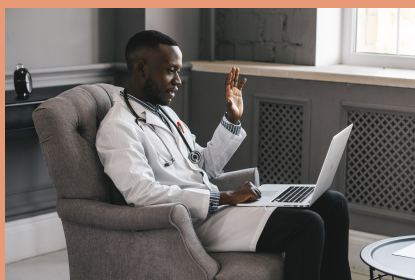


THE OWL POST DISPATCH

Official Newsletter of the TUHS Practitioner Wellness Committee



*Telehealth and Wellness:
Participate in an IRB
approved study*



Questions?

Contact Co-Investigators
Aruni Jayatilleke or Imali
Sirisena

HOUSE STAFF SPOTLIGHT

Get to know your fellow Owls.



Who: Marianela Rosales Gerpe, MD

Where: rising PGY-2, Psychiatry Residency Program

Why: I knew I wanted to be a psychiatrist since my first class in neuroscience when I first learned about dopaminergic pathways. I coupled that knowledge with personal experience of a close family member suffering from mental illness, and I knew I wanted to pursue a career where I could make a change. I feel incredibly lucky that I found a specialty where each diagnosis I encounter brings in different backgrounds, stories, and unique aspects that all contribute to pathology. It is especially humbling standing with patients as they face the most challenging moments of their lives. I chose Temple for its academic strength, community, and unique patient population. We serve a community with such great diversity, encompassing different ranges of acuity and socioeconomic backgrounds. It is my honor to give back to this community in any way I can.

Recent proud moment: As a PGY-1, I continue to grow and expand my knowledge in different settings of Psychiatry. I am particularly proud of how far I've come since my first day at Temple; I have had a chance to learn so much not only academically, but from my peers, patients, and hospital staff. Each day is unique and challenging!

Little known fact: I have driven cross country, twice! I also enjoy reading Russian literature in my spare time.

Favorite thing about Temple: The people! My co-interns have become like family, and it is specially comforting feeling so incredibly supported by not only the program itself but all the staff at Episcopal.

WELLNESS CONSULT SERVICE

The easiest consult you'll ever call.

A place to crowdsource the wisdom of peers.

Share your best tips for our new house staff!

- Take the time to listen to your patients. They have the info you need to know. It's your job to ask the right questions in the right way to find it out.
- We see only one small slice of a patient's life. Try to learn a little more about their life outside the hospital.
- We all make mistakes. When you do, own it, mitigate any harm and find the learning in it. It will make you a better physician.
- Cultivate your squad of support people both at work and outside of medicine. They'll be a lifeline when things get tough.
- Earth Cup rocks. Visit them early and often.
- Be intentional about the language you use in documentation and in conversations about patients - you have the power to shape the narrative for better or worse.
- After a distressing case or difficult interaction, take a few minutes to reset your mind before plowing on to the next task.
- Build relationships with all team members - nursing, environmental services, clerks, SW/CM, other support staff - we all need one another's expertise. Learn names & saying hi!

As we start the new academic year, what's one habit you want to get back on track?

- Cutting down on social media: it's a time suck. I downloaded the "Moment" app which tracks my use and nudges me to do better.
- I'm trying to read more.
- Saying no to meetings that could be short phone calls.
- Exercise - trying to get outside for a quick walk around the campus at least once a day, even when I'm on service.
- Limiting my caffeine intake.
- I've committed to doing clinical documentation in real time, and cutting back my time doing charts outside of work as much as possible.
- Finishing pending projects before taking on new ones.
- Leaving my phone somewhere else during meal time and at night. I have a regular alarm clock instead.



New Resource To Try: Burnout Busters Podcast

What It Is:

Burnout Busters helps health care workers make sense of the wealth of well-being research and apply these tried and true practices to their own lives and organizations. Well-versed in well-being, Drs. Jordan Thayer and Hannah West help providers identify their values, begin their mindfulness journey, and engage in activities that reinforce the principles of well-being. They also discuss how health care organizations can prioritize and support well-being in the workplace. Join for practical tips and strategies, guest experts, and more.

PWC Recommends:

Episode 6

When empathy becomes too much: How crises translate to trauma and what to do about it

Health care professionals working with patients or clients who have endured traumatic events can expect to experience some stress related to this role. But at what point does that stress become detrimental, or even cross a line into secondary or vicarious trauma?



Owl Ribbon Awards

Congratulations to this months awardee!

Megan Gunn



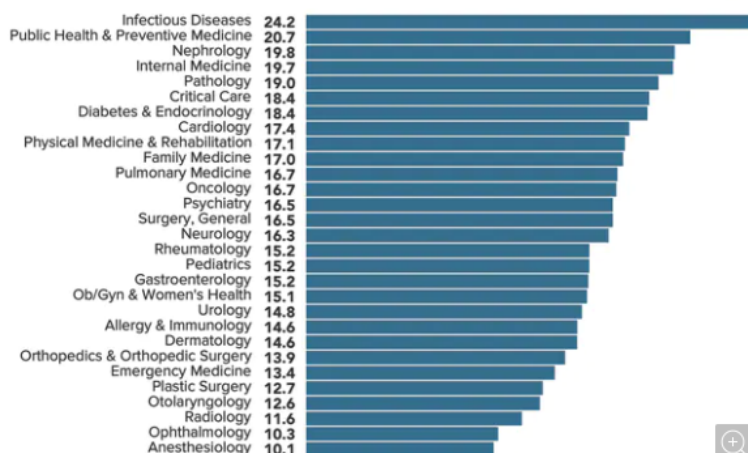
Scan below to nominate a Temple attending, resident or advanced practice provider for an Owl Ribbon to recognize excellence in teamwork, professionalism or patient care.



June 2021

Medscape Physician Compensation Report 2021

Hours per Week Spent on Paperwork and Administration



The Takeaway:

Respondents reported an average of 15.6 hours per week spent on medical related work outside of patient visits, including paperwork, clinical documentation, administrative and managerial work, participation in professional orgs and clinical reading. See specialty breakdown above.

Potential Mitigation Strategy:

Dragon Dictation

One 2015 RCT showed that compared to those who typed their notes, those who used speech recognition had a 26% overall increase in documentation speed (217 vs. 173 characters per minute) and logged longer notes (649 vs. 356 characters per report). These results, which also showed a slight mood boost among intervention physicians, included the time it took to make corrections post-dictation.

Per our Chief Medical Information Officer, Dr. Ahmed Foda: **Using Dragon is absolutely the most impactful intervention you can do for yourself, it will make your life with EPIC a lot easier.** Access the training videos w your Temple credentials [here](#).

WELLNESS WISDOM OF THE MONTH

“Publishing papers is great, but they don't determine your value. Getting grants can be important, but they don't set your self-worth. Receiving awards is fun, but they don't replace family and friends. It's okay to enjoy academic achievements, but remember we are people first.”

-Jen Heemstra (@jenheemstra)