



An Update from: **Larry R. Kaiser, MD, FACS**
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Medical School Graduation Competencies

Although we speak of them often and they appear in a myriad of postings and documents, we believe it's never a mistake to remind students, faculty, and staff that the educational mission of the Lewis Katz School of Medicine at Temple University is focused around seven areas of competency. Not only are we dedicated to educating and training students to be excellent physicians, but we want to ensure that they will be thoroughly prepared to meet the medical needs of a diverse patient population. Our graduation competencies have been developed based on the Accreditation Council on Graduate Medical Education (ACGME) competencies and the Core Entrustable Professional Activities for Entering Residency.

The defined areas of competency are:

- Medical Knowledge
- Patient Care Skills
- Interpersonal and Communication Skills
- Professionalism
- Practice-based Learning and Improvement
- Systems-based Practice
- Interprofessional Collaboration

The graduation competencies are used in developing all course- and session-specific learning objectives and assessments. Our goal is to make certain that you are best prepared for both licensing exams and residency in any field of medicine. The detailed competencies and objectives can be found in the Student Handbook, with course-specific objectives in each course syllabus.



<https://medicine.temple.edu/education/md-program/curriculum/graduation-competencies>

Well-Being Space

In honor of American Heart Month in February, below are resources for cardiovascular exercise that may be of interest. Not only is exercise a great way to reduce stress and anxiety as well as improve memory and cognition, but it's great for your heart as well! The American Heart Association recommends at least 150 minutes per week of moderate-intensity aerobic activity and, of course, spending less time sitting!

Some favorite workouts shared by students on the Well-Being Advisory Committee include: basketball, Zumba, Fitness Blender YouTube videos, and the Down Dog yoga app. At the SFC, Zumba, yoga and basketball are all offered: <https://studentcenter.temple.edu/hsc-recreation-center>

A few tips to get you moving:

- In winter, gym and home workouts are ideal options. But it's easy to get off track at home and you still have to face the cold to get to the gym! Layer up and consider getting a new workout top/hoodie to motivate yourself and keep warm. Also, don't forget to reward yourself after the workout with a hot cup of tea or warm bath with some Epsom salt if you're feeling a little sore!
- To stay on track, try to build your workouts into your class and exam schedule in advance and then set phone reminders.
- Make plans with a buddy to work out and build accountability.
- Pressed for time? Consider stretching for 10 to 15 minutes at home.
- The best way to fight those winter blues is to stay active and to build your summer body!

For more information: <https://www.health.harvard.edu/blog/regular-exercise-changes-brain-improve-memory-thinking-skills-201404097110>

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>

*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 jl@temple.edu.*

Career Counseling Corner

Announcements and Updates

Class of 2019

Congratulations on completing your residency interviews. Please submit and certify your Rank Order List with the NRMP (www.nrmp.org) by **Wednesday, February 20th, 9:00 p.m. ET**, to participate in the Main Residency Match in March. Please see us for assistance or if you have questions or concerns about your rank list.

Class of 2020

Specialty advisors are being assigned. This is an ongoing process. Please contact **Dr. Barbetta** when you decide on your specialty, so that you may obtain an advisor in your chosen field. Please reach out to your specialty advisor to meet regarding recommendations for your 4th-year schedule, need for away rotations, information about letters of recommendation, and other helpful information. Please contact any of the Student Affairs or Education Deans if you would like to meet to work through your specialty decision. We are happy to assist.

Puentes de Salud

Our organization is affiliated with the non-profit Puentes de Salud, which is located on the corner of 17th and South Street. The purpose of the Temple Chapter of Puentes de Salud is to promote the well-being of Philadelphia's immigrant population by supporting the Puentes mission of low-cost, high-quality health care, community development, and innovative education programs. We strive to hold meetings and activities at Temple that highlight the Puentes mission to better spread awareness and recruit passionate volunteers.

To that end, Puentes and LMSA partnered for a screening of the HBO Documentary *Clinica de Migrantes*. We hosted this viewing on August 21st to detail some of Puentes' efforts and its founding vision. We used this screening to spread awareness of the health and socioeconomic inequity facing the Philadelphia Latino population, in addition to providing M1 and M2 students an avenue for engagement in this community. Dr. Steve Larson, a Puentes de Salud co-founder, was in attendance to conduct a Q&A for anyone who wished to stay after the screening. To round out a great lunch talk, we had Hispanic-style food from Tierra Colombiana!

We had the pleasure of welcoming five Temple medical students into this semester's volunteer team and most will be continuing in their roles as clinical volunteers and a few will be assuming positions as coordinators! We are always looking for volunteers and welcome those interested in volunteering to contact members of the Puentes executive board or visit www.puentesdesalud.org for more information.

