Welcome to the Professional Development Block!

This rotation has been designed with YOU in mind. Specifically we have created a curriculum based on important tenets of post-graduate medical education, while allowing you some time away from the rigors of direct patient care. Please note, your participation during PDB will be evaluated, therefore we expect you to be on time to all sessions and participate fully. There are no “right” answers in PDB, so relax and enjoy, but please remain engaged and respectful!

Please review all material, including the schedule and required readings. You all will participate in a Microteaching session, therefore you will be preparing a short talk. You also will have some reading to do for the narrative medicine session with Dr. Stagno.

Please have your pager with you at all times -- unless we have specifically requested that you not have it with you (Play House, Museum, etc) -- as you will be on jeopardy call.

The course curriculum falls under these central principles:

1. Procedural Skills and Medical Knowledge
2. Communication and Medical Humanities
3. Quality Improvement and Patient Safety
4. Resident as Teacher

Enjoy!

Amanda Clark, MD

Procedural skills and Medical Knowledge

Session: Codes
Location: VA Simulation Center
What to bring: Nothing in addition to your brains
Description: In this session, interns will lead ACLS codes with their co-interns to gain practice and comfort with protocols and the AED and to review commonly made medication and code algorithm errors. The sessions are supervised by chief residents, hospitalists, and nursing staff utilizing simulation mannequins.
Group 1: to be determined at orientation
Group 2: to be determined at orientation

Session: Ultrasound and Procedures with Dr. LoPresti
Location: VA Simulation Center
What to bring: Please wear loose clothing in case you are asked to be a volunteer for ultrasound visualization. Please bring a pen as you will be taking a pre/post-test to assess your comfort and medical knowledge.
Description: While ultrasound is widely accepted and used in the field of emergency medicine, it has just recently started being applied to internal medicine residency training. Currently there is no formalized ultrasound training for our interns and residents. Ultrasound use is currently limited to placement of central venous catheters, however, this is only “hands-on” training without formal didactics or simulation practice. By using our existing ultrasound systems, interns will become familiar with the basic principles of ultrasound imaging and have an opportunity to become familiarized with the functions of the machines. They will learn how to incorporate ultrasound guidance into common bedside procedures including central venous catheterization, thoracentesis, paracentesis, and lumbar puncture. Using ultrasound simulators they will have an opportunity to practice real-time needle guidance for placement of internal jugular catheters and thoracentesis.
Session: Antibiotics with Dr. Armitage
Location: Carpenter Conference Room
What to bring: Nothing in addition to your brains
Description: This talk really needs no introduction! Dr. Armitage will review a broad variety of antibiotic indications, along with common pearls and pitfalls in prescribing patterns. This is, of course, a very well-received lecture that has been given since the first CSB/FCM/PDB curriculum in 2006!

Session: Biostatistics with Dr. McNamara
Location: VA medical library conference room, 1st floor of the VA
What to bring: Nothing in addition to your brains
Description: This session will provide you with a foundational understanding of basic statistics and probabilities needed to critically interpret and review medical literature. This session is meant to serve as an introduction to the journal club morning reports you will attend as senior residents.

Communication & Medical Humanities

Session: Art and Medicine
Location: Cleveland Museum of Art
What to bring: pen/pencil for reflective writing. There will be no pagers or cell phones allowed during the gallery portion of the session. Your bags and personal belongings can be locked in classroom during this time.
Description: The Cleveland Museum of Art (CMA) is partnering with the healthcare education community in Cleveland to utilize its collections as laboratories for students to develop observational and communication skills. The Art and Medicine program at the CMA is designed to strengthen communication and observation skills, build empathy and cultural awareness, and bring to consciousness the individual patterns of perception that guide each person’s perspective and focus. Using a variety of techniques and activities, the program offers a collaborative context for exploring styles of analysis, description, and interaction, honing both skills and awareness. During the two program sessions, we will experience the museum in several ways, spending time in the galleries, handling objects of art, and even making art ourselves. The program promises to be an enjoyable respite from the hectic hospital environment, while opening new insights into the processes of medical practice.

Session: Cleveland Play House with Corey Atkins
Location: Cleveland Play House. See Corey’s email for more detailed directions. CPH’s rehearsal spaces on the 5th floor of the Middough Building (1901 E. 13th Street). Please allow yourself plenty of time travel, park and arrive in the space 5 minutes prior to the start time. In theatre, you’re late unless you’re 5 minutes early!
What to bring: Nothing in addition to your brains. Please wear comfortable clothing (no heels/skirts please)!
Description: How often do we fail to react honestly to the present moment because of challenges or fears around communication, teamwork, or even our own personal comfort level? And how often does this limit our ability to think creatively, listen clearly and interact compassionately? Cleveland Play House Associate Producer, Corey Atkins, will lead the group through a series of games and exercises drawn from the world of theatre. The session is designed to cultivate creativity, compassion and collaboration, while challenging assumptions, all in a fun and safe team environment. This session is physical and interactive, with all attendees required to participate, regardless of “stage fright!”
Session: Motivational Interviewing and Handling the Difficult Patient with Drs. Singh and Mourad
Location: VA Simulation Center 2nd floor
What to bring: Nothing in addition to your brains
Description: Effective communication is essential to successful, patient-centered care. This workshop will review key principles in successful patient dialogue. After a didactic overview, interns will rotate through three interactive modules with a standardized patient actor. The intern-actor exchange will be observed by co-interns and faculty preceptor in order to provide real-time feedback. “Efficient health coaching in five minutes or less” emphasizes shared decision-making. “No such thing as a resistant patient” explores techniques to avoid increasing resistance in a reluctant patient while continuing to engage in meaningful discussion. Finally, “De-escalating patient conflict” concentrates on providing useful tools to residents on handling difficult patient encounters.

Session: Palliative Care Workshop with Dr. Weinstein
Location: Carpenter Conference Room
What to bring: Nothing in addition to your brains. If you recall a particularly difficult patient interaction or discussion, please be prepared to share that with the group.
Description: Dr. Elizabeth Weinstein, the medical director for supportive oncology at UH CMC Seidman Cancer Center will be doing this workshop on communication skills, giving bad news and goals of care discussions.

Session: Narrative Medicine with Dr. Stagno
Location: Department of Medicine conference room (Lakeside 3557)
What to bring: You will be expected to read the article by (link and hard copy emailed to you).
Description: Developing our learners’ ability to have “narrative competence” involves “our ability to adopt others’ perspectives, to follow a narrative thread of complex and chaotic stories, to tolerate ambiguity and to recognize the multiple, often contradictory meanings of events that befall human beings.” (Hunter, KM, Charon R, Coulehan J. Acad Med 1995) Stories, therefore, are a way we can teach about professionalism, empathy, illness experience, patient-physician relationship and other concepts; whether fiction or non-fiction, these can provide “written role models.” Reading the stories of great writers allows learners to engage their moral imaginations, provides a way for us to enter into a situation or “moral dilemma” and engages both the hearts and minds of our learners about that situation. Readers affectively connect with the characters and are allowed to think about how they might feel, react, respond, and to appreciate that the characters we are coming to know in these stories are complex, having competing obligations, motives and feelings and are not always behaving in an “all good” or “all bad” way – just like us! Narrative competence also makes room for self-awareness and self-reflection. The goal of a seminar in which a short story (or similar art form) is employed to teach about various aspects of professionalism is to provide a “written role model” or ethical/moral dilemma that stimulates discussion of professionalism in practice.

Session: Improv for Docs
Location: VA Rec Hal (next to the VA canteen)
What to bring: Nothing but your brains. Please wear clothing and shoes you can move in.
Description: Are you constantly kicked out of family meetings? Do your morning presentations sound like a hangover? Have you ever wanted to be more like Amy Poehler or Stephen Colbert? If you answered yes! to any of these questions, than this class is for you! You will learn improvisational comedy techniques to improve communication and teamwork skills. We will learn through short form games, awkward moments, and a lot of laughter. Courses will be led by Carolyn Chan (Planet Ant), Tracy Cubbal (Second City), and Deena Nyer-Mendlowiz (Second City). You can find them all performing around town.
Session: Bioethics with Dr. Griggins  
Location: Carpenter Conference Room  
What to bring: Nothing but your brains, but please think about a difficult ethical case you have encountered as you may be asked to share it with the group.  
Description: These sessions will review basic concepts of bioethics and will be facilitated by Dr. Cynthia Griggins, PhD, MA. An interactive discussion regarding commonly seen ethical issues will be held. Interns are asked to come prepared to this session, with an example of an ethical issue encountered in the inpatient or outpatient setting. This session also explores professionalism and ethical issues in the technological age of medicine, with topics such as responsible social media presence and digital communication with patients.

Session: Dittrick Museum of Medical History with Jim Edmonson  
Location: Dittrick Museum of Medical History. 11000 Euclid Ave, Cleveland, OH 44106. Meet in the Adelbert Lobby.  
What to bring: Nothing in addition to your brains.  
Description: The Dittrick Medical History Center is comprised of the museum, archives, and collections of rare books, artifacts, and images. The Center originated as part of the Cleveland Medical Library Association (est. 1894) and today functions as an interdisciplinary study center within the College of Arts and Sciences of Case Western Reserve University in Cleveland, Ohio. For a long time, the Dittrick could be said to be a doctor’s museum. Doctors created it, staffed it, collected for it, and saw it as a vehicle to document and venerate the medical profession. We still do that, but have broadened our mission to encompass a more universal perspective on health and medicine. There are doctors and medicine in that story to be sure, but a whole lot more. We embrace the experience of individuals and society, trying to understand what options they had and what choices they made. We provide narratives about key collection pieces, news and notes about upcoming events, and interesting and anecdotal reflections on our shared medical past and its connection to our present and future. This session will start with a discussion of how technology has affected the physician-patient relationship, followed by a tour of the museum’s exhibits.

Session: Senior Citizen Resources with Liz Hernandez  
Location: 3100 Devonshire Rd, Cleveland, Ohio 44109. The Senior Citizen Resources Center is located off of Pearl Rd behind the MetroHealth Senior Health Center (formerly Deaconess Hospital). The Center is located in the Deaconess Krafft apartment building. Park in the lot behind the building or on the street.  
What to bring: Nothing in addition to your brains.  
Description: The Senior Citizen Resources Center offers activities related to health and wellness to seniors in Old Brooklyn. Sessions will involve local senior citizens and will vary but may include a physical activity "training day," Meals on Wheels deliveries, trivia or mind game workshops, or healthy eating workshops.

Session: Wellness and Mindfulness  
Location: Walsh Conference Room  
What to bring: Nothing in addition to your brains.  
Description: Resident physicians are particularly prone to high levels of stress and burnout. These sessions will cover many topics, including physician wellness, resilience and stress management as well as mindfulness and emotional intelligence.
Quality Improvement and Patient Safety

Session: Quality Improvement/High Value Care with Dr. Bhavsar and the Quality Center staff
Location: Department of Medicine (Walsh) conference room
What to bring: Nothing in addition to your brains.
Description: Under the direction of the UH CMC Institute for Health Care Quality & Innovation staff, residents will be introduced and review core concepts of patient safety and quality including the HCAP survey, core measures and documentation. You also may attend a Medicine QA meeting to observe the concepts of peer review and quality improvement as they apply to patient care.

Resident as Teacher

Session: Microteaching with Dr. Clark
Location: Lakeside 4418 conference room on 4th floor
What to bring: a 10 minute non-medical talk
Description: Each resident will be asked to prepare a 10 minute NON-MEDICAL talk of interest to you to deliver to your colleagues. The best talks review something you know well and can teach your colleagues simply in the allotted time frame. Topics are variable and include: changing a baby’s diaper, applying makeup, making chocolate chip cookies, training for a 5/10K, the fundamentals of football/soccer/cricket/squash, ANYTHING goes! Microteaching sessions provide the residents a more detailed, critical, self-review of their teaching style. Teaching sessions are recorded, and immediately upon completion of the lecture each resident watches the video to provide self-feedback. At the same time, fellow interns are expected to develop constructive criticism for specific areas of improvement. The residents then spend an additional 10 minutes with the presenter reviewing the lecture together as a group, including self and peer evaluation.