

You've made it 1 month!

Aug 2009

Are you stressed out? Need some management tools?

Inside this issue:

The medical field can be a stressful job, but effective stress management can save your life. Here are some tips in dealing with stress!

- Make an effort to stop negative thoughts and refocus the negative into the positive
- Plan some fun
- Take a break

Social Support

- Interact socially with people to get your mind off of things.
- Nurture yourself and others.
- Reach out to other people.

Physical Activity:

- Start a physical activity program and keep it in your schedule.
- Find a buddy to exercise with.

Nutrition:

- Make healthy food choices including eat plenty of fruits and vegetables and drinking water.
- Eat the right amount of food on a regular schedule.

Relaxation:

- Guided imagery, listening to music, or practicing yoga or meditation.
- Take a mini retreat.

Stress Reduction Kit



Directions:
1. Place kit on FIRM surface.
2. Follow directions in circle of kit.
3. Repeat step 2 as necessary, or until unconscious.
4. If unconscious, cease stress reduction activity.

- Take time for personal interests, hobbies, and sleep.

If these stress management techniques do not work for you, there are professionals, such as licensed social workers, psychologists, and psychiatrists, who can help confidentially. 588-6850

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American College of Physicians Annual Conference

Special points of interest:

The 2009 ACP Kansas Chapter Scientific Meeting is being held in Wichita, KS this year! The conference takes place over 2 days from September 11-12 (Friday—Saturday) and we have 4 residents and 1 fellow participating in the plenary rounds—congratulations to Ryan Hays, Laurie Hohberger, Ken Boc, and Micholee Polsak as well as Kelly Steffen. The plenary rounds will begin at 8:00 AM on

Friday—best of luck to you all!

There are also 14 additional residents participating in poster presentations which will either be Friday afternoon or Saturday morning (check your email for details). Participating residents need to make their own hotel reservations and travel arrangements but will be reimbursed so keep all receipts. Let us know if you have questions about the conference.

- ♦ *Have a good case? Does it have CPC or PSC potential? Let the chiefs know!*
- ♦ *Don't forget to sign onto CPRS (at the VA) at least once every 90 days so you don't get locked out!*

KCVA ED Admission Process Change

There have been some great changes in the ER admission process at the KCVA. The AOD (ER physician) call the MAO (admissions) with patient admission information.

The MAO will call the MOD. If the MOD does not respond in 5 minutes, then MAO will page the MOD again. If no response in another 5 minutes, the staff attending on-call will be paged.

At this point, the MOD will assign the patient to a team and either notify the admitting team or call the MAO back (who forwards

the call to AOD) in order to obtain a physician to physician check-out.

The accepting physician then has 90 minutes to evaluate the patient, complete the admit orders, and call the MAO to let them know that admission is complete. The MAO will document the time the AOD discussed the patient with the accepting team and the time the orders were completed. A bed will be assigned and nurse check-out will ensue. The MOD will be notified if no bed is available. Orders may then be written for ER to care for the patient while they are waiting for a bed assignment.

We understand the time constraints of residents, please delegate a nurse or resident to hold your pager if you are running a code or doing a procedure and are not able to get to your pager in the 10 minutes that are allotted.

If a patient is seen in consultation in the ED, it is important that the MOD document in their note that the patient was seen and discussed with staff while patient still in ED.

Pharmaceutical Information Sessions

We have been working to create a forum for educational interaction with pharm reps. Starting Aug 14th, there will be quarterly sessions on Fridays from 12:30-1:30 instead of noon conference. These sessions are counted as core conference attendance and lunch will be provided by the department. Each date will have up to 3 representatives will each give a 15 minute presentation on their product, fol-

lowed by a faculty moderator discussion. The money from these sessions will be used to provide lunches for residents at all sites.

The new department guidelines will also allow industry representatives to provide books to a department library that will be housed in the chiefs' office. Our hope is that these



guidelines will provide an opportunity for residents to learn how to interact critically and constructively with pharmaceutical representatives. Please plan to attend the first session on Aug 14 and provide us with feedback afterward.

Critical Issues

We spend an awful lot of time discussing the detection of PE's, DVT and contrast prophylaxis, and other trivial medical issues. Every once in a while it is important to discuss something really important. To break down an issue that affects your daily life in a profound way. For instance, what does "Classic" in classic rock mean?

I was recently appalled, while listening to Poison in a local establishment, to hear it described

as "Classic" rock. What???!?! That is simply preposterous. Don't get me wrong. White Snake, Poison, Bon Jovi, Cinderella, Tesla, Warrant, Def Leppard, and others were and still are fantastic bands that defined an era, but they aren't "Classic." Simply aging a bit doesn't make you classic, wise or anything at all other than old. Sometimes age comes all by itself.

"Classic Rock" defined a specific genre and era of rock music. It isn't dynamic and doesn't shift as time

goes on. CCR, Skynyrd, The Who, The Stones, Zeppelin, The Eagles, Journey, and others represent the group.

Twenty years from now these bands will still be Classic and the Jonas Brothers will not. The hairbands hold a special place in my heart as they motivated me through high school, but please don't dilute the pure beauty that is made up by the Classic Rock bands. "Freebird!!!!!!!"

Resident Spotlights

Laura Thomas...our intern pianist

Full Name:

Laura Ann Thomas

Birthplace: Houston, Texas

Hometown: Leawood, KS

College: Baylor

Medical School: KU

Spouse's Name: Jeremy

Pets: Chloe (yellow lab)



Hobbies: reading, playing piano, watching KU basketball

Career plans: ?Heme/Onc

Favorite food: Mexican!!!

Favorite Vacation Spot:
Colorado

Favorite Kansas City Spot:

The Plaza at Thanksgiving (if you aren't from KC—they light the entire plaza in an amazing holiday display the evening of Thanksgiving)

Other Interesting Facts:

She was a religion major in college

AKA: No nickname—she is open for ideas

Neal Peterson...BBQ aficionado

Full Name:

Cornelius R. Peterson

Birthplace: Kahuku, Hawaii

Hometown: Blue Springs, Missouri

College: BYU

Medical School: KU

Spouse's Name: Emily

Daughter's Name: Sally

Pets: None, thankfully

Hobbies: basketball, table

tennis, ultimate frisbee

Career Plans:

anesthesiology for the United States Air Force

Favorite Food/Restaurant:



tacos and root beer floats or anything at Jackstack BBQ.

Favorite Vacation Spot:

skiing in Utah

Favorite Kansas City Spot:

WWI Museum, the "K" (aka Royals Stadium)

Interesting Facts:

I spent two years in El Salvador on a Mormon mission. I could care less about American Idol.

Carrie Pohl...Master of the Night Float

Full Name: Carrie Lynn Pohl

Birthplace: Lawrence, KS

Hometown: Lawrence, KS

College: KU

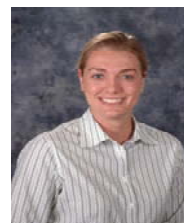
Medical School: KU

Pets: I have a dog named Liza and a cat named Callie

Career Plans: General Internal Medicine

Hobbies: going to the pool, having dinner parties, and riding horses

Favorite Food: most of the Kansas City originals



AKA: no nickname... at least not one she would tell us!

Favorite Vacation Spot:

The Beach!!!!

Interesting Facts:

I love preventative medicine and public health!

You've made it 1 month!

Internal Medicine
Chief Residents
Abbie Begnaud
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ACP Meeting
2009 meeting September 11-12th
Wichita, KS
Holiday Inn Select

Quotes and Jokes

Who ever thought up the word "Mammogram"?
Every time I hear it, I think I'm supposed to put my breast
in an envelope and send it to someone. -- Jan King



Important Information!!!!

DUTY HOUR REGs:

No shift shall last longer than 30 hours – seniors/staff to aid in getting out

*you turn into a pumpkin 30 hours (probably at noon if you came in at 0600)!

There shall be 10 (Ten, 이것, Dix, X, Diez, هذا, Questo, 10) hours between shifts

We want you to be honest and we want you to go home and get some sleep

Exception: if you are on short call, 8 hours is acceptable

Must average at least 4 days off (24+ hours in a row) per 28 days

Must average no more 80 hours/week over four weeks

Special Conferences:

Patient Safety Conference – review system errors that led to adverse patient outcome OR near-miss. Fourth Tuesday of each month at 12:15 in Sudler.

Clinicopathologic Conference – review diagnostic dilemmas, interesting or rare pathologic diagnoses. Need some pathologic information (autopsy, biopsy, etc.) Second Monday of each month at 12:15 in Sudler.

Ethics conference – review a recent case of medical-legal-ethical dilemma. Second Wednesday of each month at 12:15 in 4050 Wescoe, informal discussion.

Sub-Intern guidelines

- Writes orders and daily notes, presents patient, formulates plan
- Should carry 3-5 patients
- Checks out patients to short call, gets one day off per week (ideally opposite weekend day of senior)
- Has opportunity to perform procedures on their patients
- Supervised primarily by resident
- Larger gradient for transfer of knowledge/experience
- Short call with resident when MOD
- Requires resident to write PN also
- We know it is more work for senior
- We and they really appreciate it
- Excellent learning opportunity and recruiting tool

