lunchtime meeting for completion of required online competency modules in Learning Central. This allotted time gives everyone a chance to complete the trainings while preserving some personal time for use on more fulfilling activities. Kudos to Hospital Medicine Chief Kendall Rogers, MD, Charles Pizanis, MD and Deepti Rao, MD, for their leadership in this endeavor.

## **SUPPORTING SELF-CARE**

### **Loneliness Identified as Risk Factor for Limiting Lifespan**

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

***"Our social connection is the foundation on which we build healthy and fulfilling lives."***

*- Vivek Murthy, MD, Former Surgeon General*

Recently, much has been written about the increasing issue of loneliness and isolation in our society. Loneliness has been identified as a risk factor more significant in limiting lifespan than obesity or hypertension. One study found that 1 in 4 individuals had no one in their life in which they could confide and share a personal problem.<sup>1</sup> Physicians are not immune to this phenomenon. Increasingly, doctors are building relationships with electronic equipment rather than with patients and colleagues and even their loved ones. Use your HSC login information to read [more](#).

### **E-version of Summer 2019 *Healthy Eating Cookbook* is Now Available**

Looking for some easy, delicious and nutritious recipes to benefit your busy schedule? Our Summer 2019 edition the School of Medicine Learning Communities Wellness Committee's *Healthy Eating Cookbook* offers 36 pages of recipes for breakfast, lunch and dinner as well as side dishes and breads.

Submitted by both faculty and medical students, the recipes cover everything from Asian Glazed Salmon to Calabacitas and include nutrition information as well as special contributor notes on food storage and ingredients adaptation. Download the cookbook by visiting OPW's Smartsheet [Dashboard](#) (use HSC login) or request a PDF by emailing [OPW@salud.unm.edu](mailto:OPW@salud.unm.edu).

### **UNM Wellbeing Expo is Set for September 17-18 and Free to All**

Are you searching for better way to practice self-care? Attend the UNM Wellbeing Expo to support your personal and financial growth. Workshops include pet therapy, eating healthy on a budget, managing money, improving credit, investing wisely, saving for children's college education and ensuring a comfortable retirement. Sessions take place from 10 a.m. to 2 p.m. Tuesday, Sept. 17 at the Student Union Building and Wednesday, Sept. 18 at the Colleges of Nursing & Pharmacy, Building 228, 2502 Marble Ave. NE, 3<sup>rd</sup> Floor. The Wellbeing Expo also features atrium exhibits by UNM Benefits, Employee Wellness, CARS, OMBUDS, Fidelity, TIAA, VOYA, AIG Retirement Services, and State of New Mexico's The Education Plan. The event is free to UNM faculty, staff, retirees, alumni and students.

### **Bullet Journaling Drop-in Event Can Help with Time Management, Stress Relief**

Come learn about the value of bullet journaling and receive a complimentary planner\* at a drop-in event scheduled 2:00-3:00 pm Tuesday, October 1, at Domenici Center North in Room 3740. Co-sponsored by the Health Sciences Center & Informatics Center (HSLIC) and the Graduate Resource Center, the event is aimed at helping participants learn about time management skills, says Kelleen Maluski, HSLIC's Education and Research Services Librarian. "Our staff can assist with downloading phone apps for time management and mindfulness and will also have art supplies on hand for creative journaling—all of which can help students better manage stress and avoid burnout," adds Maluski.

\*Complimentary planners are subject to availability. To guarantee receipt of one, please [RSVP](#) online for the October 1 event.

### **Support Resources for Coping with Mass-Violence Events**

In early August, our country tragically witnessed two more mass-violence incidences, one in El Paso, Texas, and another Dayton, Ohio. "As an Emergency Physician, I have seen first-hand the toll of every day gun violence on human bodies, families, and communities; as a nation, we have endured too many losses," Health Sciences Center (HSC) Chancellor Paul Roth wrote in a special e-message to the HSC community. Please note the following resources that can provide valuable assistance to those in need:

- [The Disaster Distress Helpline](#): 1-800-985-5990 or text "TalkWithUs" (for English) or "Hablanos" (for Spanish) to 66746.  
*A 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.*
- [Recovering Emotionally from Disaster](#) / [Managing Your Distress in the Aftermath of a Mass Shooting](#)  
American Psychological Association
- [Incidents of Mass Violence](#)  
Substance Abuse and Mental Health Services Administration (U.S. Department of Health & Human Services)

### **Parking in M Lot to Access [HSC Wellness Center](#) Permissible After 3:45 pm**

Per UNM Parking and Transportation Services, under the "3:45 Rule," faculty, staff and/or student UNM-issued parking permits are valid for use in the majority of the parking lots in parking spaces not otherwise restricted by signs (e.g., Reserved, Patient, Guest/Visitor, ADA).