



Special points of interest

- Improving Joy in Work
- Medical Education Achievements
- NCH Trainees Recognitions
- Holiday Cheers
- Medical Education Staff Recognitions



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From the Editor

Christmas, New Year, and Holiday Time: A Time to Connect, Recharge, Look Back on 2018, and Look Ahead to 2019

This Holidays issue of *Milestones in Medical Education* Newsletter marks the beginning of the Newsletter's 9th year anniversary. This is a time where we all connect to family and friends. A time to reflect on the past year and to look ahead to the beginnings of a new year.

It is no surprise that the beginning of the calendar year coincides with mid-point of our medical education academic year. In the academic time calendar, this time marks the peak busy clinical time, yet it gives the trainees the feeling that a large portion of their training year have passed. As 2019 is about to start, trainees start thinking of the next step in their professional journey. This is the time where matching in fellowship is solidified if further training is planned. This is the time where the pressures and excitement to look for jobs is

about to start for trainees seeking no further training... and for those early in their training, this is the time where we finalize recruitment and look forward to matching a strong new class of residents and fellows (the light at the end of the tunnel).

In this issue, we look back at 2018 and the departmental achievements. We look back and give thanks for a successful year to all those who helped us meet and exceed our goals: To our trainees, faculty, staff, colleagues, and patients.

We also look forward to welcoming new year of milestones and achievements at every level: Personal, academic, and professional levels. We continue to strive for academic excellence locally, regionally, and nationally.

This issue of Milestones in Medical Education features the following milestones:

- ◆ A look back at key milestones from the Medical Education Annual Report
- ◆ Highlights of recognitions and achievements of trainees and medical education staff
- ◆ Medical education faculty and trainees continue to showcase their scholarly work in print and on national stages

Wishing everyone a Happy Holiday Season and a Blessed New Year!!!

Rani S Gereige, MD, MPH,
FAAP - DIO

Milestones in Faculty Development

Improving Joy in Work - It is About Organizational Wellbeing

*The 11th
Annual
Scholarship
Day
Friday June
14th 2019
Submit your
research work*

Medical care is a highly stressful field of work. The joy and satisfaction of healing are at the cost of stress, burnout, long hours, and neglecting personal care. In recent years, providers' wellbeing has emerged as a focus of many national organizations and educational institutions driven by the higher rates of depression and suicide among healthcare providers compared to this age-matched general population.

Providers' wellbeing has a direct impact on patient safety & healthcare quality in any setting. Moreover, it has been proven that satisfied and engaged clinicians provide a more effective, compassionate, and safer care to patients leading to better outcomes & enhanced patient experience.

The IHI Quadruple Aim

The Institute of Healthcare Improvement (IHI) added to its Triple Aim (*Better Health, Better Care, and Lower Cost*) a Fourth Aim: **"Improving Joy in Work"** in an effort to mitigate burnout and promote resilience.

Definitions

The CDC describes **wellbeing** as **"judging life positively and feeling good"**.

Mental Health is defined as **"a state of wellbeing in which every individual realizes his/her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make contribution to his/her community"**.

Burnout is defined as **"emotional exhaustion, depersonalization, and sense of low personal accomplishment"**.

Magnitude of the Problem

The data on burnout point to a public health crisis. Burnout & suicide in the US occurs in:

- ◆ > 40,000 Medical students
- ◆ > 60,000 Residents and fellows
- ◆ >490,000 Physicians
- ◆ 96% of nurses report fatigue at the beginning of their shifts
- ◆ Depression is 2x in registered nurses than the general population
- ◆ 400 US physicians commit suicide per year

Matriculating Medical Students have lower distress and better quality of life than age-similar college graduates yet, after beginning medical school, they have higher depression and burnout than general population.

Protective Factors

Protective factors include:

1. Social support
2. Connectedness
3. Strong therapeutic alliance
4. Accessing mental health care
5. Positive attitude toward mental health treatment
6. Coping skills
7. Problem solving skills
8. Cultural beliefs
9. Religious affiliation
10. Biological/ psychological resilience

A Call to Action

Three main factors associated with resident wellbeing in the current literature:

- ◆ Autonomy
- ◆ Competence-building
- ◆ Strong social connection

In addition, sleep and time away from work can augment well-being

NCHS/ NCH Current Strategies

- ◆ Employee Assistance Program
- ◆ Health Lifestyle Program
- ◆ Pastoral Care sessions
- ◆ Holiday and appreciation events
- ◆ Townhalls
- ◆ Employee Engagement Surveys
- ◆ Confidential Compliance reporting system
- ◆ Medical Error debrief and RCAs
- ◆ Monitoring and coaching of healthcare professionals (PIPs, mentorship, etc...)
- ◆ Medical Education-specific strategies and interventions

More to be Done

- ◆ Increase awareness
- ◆ Education
- ◆ Removing the stigma or reporting or self-reporting
- ◆ Multi-disciplinary interventions, screenings, tracking
- ◆ Changes in work processes
- ◆ Tracking the effect of various interventions
- ◆ Supporting provider's self care
- ◆ Physician-nurse or physician-physician or nurse-nurse buddy system
- ◆ Staffing adequacy

Milestones in Departmental Report - The Year in Review

A Look Back at A Year of Medical Education Achievements

This is a snapshot at the departmental metrics in terms of achievements over the past academic year (2018-2019):

GME

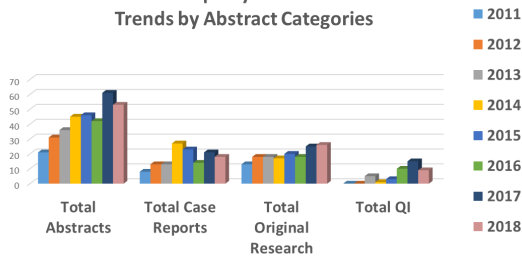
- ◆ An increase in Core Faculty Scholarly Activities
- ◆ Trainees continue to accomplish scholarly pursuit over the academic year
- ◆ A steady increase in QI projects by trainees

CME

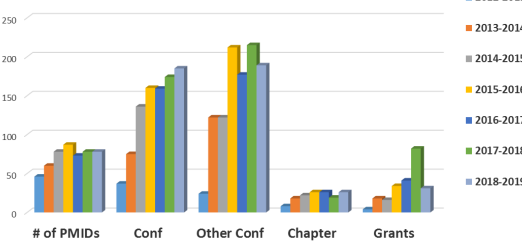
- ◆ In 2017, NCH CME provided a total of **437.25 CME Hours** of instructions
- ◆ A total of **4,523** physician learners and **1,870** non-physician learners attended the NCH-provided CME activities.
- ◆ There has been an increase in number of attendees of our NCH CME events

GME Trends

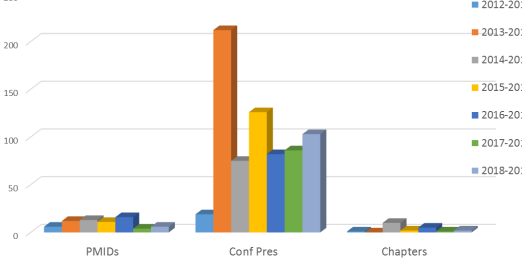
Annual Scholarship Day Abstract Submissions Trends by Abstract Categories



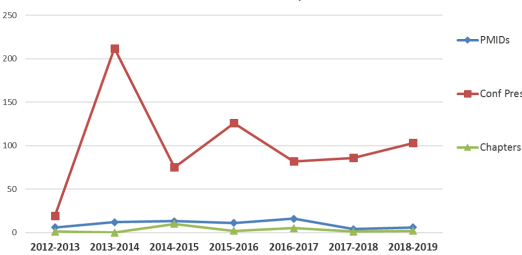
Institutional Trends in Core Faculty Scholarly Activities by Category Reported to ACGME (2012-2013 to 2018-2019)



Institutional Trends in Trainees Scholarly Activities by Category Reported to ACGME (2012-2013 to 2018-2019)

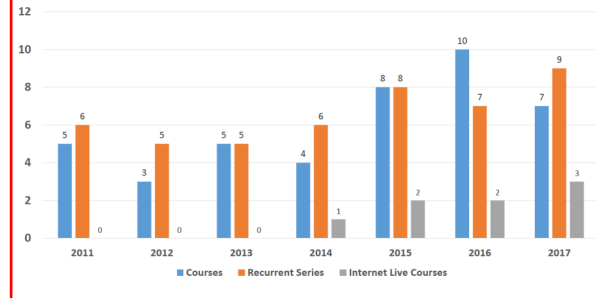


Institutional Trends in Trainees Scholarly Activities Reported to ACGME (2012-2013 to 2018-2019)

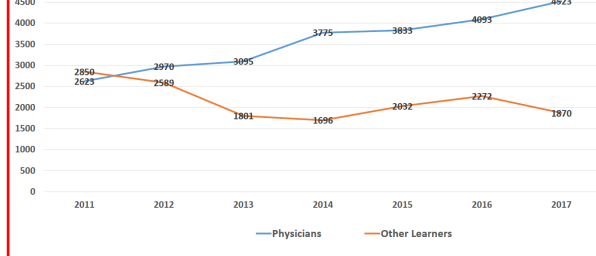


CME Trends

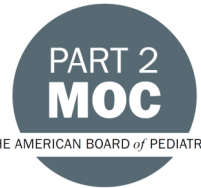
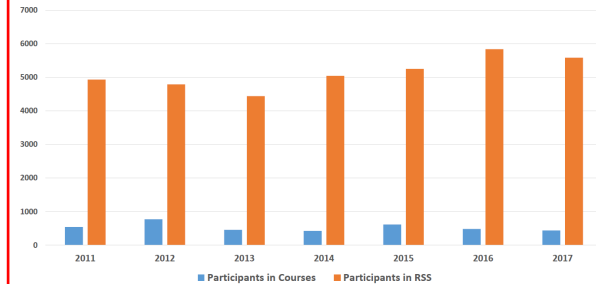
CME Courses By Type



Trend in the Number of Participants/ Attendees by Learners' Type



Participants by Activity Type



*The 54th Annual
Pediatric Post
Graduate Course
(PPGC) and e-PPGC*

*February 28-March 3rd ;
2019*

*The Diplomat Beach Resort,
Hollywood Beach Florida. (20
CME Credits & 10 Points*

*MOC2 Option)
**REGISTRATION
OPENED NOW***

Milestones in Humanism and Professionalism

NCH Trainees Compliments and e-Recognitions

Chloe Edinger, MD (PL2)



anything that was required and did it with a positive attitude and caring heart. Their hard work and dedication to improving our patient's quality of life paid off and as a team we were able to create another successful memory". Congratulations Team! We are very proud of you...



Dennerd Ovando, MD (PL2)

Seth Iskowitz, MD (PL2)



Alison Payson, MD (PL2)



Mukul Sehgal, MD (PICU Fellow)

Dr. Mukul Sehgal received an NCHS-way e-Recognition from Christine Forcine, RN IV PICU for his display of the NCHS Values of **Excellent Performance**. Ms Forcine commented: *"Saturday code was one for the books. not only did you react perfectly calm to every situation thrown to us but the way you placed that chest tube under such dire circumstances while I was giving chest compressions was to say lightly, impressive. you and I were totally in sync with one another throughout the code. the situation seemed bleak but with great teamwork we got that patient back on track. huge admiration I have for you the skills and knowledge you have are what saved that life. so proud to work side by side with you ! "* Congratulations Mukul on your display of the values of i-CREATE Way!!!



Daniel Torres, MD (PL2)

Dr. Alison Payson received a compliment from Dr. Oranit Shaked, MD (ER Attending) for her **Excellent Performance**. Dr. Shaked commented to us: *"I wanted to let you know that Alison is an incredible resident. She is one of the best residents I've ever had the privilege of working with. She is incredibly smart, efficient, hard-working, self-driven, and pleasant to work with. I am sure she will get far in her career. The residency program is lucky to have her".* Congratulations Alison for a job well-done!!!

Drs. Chloe Edinger, Dennerd Ovando, Seth Iskowitz, and Daniel Torres (6T Team) received a compliment and recognition from Ms Barbara Quintana, RN Case Manager for 6T/ BMT for their teamwork and **Excellent Performance**. Ms Quintana commented: *"This team of residents was always willing to help the team out to facilitate*

*The Class of
2019
Graduation
Ceremony
Friday June
7th; 2019*

*The Marriott Biscayne Bay
Hotel
(Save the Date)*

Milestones in Departmental & Staff Achievements and Recognitions

NCH Medical Education Department & Staff Recognitions



Ariel Llizo, CME Specialist

Mr. Ariel Llizo received an NCHS iCREATEWay-eRecognition from Ms Diana Farffan (Medical Staff Coordinator) for his Excellent Performance. Ms Farffan commented: *"Recently Ariel Llizo assisted crossed*

departmentally on streamlining a major process within the Medical Staff office, he took the time to build an electronic platform for warehousing our adult patient approvals and created a system that simplified our work flow immensely. Thank you Ariel for all you have done, we truly appreciate you and your hard work". Congratulations Ariel on a job well-done.

**Medical Education
Receives Service
Excellence Recognition**

The **Department of Medical Education** was among 5 depts. (including Med Staff, Infection Control, Medical Library, and Risk management) that received **Service Excellence** recognition from Patient & Guest Relations Dept. Kudos to all staff members of these departments

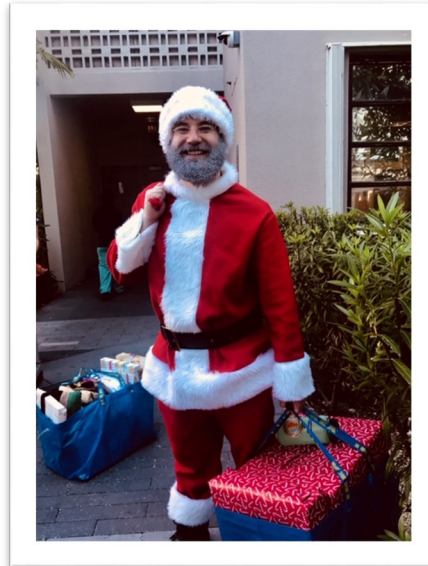
Milestones in Community Advocacy Efforts

NCH Pediatric Residents Spread Holiday Cheers

As it has been the tradition for the Pediatric Residency Program, residents collected funds raised through multiple activities and games throughout the month of December. All the funds raised were used to buy toys, books, and school supplies to be delivered to underserved children.

Santa Clause and his residents' elves/ helpers

wrapped the gifts and delivered bags of joy along with holiday cheers to underserved children. Congratulations to all residents on your strong advocacy efforts.



Milestones in Staff Continuous Professional Development

Mr. Ariel Llizo Achieves National Professional Certification



Technology Association) certification.

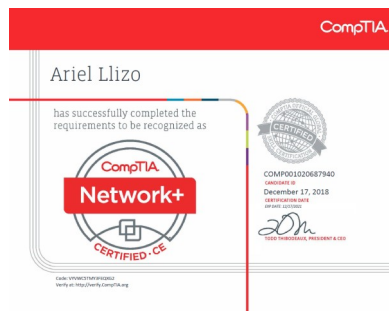
Network+ is a certification designed to test the

Congratulations to our CME Specialist, **Mr. Ariel Llizo**, for achieving **CompTIA (Computing**

Industry Network+ Certification.

CompTIA Network+ is a certification designed to test the

competency of a mid-level network technician in network design, cabling, hardware setup, configuration, installation, support, and troubleshooting. Mr. Llizo plans to pursue the next level of certification, CompTIA Security+, in January 2019, as well as a third certification in User Experience Design from Nielsen Norman Group in April 2019.



Milestones in Scholarly Activities

NCH Trainees & Faculty Disseminate Their Scholarly Work

Dr. Mukul Sehgal (PICU Fellow) was notified that two of his EBM Reviews were published in PedsCCM online. Congratulations!!!

Drs. B. Totapally, Raszynski A, Khan D, Amjad I, and Biehler J were notified that their manuscript titled: **“Extremity Arterial Thromboses in Hospitalized**

Children: A National Database Analysis of Prevalence and Therapeutic Interventions” was accepted for publication in *Pediatric Critical Care Medicine Journal*. Congratulations!!!

Milestones in CME News

Medical Education to Hold the First Pediatric Hospital Medicine Board Review Course in May 2019

With Pediatric Hospital Medicine (PHM) becoming a specialty with Board Certification, and soon an ACGME accreditation for fellowship, the Department of Medical Education aims to meet the needs of the practicing hospitalists. The CME department will hold the first Pediatric Hospital Medicine Self-Assessment and Review Course on **May 16-19; 2019** in conjunction with the

22nd Annual General Pediatric Review and Self-Assessment and the 7th Annual Pediatric Critical Care Self-Assessment Courses. The three courses will be held at the **W Hotel in Fort Lauderdale**. The PHM course will help meet the needs of the current PHM professionals planning to take the initial certifying examination. The PHM physicians who did not complete a fellowship are

“grandfathered” in to take the examination before 2020. All three courses are approved for MOC part 2 Credit as well. **Registration is now opened for all three courses.** The three courses will feature local and guest faculty including Dr. Basil Zitelli. For more information and to register, go to our CME website.



Save the Date
Three MOC-approved pediatric board review courses, one sunny destination!
W Fort Lauderdale | 401 N. Fort Lauderdale Beach Blvd, Ft. Lauderdale, FL 33304 | May 16-19, 2019

22 nd Annual General Pediatric Review & Self-Assessment	1 st Annual Pediatric Hospital Medicine Review & Self-Assessment	7 th Annual Pediatric Critical Care Self-Assessment
<ul style="list-style-type: none"> ✓ Comprehensive intense review of general and subspecialty pediatrics ✓ Well-established review with 20 years of national and international track record ✓ Excellent board pass rate of previous attendees ✓ Over 180 questions using online pre and post self-assessment and audience response ✓ Diverse teaching modalities to meet all learners' needs: Didactic lectures, interactive break-out sessions, audience-response and visual diagnosis ✓ Daily image set (Pictures of the day) with clinical vignette ✓ Marathon in Visual Diagnosis with Dr. Basil Zitelli 	<ul style="list-style-type: none"> ✓ Comprehensive intense review of Pediatric Hospital Medicine (PHM) ✓ Aimed at preparing for the initial PHM board certification ✓ Board style questions using online pre and post self-assessment and audience response ✓ Diverse teaching modalities to meet all learners' needs: Didactic lectures, interactive break-out sessions, audience-response and visual diagnosis ✓ Daily image set (Pictures of the day) with clinical vignette ✓ Marathon in Visual Diagnosis with Dr. Basil Zitelli 	<ul style="list-style-type: none"> ✓ Comprehensive intense review of Pediatric Critical Care Medicine ✓ Excellent board pass rate of previous attendees ✓ Over 200 questions using online pre and post self-assessment and audience response ✓ Diverse teaching modalities to meet all learners' needs: Didactic lectures, interactive break-out sessions, audience-response and visual diagnoses



Sign up for updates at nicklauschildrens.org/boardreview

Accreditation Statement: Nicklaus Children's Hospital is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.
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GME Welcomes New Babies to the Family

Meghana Nadiger, MD (PICU Fellow) became the proud mother of a beautiful baby girl **Swara**, born on November 26th; 2018. 6lbs 8oz, 19" long.

Congratulations!!!



Medical Education Birthdays

January

Keyur Mehta	1
Jenna Diaz	9
Meghana Nadiger	14
Manal AlQahtani	17
Sana Bhatti	18
Yasemin Cagil	18
Esthermari Gonzalez Polanco	20
Christian Irias	21
Priyanka Seshadri	26
Thomas Verhage	27



February

Alison Payson	1
Freddy Martin	3
Natalia Ballesteros	4
Dixin Wang	8
Mohammed Salamch	9
Subaraman Ramchandran	11
Celia Roman	12
Jorelis Frias	14
Manette Ness-Cochinwala	16
Carolina Bautista Vallderuten	22
Arlisha Hicks	28




**Nicklaus
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To Teach is To Touch a Life Forever