



FAMILY MEDICINE CLERKSHIP

EOQ HIGHLIGHTS Newsletter

March 9th – 10th, 2018

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RSVP for the SPRING EOQ Friday, June 15th

[Click here to RSVP for the event](#)

SAVE-THE-DATE: 2018-2019 End of Quarter Meetings

AUTUMN October 19, 2018

WINTER March 7,8 2019

SPRING June 7, 2019

Top Five Take-away Points from the March EOQ

- 1) We learned about the book “The Power of Moments,” by Chip and Dan Heath. Creating memorable moments for medical students where they build insight, form connections, and take pride in their work will help translate the moment into lifelong learning.
- 2) The CDC has a [curriculum on antibiotic stewardship](#) for healthcare professionals. We were also privileged to have a presentation from Paul Pottinger, MD Director UWMC Infection Control Program [Antibiotics Update 2018 presentation](#).
- 3) Thanks to the courage of our medical students, the UWSOM faculty and students have been [adding and modifying curriculum to address institutionalized racism at the UWSOM](#). While there are some overt acts of racism, the more pervasive problem of institutionalized racism refers to a system of advantage based on race that permeates our culture.
- 4) There is evidence that yoga is likely more effective than non-yoga interventions for low back pain and may be equally effective as other exercise interventions for low back pain. We learned [how to teach patients a few yoga stretches for low back pain in your office](#).
- 5) College mentors are faculty who are matched with a group of 5-6 students from every entering class and provide them mentorship and continuity throughout their time at the UWSOM. They are a great resource for you if you are concerned about a student, whether they are struggling with academics, professionalism, or other issues.



Clerkship and Site Updates and Announcements

Misbah Keen, MD
Family Medicine Clerkship Co-Director

- **Assignment Tracker:** We have changed the platform for the assignment tracker, so it will look different starting with the Spring A cohort of students. The new tracker will maintain the objective-focused reorganization but, allows students to mark whether they completed an item by seeing it in clinic or doing the associated case.
- **FMCases Update:** FM Cases is now called “Aquifer.”
- **LCME Site Visit:** LCME site visitors came to the UWSOM for long-anticipated site visit during the first week of March. While the full report will not be available until October 2018, the site visit team noted that the WWAMI program provides a great variety of clinical exposure with impressive integration across a vast geographic area. They also recognized that we have made significant improvements in multiple areas but there are not yet outcomes to support the effectiveness of these improvements. Other areas they mentioned are areas we are currently working on or where we know there are concerns. The site visitors did note that we have achieved significant improvement in the diversity of our medical students and that we have implemented a variety of initiatives to address student mistreatment. An overall common theme in their findings was the need for more robust central oversight.
- **CMS Documentation:** A new CMS statement was released regarding the billable use of medical student documentation by the attending attesting to its accuracy, BUT there are many questions about implementation and specifics that UWMedicine is currently researching so we haven't implemented this yet at UW. This may have very narrow utility. More guidance to come soon at a future EOQ.
- **ABFM Part IV:** The ABFM has announced that there will be an option to focus on teaching skills for the Practice Improvement (Part IV) section of recertification. The group felt that this is a topic worth considering, and the clerkship team will work to develop a practice improvement module. We are looking at the Patient Centered Observation Form (PCOF) as the focus, but if you have any other recommendations, please let us know by email at fmclerk@uw.edu.
- **For the March 2-day EOQ,** we tried something new: consolidating clerkship-specific agenda items on Friday and inviting Primary Care Practicum faculty to attend on Saturday for more general teaching tips and medical topics. Thanks to everyone for welcoming our colleagues who teach our Foundations phase students!



Power of Moments

Genya N. Shimkin, MPH
Education Specialist, Family Medicine
Misbah Keen, MD
Family Medicine Clerkship Co-Director

We discussed the book “The Power of Moments” by Chip and Dan Heath. Elevating experiences that offer new insights or perspectives, as well as creating pride and connection, make powerful moments.

([handout A](#) & [handout B](#))

We discussed that to create memorable moments one needs to incorporate at least two of the EPIC (Elevation Pride Insight Connection) elements. Many clerkship sites are already creating powerful moments for students:

- Taking students on home visits to contextualize their learning, form connections with patients, gain insight in patient lifestyles (I believe this was in the context of hospice)
- Brining in a patient to tell her story of overcoming addiction to pain medication, coping with suffering through mindfulness and meditation
- Diesel the therapy horse! Introducing students, taking photos of them with Diesel and posting those photos.
- Managing up for students! Post a photo in the clinic to help staff and patients recognize them, use manage-up language: “we are privileged to have [student] in clinic,” “I’m so excited to introduce you to [student].”
- Match student with an OB patient who is set to deliver during clerkship, student follows patient through to delivery.

Departmental Update

Paul James, MD
Professor and Chair

Dr. Paul James has now been Chair for about a year. He gave us an update on the department and his vision to enhance the UW Department of Family Medicine’s status as a nationwide leader in research, clinical care, and education.



Two Year Clerkship Update

Orientation and tracking of FM Clerk Objectives

Misbah Keen, MD
Family Medicine Clerkship Co-Director

Our Clerkship continues to be well rated by the faculty and the students. It was also highlighted during the recently concluded LCME visit. Please see the [linked document](#) for a comprehensive review (This is done every two years)



Best Practices

We had small group discussions on best practices for assessment, site orientation, and bedside teaching. Please see the [notes from this session](#).

Teaching and Faculty Professionalism Awards



Family Medicine Clerkship Outstanding Faculty Awards

This award is given to the top 1% of Family Medicine Clerkship faculty for demonstrating excellence and commitment to medical student teaching. The winners for 2013-14 academic year are

ENRIQUE LEON, MD

MultiCare Tacoma Family Medicine
Tacoma, WA

TIMOTHY PANZER, MD

MultiCare Tacoma Family Medicine
Tacoma, WA

CHRISTOPHER FAISON, MD

NorthShore Medical Group
White Salmon, WA

MICHAEL JAMES, MD

Fidalgo Medical Associates
Anacortes, WA

LIETTE WITHERITE, MD

NorthShore Medical Group
White Salmon, WA

Faculty Professionalism Award

This award is given to clinical faculty for providing a substantial contribution to medical education within the Family Medicine Clerkship at the University of Washington School of Medicine. At this End of Quarter Meeting we acknowledge the following for their dedication to medical students.

Professionalism Award Recipients

HEIDI ALLRED, MD

NW Washington Family Medicine Residency
Bremerton, WA

TONY BUTRUILLE, MD

Cascade Medical Center
Leavenworth, WA

PATRICK YOST, MD

Douglas, WY

Teaching Skills

Jeanne Cawse-Lucas, MD
Family Medicine Clerkship Co-Director

Teaching in a busy clinic summarized some best practices from PCP and clerkship faculty for integrating students into your clinic. Please see the [PowerPoint](#) and tip sheet [Linked Here](#).

[Electronic resources for clinical teachers](#) provided an overview of [library](#) and other [faculty development resources](#) that are available to clinical faculty. We also reviewed [benefits of clinical faculty appointment](#). Please consider applying for clinical faculty appointment if you have not yet done so.

Update on Anti-Racism Efforts at UWSOM

Amanda Kost, MD, Med
Cascade College Faculty, CUSP Co-Director, Ecology of Health and Medicine Course Director

The session on [anti-racism efforts at the UWSOM](#) provided an update on the student-led efforts to address institutionalized racism at the medical school. The facilitators also provided some resources, including [FAQs and tools for interrupting bias](#). Please see the attached [presentation](#) and [handouts](#).



Yoga and Low Back Pain

Rachel Weiner, MD, MPH
Family Medicine Resident, Kaiser Permanente

The session on **yoga and low back pain** provided an overview of the rationale and evidence behind using yoga for low back pain and instructed participants in a brief practice that can be shared in the office with patients experiencing low back pain. Please see the [linked presentation](#) and [patient handout](#).

Best Practices for Working with College Mentors

Alexandra Molnar, MD

International Medicine Clinic, Harborview Medical Center

Olympic College Head, University of Washington School of Medicine

College mentors are UWSOM faculty who have a small group of 5 students from every entering class. They provide continuity and mentorship with students across the four years of medical school and are a great resource for you when you notice that your student is struggling, whether it be with professionalism, academics, or other issues. If you are concerned about your student, please reach out to us at pcprac@uw.edu so we can connect you to the college mentor. Also, please see the “[advice for students](#)” handout; in particular, this includes a note on how to help a quiet student.

Sports Performance and Medicine

David Elaimy

Sports performance Consultant, UW Golf, Basketball, Cross Country, Tennis, Track and Field

Founder and Head Coach, Awake at the Wound

Swedish Neuroscience Institute

Sports Performance and Medicine was a session on using awareness and mindfulness to connect with your deeper motivation to teach and practice medicine in order to achieve higher of performance and satisfaction.

David Elaimy presented his model of how to approach high stakes situations like sports championships or patient care. We began with his performance formula:

$$\text{Performance} = \text{Skill} - \text{Interference} \pm \text{Luck}$$

While Skill cannot be addressed at the time of playing or while providing patient care, one can improve by identifying and eliminating the interferences that block optimum performance and enjoyment.

He explained that any domain can be broken down into Hardware and Software.

Hardware: External factors, other people, environment/situation, equipment/systems, to do list / schedule, outcomes, money

Software: Philosophy, thoughts, emotions

6 Rules of Hardware & Software:

1. Software runs Hardware
2. You cannot directly control the Hardware
3. With Awareness, you can generate any Software program at any time
4. You are 100% responsible for your Software
5. You are not your Software
6. Software is contagious

David suggested tools for cultivating the kind of Awareness that can allow you to dial in the desired Software in any situation. A few of the ones he presented were:

1. Meditation (8-20 minutes daily)
2. One Deep Breath (In breath for Awareness, Out for Intention)
3. Active Awareness (connect to visual, auditory, sensory and other elements in the present moment)
4. Expressive writing: write negative (or positive thoughts) down read aloud, rip and throw away



Thank you all for your hard work & Thank you for attending!

We are happy to announce that the EOQ was approved for up to 8 hours of CME. Search under **UWSOM Family Medicine Faculty Development - EOQ and PCP on 3/9-10.**

Our next EOQ will be: June 15, 2018

[Click here to RSVP for the event](#)

We are very open to feedback for upcoming EOQs. If there is a particular topic you would like to see covered, please email: fmclerk@uw.edu