

THE OWL POST DISPATCH

Official Newsletter of the TUHS Practitioner Wellness Committee



HOUSE STAFF SPOTLIGHT

Get to know your fellow Owls.

Who: Erica Montgomery, MD

Role: PGY3, Physical Medicine and Rehabilitation

Why PM&R? I discovered PM&R during my MS3 trauma surgery rotation at Temple. I admired the stressful and heroic work of the trauma and ER teams, but was left wondering how the patients were doing after their lives were saved. To have closure, I would follow the PM&R notes to see how people were regaining their function and adapting to their new way of living. I was convinced to pursue PM&R as a career when a patient with gunshot wounds to the forearm came to the trauma clinic for follow up...After weeks of therapy he was eager to show me the return of function in his wrist and fingers. His face lit up with relief and joy as he described how helpful therapy had been not only from a physical standpoint, but an emotional standpoint as well. It was truly a beautiful moment in my early career, and I have had many more since taking care of patients as a physiatrist.

Recent proud moment: My co-residents and I donated over \$800 to Volunteers for America Adopt A Family program to provide a family in need with a meal and gifts for Christmas.

Owl I admire: The PM&R chiefs: Drs. Julio Gomez, Ryan Hafner, David Oh, and Bruce Zhang. They work tirelessly to organize all of our lectures, schedules, and rotations. This past year has been especially arduous, and I cannot thank them enough for all of the work and pride they invest into our program. I admire all of my co-residents and appreciate the camaraderie that we share.

Little known fact: I was raised in three states (Illinois, Indiana, and Pennsylvania) before the age of 18.

Favorite thing about Temple: My co-residents and patients.



Tough start to the
new year?
Connect with a peer
who gets it.



**Temple Peer
Support Network**

WELLNESS CONSULT SERVICE

The easiest consult you'll ever call.
A place to crowdsource the wisdom of peers.

What's the best advice you've been given lately?

- Pinpoint the opportunity in the difficulty. Ask, "How can I make this situation work to my advantage? Can I find something positive in it?"
- Our negativity bias in medicine will direct you to zoom in and focus on the problem. Try to zoom out and focus on solutions.
- Embrace failure. "It's hard to beat a person who never gives up. Every strike brings me closer to the next home run." -Babe Ruth
- There's no bad weather, only poor wardrobe choices.
- A short email is better than a long one.
- Instead of asking yourself "How long will this take?" try "How much time am I willing to give this?"
- I have found through experience that the more you try to please everyone, the more you end up pleasing no one, and the more you end up burning yourself out. When you're at work, do the best job you can; when you're at home, take an hour or two to focus on yourself, the texts and emails can wait.

What tips do you have for managing virtual meetings?

- Virtual meetings can be chaotic! Either people talk over each other or people are disinterested and doing their own thing. I like to designate a meeting leader and use the Raise Hand option to give people their turn to talk.
- I use polling and case discussions, especially with didactic sessions, to keep people engaged. Also I insist everyone has their camera on so we can all see each other.
- I end 10 minutes before the hour to give folks a break before their next meeting.
- Change up the times! Meetings don't have to be 1 hr. Try 25 mins, 40 minutes.
- Before I schedule one, ask myself "can this be an email or a phone call instead?"
- Don't invite more folks than necessary to get the job done.
- I block off time for other tasks (writing, research, admin tasks) on my calendar and turn off notifications so that my whole non-clinical block doesn't turn into a string of endless zoom.
- It's not normal to stare at my own face all day so I hide my own video from myself. Right-click your video to display the menu, then choose Hide Myself. You no longer see the video of yourself, even though others in the meeting can see the video of you.



Toward the Roar

as told by Levi Lusko

This old teaching story comes from the great African savannah, where life pours forth in the form of teeming, feeding herds. As the herds eat their way across the plains, lions wait in the tall grass nearby, anticipating the chance to prey upon the grazing animals.

In preparation, the lions send the oldest and weakest members of the pride away from the rest of the hunting pack.

Having lost much of their strength and most of their teeth, the roar of the old ones is far greater than their ability to bite. The old lions go off and settle in the grass directly across from where the strong and hungry lions wait and watch.

As the herd enters the area between the hunting pack and the old lions, the old ones roar mightily. At the sound of the roaring, most of the herd panics.

Blinded by fear, they turn and flee from the seeming source of danger.

As they rush wildly in the opposite direction, they run right into the trap - into the grass where the strongest lions lay in wait.

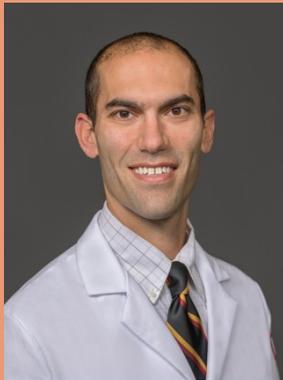
The lesson?

In times of great fear or challenge:
Run toward the roar.



*Congratulations to
this month's
Owl Ribbon Award Winner*

*Dr. Ziggy Whitman
(EP-Cardiology)*



*Nominate a colleague you know
who goes above and beyond at
Temple*



January 2021

WELLBEING JOURNAL CLUB NEJM PERSPECTIVE: PHYSICIAN BURNOUT, INTERRUPTED

PAMELA HARTZBAND, M.D., AND JEROME GROOPMAN, M.D.

TAKEAWAYS:

Three pillars support professionals' intrinsic motivation and psychological well-being. Solutions should be focused on addressing these three areas.

AUTONOMY

DX. *The right to act with a sense of volition and having the experience of choice.*

RX. *Flexibility in scheduling, EHR reconfiguration.*

COMPETENCE

DX. *Having a deep fund of medical knowledge and exercising clinical judgment appropriately with each patient.*

RX. *Focus on evidence based measures over metrics, allow for clinical judgment and patient preference.*

RELATEDNESS

DX. *The psychological feeling that one belongs, has interpersonal attachments, and is connected to the social organization.*

RX. *Values alignment, opportunities for connection.*

**Make some time for
mental health care in 2021.
Carebridge
Free and Confidential
1-800-437-0911
www.myliferesource.com
(Access Code: RBMNE)**

WELLNESS WISDOM OF THE MONTH

*"For there is always light,
if only we're brave enough to see it.
If only we're brave enough to be it."*

-Amanda Gorman