

InSight

Cleveland Clinic Lerner College of Medicine

January 2018

Rightsizing Emergency Care

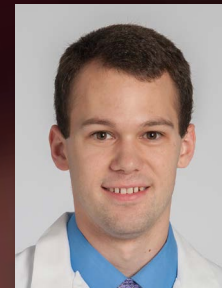
The field of emergency medicine is changing, and one CCLCM student is at the forefront

Alex Ulintz ('19) is combining his passion for emergency medicine with a drive to push the field in an exciting new direction.

The fourth-year student was at the annual ACEP Scientific Assembly when it was announced that the American College of Emergency Physicians (ACEP) had finally been able to garner enough interest to found its own Social Emergency Medicine Section.

For years, Alex has been following this movement within emergency medicine, which seeks to better understand the social explanations for why people come to the emergency department (ED).

“For a long time I’ve just been very aware of the fact that so many of the patients I encounter in the ED aren’t having emergency crises in the way that you might think. It’s not all gun-and-knife club, shootings and stabbings,” Alex explains. “There are a lot of people who are homeless, and the ED is their safety net—it’s the only place that’s warm, the only place that has food. I was always perplexed why emergency medicine didn’t seem to address that. And that’s really the goal of social emergency medicine: to not only respond to all the patients coming into the ED for treatment, but to actually spend those moments getting to know them better on a deeper, relationship-based level, and then use that information to ultimately effect some social change that will keep them out of the ED in the future.”



Alex Ulintz ('19)

Already up to date on field literature and social media discussion, Alex decided to attend the Social Emergency Medicine Section's first meeting in early November 2017. At the meeting, held in Washington, DC, Alex met several other medical students and residents. Together they approached the chairman of the new section, and Alex offered his assistance in any way possible. His experience and evident interest in emergency medicine and its social factors distinguished him immediately as an excellent candidate for a much-needed position: a medical student liaison who could facilitate communication among medical students in various programs (including CCLCM) and the social emergency medicine movement at the national level.

Alex's experience dates back to high school, when, at 16, he began volunteering in an ED. He worked as an EMT for four years before medical school and recently helped conduct hotspotting research (a data-driven process that identifies patterns in the healthcare system to guide targeted intervention and better address patient needs) through a mini-grant he received along with students from the CWRU University Program. (See "Hotspotting Project Spells Success for Patients," in the July 2016 issue of *InSight*.) Still, the privilege of being appointed as student liaison "was really more serendipitous than anything," he says. "It came down to networking."

Among other things, Alex is working with ACEP's Social Emergency Medicine Section members to create a toolkit for medical programs to use. This toolkit would enable programs to incorporate social determinants of health into the emergency medicine rotation that all medical students must complete. "With the way our curriculum is set up, with the portfolio approach to evaluation, I think Lerner would be the ideal place for piloting some of these educational ideas," he says. "We could get this started here at Lerner faster than other programs will."

He thanks his thesis advisor, Seth Podolsky, MD, Medical Director of Hospital Operations, and Venkatesh Kambhampati, MD, of the Emergency Services Institute and CCLCM Director of the Physical Diagnosis Courses, for their continued support.

The CCLCM community congratulates Alex on his appointment and shares in his excitement for the changes to come within emergency medicine!



Seth Podolsky, MD



Venkatesh Kambhampati, MD





Health Education Campus: Construction Update

Construction on the new Health Education Campus continues at a fast clip, with approximately 675,000 man hours logged by the construction crew to date.

The heart of the 485,000-square-foot space, the atrium, is larger than the Parthenon in Athens. Light fills the space thanks to 27,000 square feet of glass overhead and 62,000 square feet of glass on the building's exterior walls. Designed to be a communal gathering space, the atrium will provide a unique environment for creative collaboration and the exchange of ideas among students and faculty.

Once open, the HEC will house:

- CWRU School of Medicine
- Cleveland Clinic Lerner College of Medicine of CWRU
- CWRU Frances Payne Bolton School of Nursing
- CWRU School of Dental Medicine
- Program for physician assistants

Construction is on schedule, and we anticipate the arrival of roughly 2,300 students in May 2019.

[View the time-lapse construction feed.](#)



To date, generous donors have contributed or pledged \$262 million for the new Health Education Campus. Every dollar counts! To learn how you can help, please contact Amy Kubacki, Senior Director of Development, at 216.636.5024 or at kubacka@ccf.org.

Prioritizing Patient Safety in the OR

Medical students participate in hands-on “scrubbing in” workshop



Pictured are the medical students who attended or helped to organize the 2017 Surgery Interest Group workshop.

Back row, left to right: Spencer Seballos ('22), Michael Haupt ('22), Navkiranjot Kaur ('22), Max Lee ('22), Tisileli Tuifua ('22), and co-leader Mac Karnuta ('21).

Front row, left to right: Jatin Narang ('22), Metabel Markwei ('22), Frederick Allen ('22), Wendy Coronado ('22), Wenting Ma ('22), and Emily Durbak ('22).



Michael Jiang

Mac Karnuta ('21) and Mikey Jiang ('21) recently organized the annual Surgery Interest Group workshop for first-year medical students. The 90-minute event took place in October 2017 and featured expert instruction from nurse educators from the Cleveland Clinic Nursing Institute on how to scrub in properly, why doing so is important, and how Cleveland Clinic's operating room system works. Provided with gowns and surgical gloves that the nurses had brought, students additionally learned how to self-glove, an important skill in instances of emergency or unforeseen short-staffing in the OR.

The nurses shared useful information on how the sterile field is made, how to remain sterile, and finally on what Mac believes to be the “most crucial lesson” covered that day: prioritizing patient safety. “If you suspect sterility is compromised in any way, don't take a risk,” he says. “Just say, ‘Hey, I messed up, I'm sorry...I'll re-scrub.’ Mistakes happen; don't let your pride get in the way of patient safety.”

Mikey and Mac co-led this year's workshop; the 2016 co-leaders were Jess Zhang ('20) and Wenda Ye ('20). In preparation for the event, Mikey and Mac met with CCLCM Surgery Clerkship Director Robyn Stewart, MD, Breast Surgery, and Judith French, PhD, of the Surgery Education Department. They, along with Jess and Wenda, were instrumental in “showing us the ropes and getting the ball rolling,” according to Mac.



Robyn Stewart, MD



Judith French, PhD

Second-year medical students usually organize and execute workshops and other events for a given interest group for one year, before passing the responsibility

off onto upcoming second-year students. Part of this responsibility includes surveying general interest and recruiting student attendees. “At the beginning of the year, we send out an email blast to everyone, because even if students don't think that they want to go into surgery, that might change in

the future,” explains Mac. “Every student has to complete a surgery rotation, so it is good for them to have the opportunity to participate in Surgery Interest Group events to learn more about the process.”

The workshop was a success from the perspectives of both the attendees and nurse educators. “We really enjoy teaching the medical students. The energy they have is invigorating to us. The groups are always very kind, polite, attentive and eager to learn,” says Carrie Knight, BSN, RN, CNOR, who led this year's event. Others who have presented in the past are Kay Tighe, MSN, RN, CNOR, and Amanda Tankersley, BSN, RN, CNOR.

The goal of the Surgery Interest Group is to foster interest in surgery and to help students connect with surgeons at Cleveland Clinic. “Regardless of whether students are committed to a career in surgery or still unsure, being involved is a great way for them to identify mentors to shadow or conduct research with,” says Mac.

The group hosted both a cardiothoracic panel and suturing clinic at the end of November. Mikey worked with cardiothoracic surgeons Eric Roselli, MD; Nicholas Smedira, MD; Edward Soltesz, MD; and Douglas Johnston, MD, to coordinate the panel, and Mac worked with Richard Drake, PhD, Director of Anatomy at CCLCM, to coordinate the suturing clinic, with help from CCLCM alumnus Andrew Strong, MD ('14), and general surgery residents Talia Burneikis, MD; Dominykas Burneikis, MD; Antonios Sideris, MD; Monica Isabella, MD; and Alicia Adams, MD.

Thank you to Mac and Mikey for co-leading an instructive workshop, as well as to Dr. Stewart for serving as its faculty advisor and Dr. French for help getting this year's events started!

“If you suspect sterility is compromised in any way, don't take a risk. Just say, ‘Hey, I messed up, I'm sorry... I'll re-scrub.’ Mistakes happen; don't let your pride get in the way of patient safety.”

—Mac Karnuta

Faculty Survey Shows Deep Engagement, Intellectual Stimulation

During late summer 2017, 801 members of the professional staff who participated in teaching or assessment activities were surveyed using a web-based evaluation system to discover their perceptions of CCLCM. A 38 percent response rate was achieved, with 301 faculty members participating, the third-highest number of respondents historically.

How respondents were selected

Respondents had to be active during the 2016-17 curricular year in one or more of the following areas:

- Preceptors, small group facilitators, seminar/journal club facilitators, thesis committee members or physician advisors
- Course directors, thread leaders, PBL case writers, CAPP assessors, OSCE assessors or CCLCM administrators
- Members of the Basic Core Committees, Basic Science Education Committee, Clinical Education Committee, Curriculum Steering Council, Foundations of Clinical Medicine Committee, Medical Student Promotion and Review Committee or Research Education Committee

Key findings

- 94 percent of faculty agreed that the CCLCM program enhanced Cleveland Clinic's overall reputation.
- Faculty indicated they were intellectually stimulated by their CCLCM work (92 percent) and contributed to implementation of the CCLCM program (74 percent).
- 83 percent indicated that they improved their ability to give trainees targeted, constructive feedback.
- 82 percent of respondents indicated their department chairs valued their CCLCM activities.
- 87 percent of respondents indicated that they hold a faculty appointment, the highest amount over the previous six surveys.
- 72 percent of respondents think the CCLCM program helps to attract "academic" staff recruits and residents/fellows.
- The majority of faculty surveyed planned to maintain (78 percent) or increase (17 percent) their involvement with the CCLCM program next year.

- 72 percent agreed that CCLCM appropriately recognized faculty for their contributions to the CCLCM program – an eight-percentage point increase compared to the 2015 faculty survey.
- The 301 respondents in 2017 represent the third-highest number of participants, behind 310 in 2015 and 342 in 2007.
- 44 percent of respondents indicated more formal communication is needed about the CCLCM program, a reduction of eight percentage points from the 2015 survey.
- Faculty reported having significant (27 percent), moderate (42 percent), or minimal (28 percent) involvement with the CCLCM program during the past curricular year.

Evaluation Manager Michaela Stiber along with Program Evaluation Coordinator Brandon Petitto, MEd, organized the survey, and Senior Evaluation Manager Jeffrey Shivak, MEd, reported the findings.

Faculty feedback plays a crucial role in helping to improve the educational program and to monitor important institutional outcomes. If you'd like to see a full copy of the report, please contact Director of Assessment and Evaluation Beth Bierer, PhD; Jeffrey Shivak, MEd; or Michaela Stiber.



Michaela Stiber



Brandon Petitto, MEd



Beth Bierer, PhD



Jeffrey Shivak, MEd

Release Your Inner Artist

If you have a work of short fiction, reflective writing, poetry, personal narrative, essay, artwork or photography that you'd like to see in print, consider submitting it to the eighth issue of *Stethos*, the Lerner College of Medicine medical humanities journal. Submissions may focus on any topic that calls to you.

Published annually and completely student-run, *Stethos* provides a terrific forum to showcase the incredible diversity and creativity of our students, staff and colleagues.

View the [current and previous issues of *Stethos*](#) as well as [submission guidelines](#).

Deadline for submissions is March 5, 2018.

Please contact [Josie Volovetz](#) ('19) or [Kaitlin Keenan](#) ('20) or any of the *Stethos* editors, listed below, if you have questions. We look forward to receiving your submissions!

Rebecca Achey ('18)
Ellen Brinza ('22)
Alex Chaitoff ('19)
Lynn Daboul ('21)
Perry Dinardo ('21)
Karen Fang ('18)
Daniel Moussa ('21)
Deborah Park ('22)
Tulsi Patel ('19)
Stephen Raithe ('18)
Alice Tzeng ('21)
Emily Zhang ('20)

A Regular Day

By Shadi Ahmadmehrabi ('21)

I asked the patient to take me through a regular day for her, to practice the new social history taking skills I had just been taught. It seemed like a nosy request at the time...but much of our learning so far had been focused on becoming professionally nosy.

She took me through the painstakingly long days she has without her husband, who passed away two years ago. A mosaic of diseases leave her unable to work; her sons have left her alone in a home too big to manage by herself but too small to contain the grief her husband left for her. Her grief spilled into the sterile patient room through subtle drops in her perky tone and slightly-too-long glances at the ceiling. She told me she spends all day watching television and going to doctor's appointments. I asked her what type of doctors she is seeing, wincing in anticipation of anger over not knowing her chart. She listed off her doctors' names and specialties and concluded with "but none of them can cure me—I know what my real problem is." I asked her what she meant and she quickly responded, "they can't fix a broken heart." She told me she stopped taking her medications and just wants to be reunited with her husband. She told me it's worst at night, when she climbs into the bed she shared with her husband for 53 years and feels the cold sheets engulfing her frail body. I thought of my own grandmother, whose husband passed years ago. I thought of how I never asked her to take me through her typical day. I felt a knot in my stomach and I started to sweat even more than usual, wiping my hands on my white coat, which suddenly felt much bigger on me.

Published in Stethos 2017



Patient Safety & Quality Tip:

Demonstrate how to use certain prescriptions

Brian Schroer, MD
Preceptor, Communication Skills
Year 2



If you give a patient an asthma inhaler, nose spray or an EpiPen®, for example, without showing them how to use it, they will not use it correctly – and it will not be their fault. If they leave our office without knowing precisely how to use the medications or devices we prescribe, we have not done our job. And, ultimately, if they do not use their prescriptions correctly, then they will not work.

Students and faculty: Be sure to email [Laura Greenwald](#) with news about your achievements, such as publications, presentations, awards and patents, so that we can share your terrific news with our entire education community!

ROUND UP



First-year Students Sport School Colors

Each year, faculty member Bret Lashner, MD (“Michigan Dad” in the photo) encourages his first-year “kids” to wear their school colors on the last day of class before the Ohio State vs. Michigan football game. The Buckeyes clinched the game, held Nov. 25, 31 to 20.

Dr. Lashner directs Gastroenterology Systems 1 and 2 Courses.

ALUMNI UPDATE



Will Tierney, MD

Washington Post Notes Dr. Will Tierney’s Research

While Will Tierney, MD ('16), was still a CCLCM student, he conducted research on a condition called laryngopharyngeal reflux, which is underdiagnosed, often being mistaken for allergies and sinus problems.

He and several Cleveland Clinic doctors (Scott L. Gabbard, MD; Claudio F. Milstein, PhD; Michael S. Benninger, MD; and Paul C. Bryson, MD) conducted a small prospective study for patients with laryngopharyngeal reflux. The patients slept with a custom pillow, designed to keep them at a 30-degree angle and on their left side, to reduce symptoms. The authors found that more than 90 percent of patients had clinically remarkable symptomatic improvement using this device, says Dr. Tierney. Their findings were published in the *American Journal of Otolaryngology*, in a paper titled “[Treatment of laryngopharyngeal reflux using a sleep positioning device: A prospective cohort study.](#)”

Now a second-year otolaryngology resident at Cleveland Clinic, Dr. Tierney presented portions of this project at the American Academy of Otolaryngology Meeting in Texas in 2015 and in 2017 at the Fall Voice Conference in Washington, DC. He not only received positive feedback from the otolaryngology and gastroenterology communities, but he also was recently contacted by the *Washington Post* for an interview about the research and its findings. In the *Washington Post* article, published on Nov. 12, 2017, Dr. Tierney refers to the custom pillow as “a low-risk treatment for GERD” that was worth trying on patients with laryngopharyngeal reflux.

Read the entire article, called “[A sore throat, coughing, hoarseness might be signs of something other than a cold.](#)”



Zain Ahmed, MD

Dr. Zain Ahmed Achieves No. 1 Match Choice

Zain Ahmed, MD, MS ('15), currently a PGY-3 resident in the Department of Medicine at Brown University in Rhode Island, is happy to announce that he matched to his No. 1 choice for cardiology fellowship at Yale New Haven Hospital. “I am excited to be able to go back home to Connecticut and be close to family during my cardiovascular training,” he says

CCLCM One of Few Tuition-free Schools in U.S.

Since 2008, students at CCLCM have been in a unique position: They get to attend medical school tuition free. This means that students are able to focus on a career of academic and research-oriented medicine rather than feeling that they have to choose high-paying specialties to pay off student loans.

This is no small consideration for medical students, many of whom graduate with an average of \$192,000 in debt. CCLCM is one of the few medical schools in the country

to offer such an opportunity, a fact that was recently highlighted in an article published in the *New York Times*. “Free rides in medical education are very rare,” the article states. It goes on to tout CCLCM as a medical school program that is “fully funded” and thereby allows students to focus on training for their careers in medical service.

[Read the entire *New York Times* article.](#)

Such support would not be possible without philanthropic generosity. To make a contribution to this worthy cause, contact Amy Kubacki, Senior Director of Development, at kubacka@ccf.org or 216.636.5024. Together, we can continue to support the important work of the physician investigators of tomorrow.

Philanthropic Giving

The Education Institute welcomes donations to advance its mission of educating those who serve. Individuals, families, foundations and corporations that believe in the value of education are making a difference in the future of patient care with their generosity. To learn how you can help, please contact Amy Kubacki, Senior Director of Development, at 216.636.5024 or at kubacka@ccf.org.

MARK YOUR CALENDAR

March 5, 2018

Deadline for submissions to *Stethos*

March 12-23, 2018

CCLCM Capstone
Cleveland Clinic

March 16, 2018

Match Day
Dean’s Comments: 11:30 a.m.
Opening of the Envelopes: Noon
Reception following
CWRU, Tinkham Veale University Center

March 20, 2018 | 7:30 a.m. – 5 p.m.

CWRU Annual Education Retreat: “Training Today for the Healthcare Challenges of the Future”
CWRU, Tinkham Veale University Center

March 23, 2018

Eighth Annual CCLCM-wide Student Research Day
Cleveland Clinic

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.

Laura R. Greenwald, MBA, Managing Editor

Elissa Filozof, Writer

Thomas A. Fenn, Art Director