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Introducing M&M: Mindfulness in Medicine

All of us have experiences from time to time that linger and create an impression of the work world in which we live. The cumulative effect of such experiences, for the learners in our midst, is the informal IUSM curriculum.

As part of a continuing effort to stimulate conversations about our campus environment, this issue of *Scope* introduces a new column, M&M: Mindfulness in Medicine, which will appear every other month. The purpose of this new column is to engage our medical school community in discussion and reflection about our learning and working culture. While IUSM has made great strides in developing an innovative formal curriculum based on nine core competencies, we recognize that a formal curriculum is just one way in which professional identity is shaped.

The informal curriculum, made up of myriad social and collegial relationships, is equally important and often more powerful. In fact, the behaviors, attitudes and thoughtfulness modeled by anyone in the community have an impact on everyone else – students, residents, faculty, staff and patients.

M&M: Mindfulness in Medicine is an editorial collaboration among the Teacher-Learner Advocacy Committee (TLAC), the Relationship-Centered Care Initiative (RCCI), and the Office for Medical Education and Curricular Affairs (MECA).

Each column will feature real stories, letters, poetry or art from members of our campus community. Some content will speak for itself; in some instances commentary from one of our professional colleagues will be included.

M&M stories and material will recognize our challenges but highlight laudable ethical and professional behaviors in the face of these challenges. It is our hope that the M&M stories will alternately entertain, inspire, stimulate reflection and

conversation, and call attention to compassionate and humanistic achievements.

It is hoped the columns will effectively demonstrate that, as Ronald Epstein, MD, director of the Rochester Center to Improve Communication in Health Care, wrote, "critical self-reflection enables professionals to listen attentively to others' distress, recognize their errors, refine their technical skills, make evidence-based decisions, and clarify their values so that they can act with compassion, technical competence, presence and insight." (JAMA. 1999;282:833-839) Read on!

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M&M: Mindfulness in Medicine

A Surgery Story

The following story was shared at a meeting of one of IUSM's vertical mentoring groups. The response was written by Keith Lillemoe, chairman of the IUSM Department of Surgery.

A student reports: A surgery resident was to begin a surgical procedure and have the patient ready for the attending to take over when he arrived. When he didn't arrive on time, the resident told those assembled that he would wait since he had never done this procedure before and was uncomfortable starting it without supervision. Although this decision created discomfort for some, the resident held firm. When the attending arrived, he publicly "bawled out" the resident. After he had calmed down and reflected for a bit, he said that the resident had, in fact, made the right decision and apologized for making a scene. He admitted that his strong reactions were due to his own discomfort and embarrassment at being late. The attending's admission of responsibility left a positive impression on the student and everyone involved agreed that the attending's admission of responsibility was a model of "conducting oneself professionally."

Response: Unfortunately, the event described here happens far too commonly on the surgical service and most frequently in the operating room. Contributing factors include the stress associated with the life and death nature of some surgeries, the technical and cognitive complexity of the environment, and the surgeon feeling that he or she is the "captain of the ship." Being late to the operating room would obviously create a domino effect for the rest of the surgeon's day, a stressful situation for anyone. Upon discovering that the resident had not made progress to help him "catch up," his frustration led to a public display of displeasure directed toward the resident. Regrettably, many surgeons have learned such behavior having seen it modeled by their own teachers.

Regardless of the causes, a lot went wrong in the case described above, but the outcome ended up right. A surgical resident, regardless of his or her level of experience, is still a trainee. While there are certainly aspects of an operation that a resident can proceed with safely and confidently, at no time should a resident be asked to proceed without supervision in a setting in which he or she feels uncomfortable. The decision of the resident in this case was clearly the correct one. Having been there myself on a number of occasions, I am sure that the attending realized within minutes that the resident had done the right thing and that it was the attending's reaction that was inappropriate. Rather than try to save face and continue to show "command" of the situation, he made the effort to publicly apologize for his error and affirm that the resident had made the right decision.

It is important for surgeons to remember that there is no one, resident, scrub nurse, anesthesia team member or other, who is not trying to do his or her best. Even when a strong response seems justified at the time, recognizing and acknowledging difficult interpersonal dynamics can go a long way to soothing any hard feelings, and the day may still be salvaged with a brief apology and a thank you to everyone involved. This incident shows that we surgeons are learning to better deal with frustrating situations. It is my hope that my surgical colleagues will continue to maintain this progress in the future.

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Mark your calendar: All School Grand Rounds Jan. 11

Kenneth Ludmerer, author of the widely quoted book "Time to Heal" and the recent *JAMA* article "Reforming Graduate Medical Education," will deliver the first of this year's All School Grand Rounds from 8:30 a.m. to 9:30 a.m., Wednesday, Jan. 11, in Myers Auditorium, Wishard Memorial Hospital. The title of his presentation is "The Coming of the Second Revolution in Medical Education."

Dr. Ludmerer is a professor of medicine at Washington University School of Medicine and a professor of history, Faculty of Arts & Sciences, Washington University, St. Louis, Mo.

Of "Time to Heal," one reviewer wrote: " An exceptionally clear, meticulous dissection of the interactions between medical education, medical schools, academic hospitals and the health care system. Unless his compelling admonitions about the travails of medical education as the century ends receive the attention of leaders, we endanger the quality of future physicians. (The book) establishes Ludmerer as one of the great medical historians." -- Jerome P. Kassirer, MD, editor-in-chief, *New England Journal of Medicine*.

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Values Fund deadline extended

The Education and Research Committee of the Clarian board has extended the Values Fund deadline for education and research grants to 3 p.m. **Friday, Oct. 28**. Applicants who have already submitted proposals may, if they wish, revise and resubmit their applications. The applications forms and directions are available on the Clarian Intranet at pulse.clarian.org/portal/intranet/home/content?defaultXml=/depts/grants/fundgrants.xml

There is no change in the deadline for grant applications for the Integration of Spiritual and Religious Dimensions in Health Care program.

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Medical student debt conference presentations available online

The AAMC Organization of Student Representatives, the American Medical Student Association, and the American College of Physicians hosted a national conference Sept. 21 on student indebtedness and the financing of undergraduate medical education.

Featured speakers included Fitzhugh Mullan, MD, professor of medicine and health policy at George Washington University; Deborah Powell, MD, chair of the AAMC Working Group on Medical Educational Costs and Students Debt and dean of the University of Minnesota Medical School; and U.S. Representative Tom Price, MD (R-GA) and Jim McDermott, MD (D-WA).

A Webcast of the day-long conference, along with presentation slides and materials, is available through the Kaiser Family Foundation. See www.kaisernetwork.org/healthcast/amsa/21sep05 to view the Webcast.

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New biochemistry chair to present special seminar

Zhong-Yin Zhang, PhD, the new chair of the Department of Biochemistry and Molecular Biology, is establishing a Chemical Biology Core Facility at IUSM. On Friday, Oct. 14, he will present a seminar to illustrate the use and application of chemical biology to basic science and clinical research. The seminar, "Chemical Biology: A Primer for Chemical Genetics and Chemical Genomics," will be at noon in room B26 of Van Nuys Medical Science Building.

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Medical Humanities hosts three October lectures

IUPUI's Program in Medical Humanities has three seminars scheduled in October.

The lectures are open to all, but space is limited so it is recommended that individuals reserve a seat for each lecture by emailing medicalhumanities@gmail.com, or by calling 278-1669.

The lectures:

Corinna Delkeskamp-Hayes will present "End-of-Life Decision Making: The German Debate," at 7:30 p.m. Monday, Oct. 3, University Library auditorium. Dr. Delkeskamp-Hayes holds a doctorate in philosophy from Bonn University, Germany. She is co-editor of the journal *Christian Bioethics*, and board member of *The Journal of Medicine and Philosophy*. Her presentation is co-sponsored by the departments of Philosophy, Religious Studies, World Languages and Cultures/German, Max Kade German-American Center, Program in Medical Humanities and Clarian Fairbanks Center for Medical Ethics.

Paul Lombardo, JD, PhD, associate professor and director of the Program in Law and Medicine, Center for Biomedical Ethics, University of Virginia, will present "Mongrel Nation: Race, Genetics & the Law" at 11 a.m. Monday, Oct. 10, in room 300 of the School of Law. This lecture is co-sponsored by the Center for Law & Health, IU School of Law.

Alexandra Stern, PhD, associate director of the Center for the History of Medicine, assistant professor, Obstetrics & Gynecology and Program in American Culture, University of Michigan, will present "Fitter Families, Better Babies, and Reproductive Control: Gender and Eugenics in 20th Century America." The lecture will be at 11:30 a.m. Monday, Oct. 10, in room 508, Cavanaugh Hall. Her presentation is co-sponsored by the Women's Studies Program.

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Food and fun for kids at Riley North Festival Saturday

Food, games, entertainment and prizes -- all geared toward children -- will be on the schedule at a fall festival Saturday from 11 a.m. to 3 p.m. to introduce Riley Hospital for Children at Clarian North.

The festival will feature everything from temporary tattoos to a bicycle safety course. The LifeLine Helicopter and equipment from the Carmel police and fire departments also will be on hand. The festival will be in the Clarian North parking lot at the corner of 116th and Meridian streets.

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Combined Seminar Series for October

The IU Cancer Center Combined Seminar Series meets from 4 p.m. to 5 p.m. the first and third Wednesdays of each month in the auditorium of the IU Cancer Research Institute. October's lineup:

Oct. 5 – Informal meeting on "Translating Research into Products"

Speakers: Merv Yoder, MD, Richard and Pauline Klingler Professor of Pediatrics and IU professor of biochemistry and molecular biology; Robert McDonald, MD, MBA, clinical director of the Johnson Center for Entrepreneurship and Innovation at the Indiana University Emerging Technology Center and president, Aledo Consulting Inc.; and Ken Green, MD, managing partner, Spring Mill Ventures

Oct. 19 – Dave Bodine, PhD, director hematopoiesis section, National Human Genome Research Institute, NIH, "Chromatin Structure of the Erythroid Ankyrin Promoter"

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Primary care provider's Women's Health Symposium – Oct. 7

The third annual Symposium on Women's Health Issues for the Primary Care Provider will be Friday, Oct. 7, at the Indiana History Center, 450 West Ohio St. The symposium is designed for physicians, nurse practitioners, physician assistants and other health-care providers who manage the primary care needs of women.

Speakers at the one-day symposium will include IUSM physicians: Rose Fife, Elisabeth von der Lohe, DaWana Stubbs, Anantha Shekhar, Ken Fife, Mary Ciccarelli, Sue Kirkman and Mimi Jacobs. Anna McDaniel, DNS, RN, from the IU School of Nursing will present information on tobacco use in women.

To register online before Wednesday, Oct. 5, see cme.medicine.iu.edu. After that date, individuals may register at the door the day of the event.

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Breast cancer awareness program – Oct. 3

The Indiana Breast Cancer Alliance will kickoff National Breast Cancer Awareness Month from 5:45 p.m. to 7:30 p.m. Monday, Oct. 3, with speakers, refreshments and a recognition ceremony.

Breast cancer oncologist Kathy Miller, MD, will be the keynote speaker, and surgeon Robert Goulet, MD, will be recognized for his advocacy for breast cancer patients during the program, Illumination 2005: Lighting the Way to Breast Cancer Awareness.

The free event will be in the Indianapolis Artsgarden, which is above the intersection of Washington and Illinois streets. Pink attire is encouraged.

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Breast cancer bracelet sale – Oct. 5

Creations for the Cure will host its annual breast cancer bracelet sale from 10 a.m. to 1 p.m., Wednesday, Oct. 5, in the Indiana Cancer Pavilion lobby.

All proceeds from the sale benefit Mary Ellen's Bank, a unique national tissue bank research resource. Anna Maria Storniolo, MD, IUSM professor of medicine, directs the bank. Cancer researchers use the tissue samples to isolate woman's risk factors for breast cancer.

For more information, visit www.creationsforthecure.com.

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Biomedical Entrepreneur Network meeting Oct. 11

"Identifying and Evaluating a Market" will be the topic of the next meeting of the Indiana Biomedical Entrepreneur Network on Tuesday, Oct. 11. Speakers will be Ron Henriksen of Twilight Ventures and Joseph Huffine of The Zica Group, LLC.

Registration will begin at 5 p.m. and the program will start at 5:30 p.m. at the University Place Hotel and Conference Center.

The program is free, but space is limited so register early at <http://www.indianabionetwork.org>. The registration deadline is **Friday, Oct 7**.

The Indiana Biomedical Entrepreneur Network promotes information sharing and networking for biomedical

entrepreneurs.

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Workshop on registering research studies – Oct 12

The Clinical Trials Program and the IUSM Medical Library are sponsoring an educational session for research faculty and staff from 11 a.m. to 12:30 p.m. Wednesday, Oct. 12, in the Riley Outpatient Center auditorium.

“Registering Clinical Research Studies to a National Registry and Posting Final Manuscripts for NIH-Sponsored Projects to the PubMed Central Repository” will be presented by Kellie Kaneshiro, associate librarian, and Pam DeWeese, administrative director of the Clinical Trials Program.

As a consideration for publication, the International Committee of Medical Journal Editors has developed a new policy obligating clinical researchers to register many types of clinical research studies to a public registry (after IRB approval but before subjects are enrolled). The FDA and VA require the posting of studies to a public registry as well. In addition, the NIH has a new public access policy that requests that NIH-funded investigators submit final manuscripts to the National Library of Medicine's PubMed Central repository.

This session will present additional information regarding each of the issues, describe campus resources available and offer practical suggestions for compliance.

To register, contact Michelle Murray at mimurray@iupui.edu, or 278-2868 . For additional information, contact: Pam DeWeese at 278-2865.

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Partnership to Prevent Violent Injury seminar – Oct. 20

The Indiana Partnership to Prevent Violent Injury and Death's sixth annual meeting will be Thursday, Oct. 20. Registration begins at 8:30 a.m. and opening remarks will be given at 9 a.m. The meeting, which will be at the Primo Banquet and Conference Center, 2615 E. National Ave., adjourns at 3:15 p.m.

David Hemenway, PhD, director of the Harvard Injury Control Research Center and the Harvard Youth Violence Prevention Center, will deliver the keynote address. Former Indianapolis Police Department chief Jerry Baker will be honored for his accomplishments in violence and suicide reduction in the city.

The meeting is free but the Partnership is requesting a \$40 donation to attend the award luncheon. Sponsors include IUSM, Riley Hospital for Children and Clarian Health Partners.

Questions or requests for registration forms can be addressed to Lori Lovett at 278-0945, or lovett@iupui.edu. Registration is requested by **Wednesday, Oct. 12**.

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Walther Cancer Institute sponsors "CancerStory"

Walther Cancer Institute is bringing "CancerStory" to WFYI TV 20. The four-part television series will air on four successive Thursdays at 8 p.m. beginning Oct. 6.

The series is designed to put the complexities of cancer into terms the average person can understand. The four episodes are: "What is Cancer?" "Voices," "New Directions" and "Prevention and Screening."

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Abonour plans weekend run for research

On Oct. 1, IU Cancer Center researcher Rafat Abonour, MD, will take off for Fort Wayne, but not as one might expect. Over the course of two days, Dr. Abonour, who is an avid amateur marathon runner, will run and cycle the more than 120 miles between Indianapolis and Fort Wayne in an effort to raise awareness and funding to study multiple myeloma, a rare cancer of the plasma cell.

Dr. Abonour will depart at 9 a.m. Saturday, Oct. 1, from IU Medical Group at Carmel outpatient facility at 103rd and Meridian streets. The event will conclude in Fort Wayne at 4:30 p.m. Sunday, Oct. 2, at Lutheran Hospital's Heart Pavilion.

The event, Miles for Myeloma, has been planned entirely by a group of Dr. Abonour's patients and their family members.

Patients and others supporting this event are soliciting pledges and sponsorships from individuals as well as corporations to fund research. Miles for Myeloma T-shirts or sweatshirts are available for \$10 and \$15, respectively. To purchase a shirt, offer a pledge or learn more about the event, contacting Amber Kleopfer Senseny at 278-4510, or akleopfe@iupui.edu.

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Creating Hope hosts breast cancer walk

Creating Hope, which provides creative art kits to IU Cancer Center patients, is sponsoring a breast cancer walk Sunday, Oct. 2, in Fishers.

Registration begins at 2:15 p.m. at Windermere Park, which is two blocks north of 96 th Street, east of Windermere Boulevard. The one-mile walk begins at 3 p.m. Children's activities, T-shirts, door prizes and pizza will be offered.

There is no registration fee but donations are accepted. All proceeds will be used to purchase Hope Kits painting materials.

Pink information sheets on the walk are available on the second floor of the Indiana Cancer Pavilion, or individuals can call 595-8513 for more information.

Creating Hope was founded by Jeanette Shamblen, a breast cancer patient who discovered painting as a way to relax during her many months of treatment. Jeanette decided to share that relaxation technique with other cancer patients and became part of the IU Cancer Center's Complete Life program. Jeanette succumbed to the disease in 2003 but her parents and friends continue her mission with IU cancer patients.

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IUPUI United Way Campaign off and running

The devastation caused by Hurricane Katrina has reinforced for all of us the need for services to be in place when disaster strikes so that help can be mobilized quickly. Because of your generosity last year, many local agencies have been able to provide a variety of services to the more than 2,000 hurricane victims who have relocated to Indianapolis.

The United Way of Central Indiana, which began Sept. 26, needs support to ensure that the safety net is securely in place and ready to use should adversity hit close to home. However, the success of the IUPUI United Way campaign depends on the participation of its employees. This year's goal for the IUPUI campaign is \$335,000.

There are many important reasons for contributing to United Way. Your gift can double. New donors who contribute to the Community Impact Fund (\$52 minimum gift) will be matched dollar-for-dollar by a Lilly Endowment grant. New or

increased gifts (regardless of level) made by science/health care professionals will also be matched dollar-for-dollar by a Lilly Endowment grant.

More than 90 percent of your contribution goes to United Way agencies. The Lilly Endowment has invested in the future of UWCI by contributing \$50 million to United Way's endowment. Investment earnings from the \$50 million help pay for the operating cost so that each year more of individual's gifts will go directly to United Way agencies and programs.

Your gift can help in your community. Many agencies and programs in Boone, Hamilton, Hancock, Hendricks and Morgan counties are served by gifts to United Way of Central Indiana.

Pledge cards have been mailed to all full time employees or pledges can be made online at www.iupui.edu/~uwaycamp. Contributions can be made by payroll deduction, direct bill, credit card, securities, check or cash.

Mary Kate Myers at myersmk@iupui.edu is available to answer questions.

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IUSM gear available online

IUSM sweatshirts, Columbia fleece jackets, T-shirts, hats and other items, are available online. Visit the new online store at www.alumni.iupui.edu/medicine/merch/.

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This week on *Sound Medicine*

Tune in at 4 p.m. Sunday, Oct. 2, to *Sound Medicine*, the weekly radio program co-produced by IUSM and WFYI Public Radio (90.1 FM) in Indianapolis. The program is hosted by Barb Lewis. Co-hosting the program will be David Crabb, MD.

Guests include Louis Cantor, MD, director of glaucoma service at IUSM, who will discuss innovations in treating glaucoma. October has been designated as Glaucoma Awareness Month by the American Academy of Ophthalmology. Dr. Cantor is a professor of ophthalmology at IUSM.

Andrew Zirkle, spokesman for the Indiana State Department of Health, will report on the West Nile Virus and how it is affecting Hoosiers.

Eric Meslin, Ph.D., director of the IU Center for Bioethics, will discuss two emerging medical ethical issues: how the National Institutes of Health's revamped conflict-of-interest rules will affect medical research in the U.S., and, how the changes occurring at the Environmental Protection Agency will affect the safety evaluation of pesticides.

Tune in Sunday, Oct. 9, to learn more about the upcoming flu season and the CDC's immunization program, evidence-based medicine and advances in the field of breast cancer research and treatment.

Archived editions of *Sound Medicine*, as well as other helpful health information, can be found at soundmedicine.iu.edu/.

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Scientific Calendar online

A comprehensive listing on IUSM seminars, lectures and Grand Rounds can be accessed at www.medlib.iupui.edu/calendar. To place items on the Scientific Calendar, please forward them to Iona Sewell at

imsewell@iupui.edu.

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Submissions to Scope

Scope wants your news items.

The deadline for submission is 8:30 a.m. on Thursdays. *Scope* is published electronically and sent to faculty, staff, students, and residents.

There are three easy ways to submit story ideas or information to *Scope*:

- e-mail the information to mhardin@iupui.edu
- mail the information to Mary Hardin, Z-7, Ste. 306, IUPUI
- fax your information to (317) 278-8722

Contributions submitted by e-mail should be forwarded in 12 point, plain text format.

In the interest of accuracy, please do NOT use:

- acronyms
- abbreviations
- campus building codes (use full, proper name of building and include the room number)
- Dr. as a preface before names (designate MD or PhD)

To keep the electronic version of *Scope* as streamlined as possible, only seminars and lectures of general or multidisciplinary interest will be included.

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