Wellness and Mental Health Initiative at Harvard Medical School

Burnout, depression, and suicide among medical students, residents, and physicians are major issues drawing attention nationwide. By recently launching its Wellness and Mental Health Initiative, Harvard Medical School has declared that this is a major priority when it comes to its medical students. Sponsored by the Office for Student Affairs, the Initiative is under the helm of the new Dean for Students, Dr. Fidencio Saldana, and with the support of its two appointed Co-Chairs, Dr. Holly Gooding, an Adolescent/Young Adult Medicine physician at Boston Children's Hospital and Brigham and Women's Hospital and Dr. Robert Li Kitts, a Child and Adolescent Psychiatrist at Massachusetts General Hospital.

HMS students are the driving force and heart behind the Initiative with recent Student Council President, Jessica Stuart (Class of 2019), and HMS Alumni, Dr. Ashmita Banerjee (Class of 2016), pushing the Initiative forward with the supports of Dean Ed Hundert, Dean Nancy Oriol, and Dean Saldana.

Coinciding with the launching of the initiative was the development of the Wellness and Mental Health Task Force made up of faculty and students. The Task Force's task over the coming year is to synthesize recommendations for a four-year comprehensive wellness and mental health program promoting primary, secondary, tertiary prevention of mental illness at Harvard Medical School. The Task Force is divided into 6 subcommittees representing priorities as it relates to wellness: 1- Mental Health Access 2- Cultural Issues, 3- Curricular Needs, 4- Extracurricular Activities, 5- Structural Resources, and 6- Advising & Mentorship. Additionally, the Task Force has members representing multiple key-stakeholders, including but not limited to representatives for the students, faculty educators, Advisory Deans, HST, Office of Advising Resources, and Harvard University Health Services.

In addition to generating the recommendation report by the end of the 2016-2017 academic year, the Wellness Initiative has already launched multiple endeavors. To help promote access and awareness of already existing supports and resources, the Initiative recently launched a free phone application for all students, called Thrive@Harvard - HMS Health & Wellness. This is a piloted resource where students and others can provide ongoing feedback on how to make the app most useful to students.

As part of the Initiative, a Wellness Student Interest Group was recently developed with over 100 students joining from across all classes. Led by senior HMS students, Kaitlen Howell (Class of 2018) and Devin Cromartie (Class of 2017), the group has already overseen a few endeavors, including raising over fifteen hundred dollars for suicide prevention through a 5K run, hosting events to encourage students to engage in activities that they loved doing prior to starting medical school, and launching the Sharing Struggles and Building Resilience Series. Targeting culture change, the theme of the series can be easily captured by its first two talks. The kick-off talk entitled, Why so many of us feel like "impostors:" exploding the myth of aspiring to "effortless perfection," was given by one of the Initiative's greatest proponents, Dean Hundert. The second talk was given by Stacy Jones (Class of 2018 and organizing member of the Wellness Student Interest Group) entitled, My Experience as a Medical Student with Learning Differences. Both talks can be seen online through http://ecommons.med.harvard.edu/.

An important underlining message of the series is that almost everyone has struggled along their medical career path,
one way or another, whether it be as a medical student, resident, or attending. Giving voice to this will hopefully encourage students to feel safer with regards to asking for help whether it be from a classmate, faculty, or mental health provider. In other words, it is important to not be ashamed of one's personal struggle so that no one struggles alone. This coincides with one of the major goals of the Initiative, which is to break down stigma and other barriers to seeking support, and to ultimately strengthen a community that supports the growth of our finest future physicians and ourselves.

Meet Your Librarian at Countway Library

The Countway Library welcomes Elaine Martin as its new Director and Head Librarian. Martin was formerly Director of the Lamar Soutter Library, University of Massachusetts Medical School (UMMS) as well as Director of the New England Region, National Network of Libraries of Medicine. Her research interests include the effectiveness of teams in medical libraries and improving the accessibility of public health evidence in local public health departments. An advocate for the value the library adds to the management of research data, she founded and is the current editor of the Journal of eScience Librarianship. One of her first tasks at the Countway will be to lead a strategic planning effort to ensure that the Library's activities are well aligned with the needs of the medical school and greater medical community. Engagement with the Medical School faculty will be an important part of the process: she'll be reaching out through several channels. Comments on the current or potential role of the library in medical education are welcome. You may contact her through the Countway's administrative manager, Alison Richardson, alison_richardson@hms.harvard.edu.

EBM Resource Spotlight: Access Medicine

Link: http://nrs.harvard.edu/urn-3:hul.eresource:accesmed

AccessMedicine is a searchable, online collection of first-line and specialty textbooks from McGraw-Hill Medical, including Harrison's Principles of Internal Medicine, Hurst's the Heart, Lange's Current Diagnosis and Treatment series, and many others. AccessMedicine includes other tools such as images, video and test preparation materials.

What's it good for? AccessMedicine is useful in answering background questions such as "What do I need to know and do to take care of a patient with history of non-Hodgkin lymphoma?" Or, "what is the approach to a patient with tremor?" Particularly useful for students early in their training, it's a quick and reliable reference for anyone.

What's slick about it? Searching across the entire collection, for 'tremor' for instance, results in a list of relevant chapters from individual books such as Harrison's, Principles of Neurology, and The Patient History. Results can be refined further by topic (treatment, diagnosis) or format (textbook, video). AccessMedicine is licensed by the Harvard Library for all Harvard ID holders. Access through the Countway Library with an eCommons account or HarvardKey.

2016 Medical Education Day
Abstract Award Recipients
Graduate Education

**Innovation Honorable Mention**
Pediatric Resident Mental Health
T. Seimears, MD; K. O'Donnell, MD; C. Michelson, MD

**Innovation Award Winner**
Impact of Live Patient Didactic Conference on Neurology Resident Outpatient Education
Christopher T. Doughty, MD; Tracey A. Milligan, MD; Tracey A. Cho, MD

**Medical Education Research Award Winner**
A Randomized Trial of a Simulated Versus Didactic Educational Intervention to Teach End-of-Life Communication to Internal Medicine Residents in the Intensive Care Unit
David C. Miller, MD; Amy M. Sullivan, EdD; Jakon I. McSparon, MD; Asha Anandaiah, MD; Brett Armstrong, MPH; Laura Rock, MD; Margaret M. Hayes, MD

Student Research

**Award Winner**
Defining Curricular Priorities for Student-As-Teacher Programs: A National Delphi Study
Jasmine Rana, BA; Amy Sullivan, EdD; Molly Brett MD; Amy Weinstein MDL; K. Meredith Atkins MD, SaT Delphi Working Group

**Honorable Mention**
The Youth Alliance for Medical Education: A Community-Based, Youth-Driven Model for Teaching Culturally Responsive Care of LGBTQ Youth
H. Li; L. Palmer; M. Werba; E. Chiang; V. Rojas; A. Kominami, LICSW; M. Tamanaha, MPH; J. P. Calzo, PhD, MPH

Undergraduate Education

**Innovation Award Winner**
Faculty Perspectives of Using a Standardized Oral Exam to Assess OB/GYN Clerkship Students
Xiaodong (Phoenix) Chen, PhD1; Katharyn M. Atkins, MD2, Holly R. Khachadoorian-Elia, MD3, Celeste Royce, MD2, Carey M. York-Best, MD3, Natasha R. Johnson, MD1

**Medical Education Research Award Winner**
Assessing the Effectiveness of Mechanistic Concept Mapping in CBCL via Randomized Controlled Trial
K. Fischer MD, PhD; RM. Schwartzstein, MD

Medical Education Day 2016:
GPS Navigating Pathways
for the video of Medical Education Day introductory remark and Keynote speaker please [click here](#)
Upcoming Academy Events

Faculty Development Workshop sponsored by the Critical Thinking Academy Interest Group
Thinking about our thinking: An exploration of Cognitive Bias and Clinical Reasoning Pitfall
Wednesday November 16th, 2016 // 3:30- 5:00 PM // TMEC 306 - RSVP

Kathleen Huth, MD, FRCPC, MMSc. Medical Education Candidate, Harvard Medical School Lecturer, Department of Pediatrics, University of Ottawa
Celeste Royce, MD, Instructor, Department of Obstetrics and Gynecology, Beth Israel Deaconess Medical Center

Click here for more information

Medical Education Grand Rounds:
Breaking Down the Barriers to Diversity and Inclusion
Friday, November 18, 2016 // 7:30 - 9:00 AM // TMEC 227 - RSVP

Joan Reede, MD
Dean for Diversity and Community Partnership
Professor of Medicine
Harvard Medical School

Click here for more information

Medical Education Grand Rounds:
A Systems-based Vision for Medical Education in the 21st Century
Friday, December 16, 2016 // 7:30 - 9:00 AM // TMEC 227 - RSVP

Robert Englander, MD, MPH
Associate Dean for Undergraduate Medical Education
University of Minnesota Medical School

Click here for more information

For the complete calendar of Academy Faculty Development Programs click here

Who's who in the Harvard Medical School Academy

Beth Harper, MD is a pediatric hospitalist at Boston Children's Hospital. She is an instructor of Pediatrics at Harvard Medical School, and the Assistant Clerkship Director for the HMS Pediatrics Clerkship at BCH. Dr. Harper graduated from Yale University and the University of Pennsylvania School of Medicine prior to completing her residency in Pediatrics in the Boston Combined Residency Program at BCH. Dr. Harper is a current Rabkin Fellow in Medical Education, with her project teaching critical thinking skills to pediatric clerkship students utilizing non-clinical cases. In addition to her work with the clerkship, Dr. Harper is actively involved in other undergraduate medical education courses through HMS. Dr. Harper's other areas of interest include pediatric training internationally, with a forthcoming project to understand the pediatric workforce and training systems internationally, in collaboration with the International Pediatric Association. Apart from education, Dr. Harper is also involved with quality improvement projects for the hospitalist group at BCH.
Anthony Breu is a hospitalist and the Director of Resident Education at the VA Boston Healthcare System and an Instructor in Medicine at Harvard University. He completed undergraduate studies in Bioethics at Brown University, followed by a medical degree from The Warren Alpert Medical School of Brown University. He then completed his internal medicine residency and chief residency at Beth Israel Deaconess Medical Center. Dr. Breu is a graduate of the Rabkin Fellowship in Medical Education with a project that examined harm done through routine care. He is a teaching attending on the inpatient general medicine and consult medicine services and serves as the Director of the Inpatient Medical Consult Service. Dr. Breu is also a member of the Center for Bioethics at Harvard Medical School, where he is Course Co-Director for the Medical Ethics and Professionalism component of Essentials of the Profession and the Course Director for the required Introduction to Clinical Ethics course in the Masters of Bioethics Program.

Upcoming Medical Education events & announcements that might interest you
(Listed in order of occurrence or deadline)

Promotion at HMS Series
Sponsored by the BIDMC Office for Academic Careers and Faculty Development

Led by: Dr. Jonathan Matsui, Program Director for Faculty Appointments, Office for Faculty Affairs, HMS & Dr. Dagmara Cotti, Program Director, Faculty Appointments, Office for Faculty Affairs, HMS

Promotion Criteria from Assistant Professor to Associate Professor at HMS

Led by Dr. Jonathan Matsui
Wednesday, November 16th
3:30pm-4:30pm
Shapiro 1A

To register please click here

Promotion Criteria from Associate Professor to Professor at HMS

Led by Dr. Dagmara Cotti
Wednesday, December 14th
3:30pm-4:30pm
Rabkin Board Room

To register please click here

If you cannot register using the links above, please email Liz Langley (ealangle@bidmc.harvard.edu)

Please join us for the Boston Premiere of: Walk on the Wild Side
Sponsored by the Katherine Swan Ginsburg Program for Humanism in Medicine

Monday, November 21 // Leventhal Auditorium // Shapiro 2nd floor

Doors open at 6:00 PM for refreshments // 6:30 PM screening
7:30 PM Q&A with Director, Germaine McCormack-Kos

This event is free but please reply to Ali Smith: asmith24@bidmc.harvard.edu

Principles of Medical Education: Maximizing Your Teaching Skills
Sponsored by the Carl J. Shapiro Institute for Education and Research at Harvard Medical School and Beth Israel Deaconess Medical Center
Wednesday March 29-31, 2017
The newest version of the CME course, Maximizing Your Teaching Skills, will be held at the end of March 2017. The course has been expanded over the past several years to offer more small group sessions on advanced skills including concept mapping and peer observation. There is also an optional simulation component, and we continue to hold 5 workshops in which all participants are engaged as part of the core curriculum.

Interest in the course remains very high (we sold out again last year), and we encourage everyone with an interest in an intense experience to sharpen your skills to sign up for the course. More details can be found at: [http://www.medicaleducators.hmscme.com/](http://www.medicaleducators.hmscme.com/)

Podcast of Past Academy Events:

**Medical Education Grand Rounds**

**Curriculum reform: Plus ça change?**
*Wednesday, September 14, 2016*

*Brian Hodges, MD, PhD, FRCPC*
Executive Vice-President Education, University Health Network; Professor, Department of Psychiatry, University of Toronto; Scientist, Wilson Centre for Research in Education; Richard and Elizabeth Currie Chair in Health Professions Education

For the podcast of this event [click here](http://www.medicaleducators.hmscme.com/)

**The Use of Virtual Team-based Learning in Global Education**
*Friday, October 28, 2016*

*Ajay Singh, MBBS, FRCP, MBA*
Senior Associate Dean for Global and Continuing Education
Director, Master in Medical Sciences in Clinical Investigation (MMSCI) program
Harvard Medical School

For the podcast of this event [click here](http://www.medicaleducators.hmscme.com/)

New Medical Education Pubmed Citations from Academy Members

Please note that we use an automated search system to identify new pubmed-cited medical education literature. If we have missed a medical education paper you have published, please let us know. Also, please let us know if you have published medical education materials on MedEdPortal or other sites.

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