

# THE OWL POST DISPATCH

Official Newsletter of the TUHS Practitioner Wellness Committee



Need non-emergent  
assistance  
arranging mental  
health care?



Call 215 707-COPE  
(2- COPE from any  
Temple line)

Voicemail line checked  
daily during business hours

## MEDICAL STAFF SPOTLIGHT

Get to know your fellow Owls.



**Who (name and role):** Morgan Lewis, DO  
Assistant Professor, Clinical Psychiatry and  
Behavioral Science.

Attending in the Crisis Response Center at Temple Episcopal.

**Where:** Department of Psychiatry

**When:** Came to Temple 5.5 years ago

**Why:** I chose psychiatry because of my dedication to treating those with substance use disorders, depression, schizophrenia, and bipolar disorder. I also hope to one day significantly contribute to lowering the stigma surrounding mental health diagnoses, the same stigma that interferes with those in need seeking treatment.

**Recent proud moment:** Being able to love and emotionally support my husband, also a physician, through tough times at work.

**Owl I admire:** Dr. William Dubin, both Chair of Psychiatry and Chief Medical Officer of Temple University Hospital, Episcopal Campus. I admire him for his bedside manner and pure love for our field.

**Little known fact:** I paint and I am obsessed with my ragdoll kitten named Mochi.

**Favorite thing about Temple:** The supportive environment in which we practice.

# WELLNESS CONSULT SERVICE

The easiest consult you'll ever call.

A place to crowdsource the wisdom of peers.

## What's a trait or special skill you admire in a specialty other than your own?

-Surgeons: They go into an OR and literally use knives to cut bad things out. Magic.

-Infectious disease: best history taking

-Palliative care: conflict resolution skills

-Radiology: meticulousness

-Nephrology: remarkable mastery of biochemistry

-Podiatry: professionalism and kindness

-Primary care (all sorts): bring a calming presence to the complexity/chaos that greets them in every (brief) encounter

-PM&R: holistic, patient-centered approach

-OB/GYN: they are unflappable in crises involving very small humans (and body fluids)

-Psychiatry: thoughtfulness/insight

-Intensivists: for all the science they have in their heads and somehow convey that complexity to patients and their families

-Hospitalists: so much coordination and communication - non stop multitasking skills

*More to come in future issues!*

## How do you model work-life integration to junior team members (students or trainees)?

-Ask them about something personal other than what specialty they plan to go into

-Talk about the hard stuff, in real time (after patient care of course) or soon after

-Normalize attending to the "bottom of the pyramid" like eating, sleeping, and taking a break when needed

-No matter how crazy it gets, I make sure everybody has eaten

-I try to be vulnerable about mistakes I have made - past and present - to model ownership/accountability and a growth mindset

-I'll take a low level task off their hands every once in a while when I'm able to, especially if they are super busy

-We have been trying to have more (brief) in-person debriefing after resuscitations or challenging events, including time for all team members to bring up their thoughts and opinions



## Wellness RX

**Free resources available for provider support**

### -Spiritual Support:

Chaplain Dr. Jocelyn Edathil available by appointment at [jocelyn.edathil@tuhs.temple.edu](mailto:jocelyn.edathil@tuhs.temple.edu) or during office hours on Wednesdays from 1-3pm by calling the Office of Patient Experience at 215-707-2073.

### -Physician Support Line:

Free confidential peer support line by volunteer psychiatrists for US physician colleagues. Call 1-888-409-0141, 7 days a week from 8:00 a.m. - 1:00 a.m. EST.

### -Employee Assistance Program:

Carebridge  
1-800-437-0911  
[www.myliferesource.com](http://www.myliferesource.com)  
(Access Code: RBMNE)

### -Ginger App (Housestaff)

Free app based mental health support. Text based coaching and self-guided activities (real people, not bots). Video based therapy and psychiatry services also available. 24/7/365.

### -Scheduling Express Hotline

Take care of yourself! Expedited medical appointments.  
Email  
[TUPConcierge@tuhs.temple.edu](mailto:TUPConcierge@tuhs.temple.edu)



**Have you seen a colleague (attending, resident, fellow or APP) do something remarkable lately?**

Nominate that person for an Owl Ribbon Award for Excellent Professionalism, Team Work or Patient Care



## Efficiency hack of the month: *The Pomodoro Technique*

### WHAT IS THE POMODORO TECHNIQUE?

A method for staying focused and mentally fresh

- |        |   |   |
|--------|---|---|
| STEP 1 |  | Pick a task   |
| STEP 2 |  | Set a 25-minute timer                               |
| STEP 3 |  | Work on your task until the time is up              |
| STEP 4 |  | Take a 5 minute break                               |
| STEP 5 |  | Every 4 pomodoros, take a longer 15-30 minute break |

### RULES

1. *Break down complex tasks:* if it takes more than 4 pomodoros, break it into smaller actionable steps.
2. *Small tasks go together:* batch a few similar things (making appointments) into one pomodoro.
3. *Once a pomodoro is set, it must ring:* don't break this indivisible unit of time, especially on distractions like email or texts.

(graphic courtesy of todoist)

**Need to vent?  
Chat with a peer.**



**Temple Peer Support Network:**  
*Here for one another.*

## WELLNESS WISDOM OF THE MONTH

*“If your compassion does not include yourself, it is incomplete.”*

—Jack Kornfield

February 2021