



An Update from: **Larry R. Kaiser, MD, FACS**
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It Takes a Village...

Through the month of February, LKSOM medical students hosted three interactive sessions with youth from the *It Takes Philly* program founded by pediatric surgeon, Ala Sanford. Lead by fourth year student and Student Government Association (SGA) community service chair, Jonathan Ragheb, a team of medical students organized a series of educational activities that helped students in middle school learn about the steps for taking blood pressure, how bones fit together, and how ultrasound works. They also toured the MERB, the most popular stop being the anatomy lab.

It Takes Philly is a non-profit organization that provides opportunities for middle school students to have direct access to what happens in a range of professions. According to Dr. Sanford, when students have limited exposure to people in various professions, it is difficult for them to have any kind of career path vision. She aims to minimize the mystery and help students learn what steps can be made in preparation for career development.



In order to accommodate these efforts, Jonathan Ragheb worked with students, faculty, and the administration to coordinate a carefully designed program.

LKSOM students appreciated the opportunity to practice their teaching and facilitation skills. They were impressed with the students' questions and enthusiastically responded to a range of inquiries that included explaining how equipment is used, to what it means to have high blood pressure.

Declared a labor of love, those involved with the project acknowledged that the work was well worth the results and hope this can become an LKSOM tradition.

Here's the Story!

An update from Michael Vitez, Director of Narrative Medicine.

We will be hosting a very cool speaker in our latest **Narrative Medicine Talks** in May. C. Pierce Salguero, PhD, an Associate Professor of Asian History and Religious Studies at Penn State Abington, will talk about *Buddhist Healing in Multiethnic Philadelphia*. Enthusiasm for the health benefits of "mindfulness" and Buddhist meditation is steadily increasing. Yet connections between Buddhism and wellbeing go far beyond meditation. This talk will discuss diverse approaches to Buddhist healing in Philadelphia and beyond.

Monday, May 22, at 12:00 noon

MERB Room 317 A & B.

Pizza. Pizza. Pizza.

In case you missed it, here is a link to M4 Tyler Ranier's winning presentation at our first Temple Story Slam, <https://www.youtube.com/watch?v=tDfXPwTdHCc>.



Tyler Ranier wowed the crowd with her winning story, Tattoo Graveyard.

We are going to have another story slam in September, date to be determined, so start thinking about a story you want to share. The inaugural event was a huge success with over 100 attending, a real sense of community, and great food from Tierra Colombiana!

Speaking of stories, check out this piece written by M4 Erin Barnes, the culmination of a fourth year narrative medicine project, published in

STATnews: <https://www.statnews.com/2017/04/05/physician-burnout-document-medical-success/>.

To check out more narrative medicine stories, go to: <https://medium.com/temples-narrative-medicine-program>.

Finally, in May, we hope to begin a monthly writer's workshop, open to students, doctors, nurses, scientists, anyone with an interest in writing a story or a reflection. Details to come. Michael.vitez@temple.edu



Image: www.advwellness.com

Student Well-Being

Well-being: a good or satisfactory condition of existence; a state characterized by health, happiness, and prosperity. (www.dictionary.com)

The Well-Being Advisory Committee is dedicated to combining efforts of students, administration, and faculty to enhance student well-being at LKSOM. If you have any related resources or events that you'd like to contribute, please email Jacquee Lukawski at jkl@temple.edu.

Library Events and Resources:

Therapy Dogs return!

Wednesday, April 26th from 1:00-3:00 pm
Ginsburg Library, Room 160

Lessen end-of-semester stress by hanging out with awesome dogs. Therapy dogs don't care about exams and for a moment, neither will you! Come feel the love.

Brown Bag Button Making

Thursday, April 27th, 12:00 pm-1:00 pm
Ginsburg Library, Room 160

Bring your lunch and get creative! Use the button maker with an image you select or make your own. All supplies and skilled assistants will be there to help you create your own 1-inch button.

Healthy Lifestyles Guide

This guide was developed by the Ginsburg Health Sciences Libraries to help the Temple University community and beyond access healthy lifestyle resources. The guide covers: nutrition, physical activity, sleep, stress management and Temple healthy lifestyle resources.

<http://guides.temple.edu/healthylifestyles>

Updates from the OWLs:

The OWLs, which stands for "Our Wellness Liaisons," is a student-run support system built into the structure of each Doctoring College. This year, they have been busy but have largely flown under the radar. We hope to change that!



In March, the OWLs hosted a wellness event for fellow classmates prior to the Block Four Exam in order to have a little break and to socialize at lunch time. The students enjoyed chips and dip while watching an episode of *Full House*. We had many students come and hang out for an hour to relieve some stress. It was a great time and we enjoyed it!

On the horizon, the OWLs will be working with this year's orientation coordinators to implement a buddy system for incoming students to LKSOM. There are also plans for some great guest speakers in the future. Many thanks to the OWLs for giving a hoot!

Career Counseling Corner

Maintaining Balance

Medical students repeatedly receive the message “to maintain balance” throughout their training. As a preclinical student, you may be saying “what exactly does that mean” or “easier said than done.” Striking that delicate balance among academics, extracurricular activities and leisure time can itself induce stress and anxiety. Also, as you may have experienced, what may be an effective approach to balance for one medical student, may not work as well for another. Traditionally, experiences of senior students are viewed as invaluable by the preclinical students. We have compiled advice from members of the Class of 2017 on the topic of maintaining balance.

“When you get busy with classes and clinical rotations, it's tough to find time to de-stress. Find classmates who share similar hobbies and interests with you, and you can coordinate study breaks and/or outings together.” *–Mike Tzeng*

“During medical training, balance can easily be overlooked. All of us have neglected it at some point in our studies. But think about this: studying and performing well in medical school is challenging enough when you're happy. Imagine how much more difficult that is when you're unhappy and burnt out. A daily hour of exercise, playing an instrument, or catching up with a friend will not be detrimental to your medical school career. In fact, it will energize you, rejuvenate you, motivate you, and ultimately make you a more effective student and healthcare provider. Take care of yourself, and you will be better equipped to take care of others!” *–Derek Escalante*

“For me, the biggest transition from college to medical school was getting used to constantly learning a larger portion of material each day. I always felt as though there was an endless amount of studying ahead of me, and it became challenging to take a step back and break down that workload into more manageable pieces. However, I also learned the skill of finding ways to balance my study time with the release of taking the time to exercise, cook real meals, and relax with my friends. Learning this skill was one of the hardest but most rewarding lessons for my long term success as a medical student.” *–Norah Kairys*

“Focus on understanding the material more than arguing the finer points of individual test questions. Unless you're going into the most competitive of specialties, sweating every grade adds unnecessary stress. Enjoy being in control of your schedule (for the most part) in the preclinical years. Keep up with your hobbies, exercise, eat well and spend time with people who are not in med school—it will help you keep perspective. It is easy to feel that what we are doing is harder, more exhausting, more important than what others are doing. It's really not the case. As trite as it may sound, try to enjoy every step (maybe not Step I). Med school is a slog, but is also full of wonder and powerful relationships with peers, mentors and patients.” *–Regan Tudor*

“Set regular working hours for attending class and studying. Having that discipline ensures not only that you spend enough time with the material but also that you have time to invest in other areas. Taking the time for yourself will make you more productive when you sit down to study even if it's for less total time.” *–Kevin Hines*

“Don't get into the habit of being too tired to go out and have fun! You may think you would just rather have a few more hours of sleep but you will thank yourself when you put in the extra effort to maintain your relationships.” *–Member of Class of 2017*



YOU SAID: First year students commented that basic concepts of cellular structure, function and pharmacological principles would be more effectively introduced in a concentrated manner, prior to the start of the organ system blocks. Second year students suggested that the fundamental concepts of pathology would be more effectively taught in a concentration as well, before the organ specific blocks begin

WE DID: Block 2 will be extended to include a mini-block of fundamentals of cellular structure and function as well as principles of pharmacology, and Block 7 will be expanded to incorporate basic elements of pathology. Specific disease states will continue to be taught in the relevant organ system blocks in the second year.