News You Can USE: It’s great to once again have the full complement of students in our buildings and communities. Take time to enjoy these last days of summer by getting out whenever you can to enjoy what the outdoors has to offer. For example, did you know that this Wednesday, August 31, you can see the Aurigid Meteor Shower? You have to get up before dawn, but it might be worth trying to see this week, because we are passing through it at the same time we have a new moon.

If you like to know what’s going on in the skies above while you’re up late studying, bookmark this site: [http://www.astronomy.com/observing/tonights-sky](http://www.astronomy.com/observing/tonights-sky).

Kudos: Kudos to the following students, who have been accepted into TIP. TIP is “The Integrated Program,” a transitional program which allows an early agreement that a student will enter one of our communities’ family medicine residencies. These students will participate in a family medicine sub-internship in their residency communities, complete a research project involving family medicine, and begin seeing patients in a continuity clinic, all during the fourth year of medical school. TIP offers a wonderful way for students who are committed to the specialty of family medicine to have what equates to an early match, often with a financial reward to offset student loans. The process for acceptance into TIP is competitive, and a win-win for all involved.

Please congratulate:
Dan Drake, MidMichigan Medical Center, Midland
Anthony Oraha, St. John Providence Family Medicine Residency Program, Southfield
Tarajo Reinhart, Grand Rapids Family Medicine Residency Program, Grand Rapids
Sarah Robbins, Sparrow/MSU Family Medicine Residency Program, Lansing
Jeffrey Sweers, Grand Rapids Family Medicine Residency Program, Grand Rapids
Nicole Zimmer, MidMichigan Medical Center, Midland

Dr. Wanda Lipscomb was honored with the 2016 Pillar Community Award from the Lansing Black Chamber of Commerce in spring 2016 for contributions in education and commitment to diversifying the health professions workforce. Dr. Aron Sousa, Interim Dean, and the College of Human Medicine were publicly recognized for the support of the chamber and its initiatives.

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 twelfth of the 13 Core Activities is:
The CoreEPA pilot schools have decided that new residents need to be able to competently perform the following procedures:

1. Cardio Pulmonary Resuscitation
2. Sterile technique
3. Venipuncture
4. Placement of an intravenous line
5. Placement of a foley catheter
6. Bag-Valve-Mask ventilation

Our students are required to be current in their CPR training, and receive instruction in most of these procedures. The challenge is to provide enough practice to become comfortable doing each of them independently before graduation. The college is actively working on how to provide more opportunities for practice and feedback on each of these components of EPA 12.

**Academic Affairs Person You Should Know:** William (Bill) Short, MD, is a family medicine physician as well as CEO and Community Assistant Dean of the Michigan State University College of Human Medicine – Upper Peninsula Region. He is also a member of the UP Health System – Marquette Board of Trustees and sits on the MSU College of Human Medicine Admissions Committee. Additionally, he serves as a preceptor for the Marquette Family Medicine Residency Program where he once held the position of Director and is a member of the program’s fourth graduating class.

Bill is passionate about preparing students to be compassionate, expert physicians for underserved populations, particularly areas within the Upper Peninsula. He is an example of an Upper Peninsula native who returned to practice medicine and he takes great pride in graduates of the MSU College of Human Medicine Upper Peninsula Region and the Marquette Family Medicine Residency Program who have done the same. In fact, he recently collaborated with lead author and MSU College of Human Medicine colleague Andrea Wendling on Thirty Years Training Rural Physicians: Outcomes From the Michigan State University College of Human Medicine Rural Physician Program published in Academic Medicine. After analyzing 30 years of outcomes, the article determines that the RPP has met the program goals. Of training medical students who have chosen rural practice, primary care and rural high-need specialties. Twenty-six percent of the programs first 30 years of graduates are currently practicing in the UP.

Bill received his undergraduate degree from Michigan Technological University in Houghton, Mich., before going on to earn his medical degree from the University of Michigan Medical School in Ann Arbor, Mich. He completed an internship at Marquette General Hospital in Marquette, Mich., now UP Health System – Marquette and his residency at the aforementioned Marquette Family Medicine Residency Program.

Bill enjoys time outdoors, especially hiking, biking and cross-country skiing. He has been known to arrive at work with his bike shoes and helmet in the summer and leave in his ski apparel in the winter. He and his wife, Rita, have four adult children and two grandsons and enjoy spending time with family at their cottage in the western UP.
Tip for Students: This year our first and second year students will share the East Lansing and Grand Rapids communities just as they always have. There will be “big sibs” and student-run electives and late nights and weekends studying just as there always have been. Second year students will be asked questions by first year students about how they got through the first year, and what lies ahead for them in their clinical community. So though our CHM first and second year students will not share the same first year curricular experience, they will still share many things – most importantly that they are fellow CHM medical students following a challenging but exciting path to residency and practice. CHM students will continue to help each other navigate that path!

Wellness Tip: September is “Positivity” month! Is the “glass half full” or “half empty”? It can depend on how we train ourselves to look at life. Noticing positive qualities, behaviors and experiences improves mood, health and hopefulness about life. Prescription (Rx) for success and well-being during medical school: “Practice Three Good Things.” Get in the habit of identifying three things that went well each day and what you did to bring those things about!

Patient Care Pearl: One of the most common and morbid conditions that you will encounter in your patients is obesity. The prevalence of obesity in children and adolescents has soared over the past three decades, with potentially severe consequences. For example, the prevalence of non-alcoholic fatty liver disease (NAFLD) in Western countries is 20-30 percent. The prevalence of NAFLD in children is 3-10 percent, increasing to 40-70 percent in obese children! (Bellentani S, et al, Epidemiology of non-alcoholic fatty liver disease, Dig Dis 2010;28(1): 155-61).

In this month’s journal Pediatrics, the American Academy of Pediatrics publishes a recommendation on preventing obesity and eating disorders in adolescents. According to this publication, eating disorders are the third most common chronic disease in adolescents, with asthma and obesity ranking higher. The article suggests that, rather than telling overweight teens that they need to lose weight, parents should emphasize eating healthy foods and increasing activity. This does NOT equate to emphasizing food avoidance or restricted eating, but rather, incorporating healthy foods (whole grains, fruits, vegetables, legumes) into the diet. “Dieting” is associated with an increase in the development of obesity and eating disorders. Also, the practice of eating meals together as a family is associated with more healthy eating behaviors and dietary intake (with the possible exception of sitting around a bucket of chicken with no utensils or napkins in sight, as demonstrated in a recent ad for a popular food chain). You can read more about evidence-based management strategies here.

Presentations and Publications:

Posters
- **Intensive Study Period Analysis and Step 1 Preparation among Block II MSU CHM Students**
- **The Link between Depression, Pregnancy, and Inflammation**
- **Management of Concussions in Adolescent Athletes amongst Michigan Family Physicians**
- **Treatment of Hallux Rigidus: Allograft Interpositional Arthroplasty versus Arthrodesis**
Presentations

- **Appropriate Preventive Care**

- **A Community-Based, Technology-Supported Evaluation of Acutely-Ill Demented Patients in Nursing Homes**

- **Comprehensive Care Delivery for Bleeding/Blood Disorders through Telemedicine™ with a Variety of Providers at Multiple Delivery Sites**

- **Depression and Substance Abuse among Refugees and Immigrants of USA**

- **The Fate of Disabled Bodies in a Posthuman Future**

- **The Impact of Caregivers’ Depression on their Physical Health**

- **An Integrated Technology Approach for Preventing Relapse in Recently Hospitalized Schizophrenia Patients**

- **Introduction to Qualitative Methods and Applications for Student Affairs Professionals**

- **Introduction to Student Diversity Affairs, Group on Student Affairs New Member Program**
  Wanda Lipscomb. Association of American Medical Colleges, Careers in Medicine, GSA, and OSR Professional Development Conference. St. Louis, MO. June 2016.

- **Medical Assessment of Decisional Capacity**

- **New Jersey Academy of Family Physicians’ The Many Facets of Chronic Pain Management**

- **Post-Baccalaureate Programs: A Strategy to Enhance Diversity in Medicine**
  Wanda Lipscomb. Association of American Medical Colleges, Careers in Medicine, GSA, and OSR Professional Development Conference. St. Louis, MO. June 2016.

- **Practice Characteristics of Genetic Counselors Serving the North American Bleeding Disorders Community**

- **Preventing Type 2 Diabetes through Physician Engagement**

- **Rational Use of Controlled Substances in Non-malignant Pain**

- **Rethinking the Role of the Environment for Brain and Mental Health**

- **Understanding the Human Experience of Illness and Healing through the Arts**
Presentations continued

- **What is Enough? Sufficiency, Justice and Health**

Publications

- **2013 Review and Update of the Genetic Counseling Practice Based Competencies by a Task Force of the Accreditation Council for Genetic Counseling**

- **Choosing Wisely: Is Parsimonious Care Just Rationing?**

- **Colorectal cancer screening modalities: Variable uptake, variable yield**

- **Coordinated Technology-Delivered Treatment to Prevent Re-Hospitalization in Schizophrenia: A Novel Model of Care**

- **Educational debt in the context of career planning: A qualitative exploration of medical student perceptions**

- **Health Technology Intervention after Hospitalization in Schizophrenia: Service Utilization and User Satisfaction**

- **Hearts in rhythm**

- **Hypertension and Type II diabetes are not associated with visceral inflammation or vascular remodeling/fibrosis in obese women**

- **Implementing shared decision making in federally qualified health centers, a quasi-experimental design study: the Office-Guidelines Applied to Practice (Office-GAP) program**

- **Internet use by patients with bipolar disorder: Results from an international multisite survey**

- **Is hospital discharge unsafe?**

- **Meta-analysis: Intensive BP control decreases major CV events and stroke, but not MI, heart failure, or mortality**

- **Moving from performance to authenticity: Reflections on grading students in the real world**


• **Tips toward better clinical summaries** Bopp S, Sarzynski E. The Hospitalist, June 2016.


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!

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