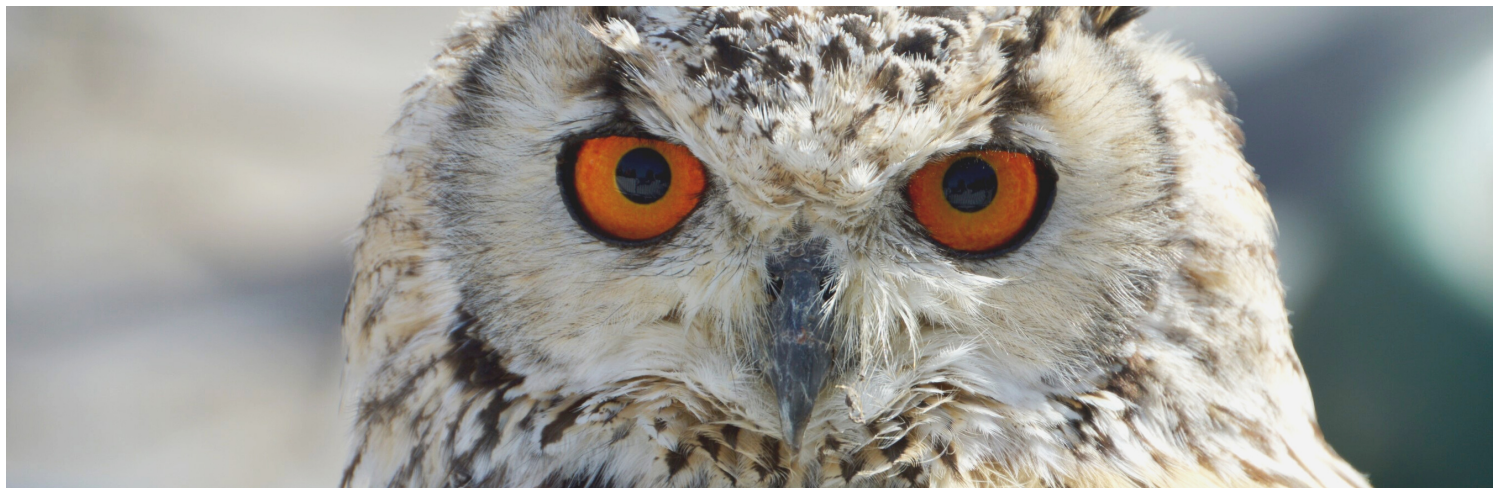


# THE OWL POST DISPATCH

Official Newsletter of the TUHS Practitioner Wellness Committee



*Don't Miss This!*  
*FRI, 25 Feb 2022*  
*12 pm - 1pm*

*Problems:  
A Philosophical and  
Historical Exploration of  
Why We Spend So Much  
Time On Notes  
... And Whether Any Of It  
Even Matters*



**FEATURING**  
**ADAM RODMAN, MD**  
**HARVARD MEDICAL FACULTY**  
**PHYSICIANS**

<https://temple.zoom.us/j/97837669341>

## MEDICAL STAFF SPOTLIGHT

Get to know your fellow Owls.

**Who:** Jeff Laarz, PA-C, Emergency Department

**When:** 10 years, mostly at EH but now primarily Jeanes



**Why Temple?** As a relatively new grad applying for a position, I feel the director at the time took a chance on my by offering the job. Plus, once I got here, they got me with the health insurance benefits!

**Why EM?** Work-life balance. And, you see everything and anything walk through the door of the emergency department. Every shift is different.

**Owl I admire:** It's got to be Kraftin [Schreyer]. Super smart, terrific with her patients, easy to work with, and she drinks the same 3 sodas, in order, each shift.

**Little known fact:** the first patient I saw on my first rotation in PA school, Pediatrics, was a child in for a well visit. In doing the well exam, I looked in his ears and I saw a small, Lego sized, toy chicken. I stopped, had no idea what to say to the kid, but in that moment we looked at each other and he knew what I saw. Of course, he denied knowing it was there and mom needed A LOT of convincing there was actually something in his ear. Welcome to peds, and the foreign bodies have only gotten more exciting.

**Favorite thing about Temple:** the cafeteria pizza.

# WELLNESS CONSULT SERVICE

The easiest consult you'll ever call.

A place to crowdsource the wisdom of peers.

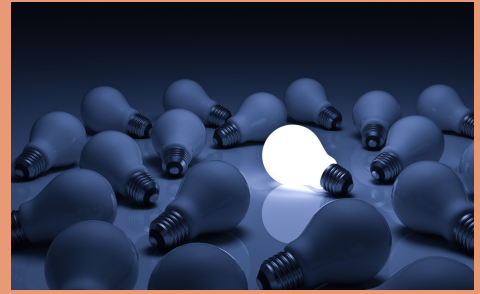
## What are your best tips for negotiation?

- Be assertive, not aggressive. This means taking care of your own interests while maintaining respect for the interests of others.
- Its like taking a good medical history - you have to listen more than you talk and ask good open ended questions. Listening well matters.
- Do your homework. This includes understanding the other person's perspective as much as possible, and also understanding your own position. For example, in salary negotiations knowing the national or regional data for your specialty and role.
- Know the unique value that you bring, and show the other person how that might fill a need they have. Bring evidence if you have it - teaching evaluations, for example, if you are interested in an education related role or "ask."
- Clearly define your goals.
- Try as best you can to not take things personally or get sidetracked by distracting issues. Stay clear and focused.
- Focus on common interests, rather than on irreconcilable (and often conflicting) positions.
- Keep in mind the interests of the parties who aren't at the table.

Deeper Dive: [HBR piece on Negotiation Strategies for Doctors and Hospitals](#)

## Tell us about something you're looking forward to.

- Broad St Run in May - [registration opened this week](#) and lots of Temple folks typically participate. Lottery closes Monday, Feb 28th.
- Acres of Diamonds Gala being back in person!
- Match Day - its so fun seeing all the Temple students get excited about this next chapter in their career
- Daylight Savings on Sunday, March 13th. I love having more light in the evening - feels like an extension of my day.
- The Harry Potter Exhibit coming to the Franklin Institute on Feb 18th. Can't wait to take my kids.
- For me, its gotta be March Madness.
- [qFLIX Philadelphia!](#) Its an independent LGBTQ+ film festival happening March 20-27.



**Have a great idea for improving provider wellbeing at TUHS?**

## Submit an idea to the PWC Wellness Mini Grant Program

**Any member of the medical staff, or a group of members, can apply for a Mini Grant of up to \$2500 to pursue a project that addresses one or more of the key domains of practitioner wellness: culture of wellness, efficiency of practice and/or personal resilience. Priority will be given to proposals that benefit the medical staff at large.**

**Submissions will be reviewed on a rolling basis by the PWC. Thank you in advance for your thoughtful and creative submissions.**

**Click here for the [application link!](#)**



**Owl Ribbon Awards  
Congratulations to this  
month's winner**

**Dillon Warr, MD  
PGY-1**

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



**January/February 2022**



## **Steps Towards Wellness - Evidence Based Recommendations**

**Kaede Ota, MD, Guest Columnist  
Pathology & Laboratory Medicine**

Hands up people who feel they should exercise more! If you raised your hand, there's good news. The Centers for Disease Control and Prevention provide three "options" with which to get "substantial" health benefits from exercise : 150 minutes per week of "moderate-intensity aerobic activity" (ex. brisk walking, doubles tennis, raking leaves...anything that gets your heart rate up); 75 minutes per week of "vigorous-intensity aerobic activity" (ex. running, aerobics class, shoveling snow); or a mix of the two. All three options recommend strength training as well. As you can see, there are lots of ways to sneak in exercise that will benefit you in the long run! Finally, did you know that higher steps per day has been associated with lower mortality? A 2020 NIH study with over 4800 participants reported that compared with people taking 4000 steps per day, people taking 8000 steps/day had reduced risk of all-cause, cardiovascular, and cancer death. So pull out your iPhones, click the "Health icon" (the one with the pink heart) and start increasing your steps!

## **PARTING WELLNESS WISDOM**

*"Winning does not tempt him.*

*His growth is:*

*to be the deeply defeated by ever greater things."*

*-The Man Watching, Rainer Maria Rilke*