

THE OWL POST DISPATCH

Official Newsletter of the TUHS Practitioner Wellness Committee



*Join us!
PWC Grand Rounds
Overcoming Self-
Judgment with Self-
Compassion*



*with Al'ai Alvarez, MD
of Stanford's WellMD
Physician Forum*

*Thurs, May 27th
at noon*

*[https://temple.zoom.us/j/
/97061316012](https://temple.zoom.us/j/97061316012)*

HOUSE STAFF SPOTLIGHT

Get to know your fellow Owls.

Who: Nini Kvantaliani, MD

Where: PGY-3, Neurology Residency Program

Why: Temple is excellent place to train with its diverse patient population, amazing attendings who are always willing to teach and supportive hardworking colleagues - the combination that makes possible 'the magic' to happen every day.

Recent proud moment: My juniors telling me at the end of the rotations how much they enjoyed working with me in a team.

Little known fact: I speak 4 languages and my puppy is bilingual also!

Favorite thing about Temple: I love how Temple pushes and helps you to become a better version of yourself daily and prepares you well for the future challenges in your career.



WELLNESS CONSULT SERVICE

The easiest consult you'll ever call.

A place to crowdsource the wisdom of peers.

Fast forward your life to retirement: what piece of advice would you give to your younger self?

- Focus on one thing at a time. You can have it all but not all at once.
- Your work is not your worth.
- Make sure when you take on something new, something else comes off your plate. Every time.
- Enjoy the patients more. They are the best part of this job.
- Stop comparing yourself to other people, especially the "curated" versions of other people that you see on social media.
- The little moments in the day to day add up to a lot more impact than one big project, grant or paper.
- Save more early on.
- When in doubt, trust your gut.
- Seek out mentors early on.
- Have someone else eyeball important emails before they are sent, or better yet, have an in person conversation with the person instead.
- Eat more meals with your family.

As we enter the summer months, what are you most looking forward to?

- putting up an away message and being zoom free for a week of vacation.
- time with my partner/family somewhere sunny
- enjoying outdoor time mask-free
- refocusing on spending more time outside - walk breaks at lunch and outdoor meetings when possible
- the fruit smoothie truck outside TUH!
- new trainees joining us - they bring fresh energy and enthusiasm
- dining outdoors
- BBQs
- graduations: they make me appreciate how fast time flies, and I love seeing juniors head off on new phases of their careers



Wellness Read of the Month: CEO Summit on Clinician Well-Being Report Published

What it is:

In 2019, the ACGME, AAMC and NAM co-sponsored the CEO Summit on Clinician Well-Being, a meeting of 33 executive leaders from health systems across the country. [Read the full report here.](#)

What it says:

Nine priority areas identified by the summit attendees:

1. Increase uniformity & reduce the volume of quality measures and payments metrics reported across payers.
2. Review licensing, certification and credentialing requirements.
3. Improve electronic health record (EHR) and related workflows.
4. Use metrics and assessment.
5. Identify a leader in wellness
6. Leverage national strengths to achieve pace/scale nationally; develop a systems approach.
7. Prepare clinicians better for the health care environment due to mismatch between expectations and process.
8. Acknowledge competing priorities and financial challenges affecting well-being
9. Ensure governance awareness and buy-in for well-being.



Owl Ribbon Awards

Congratulations to this month's awardees!

***Aruna Padmanabhan
Lisa Mak
Nathalie Van der Rijst
Valerie Armstead
Chethan Gangireddy***

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.



May 2021

Productivity Gamechanger: Time Blocking



What is it?

A time management method that asks you to divide your day into blocks of time. Each block is dedicated to accomplishing a specific task, or group of tasks, and only those specific tasks.

Why does it work?

1. You won't have to constantly make choices about what to focus on.
2. It promotes focused, deep work.
3. It helps you finish "shallow work" (like email) more efficiently
4. It makes you aware of how you spend your time
5. It counteracts perfectionism
6. It helps you follow through on your goals

But wait, that can't apply to "reactive" work like we deal with in medicine.

"When your workday is run by external forces, it's easy to lose sight of your own goals. Time blocking can help you gain a greater sense of control over even the most unpredictable of schedules."

For example, you can batch tasks like making calls, doing discharges, following up on test results.

Learn more here:

<https://todoist.com/productivity-methods/time-blocking>

WELLNESS WISDOM OF THE MONTH

"When everything seems to be going against you, remember that the airplane takes off against the wind, not with it"

-Henry Ford