



Saginaw E-Newsletter

OCTOBER 2009

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STRESS AND THE MEDICAL COMMUNITY - HELPING OURSELVES SO WE CAN TREAT OTHERS

"The art of communication is the language of leadership."

-James Humes

This newsletter contains:

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It shouldn't be a surprise to any of us how difficult the medical profession can be. None of us are strangers to hard work and long hours – it's what got us here today. We willingly sacrifice our time and energy because medicine fulfills us on some level, whether it's personally, intellectually and/or emotionally. This is why most of us are able to juggle the hectic work schedule and the unrelenting fatigue. But what happens when additional unplanned stressors come into our lives? How does it translate into our work and our interaction with patients? It seems fairly obvious that a distressed individual would not be able to take care of someone else, at least not without great personal effort. But in a field where we are expected to be superhuman – to draw on reserves of mental and physical strength at moments when many would fail – there is little time left to heal ourselves and get back on track. Often we do not get the support we need for various reasons. Some of us are not comfortable with admitting weakness, others may be scared to ask for help and then there are those who are not even aware that they are unraveling. Whatever the case, it is important to address issues of stress early on before it affects our attitude and our capacity to treat patients effectively.

In the past few years, much attention has been placed on residency work hours and their correlation to medical errors. While fatigue is certainly an important contributing factor, researchers at Mayo Clinic have revealed that distress also plays a significant role. In this study, internal medicine residents at Mayo Clinic were asked to fill out quarterly surveys between the years of 2003 to 2006. The surveys included a self-assessment of medical errors, questions about quality of life, a depression screening tool, Maslach Burnout Inventory and an interpersonal reactivity index. The study concluded that distress, *independent* of fatigue level, played a significant role in the development of medical errors.

In our quest to fit the superhuman profile it is hard to admit the need for help, let alone know where to go for support. Until recently, not much has been discussed publicly with regard to distressed health care workers and how they cope. Dr. Colin P. West, lead author of the aforementioned study and associate program director of Mayo Clinic's internal medicine training program, was quoted recently in the NY Times: "There has been a tendency in medicine to minimize our distress because our focus is supposed to be on the patient. We are supposed to be tough enough, but the distress in medical training right now is epidemic."

The constant stress of being a medical student, resident or physician can be a lot to handle in light of personal tragedy, burnout, family obligations, depression or other unexpected life-changing events. Yet there is an unspoken expectation – be it from the profession overall or on an individual level – that we be tirelessly dedicated, prepared and enthusiastic despite our personal situation. To quote Dr. West, "We need to figure out what is the right amount of stress to develop outstanding physicians, but not so much that it decays their humanity. If we decay it too much, we may end up with physicians who won't be competent. But if we continue as we have in past decades, we are going to end up paying the price of burnout, lack of empathy and doctors leaving the profession."

I imagine it will be difficult to find ways to address physician distress on a broader level because everyone copes differently. The important thing is that people talk about it and reach out if they need help. They will undoubtedly be better physicians because of it. As a past professor of mine used to say, "The heart is a metaphor for life – it pumps blood to itself first before it pumps blood to the rest of the body".

-Seema Varghese, MS III, MSU College of Human Medicine

Saginaw Student receives ΑΩΑ...

College of Human Medicine student, Shawna Ruple, was recommended for Induction into the Gamma Chapter of Alpha Omega Alpha national medical honor society. To be eligible for the nomination, students must be a current senior, and must have received a minimum of three (3) honors designations in required clerkships. Students are evaluated on their academic performance, research, leadership and service, and professional behaviors. We, at the Saginaw campus are extremely proud of Shawna and we know that she will serve the community and the organization well. The induction ceremony will be held on Thursday, November 19th at the University Club. If anyone is interested in attending, please contact Bridget at 583-6933.



7th College of Human Medicine Campus Opens...

The inaugural class of six future physicians has arrived at Munson Medical Center in Traverse City. It is the medical school's first new campus in 30 years. Our new physicians in Training are: **Colleen Lane, Brett Etchebarne, Anna Sleder, Tony Bozzio, Dan Learned and Christina Pyo.** Working really hard behind the scenes to make their training go as smoothly as possible is **Dr. Daniel Webster, Community Assistant Dean and Mrs. Christy LaVene, Community Administrator.** Welcome to our family!



2009 Andrew D. Hunt, M.D. Endowed Lectureship

With speaker

Dr. Michael Bennish

MSU College of Human Medicine Alumnus

“Growing Up Health in Africa (and What we Can do to Make it Possible)”

Friday, October 16, 2009

3 p.m. to 5 p.m.

Wharton Center, Pasant Theatre

CME credits: 2

Dr. Michael Bennish is the Executive Director and Founder of Mpilonhle. He has an abiding interest in the health and welfare of children growing up in impoverished communities. He has worked throughout the world in areas where the need for medical services is greatest. Dr. Bennish is a native of Detroit, MI. He graduated from MSU College of Human Medicine in 1977. Dr. Bennish is currently a Senior Associate in the Department of Population, Family and Reproductive Health at the Bloomberg School of Public Health at the Johns Hopkins University. For more information on Mpilonhle and Dr. Bennish visit www.mphilnhle.org.

The Department of Pediatrics and Human Development at
Michigan State University
Invites you to
Robert M. Heavenrich, M.D. Endowed Lectureship in Pediatrics

Featuring the 18th Annual Heavenrich Guest Lecturer

George A. Bray, MD
Boyd Professor
Pennington Biomedical Research Center
Baton Rouge, Louisiana

How do we get fat?
Wednesday, October 21, 2009
6:00 – 9:00 p.m.
Horizons Conference Center
6200 State Street
Saginaw, MI 48603
(Dinner included)

RSVP required by [Monday, October 19, 2009](#)
Monique.chittenden@hc.msu.edu

2009 Alumni & Friends

Celebrate the 25th Anniversary of Dean Marsha Rappley and her class of 1984
Celebrate your College of Human Medicine's 45th year as a medical school

MSU College of Human Medicine Alumni Association and
Dean Marsha D. Rappley, M.D. ('84)

Cordially invite all alumni, faculty, staff, students, community partners, and
friends to join us for a day of Celebration

Reunion Tailgate

Saturday, October 17, 2009

10 a.m. Reunion Tailgate Noon Game Kick-off (ticket required)

Look for the CHM tent by the Red Cedar River
(reunion and tailgate will be two hours prior to the MSU vs. Northwestern game)

To purchase football game tickets and to register to attend the Reunion Tailgate and Hunt
Lecture call Marci Muller at (616) 234-2611 or email marci.muller2hc.msu.edu. Tickets are \$49
each; quantities are limited.

ATTENTION CLASS OF 2010!

The Michigan State University College of Human Medicine 2010 Commencement ceremony will be held on Sunday, May 9, 2010 at 3:00pm at the Wharton Center for Performing Arts. This is the first time that CHM commencement will be held on the same weekend as the regular MSU commencement. You are strongly encouraged to make hotel accommodations for your family and friends as soon as possible, as hotels in East Lansing and the surrounding area have limited availability for that weekend. You can always cancel a reservation later, but you may find it extremely difficult to find a room as we get closer to the celebration.

MSPE (Medical Student Performance Evaluation)

MSPE drafts are almost complete. We hope to have them distributed by the third week in October. Remember, these are drafts. After reviewing your MSPE draft, you need to do one of two things:

1. If you are satisfied with the letter as it is written, please email Dr. Schnuth and Bridget letting us know that you are ok with it. Bridget will then begin to prepare the letter to be uploaded to your ERAS file.
2. If you have questions or concerns about the content of your letter, please make an appointment with Dr. Schnuth or Bridget as soon as possible so that we can review the letter with you.

Please keep in mind that we are guided in preparing MSPE's by CHM policies/preparation guidelines that have been created in the Block III office. We must include only clerkships completed through the end of summer semester (August), or if you are taking a required clerkship during the first part of Fall semester we may include that. All CPE comments that are in each clerkship summary, should also be included in the MSPE except for that we may edit for comments which are: very redundant, incomprehensible, grammatically incorrect or containing spelling errors, a single instance of an outlier comment which appears in only one clerkship, with the agreement of the clerkship director, any block III CP grades must be documented in the MSPE.

No letter will be released earlier than November 1st.

Happy Halloween!

Stop by the CHM Administrative offices beginning during The week of Oct. 26 to pick up your trick or treat!



Core Competency Schedule

10/07/09 No Core Comp Session
10/14/09 No Core Comp Session
10/21/09 No Core Comp Session
10/28/09 Palliative Care – Opioid Use, Dr. Mike Papenfuse, rm. 410

All student materials (except for Virtuous Physician) are located on the MSU-CHM ANGEL website at: <https://www.angel.msu.edu>

MSU/CHM Saginaw
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Please join us in wishing a happy and prosperous birthday to the following CHM Students:

Jessica Chun, MS-III – October 5th

Go Green! Hey all you loyal Spartan fans...interested in purchasing tickets for Spartan Sports? Here is the official website of Spartan Athletics....

<http://www.msuspartans.com/tickets/msu-tickets.html>

MSU CHM LMUV Program Calendar

Today ◀ ▶ October 2009 ▾ Print Week Month Agenda ▾

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	Oct 1	2	3
Bay County	7am Start of F 5:30pm DSAC		Fourth Year 12pm Imlay C +3 more			
4	5	6	7	8	9	10
			12pm Imlay C 12pm Student +3 more			
11	12	13	14	15	16	17
Saginaw Col	Columbus D		12pm Imlay C 12pm Student +2 more		3pm Hunt Lect 5pm Dinner w 5pm End of Rt	
18	19	20	21	22	23	24
	9am Rural Me 5:30pm DSAC		12pm Student 6pm Heavenri			
25	26	27	28	29	30	31
			12pm Student 2pm Student I 3pm Core Cor	Dr. Sousa vi 12pm Student	Fourth Year	Halloween

Events shown in time zone: Eastern Time Google Calendar

Dear Faculty, Staff, Students, Family and Friends,

This email is to inform you about the approaching international rotation for the third and fourth year medical students of the Leadership in Medicine for the Underserved/Vulnerable Program based at the MSU CHM-Synergy Saginaw Campus.

Students will be traveling to the underserved areas of El Salvador, Nicaragua, Peru and Costa Rica to learn about and experience international health care . They are seeking supplies and/or monetary donations to support their endeavors. They will be working the Foundation for the Medical Relief of Children (<http://FIMRC.org>), based in urban, rural and indigenous areas.

Below are some ways you might choose to help the students:

1. Go to the following site <http://www.synergymedical.org/LMUV> and read more about the student trips. Click on the donation button (*Make Donation*) to make a direct donation to the LMUV-Saginaw program. Your donations are tax deductible through MSU Development and you will receive a receipt by email and snail mail. If you prefer to send a check rather than using the web site, please send to Bridget Hinds (Synergy Medical Education Alliance) 1000 Houghton Avenue, Saginaw MI 48602 and indicate in the memo line that it is for the LMUV-Saginaw program.
2. Donate equipment, clothes, medications (with 6 mos at minimum to expiration), art supplies (paper, crayons, sparkles etc), small ziplock bags, and anything else that will lend itself to primary care. Nebulizers and respiratory meds are helpful for kids and adults that will be treated. There are more descriptions of items on the donation site <http://www.synergymedical.org/LMUV> Supplies may be dropped off at Bridget Hinds office at 1000 Houghton Avenue (Synergy Medical Education Alliance) or we can come by your office at a predetermined time to pick up the items from you.
3. Follow the students' blogs at <http://www.synergymedical.org/LMUV> as they share the beauty of the people and countries they will discover.

They will be completing their final packing activities the week of January 4, 2010 to ready for their departure on January 16th. We have also included a listing of needed supplies, meds, and other materials that you might find available in your daily activities that could help these sustainable and permanent, yet needy clinics. Students will be carrying the supplies with them (unless we have supplies enough to warrant shipping). We will return February 26 and will be most eager to share with you how your contribution benefited their activities and care of the underserved.

Thank you so much for your consideration.

Please do not hesitate to contact me if you have any issues, concerns. etc. Schnuth@msu.edu or contact Bridget at 989-583-6933 .. Please share this request with anyone you deem interested!

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