

THE OWL POST DISPATCH

Official Newsletter of the TUHS Practitioner Wellness Committee



Wellness Event Reminder

Shining a Light on Burnout in Medicine



*Friday Oct 29th at 12p
Featuring
Nathalie Martinek, PhD*

*To discuss systems barriers to
wellness and practical strategies
for recognizing and adapting to
work related stressors.*

<https://temple.zoom.us/j/95006367245>

HOUSE STAFF SPOTLIGHT

Get to know your fellow Owls.

Who:

Salvatore Luceno, M.D., M.Sc.

Where:

Chief Resident

Pathology and Laboratory Medicine (AP/CP)

Why:

Temple University Hospital is an institution filled with knowledge, diversity, passion and empathy: the perfect place to complete any type of training.

Recent proud moment:

Realizing I might know what I'm doing.

Owl I admire:

Dr. Taraif - the pathology residency program director

Little known fact:

I was a produce clerk: it takes up to 30 min to choose my fruits and vegetables at the supermarket, on a good day. Ordering produce through any kind of delivery service seems out of this world to me!

Favorite thing about Temple:

Diversity.



WELLNESS CONSULT SERVICE

The easiest consult you'll ever call.

A place to crowdsource the wisdom of peers.

What are your best practices for creating an inclusive work environment?

- As we approach the winter season, in addition to Christian and secular holidays like Christmas and New Year's, it's important to acknowledge holidays that represent all religious beliefs
- Create opportunities for staff members to mix and chat with others they may not know as well, such as a lunch or coffee break with a mix of different team members
- I try and make space in meetings to hear from those who may be more inclined to hang back, or might be more introverted, or offer opportunities for nonverbal feedback such as suggestion boxes
- It's important to learn and use the correct pronouns of team members. You can also use spouse/partner rather than gendered husband/wife to refer to significant others if you're unsure.
- I avoid specialty stereotypes or talking negatively about other groups as much as possible. It doesn't serve us or the patients.
- I try and create opportunities for collaboration across departments and getting input from other groups when creating new policies or programs.
- Recognize the unique voice, experience and input of individuals. Feeling valued for your contributions is closely tied to satisfaction and belonging at work.
- Leaders should be transparent in sharing data about promotions and compensation to assess for potential bias and barriers to advancement

What is your favorite place for a fall day trip that is drivable from Philly?

- Longwood Gardens in the Brandywine Valley. Lots of great nearby farm-to-table restaurants and small-batch wineries too.
- Fonthill Castle in Doylestown.
- Johnson's Corner Farm in NJ for great fall farm activities.
- Valley Forge Park for a bike ride or hike.
- Bowman's Hill Wildflower Preserve and Tower in New Hope.
- Ringing Rocks County Park - bring a hammer to both hear the rocks and destress.
- Ridley Creek State Park in Delco for leaf peeping!
- Hawk Mountain is a little further out but worth it for great views.



Wellness Journal Club

When Leaning In Becomes Unhealthy, Can We Fix It?

Invited commentary, JAMA Surgery

Read time:
3 minutes

Quick summary:

The authors discuss implications of the recent JAMA Surgery survey study by Rangel et al. which demonstrated that compared with male surgeon respondents, female surgeons have fewer biologic children. In addition, compared with male surgeons' spouses who bear children, surgeons who bear children (with similar neonatal outcomes) are challenged by later onset of pregnancy, higher rates of infertility and pregnancy loss, and an increased risk of pregnancy-associated complications.

Call to action:

The authors call to normalize parenthood policy during US surgical training, and support a future shift to competency-based training and assessment. They additionally call for policy changes that destigmatize pregnancy at an earlier stage in order to allow routine, flexible reintegration into the workforce.



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

**Sabrina Islam, MD, MPH
Cardiology**

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.



**More Kudos for Team
Temple!**



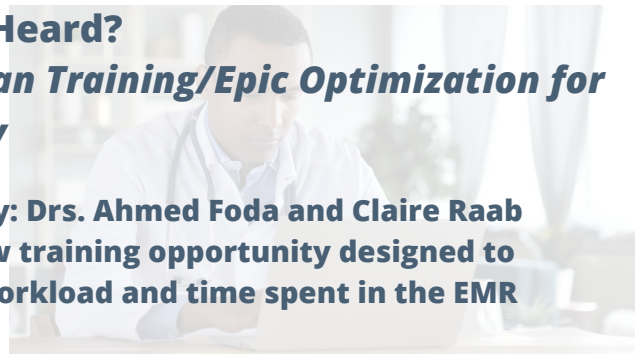
EM faculty Drs. Kelly Holz and Claire Shaffer completed the 2021 Broad Street Run, along with many other participants from Temple Health

September/October 2021

Have You Heard?

**1:1 Physician Training/Epic Optimization for
TFP Faculty**

The takeaway: Drs. Ahmed Foda and Claire Raab created a new training opportunity designed to streamline workload and time spent in the EMR



- Each ambulatory provider will notice a "patient" named "EPIC TRAINING" placed on their clinic schedule for a one hour block over the next 3 months.
- **This training will not be additional time added to your clinic day; it will replace one hour of patient care.**
- An EPIC trainer will meet you virtually during this time for a 1:1 optimization session. Specific logistics will be sent to you directly in advance of the appointment.
- The session will include Dragon dictation basics, as well as more advanced Dragon functionality. It will also address EPIC workspace optimization, templates, smart phrases, order panels, speed buttons, and any specific questions you may have.
- Additional sessions will be scheduled throughout the year, on an as-needed and scheduled basis



Wellness Recommendation of the Month

Take a few minutes to listen to the stories of your fellow healthcare team members, as recorded at the [October 2021 Story Slam](#) (click link to connect)

"Our theme was courage, and all these storytellers delivered in a profound way, sharing stories of struggle, loss and hope during COVID, as well as deeply personal tales of challenges faced and discoveries made in life and in medical school. It took great courage to stand on that stage, in front of their peers, and reveal their fears, vulnerabilities and most resonant moments as doctors and students. As a result, everyone on that stage and in our audience was lifted. And you will be as well when you watch."

-Michael Vitez, Director of Narrative Medicine

PARTING WELLNESS WISDOM

"I promise you there is something worse out there than being sad, and that's being alone and being sad. Ain't no one in this room alone." - Ted Lasso