

THE OWL POST DISPATCH

Official Newsletter of the TUH Practitioner Wellness Committee



Have you heard?
PWC Updates



August will again be a Health System-Wide Minimal Meeting Month! All non essential meetings are cancelled.

The bump policy has been revised for outpatient clinics - now 30 days instead of 60 days and providers also have new "bump currency."

A new paid parental leave policy and benefit was announced for LKSOM and LKSOM/TFP faculty.

The new lactation room opened in the Temple main campus OR, inside the Robotic Conference Room near the "old SPU."

See your email for further details.

MEDICAL STAFF SPOTLIGHT

Get to know your fellow Owls.

Who: Terry Heiman-Patterson, MD
Director of the ALS Center of Hope

When: Came to Temple in November of 2016

Why: I am passionate about making a difference to people living with Amyotrophic Lateral Sclerosis (ALS) a disease that progressively ravages the person living with it and impacts the entire family. I consider it a privilege to care for these courageous people and feel that it is important to remember as a physician that we may not be able to cure everything but we can still tend to the ill and work to leverage the tools we have to make people as independent and comfortable as possible. I have come to Temple because of the support they have given to the multidisciplinary paradigm and the ability to expand it across all of the neurodegenerative diseases. To this end, we are developing a movement disorders program and cognitive dementia program that will also be multidisciplinary. We will also be able to serve the local community and begin to address some of the disparities that exist across all of these diseases.

Recent proud moment: My proudest work moment was when I received the Forbes Norris Award at our International ALS meetings. This international award is given in honor of Dr. Forbes (Ted) Norris who dedicated his career to ALS and is awarded to a neurologist who has made major contribution to the management and care of people with ALS and to the understanding of ALS. At home I am so proud of my family and children who are all accomplished but more importantly compassionate and giving individuals.

Owl I admire: I admire the entire faculty and staff here at Temple for their dedication to patient care and the community, especially during the difficult times of the COVID pandemic.

Little known fact: I play the accordion and love the arts.

Favorite thing about Temple: My favorite thing about Temple is the warmth and friendliness of everyone from the first day I walked into the building. The Temple community and its diversity makes me feel proud to work here.



SPOTLIGHT FEATURE: BURNOUT ADVISORY

This issue, we'll spotlight the framework from last month's advisory from the US Surgeon General's office. It includes steps for health care orgs, policymakers, insurers, and others to improve health worker well-being.



Empathy Ravenna Raven

I've always been a bit nosy so I think that's why I became a doctor.

But it's not easy to show empathy under pressure. It might look like

spending five extra minutes together and learning our patients' stories so we can refer

to them by name instead of by ailment during the handover. It would help

having more time to reflect on these moments of connection, to rest and reset.



Owl Ribbon Awards

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.



It takes just 2 minutes to recognize a colleague for their efforts (and it can be anonymous).

May/June 2022



Wellbeing Reflections: Showing Kindness Guest Column

Every day, we provide empathy, compassion and care for our patients' emotional trauma. We employ strategies such as stoicism and compartmentalization so that we can get through the day and provide the necessary care to every patient that we see. Stoicism and compartmentalization are not bad things. However, there needs to be moments that allow us to express the grief, anger and fear that are natural reactions to the very unnatural circumstances we experience practicing medicine. It's about finding the balance to between these two sides that will ultimately make us feel whole.

A good starting place is showing kindness...not just to others, but to ourselves. It's surprising how many of us would support a friend or colleague experiencing a traumatic event, but not give ourselves the same courtesy. When you look back on any difficult event or outcome you've experienced, what did you think about yourself? Did you give yourself an opportunity to feel your emotions? Did you tell yourself to "get over it, it's not as bad as others?" It's important for us to take the time and reflect on what we've experienced; not just at the collective level, but also the individual level. Allow yourself the time to grieve. Give yourself permission to express your frustration. Tolerate those uncomfortable moments in a safe and supportive environment that you build for yourself. Show kindness.

There's a great cartoon by [The Cartoon Shrink](#) that goes into details how much trauma can affect healthcare workers.

If you're interested in submitting a guest column, please contact megan.healy@tuhs.temple.edu.

**Last chance to complete the
HR Wellbeing Resources Survey!
Let HR know which benefits are
most important to you.**



PARTING WELLNESS WISDOM

*"What's indisputable is that when we assess our experiences, we don't average our minute-by-minute sensations. Rather, we tend to remember flagship moments: the peaks, the pits, and the transitions."
-Chip and Dan Heath, *The Power of Moments**