

# THE OWL POST DISPATCH

Official Newsletter of the TUHS Practitioner Wellness Committee



*Don't Miss This!*

*Practitioner Wellness  
Grand Rounds  
featuring  
Al'ai Alvarez, MD  
of Stanford's WellMD  
Physician Forum*



*Thurs, May 27th  
at noon*

## MEDICAL STAFF SPOTLIGHT

Get to know your fellow Owls.



**Who:** Valerie E. Armstead, M.D., D.A.B.A.

**Where:** Professor, Clinical Educator, Anesthesiology

**Why:** Anesthesiology has the best range of subspecialties to add as much depth & breadth to the practice as well as study of medicine one can achieve. At the same time, I have been able to find the balance of family & profession. It is easier to pivot and drop in, down or up in anesthesiology. I have done fellowships in pediatric, pediatric cardiac, critical care & liver transplant anesthesia. Examples of anesthesiologists who have contributed much to medicine & physiology include Virginia Apgar, Crawford Long, John Snow, Enid Johnson, Thomas Hornbein, John Severinghaus, Warren Zapol & so many others. As the specialty of anesthesiology is relatively young, I have had the pleasure to have known or been mentored by notable contributors to medicine & physiology.

**Recent proud moment:** Physician in charge during in-flight medical emergency with good teamwork & outcome. April 2021! Honorable mention: 1st prize/place American Society of Anesthesiologists Annual Meeting Scientific/Educational Exhibit: A Guide to the Endocannabinoid System for Anesthesiologists 2019

**Owl I admire:** Dr. Sara Jane Ward

**Little known fact:** I wanted to be a veterinarian since childhood so I continue to dabble in hobbies related to flora & fauna. Ask me about Monarch butterflies, bees, orchids, canine conformation, gardening, etc.

**Favorite thing about Temple:** Temple University has allowed me to continue my love of life-long learning on so many levels as a faculty benefit. For example, I am channeling my desire to make healthcare & education more equitable by pursuing a master degree in Urban Bioethics at LKSOM. I have an accomplished career in basic as well as clinical research and relish the opportunity to mentor those who might benefit from my experiences & knowledge.

# WELLNESS CONSULT SERVICE

The easiest consult you'll ever call.

A place to crowdsource the wisdom of peers.

## What are your top tips on mentorship, either for mentors or mentees?

- At some point (preferably early on) you should make expectations explicit - goals, frequency of meetings, preferred communication etc.
- Whether mentor or mentee, be willing to ask for and receive feedback once the relationship is established.
- Show up - don't flake on meetings or other commitments.
- As the mentee, prepare for meetings with focused questions or requests.
- Like any healthy relationship, its ok to move on if it's not working. There may be natural branch points. Remember to thank the person for the time/effort they invested.
- Don't forget that it doesn't have to be hierarchical - you can (and should) have a mentor or mentee who is a peer, or someone in a different department or institution. Depends on the needs and goals of those involved.
- Short meetings are better than none at all - aim for 20 or 30 minutes and be clear about your availability.
- For mentors: Clear distractions. Be present and try to remember what it was like to be in that particular phase.

## Name one way this April is better than last.

- Vaccine! Despite the continued cases, I keep focusing on how many folks are getting vaccinated - including my patients, co-workers and family members.
- Plenty of PPE
- Kids spring sports are happening in mostly safe, socially distanced fashion
- Zoom updates keep getting better
- Some great neighborhood restaurants seem to have weathered the storm and come out stronger - and with cool new outdoor spaces
- Small gatherings with other vaccinated folks
- Fauci is more smile-y



## Don't Hesitate by Mary Oliver

If you suddenly and unexpectedly  
feel joy, don't hesitate.  
Give in to it.  
There are plenty of lives and  
whole towns destroyed or about  
to be.  
We are not wise, and not very  
often kind.  
And much can never be  
redeemed.  
Still, life has some possibility left.  
Perhaps this is its way of fighting  
back, that sometimes something  
happens better than all the riches  
or power in the world.  
It could be anything, but very  
likely you notice it in the instant  
when love begins.  
Anyway, that's often the case.  
Anyway, whatever it is, don't be  
afraid of its plenty.  
Joy is not made to be a crumb.

### Are you struggling?

Reach out to a colleague who  
gets it.

A 20 minute call from a fellow  
doc could be the connection  
you need.

Put in a request to the [Temple  
Peer Support Network](#) here.



## Owl Ribbon Awards

### **Noticed a colleague going above and beyond?**

Scan below to nominate a Temple attending, resident or advanced practice provider for an Owl Ribbon to recognize excellence in teamwork, professionalism or patient care.



April 2021

## You Asked, We Answered Waste Task Force Follow Up

Submission: No pillows for patients in the ED  
Solution: Pillows have been ordered  
Shoutout: Mike DeAngelis & Patient Experience office

Submission: Epic drop-downs for patient callbacks are missing relevant choices  
Solution: Epic update in production  
Shoutout: Ahmed Foda & Epic Ambulatory Team

Submission: Reordering prn Tylenol q7days is a pain  
Solution: Epic update made  
Shoutout: Ahmed Foda & Epic Ambulatory Team

Several other ideas are in the works. Check back here to see more updates and **keep the great suggestions coming!**



### **Productivity 101: Find your domino**

*At the start of every day and every week, identify your domino. What's a domino? A domino is the one task that has the greatest impact on your goals. Then you can ease into the other tasks on your list. Think about hitting that one domino in a line to set off a cascade of action.*

## WELLNESS WISDOM OF THE MONTH

*"Faith is knowing that you're on a team, even if you don't know the players."*

*-Simon Sinek*