News You Can USE: Michigan State University offers robust support for students and faculty wishing to study or perform clinical work outside of the United States. All students and faculty who plan on engaging in service-learning, clinical or research programs or College of Human Medicine related activities outside of the United States are asked to fill out a pre-trip authorization (not travel expense report unless authorized) for entering information in the MSU travel database. MSU monitors locations for hotspots 24/7. The University provides many benefits to those who register, including evacuation and repatriation insurance for health, natural disaster or national security emergencies, as well as extra health insurance and a 24-hour hotline for urgent issues such as lost passports. The University strives to keep members of its community safe while traveling, and regularly assesses the risks associated with travel to different regions. Please see MSU Office of Study Abroad and Heath, Safety and Security Concerns in Study Abroad for further information, or contact Ms. Margo Smith in the College of Human Medicine.

The next Curriculum Town Hall is March 7, 2016 from 4:30-5:30 p.m. in A219 Clinical Center and 130 Secchia Center with live broadcast on Mediasite.

Kudos: Dr. Ade Olomu, Professor in the Department of Medicine, received the Community Engagement Scholarship Award and Ms. Marolee Neuberger in the Department of Family Medicine received the Distinguished Academic Staff Award. They were honored at the All-University Awards Convocation on February 9, 2016.

Dr. Wanda Lipscomb, Associate Dean for Student Affairs and Senior Associate Dean for Diversity & Inclusion, has been appointed to serve on the Department of Health and Human Services, Health Resources and Services Administration Technical Working Group for the HRSA Bureau of Health Professions, Diversity Workforce Branch. The Technical Working Group is drafting recommendations for long term evaluation of HRSA Workforce Diversity Grants and Contracts. Dr. Lipscomb has served as the Principal Investigator on numerous HRSA grants, including the currently funded Centers of Excellence Grant for Diversity in Medicine.

Curriculum Process and Progress: CHM is one of 10 medical schools participating in the AAMC pilot project studying Core Entrustable Professional Activities for Entering Residents, known as CoreEPAs or by the acronym CEPAER. The goal of the project is to understand what will best enable students to be entrusted to perform 13 key tasks required of new interns in order to maximize patient safety and new resident competence and confidence at the transition from undergraduate education to residency training. Planning is taking place for accomplishing this within both our present curriculum and our new curriculum structures. The seventh of the 13 Core Activities is:

**Forming clinical questions and retrieving evidence to advance patient care:** Our students learn about how to craft and then determine the evidentiary basis for answering PICO questions (Patient problem or population/Intervention/Comparison/Outcomes) in several places in our curriculum. They are introduced to the framework in the Block 2 Epidemiology course. They also craft PICO questions as a part of their CAAM Course (Critical Appraisal/Analytic Medicine Course) as well as during their Pediatric Clerkship and their Psychiatry Clerkship Practice and Feedback Simulation.
Academic Affairs Person You Should Know: Robin DeMuth, MD, is an associate professor of family medicine and Assistant Dean for Clinical Experiences.

Dr. DeMuth attended Rice University in Houston, TX for her bachelors, and then taught high school, working with at risk kids in E. Texas. With the kids who had special needs, she saw a vast difference in experience for those who had been correctly diagnosed and connected to helpful services early on, as compared with those kids that had been missed or whose parents had struggled to find their way without any help. One child had been misidentified in terms of his schooling needs three different times before receiving an appropriate school program as an early teen. So, this bright young man, who by high school was a favorite of the librarians as he checked out at least three books each day which he read in any spare moment, had started out in classes intended for those who were hoped to one day hold supported employment washing tables. (Not surprisingly, by the statistics, he was an African-American male – a group amongst the most likely to be misidentified, as well as overrepresented, in special education.)¹

This vision of a physician recognizing normal development vs. areas of concern, and being a guide for families through the maze of potential community services, led her to medical school and eventually to primary care. Dr. DeMuth attended the College of Human Medicine. Returning to MSU was something of a homecoming to her, as she grew up twirling on lab stools in the Biochemistry building while her mom was in graduate school. While applying to residency, she criss-crossed the country to interview at different residency programs – and then decided to stay right here and attend the Sparrow/MSU Family Medicine Residency!

During residency she found a mentor in Dr. Suzanne Sorkin, a long time MSU and residency faculty member, who was then the Director of Clinical Skills for the College, and started helping out with some medical school teaching. After residency, she joined the CHM faculty. She sees patients in the Clinical Center and delivers babies and rounds on adult and pediatric patients in the hospital with the FM residency service. As Assistant Dean for Clinical Experiences, she is working with teams of faculty on building the curricular elements for the Shared Discovery Curriculum.

Dr. DeMuth is married to another physician, James DeMuth, who is an internist and hospitalist. They have two kids, Alexa, 13, and Ryan, 8, who keep them busy running all over. They like to travel, and Dr. DeMuth usually plans a surprise trip for spring break. Last year it was White Sands, Guadelupe National Park, and Carlsbad Caverns. This year it’s …. shhh… secret!

¹ Blanchett, WJ. A Retrospective Examination of Urban Education. From Brown to the Resegregation of African Americans in Special Education—It Is Time to “Go for Broke” Urban Education July 2009 vol. 44 no. 4, 370-388.
**Tip for Students:** Do you feel like you need to jump-start your study techniques? An interesting (but long) article by a group of educational psychologists examines the evidence behind various common practices. The group concludes that five techniques are 'low utility,' including summarization, highlighting, keyword mnemonic, re-reading, and image use for text learning. Practice testing (e.g. flashcards, quizzing each other) is better than re-reading and highlighting. The best techniques for truly learning (as opposed to mere memorizing, or binge and purge cramming) are practice testing and distributed practice (spread the practicing of material out over time, e.g. do a little of each subject every day, instead of the same subject all day for a single day). [Dunlosky J, Rawson A, Marsh E et al, *Improving students' learning with effective learning techniques*, *Psychological Science in the Public Interest* January 2013 Volume 14 number 1 pp 4-58] While there are exceptions to every rule, you might consider another technique if the highlighting and re-reading that you are currently practicing do not result in the scores and learning that you'd like to see. Another great resource is *Make it Stick: The Science of Successful Learning*, by Peter Brown and Henry Roediger III.

**Wellness Tip:** March is Nutrition and Fitness Month: Join us in wearing GREEN on Tuesdays! Watch for “Smoothies in the Student Lounge” with Dr. McGovern and Dr. Brady. Would you believe…? Listening to music while lifting can help you lift more weight. Exercise is more effective than caffeine at increasing your energy level. Laughing out loud can reduce cortisol levels and improve bone density.

**Patient Care Pearl:** Now is the time of year when you hear children coughing, wherever you go. While there are many causes of cough, let’s focus on how to quiet that common one, mucus dripping down the back of the throat and stimulating the cough reflex (also known as upper airway cough syndrome, and formerly known as postnasal drip). A review of randomized controlled trials involving children compared honey to placebo, dextromethorphan, and/or diphenhydramine in reducing the frequency of cough. This analysis concludes that honey is better than diphenhydramine and placebo, but no better (or worse) than dextromethorphan. ([Oduwole O, Meremikwu MM, Oyo-Ita A, Udoh EE. Honey for acute cough in children. Cochrane Database of Systematic Reviews 2014, Issue 12.]).

**Presentations and Publications:**

**Posters**
- **Beliefs about Medication among Patients on Oral Cancer Medication**  
- **Examining the Relationship between C-reactive Protein and PTSD Symptom Clusters**  
- **Oral Targeted Cancer Drugs: Factors that Treatment Interruptions**  

**Presentations**
- **Examining the Impact of Intensive Resilience-Tactical Training on Cortisol Patterns among Special Forces Police Officers**  
- **Training to Prevent Adult Abuse and Neglect (TPAAN) a PHI-developed Curriculum**  
Presentations continued

- **Two Years follow up Mental Illnesses among Arab Immigrants in Southeast Michigan – 2010-2013**

Publications

- **Enteric Glia Mediate Neuron Death in Colitis Through Purinergic Pathways That Require Connexin-43 and Nitric Oxide**

- **Health information exchanges—Unfulfilled promise as a data source for clinical research**

- **Third and fourth year medical students' changing views of family medicine**
  Phillips JP, Charnley I. Family Medicine, 2016 (Feb);48(1):54-60.

- **Worker-to-worker violence in hospitals: Perpetrator characteristics and common dyads**

Did you publish or present recently? Send your citation to CHM.AcademicAffairs@hc.msu.edu, and we will list your accomplishments in the next edition of the Academic Affairs Monday Monthly!

An archive of Academic Affairs Monday Monthly newsletters can be found here.