NEWS YOU CAN USE

A recent study from Washington State University has supported the hypothesis that aerobic exercise enhances prospective memory. Prospective memory is the ability to remember to perform a task or recall some planned task at a time in the future. Retrospective memory is based on recall of something seen or experienced in the past. In this study, 145 college students were randomly assigned to one of four groups: sitting, aerobic exercise, resistance exercise with a kettlebell, and yoga. The students participated in the activity for about 20 minutes, and afterwards, were tested using standardized assessments of retrospective and prospective memory. The accuracy of retrospective memory was not improved significantly with exercise as compared to sitting, but prospective memory benefitted significantly from exercise, and aerobic exercise seemed to result in a significant benefit in terms of fewer prospective memory failures. [Wilsie EK, Cuttler C, LaFrance EM, Connolly CP, Don't forget to exercise: the effects of different forms of exercise on memory. Medicine and Science in Sports & Exercise; 50 (5S) Supplement 1:89, May 2018.]

PERSON TO KNOW

Joy Skutt earned an Associate’s Degree in Information Systems from Montcalm Community College in 2001. She began her career at MSU a month later in Human Resources and began her position with Office of Student Affairs in 2002. She worked in the East Lansing office until 2014 and now is a fixture in the Grand Rapids office. A few of her roles consist of facilitating the elections of committee representation for the 1st year, 2nd Year, and 3rd year students; assisting with AOA, Scholarship selection process and maintaining records of scholarship recipients for each year. She also assists with commencement, and Prematriculation and Orientation. She has worked closely with the ABLE program and Reach Out to Youth as well as many other duties.

Currently Joy serves as the Secretary for the White’s Bridge Historical Society (WBHS). WBHS has been committed to raising funds to rebuild the historic White’s covered Bridge between Belding and Lowell after it was destroyed by arson in 2013. The new bridge is expected to be completed in 2019.

Joy has spent most of her life growing up and raising her children, primarily as a single parent, in Belding, MI. She has four grown children (Tara, Brandon, Kendra, Trevor) and three grandchildren (Allie, Serenity, Victor). In her spare time, she enjoys walking, TV/movies, baking, home improvement projects, traveling and spending time with her family and significant other (Bart).
KUDOS
Each year at the Annual Michigan Rural Health Conference, we present the Rural Health Professional of the Year Award to an individual who has provided outstanding leadership and commitment to rural health; this year's winner is Dr. Andrea Wendling. Dr. Wendling is a rural family physician in Boyne City and an associate professor and director of the Rural Health Curriculum for Michigan State University's College of Human Medicine. Everyone who knows Dr. Wendling knows there is a fire for rural medical education inside her that is contagious. There is no student that she has worked with that has not improved. I think Andrea is a great selection for our Rural Health Professional Award. Her vision and passion for rural Michigan is unshakable. (Written by John Barnas, Executive Director, Michigan Center for Rural Health)

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. The goal of the project is to understand what will best prepare students to competently perform 13 key tasks required of new interns. The goals are to maximize patient safety and also to maximize new resident confidence and well-being at the stressful transition from undergraduate education to residency training.

The concept of “entrustability” combines having the knowledge and skills to complete a given workplace activity (like doing a history and physical examination) with being trustworthy. Trustworthiness is felt to have three components; honesty (telling the truth no matter how hard it is to do so), conscientiousness (being on time, completing work when promised) and discernment (knowing when to ask for help).

The SCRIPT competency milestones laid out in the Manual for Assessment and Promotion (MAP) have knowledge, skills and truthworthiness built into them. Students have been doing “workplace-based assessments” ever since the beginning of their Early Clinical Experience and throughout the Middle Clinical Experience. We have called them “mini CEXs.” These workplace-based assessments will continue as part of the clerkships and electives.

During the Late Clinical Experience, students will also be doing workplace-based assessments keyed to each of the 13 Core EPAs as part of the Advanced Skills and Knowledge courses. The checklists are found in JustInTimeMedicine and the evaluation asks preceptors to mark whether students needed lots of help and guidance or could do it on their own, and everything in between. In this way, our students will get observed practice and feedback on these key activities, and we will better understand which of our curricular efforts support becoming competent in the 13 CoreEPAs and what needs to improve.

Stay tuned as we understand CoreEPAs better and better over the next months.
TIP FOR STUDENTS
As you are beginning on clinical rotations, do not forget about useful point of care resources available for free download from the MSU Library! DynaMed Plus and Essential Evidence Plus are both evidence-based resources that can help you with roundsmanship, including differential diagnoses, drug choices, and diagnostic tools. VisualDx is a web-based tool that can help with identification of dermatologic and other ailments. Check out these and other tools at https://lib.msu.edu/health/poc/.

WELLNESS TIP
Resilience is our innate and learned ability to bounce back from adversity and significant stress whether the stress is physical or psychosocial. Strengthening our immune system by eating nutritious foods may help reduce our risk of developing a virus or getting ill when under stress (e.g. being in medical school) and help us to bounce back more quickly when we do become ill. So, visit your local Farmers’ Market or supermarket and pick up some of the following foods to strengthen your immune system: Red Bell Peppers, Broccoli, Garlic, Ginger, Spinach, Citrus fruit, Almonds, Turmeric, Green Tea, Papaya, Kiwi, Poultry/Fish, Sunflower Seeds and Shellfish (Healthline, 2017). In August, keep an eye out for information on Resilience in Tuesday Wellness emails.

PATIENT CARE PEARL
You are becoming familiar with “Wash in, wash out” while visiting hospital patients. Many wash stations consist of only alcohol-based cleansers, as opposed to soap and water. A study published this month in Science Translational Medicine suggests that enterococcus species are becoming more “tolerant” of alcohol washes, apparently through adaptive gene mutations that result in a change in carbohydrate uptake and metabolism. [Pidot, SJ, Gao W, Buultjens AH. Science Translational Medicine 10:452; August 2018]. We already know that one notorious nosocomial, C. Difficile, is not eradicated with alcohol cleansers and requires soap and water to prevent spread. It is time to start looking for the sinks!

PRESENTATIONS AND PUBLICATIONS
POSTERS
- Biopsychosocial Factors Associated with Successful Completion of Opioid Recovery Program
- Do Adults with Bipolar Disorder have a Preference among Activity Monitoring Devices?
- Effects of Brief Psychotherapy Treatment of Maternal Depression on Stride Length
POSTERS continued

- **Efficacy of clinic-based treadmill walking in creating behavioral change in overweight and obese adults with bipolar I disorder**

- **Opiate Knowledge Among High School Athletes**

PRESENTATIONS

- **Examining Medical Students’ Domain Performance Using Time-Varying Longitudinal Data**

- **From Idol to Icon: Transforming Medical Images into DisArt**
  Stahl D. Summer Institute on Theology and Disability. Raleigh, NC. June 2018.

- **Identifying Subtypes of Medical Students’ Performance Assessment Results Using a Latent Class Quadratic Growth Analysis (LCQGA)**

- **Individualized Rotational SIM: How do you prepare second year medical students entering 12 different rotations?**

- **Just Caring Challenges: Visible Biomarkers and Invisible Rationing**

- **‘Neuroenhancement’ en países de habla hispana,” panel, “Neuroethics in Mexico: Considerations for development**
  Cabrera L. Asociación Mexicana de Neuroética. Mexico City, Mexico. May 2018.

- **Post-Partum Depression Screen- Are we doing a competent job in screening?**

- **Tele-education: From Classroom to "Virtual" Bedside**
  Khilanani, A. Stanford Medicine X. Palo Alto, CA.

- **Treat Yourself: Tips to Market Yourself Professionally in 2018**
  Lindsay Gluf. 2018 Association of Surgical Education Meeting. Austin, TX. May 2018.

PUBLICATIONS

- **A 13-year-old Boy with Abdominal Pain and Diarrhea**

  Perspectives From the American Academy of Family Physicians Global Health Workshop
PUBLICATIONS continued

- **Assessment of the Legionnaires’ disease outbreak in Flint, Michigan**

- **Barriers to Entry into 12-Step Mutual Help Groups among Justice-Involved Women with Alcohol Use Disorders**

- **Competence Revisited in a Rural Context**

- **Completing Disability Forms Efficiently and Accurately: Curriculum for Residents**

- **Critical appraisal of the recent US FDA approval for earlier DBS intervention**

- **Does bullying affect work-to-private life interference? Testing the mediating role of resilience**

- **Does mental health influence weight loss in adults with prediabetes? Findings from the VA Diabetes Prevention Program**

- **Get that foot in the door: A partnership guide to health psychologists in cancer care**

- **He Called Him “Pops”**

- **It was never about The Cancer It was about Me**

- **Keep Doing the Good Work: Impact of Coworker and Community Support on Continuation of Breastfeeding**

- **Models of First Responder Coping: Police Officers as a Unique Population**

- **Organizational determinants of workplace violence**

- **Organizational efficiency and co-worker incivility: A cross-national study of nurses in the U.S. and Italy**
PUBLICATIONS continued

- **Rationales for expanding minority physician representation in the workforce: a scoping review**

- **Pretangle pathology within cholinergic nucleus basalis neurons coincides with neurotrophic and neurotransmitter receptor gene dysregulation during the progression of Alzheimer’s disease**

- **Reframing Professionalism: The Virtuous Professional**

- **Testing the reciprocal associations among co-worker incivility, organizational efficiency, and work-related exhaustion: a one-year, cross-lagged study**

- **The Persisting Problem of Precedent Autonomy Among Persons in a Minimally Conscious State: The Limitations of Philosophical Analysis and Clinical Assessment**

- **US Federal Policies Should Better Support the Primary Care Physician Workforce**

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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