



# IN BRIEF

## News Roundup for Lewis Katz School of Medicine Students

An Update from: **Larry R. Kaiser, MD, FACS**  
Dean, Lewis Katz School of Medicine  
President and CEO, Temple University Health System  
Senior Executive Vice President for Health Affairs, Temple University

**Gerald H. Sterling, PhD**  
Senior Associate Dean for Education, Lewis Katz School of Medicine

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### LCME Accreditation Update

All MD Programs in the U.S. must be accredited by the LCME (Liaison Committee for Medical Education) every eight years. As most of you are aware, LKSOM underwent an LCME accreditation review and site visit in March, 2017, and was continued on full accreditation status, through AY2024-25. We also were required to provide follow-up status reports regarding LCME elements with which we were found to be satisfactory, but with the need for monitoring. Our most recent required status report regarding student rotations at affiliates which also train students from other medical programs was submitted in December 2018. We are pleased to report that on February 21, 2019, the LCME issued a letter to LKSOM finding that we are fully compliant in all 12 Accreditation Standards containing 93 Elements. No additional status reports are required. We thank all students, faculty and staff who worked together diligently to achieve this goal. We will continue to monitor all standards and elements, in our Continuous Quality Improvement efforts, coordinated by the Office of Medical Education. It is our commitment to strive for excellence in our educational program and to remain in compliance with all LCME Standards.

We again thank all of you who played a role in reaching this goal and look forward to continuing to work with you in maintaining this benchmark.



Students rotating at Allegheny General Health Network in Pittsburgh reported serious WiFi issues in the dormitories. Working with Associate Dean **Dan Benckart**, the issue was addressed and students have noted much improved service.

# Well-Being Space

## OWLs Love!

The LKSOM OWLs (Our Wellness Liaisons) started a new tradition in February, a “Valentine” to their classmates, “You Gotta Nourish to Flourish!” The note offers important reminders about the importance of self-care as well as tips and resources that will help to tend to healthy minds, bodies, and spirits. They reminded everyone that between academics and extracurricular activities, it is easy to put self-care on the back burner and that there is no pouring from an empty cup. Even just taking a few minutes can go a long way in improving mental, physical, and emotional well-being. An improved mood and a more positive disposition can lead to more effective study habits. They also noted that self-care is NOT selfish, and that in order to give care, we must take care!

### Tips include:

When you have 5-10 min:

- drink water
- meditate
- make a cup of herbal tea
- take a walk
- write three things you’re grateful for
- pay yourself a compliment
- play a game of ping pong in the lounge
- treat yourself to your favorite food
- look at pics/videos of cute animals
- go outside
- stretch
- listen to calming music

When you have 30 min-1 hour:

- free write
- call a friend
- color or draw a picture
- cook a healthy meal
- read a book
- watch funny videos on YouTube (or an episode of stand-up comedy)
- meet a friend (or OWL or mentor) for coffee
- take a bath/shower
- exercise: go for a run, take a class at the SFC
- take a nap
- listen to a podcast/audiobook to rest your eyes

Additionally, welcome to the new 2022 OWLs! The OWLs offer peer support and promote a climate of well-being and encouragement. Information about OWLs and more can be found at the SGA website: [www.templemedsga.com](http://www.templemedsga.com) and on Instagram for inspiration and medical puns: @lksom\_owls and @stlukesowls

The new 2022 OWLs are:

Head OWLs - **Rachel Thomas** and **Ayesha Hossain**  
Babcock College - **Rhiannon McGrath** and **Nicholas Janigian**  
Saunders College - **Alexa Noronha** and **Kiran Iyer**  
Marks College - **Katey Steinberg** and **Leah Goldberg**  
Durant College - **Sonie-Lynn Francois** and **Kaitlyn Saylor**  
Montier College - **Daniel Yusupov** and **Erika Castriz**  
Sherry College - **Sonali Agrawal** and **Allie Fales**  
Nelson College - **Paige Mergaman** and **Sydney Ehrman**

*The Well-Being Advisory Committee is dedicated to combining efforts 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](mailto:jkl@temple.edu) or 215-707-1630.*

## PIG and Crew Go Camping

Each year, in mid-January, students in the Pediatric Interest Group (PIG) organize a trip to Camp Boggy Creek, located near Orlando, Florida, which is part of the "SeriousFun" network founded by the actor Paul Newman. As the camp's website states, it is: *A place of dreams, of joy, of possibilities. A camp where children with serious illnesses and their families can forget the word "no" for a little while and embrace the promise of "yes."*

This year-round medical camp for children with chronic illnesses offers weekend retreats for families each fall and spring. They can enjoy a much-needed vacation, connect, and find support among other families managing similar challenges, while campers and siblings enjoy classic camp activities.



This year, 20 first- and second-year students gathered for a four-day weekend as part of their Martin Luther King Day of Service commitment and offered their assistance at Camp Boggy Creek. They worked with 32 families of children with spina bifida. Students played games, went fishing, participated in craft and building projects, and just hung out with the children and their families. They also had the opportunity to work with the camp's medical director, who has worked as a pediatric oncologist for 40 years, appreciating his insights and words of wisdom. They returned with life-changing stories to tell about the children and families they encountered during their stay.

Students noted:

*"Illnesses, on top of being debilitating, make people feel alone, and sometimes that is even worse than any physical or mental symptoms. Being able to take care of a patient means so much more than just taking care of those symptoms; it means taking care of the person, individually and socially. Getting to know my camper and his family taught me so much about that aspect of medicine, and I am certain I will be a much better physician because of it."*

*"To go from an experience with kids where I saw only the condition to one where it disappeared completely was a much-needed shift in my perspective. When I become a doctor, I hope to keep that in mind, where I never lose sight of patients' personhood as I treat their conditions."*

