

# InSight

Cleveland Clinic Lerner College of Medicine

October 2014

## 2014 State-of-the-College Address

In his sixth State-of-the-College address on July 29, Executive Dean James Young, MD, highlighted another successful year for the faculty, students and administrative staff involved in the Lerner College of Medicine. Here are just a few of the highlights:

- The 6th graduating class of the Lerner College of Medicine was celebrated. Of the 30 graduated students, nine are staying at Cleveland Clinic for their residencies.
- The GME “match” for the Class of 2014 was tremendously successful. Nearly 50 percent of our graduates are going to their first-choice residency program, and almost 70 percent are going to one of their top three choices. Half the graduates matched with hospitals ranked in the Top 10 according to *U.S. News & World Report*.
- 1,836 students applied for the Class of 2019.
- The Class of 2019 is a successful and ambitious group of students with a diverse range of interests and backgrounds. Among the students are members of Phi Beta Kappa, a Marshall Scholar and a patent holder.
- Lerner College of Medicine graduates who have stayed at or returned to Cleveland Clinic were recognized – classes of 2009 to 2014.
- In a matriculant survey, students overwhelmingly identified Cleveland Clinic faculty as being a critical factor for choosing the Lerner College.
- Our matriculant GPA and MCAT scores continue to trend higher than the national average. In 2014, the average CCLCM GPA was 3.81 and the average CCLCM MCAT score was 12 (36).
- Progress on the new health education campus is rapid, with an unwavering focus on team-based learning and interprofessional education.



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- The college welcomed Diane DeCamillo, RN, MSN, as the new administrator following the retirement of Wilma Doyle, MA.
- Craig Nielsen, MD, assumed the role of Associate Director of Clinical Education, replacing Daniel Neides, MD, who transitioned from that role to become the Medical Director of the Cleveland Clinic Wellness Institute.

Additionally, S. Beth Bierer, PhD, and Elaine Dannefer, PhD, shared the results of a study they conducted that showed a relationship between medical students' completion of routine administrative tasks and overall student performance. Their findings support an alternative approach to identify "at-risk" students.

Associate Dean Kathleen Franco, MD, described the varied and unique backgrounds of the incoming class. She thanked the Admissions Committee for their tireless work and dedication to the college and its students.

Alan L. Hull, MD, PhD, thanked the faculty for their ongoing commitment to educating students and shared an impressive statistic: Last year, Cleveland Clinic faculty logged 100,000 hours in basic science, research, and clinical education of medical students.



Richard Drake, PhD

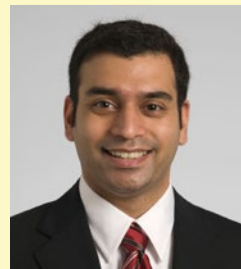
### New York Times Covers Body Donation

Richard Drake, PhD, Director of Anatomy at CCLCM, was recently interviewed by the *New York Times* on the topic of body donation for its "New Old Age" blog. About using cadavers for medical education, Dr. Drake said, "It's still one of the best ways to learn anatomy." [Read the entire article](#) and feel free to post a comment.

## Welcome New Curriculum Leaders!



Craig Nielsen, MD, Associate Director, Clinical Education



Venkatesh Kambhampati, MD, Director, Physical Diagnosis



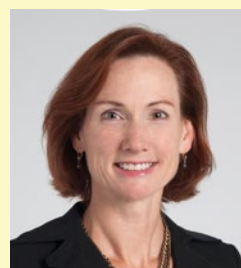
Warren Heston, PhD, Director, Basic Science Research Block



Nathan Houchens, MD, Coordinator, Acute Care



Amy Nowacki, PhD, Director, Clinical Research Block



Virginia Foster, PhD, Director, Epidemiology



Samina Yunus, MD, Director, OSCE

## Submit Your Application Now for the Annual Scholarship in Teaching Award

The deadline for applying for the annual Scholarship in Teaching Award is Dec. 12, 2014. Note that awards are limited to three people per project. (Additional faculty can be acknowledged in the announcement program at the presentation ceremony.)

The Scholarship in Teaching Award was developed to recognize educators' outstanding scholarly contributions to medical education. All award submissions are rigorously reviewed by a committee of faculty researchers and educators. The most highly rated curricular innovations are selected for the award.

Teaching approaches considered scholarly are characterized by:

1. purposeful planning
2. systematic implementation
3. reflection and assessment for improvement

The result should be an academic product that is actively shared and that will support the development of a community of teaching scholars.

Projects must have a start date no earlier than July 1, 2012. All six sections of the application must be completed.

[Get details and complete the Scholarship in Teaching Award Application](#) (click on the link at the bottom of the page to access the application).

The award will be given out at the Case Medical School Education Retreat on March 12, 2015.

If you would like an optional pre-review, submit a draft of the narrative description portion (Section I) to Deidre Gruning by Nov. 3, 2014. Please direct any questions to Deidre at [dxc38@case.edu](mailto:dxc38@case.edu).

## ACCOLADES

### Dr. Craig Nielsen Wins Master Educator Award



Craig Nielsen, MD

In recognition of his recent 10-year term as Internal Medicine Program Director, Craig Nielsen, MD, an Associate Professor of Medicine at Case Western Reserve School of Medicine, received this year's Maria and Sam Miller Professional Excellence Award for Master Educator. Dr. Nielsen, who recently assumed the role of Associate Director of Clinical Education for CCLCM, accepted his award at the annual staff dinner held on Sept. 5, 2014.

This award is one of six that are presented annually to Cleveland Clinic physicians, nurses, scientists and other professional staff who demonstrate exemplary service and dedication to excellence. Recipients are nominated by their peers and selected by a committee of Cleveland Clinic leaders.

The tremendous generosity of the Miller family makes the awards possible. In addition to the Master Educator award, the Miller family sponsors the Police Officer of the Year, Nurse of the Year, Scientific Achievement - Clinical Research, Scientific Achievement - Basic Science, and Master Clinician awards.

*Congratulations Dr. Nielsen!*

### Scholarship News

Zain Ahmed ('15) was recently awarded a \$5,000 scholarship from the Waterbury Medical Association to cover living expenses. He



Zain Ahmed ('15)

also was recently awarded the Radiation Oncology Scholarship from Emory University School of Medicine. Zain is performing a clinical elective at Emory this month. Congratulations Zain!



## Engaged to Educate

Several CCLCM students volunteered to help with health screenings at a health fair on Cleveland's west side in August. Participating students were Joseph Abraham ('19), Andrew Bowen ('18), Anna Faris ('19), Noble Jones ('18), Megan Morisada ('18), Briana Prager ('18), Nemat Sharaf ('18), and Josephine Volovetz ('19).

"The med students kept busy checking BMIs [body mass index] and then helped educate people on what BMI means," says Cleveland Clinic nurse practitioner Cheryl Cairns, MSN, RN, CPNP. "They were extremely engaged with the children and their parents. We couldn't have done it without them."

The fair was sponsored by Esperanza, a community organization serving the academic needs of Hispanics in Greater Cleveland.



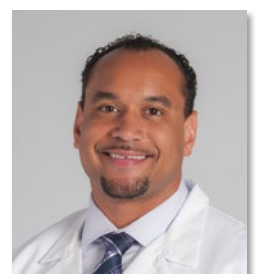
Joseph Abraham ('19)



Andrew Bowen ('18)



Anna Faris ('19)



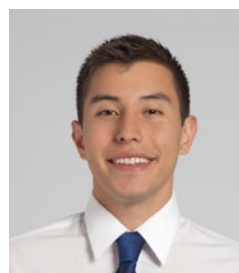
Noble Jones ('18)



Megan Morisada ('18)



Briana Prager ('18)



Nemat Sharaf ('18)



Josephine Volovetz ('19)

*Sports teaches you character, it teaches you to play by the rules, it teaches you to know what it feels like to win and lose — it teaches you about life.*

Billie Jean King

### Invaluable Lessons

## Applying What I Learned in CrossFit to Medicine and Life

By Julie Foucher ('17)



As the 2014 Reebok CrossFit Games drew to a close, I stood in the third-place position on the podium. I was overjoyed with the outcome, though it was just short of where I'd been aiming all year. In a moment of reflection, I remembered that this final outcome, while important, pales in comparison to the lessons learned in its pursuit.

With a background in competitive gymnastics and middle and high school athletics, I developed much of my character during my most formative years through sports. One could imagine, then, the void that began to grow as I entered college and abruptly replaced sports with solitary trips to the rec center. Somehow the elliptical machine, while it did count the calories I burned and provided a convenient stand for my biology book, didn't seem to cultivate the same camaraderie and life lessons of sport I'd grown accustomed to.

Enter CrossFit, the Sport of Fitness. What began as a means to improve my physical fitness quickly became a far more powerful tool for my mental and emotional development. While the decision to pursue the title of "Fittest on Earth" has likely magnified the lessons the sport has taught me over the past five years, these are the very same lessons hundreds of thousands of individuals wrestle with when they walk into their local affiliates to do the "Workout of the Day," or WOD, each day. These are the invaluable lessons gained from pursuits that are difficult and uncomfortable, which force us to overcome fear and doubt, and that are made possible only through the support of others who believe in our ability to succeed.

Below are some of the most significant lessons I've learned through CrossFit over the past several years (and trust me, most were learned the hard way) and how they apply to my pursuit of a medical career:

1. **Enjoy the journey.** Though we currently live in a culture steeped in reminders to "live in the moment," with each year of maturity and experience I still uncover new layers of the meaning of this age-old proverb. I trained with the goal of competing at the CrossFit Games in mind, but I would never have come close to making it to that single weekend without developing an ability to enjoy the process of training, day in and day out, for months on end. In medicine, it's easy to fall into the mindset of "Once I become a (M1/M2/M3/Resident/Fellow/Attending/Professor/etc.), I will finally be doing what I want to do and life will be so much better." I often have to remind myself that there will *always* be another carrot to chase and to find joy and satisfaction in each day and each stage through which I progress in my training, both in medicine and in sport. Living in the moment also helps to manage the unexpected: Refusing to allow one poor workout to affect the remainder of my performance prepares me for maintaining a calm, logical approach when an unanticipated complication arises with a patient.
2. **Intimately understand your purpose.** Nothing prepares you to enjoy the journey better than an

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intimate understanding of your life's purpose. Whenever I faced difficulty in training for the CrossFit Games (which was nearly every day) I would remind myself WHY I had chosen to pursue this particular goal. We all wrote personal statements while applying to medical school, but how often are they revisited? With each step of the path toward a career in medicine so seemingly laid out, it can become easy to focus too much on what we are trying to achieve and lose sight of *why* we are trying to achieve it.

3. **Chase virtuosity.** In CrossFit, the concept of virtuosity, or *doing the common uncommonly well*, is constantly sought after whether referring to movement, coaching or cultivating community in one's gym. In the medical profession, we are tasked with bridging the gap between that which is uncommonly understood — the inner workings of the human body — and the common patient. While attempting to understand the uncommon may captivate the intellect, the great effort and skill necessary to perform the common exceptionally well may be forgotten. Think of the genius researcher who discovers a cure for cancer yet cannot hold a conversation with patients. Thus far in my medical training, faculty who do the common — communicating with a patient, teaching, treating hypertension — uncommonly well always leave the biggest impact on me. They are the professionals I hope one day to emulate.

4. **Elevate Others.** My favorite aspect of CrossFit as a whole, and in particular CrossFit competition, is the genuine desire of participants to bring out the best in one another. During the CrossFit Games, this was displayed countless times: women who competed in heats before me whispered words of advice; a competitor shared his glove with a peer who was struggling to finish a workout with torn hands; and, just as in every CrossFit affiliate around the world, the last competitor was cheered across the finish line by his or her peers. Humans are wired to compete; it brings out the best in us and allows us to achieve what we once thought was impossible. However, the genuine respect among competitors allows us to use this competitive drive for the purpose of elevating ourselves and one another. Rarely do you see this in other sports. A similar perspective in medicine will allow the entire healthcare team to provide the best patient care possible.

Whether you touch the lives of patients one by one or make a research discovery that impacts the lives of many, everyone has his or her own unique purpose in life. I'm grateful for the lessons I've learned as I've developed as a CrossFit Games competitor, and I will undoubtedly continue learning and applying these lessons to my career in medicine.

## MARK YOUR CALENDAR

### **Euthanasia & Assisted Suicide: Why Should Catholics Care?**

Saturday, Oct. 18

Mass 6 p.m., Dinner 7 p.m.

Speaker: Ashley Fernandes, MD, PhD, pediatrician and bioethicist from Ohio State University

Center for Pastoral Leadership, 28700 Euclid Avenue, Wickliffe OH 44092

Tickets for meal and lecture \$30

Tickets/Inquiries: Contact Andrew Trew at 440.247.2465 or atrew1@hotmail.com

Sponsored by the Catholic Medical Association Guild of NE Ohio

### **CWRU School of Medicine Lepow Research Day**

Feb. 19, 2015

Lepow Research Day is an annual tradition at CWRU School of Medicine to foster interest in medical student research and provide an opportunity for students to describe their work in a poster or oral presentation.

### **Fourth Annual Lerner College of Medicine Student Research Day**

Friday, March 13, 2015

Please join us in recognizing the research of our graduating class. All students and faculty are encouraged to attend.

## CCLCM Celebrates Humanism in Medicine

Shortly before he passed away on May 15, 2014, Bertram Lefkowich and his wife, Alice, made a gift that launched the Professionalism in Medicine Program at the Cleveland Clinic Lerner College of Medicine. The program's inaugural *Alice & Bert Lefkowich Celebration in Humanism in Medicine* took place Oct. 1 and featured Jon Hallberg, MD, creator and host of the Hippocrates Café at the University of Minnesota Medical School. The Hippocrates Café is a live, hour-long show featuring professional actors and musicians who place healthcare in context through story and song.

Longtime Cleveland Clinic supporters, Mr. and Mrs. Lefkowich made different types of gifts to a variety of areas for more than two decades. Their gift establishing the Professionalism in Medicine Program helps further the work of their Cleveland Clinic family physician, J. Harry Isaacson, MD, who is on the staff of the Lerner College of Medicine and will lead the program.

The couple, married 64 years, made their recent gift because of a passionate belief that future physicians should be trained in the humanities and medical ethics. Mrs. Lefkowich, who served on the Leadership Board of Cleveland Clinic's Art & Medicine Institute, and her husband fully immersed themselves in helping to create the Professionalism in Medicine Program. Their hope was that it would produce compassionate physicians like Dr. Isaacson, who, Mrs. Lefkowich says, "goes above and beyond" in caring for his patients.

The *Alice & Bert Lefkowich Celebration in Humanism in Medicine* will be an annual event, showcasing the tenets of the Professionalism in Medicine Program. Philanthropy will continue to be a crucial source of support for this important work.



*J. Harry Isaacson, MD, and Mrs. Alice Lefkowich at Cleveland Clinic's 2014 Partners in Philanthropy Celebration, where the Lefkowichs were presented the prestigious Crile Award for their charitable giving.*

### Alumni: Share Your News

We'd like to hear about what you've been doing since graduation. If you have news to share (maybe you're involved in an interesting research project or you recently returned from a global health mission), please email Laura Greenwald at [greenwl@ccf.org](mailto:greenwl@ccf.org).

**Laura R. Greenwald, MBA**, Managing Editor

**Thomas A. Fenn**, Art Director