



## FROM YOUR DIO

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### Quote of the Month

When life gives you a hundred reasons to cry, show life that you have a thousand reasons to smile!!

~ Unknown

The beginning of the Fall is always a reminder that the new recruitment season is on its way. ERAS has opened, each program is setting up application review teams, and discussing process, schedules and holistic review principles. The format of the Dean’s letters for Medical Student Performance Evaluations (MSPE) has changed this year. It is standardized across medical schools and has comparative information on candidates, including competencies such as professionalism, as well as qualitative assessments. Hopefully, the new format will assist the programs on making the right selection choices based on their program goals.



At the last GMEC on September 26, 2017 we presented the Executive Summary of the Annual Institutional Review (AIR) for the 2016 - 2017 academic year. We looked carefully at the results and trends from the ACGME surveys, the institutional dashboard, scholarly activity, and OSCE information. We are proud to report that we have accomplished all of our goals for the last academic year as a institution. We also strategized on specific objectives and actionable items for the 2017 - 2018 academic year. We continue to strive for a continuous improvement model to assure the highest quality of educational experiences. Some of the exciting new initiatives will be described below in this newsletter.

Stay tuned!!

Tsveti Markova, MD, FAAFP

## Resident Council President Message

President, Alicja Sobilo, MD, Vice President, Jacob Salman, MD, and Communications Officer, Renee Ruggiero, MD

There are various projects which have sparked this year that could be of use to various residents throughout the Wayne State campuses. Resident wellness is a hot topic throughout the country and also a large pending project involving the resident council and GME. What intervention do you feel will boost overall resident wellness? Ideas are currently pending and any input from interested residents is greatly appreciated. Another promising movement is D.A.R.T. (Developing Active Resident Teachers). This was an idea brought to attention by fellow resident and current Vice President, Jacob Salman, MD who had thought it would be important to have residents recognized for going above and beyond in teacher other residents, students and attending alike. This program is currently being launched by the GME and is available to residents of all training levels, however, there will be requirements to fulfill to successfully obtain a DART certificate. We would also like to call out to the resident body for any ideas in developing a chat communication forum in which HIPPA complaint information can be shared and residents can discuss patient presentations and other workplace questions. Our next meeting will take place on

**November 21 at 6 p.m. at the WSUPG Headquarters at 1560 E. Maple, in Troy, 2nd floor Physician Conference Room.**





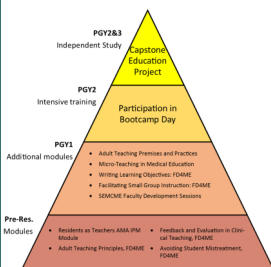
### Upcoming Important Dates:

- October 11, 2017**  
 Subcommittee for Compliance & Improvement Meeting  
 6:00 - 7:30 p.m.
- October 17, 2017**  
 Program Coordinator's Meeting  
 8:45 - 11 a.m.  
 Troy Location
- October 20, 2017**  
 GME CLER Council Meeting, CHMC  
 12:30 - 2:00 p.m.
- October 31, 2017**  
 GME Survey Opens
- November 21, 2017**  
 Resident Council Meeting, Troy  
 6:00 - 7:00 p.m.
- November 28, 2017**  
 GMEC Meeting  
 Troy UPG Board Room 4th floor  
 6:00 - 8:00 p.m.

To submit an article, picture, quote, etc., please email:  
[nkramer@med.wayne.edu](mailto:nkramer@med.wayne.edu)

## ADMIN. UPDATES

**D.A.R.T. (Developing Active Resident Teachers)** - The GME office has teamed up with the Office of Learning and Teaching (<https://www.med.wayne.edu/ume/office-of-learning-and-teaching/>) to expand and improve our certificate program: Developing Active Resident Teachers (D.A.R.T.)



Residents who want to develop their teaching skills, work to improve the curriculum of their program, and contribute to academic medicine at Wayne State and beyond are encouraged to participate in DART. There are four phases, one of which you've already accomplished. These are outlined in a diagram as layers building a pyramid. 1: the Pre-Residency Modules) your on-boarding process included education-related modules which count towards your DART certificate, 2: the PGY1 Additional Modules) additional modules can be completed on your own time to familiarize yourself with issues around medical education, 3: Intensive Training) attendance at a Boot Camp day where the Office of Learning and Teaching helps you build your teaching skills, and 4: Independent Study) a mentored Capstone Project where you do something concrete to improve the curriculum or assessment plan of your program. When these are completed, you will receive a DART certificate from the GME office and the Wayne State University School of Medicine Office of Learning and Teaching.

Boot Camp day is a new feature of the DART program. It will be an all-day intensive training program introducing and reinforcing teaching skills, assessment strategies, and remediation tactics for learners with difficulties. We expect DART participants to emerge from their residency training with the skillset.

The DART program is in its infancy and is growing rapidly. If you are interested in participating, have questions or suggestions about it, contact Brent Stansfield ([rbstansfield@wayne.edu](mailto:rbstansfield@wayne.edu)) and visit the DART curriculum webpage ([www.gme.wayne.edu/DART/](http://www.gme.wayne.edu/DART/)) for more information.

**The Wayne State Resident Wellness Project** - The wellness of our residents is important to us. As part of the AIAMC National Initiative VI, the GME Office at Wayne State University will sponsor and support resident-led interventions to improve resident wellness. We need your input to help develop small programs that might help you and your peers improve your well-being. Think about activities or systems that might strengthen your sense of the importance of your work, your connectedness to your program and institution, your balance between clinic responsibilities and your home life, your pride and confidence in your professional development. Maybe you sense a need for more time to be social with your peers, more say on the setting of program policies and procedures, more connection with your patients, more resources for personal study. Contact the GME office with ideas and we can plan out an implementation to test the effectiveness of your idea.

We will use standard evaluation procedure for all the interventions we try. At the end of the project, we will conduct a meta-analysis see which ones worked the best, for which residents, and for which aspects of well-being. Once we have this information, we can adopt an evidence-based approach to making residency training more rewarding and more geared towards your growth.

At the heart of our project is our Resident Wellness Scale. Last spring, we partnered with Loma Linda University to create a unique measure of wellness at Wayne State and we are now sharing it with institutions around the country. The scale is short, valid, and reliable. It uses a positive psychology approach to measure resident wellness directly instead of measuring depression or burnout. We believe this measurement approach is necessary to generate the evidence base needed to promote wellness rather than to merely avoid unwellness.

But we need your help to create this culture of wellness, and that is what our NI-VI project is all about. Look at the literature on resident wellness and think about projects that might be valuable. There's a good summary of the literature in the Journal of Graduate Medical Education<sup>1</sup> and another in The Lancet<sup>2</sup>, both published last year. You might want to host clinical story-telling sessions<sup>3</sup>. You might want to hold yoga or aerobics sessions. You might want to keep dream journals or take healthy cooking classes or visit places in the communities you serve. The GME office will work with you to implement your ideas and to evaluate their effectiveness.

Residency is challenging and stressful. Becoming a medical professional requires deep humanity and great intellectual stamina. Nights and days are long and the work is hard. We are here for you as your build and sharpen your clinical and communication skills. You can't become a healer while breaking yourself down. Contact Brent Stansfield ([rbstansfield@wayne.edu](mailto:rbstansfield@wayne.edu)) at the GME office to participate in our Resident Wellness Project.

#### References:

<sup>1</sup> Raj KS. Well-being in residency: a systematic review. *J Grad Med Educ.* 2016;8(5):674-684.

<sup>2</sup> West CP, Dyrbye LN, Erwin PJ, Shanafelt TD. Interventions to prevent and reduce physician burnout: a systematic review and meta-analysis. *The Lancet.* 2016;388(10057):2272-2281.

<sup>3</sup> Paetow G. Let me tell you a story: Creating successful wellness initiatives for residency programs. *J Grad Med Educ.* 2016;9(2):263.





Graduate Medical Education at WSU produces exceptional physicians who are committed to provide outstanding care to the communities we serve, including the city of Detroit, the surrounding area, Michigan and beyond



To submit an article, picture, quote, etc., please email: [nkramer@med.wayne.edu](mailto:nkramer@med.wayne.edu)

## Research News

### GME Seed Grant - FUNDING OPPORTUNITY

The GME Seed Grant program is designed to support resident scholarly activity. Information about the program is available on our website <https://www.med.wayne.edu/gme/gme-seed-grant/>. Residents are encouraged to apply for funding for research or QI projects. While the application is short it provides a good opportunity to develop grant writing skills! Applications are accepted on a rolling basis and funds are currently available. If you have any questions about the application or the process, please contact Brian Benson at [brian.benson@wayne.edu](mailto:brian.benson@wayne.edu) or at (248) 581-5901.



### 2017-2018 SEMCME Research Workshop Series and Forum

Each year the Research Committee of the Southeast Michigan Center for Medical Education (SEMCME) conducts this workshop series to help residents learn the fundamentals of research methodology through comprehensive discussion coupled with relevant research study examples. The emphasis in each of the sessions is on the research process including defining and assessing the problem, planning the study, implementing and analyzing outcomes, and communicating results. The Workshop Series will allow residents the opportunity to interact with faculty in SEMCME with research expertise who will provide limited research project guidance.

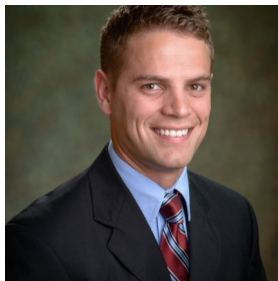
For information, go to: <https://cmetracker.net/SEMCME/Files/Brochures/32024.pdf>



## Program News

### Transitional Year Program News

Congratulations to both Dr. Brett Neill (July) and Dr. Lauren Traill (August) on being recognized as the TOP Intern during their months at the VA Hospital. Excellent Job!!



### Brain Injury Medicine Fellowship News

Congratulations!!! Wayne State University Brain Injury Medicine Fellowship receives full accreditation!!! To read the entire article that was published in the Warrior Medicine newsletter on August 30, 2017, [click here](#).



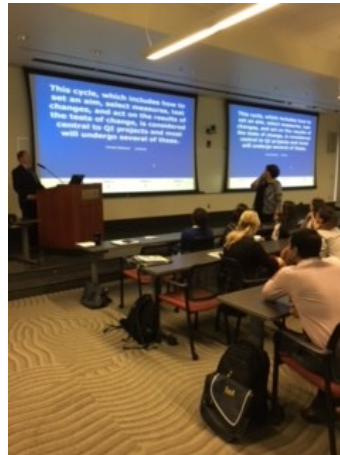


# School of Medicine

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[GME Website Resident Benefits](#)

## Resident Orientation 2017

On June 27 the WSU SOM welcomed 57 new residents and 2 fellows to our Graduate Medical Education Program. Residents participated in a resource bazaar with various vendors and ended the day with a welcome reception at the Traffic Jam in Detroit. Welcome to all!!!



### Welcome Aboard!!



Lena Anderson, Program Coordinator for the Anesthesiology Program!! Lena has worked in medical education for 26 years both as a program coordinator and a GME specialist and has experience in GME, UGME, and CME. She enjoys working with the bright, young resident physicians and is very happy to be here supporting the Anesthesiology residents and faculty. Lena is married, has three sons, and a menagerie of pets. In her free time she enjoys the water, hiking, reading, gardening and building things.



### Congratulations!!

#### Philip Riley, MD

Dr. Riley was the WSU Sole Sponsored winner of the alumni association gift certificate. A Somerset Shopper's Oasis Package which included Accommodations for two for a one night stay, breakfast, and a shopping bag!



Transitional Year



Family Medicine

#### Programs not pictured:

- Anesthesiology
- Brain Injury Medicine Fellowship
- Dermatology
- Otolaryngology
- Urology



Internal Medicine



Physical Medicine and Rehabilitation

