



Cleveland Clinic Lerner College of Medicine

January 2019

# InSight



HEALTH EDUCATION CAMPUS

## HEC Reaches Key Milestone

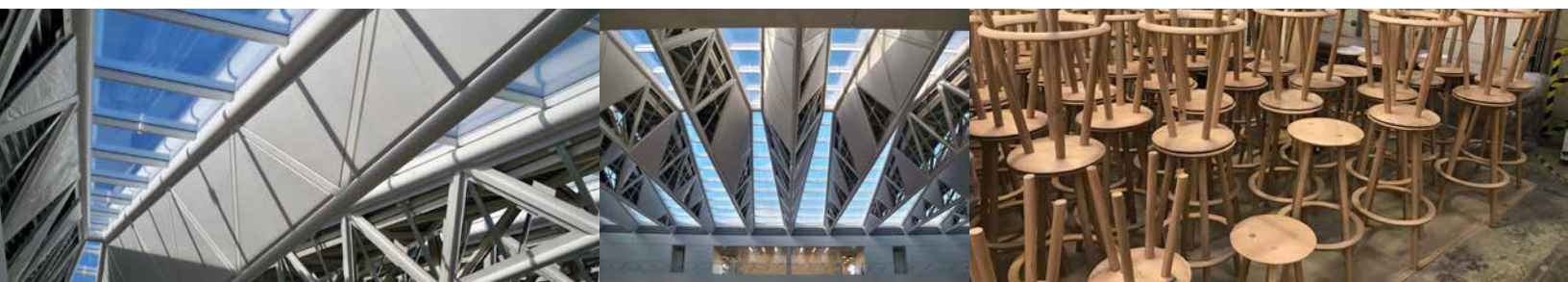
Preparations are on track for occupancy in the spring

Excitement is building as the plans for the new Health Education Campus (HEC) progress at swift pace. On Dec. 14, Cleveland Clinic received the Temporary Certificate of Occupancy from the City of Cleveland, an important milestone that paves the way for furniture and equipment, including the critical care transport helicopter simulator, to be moved in, beginning in February.



All site work has been completed with the exception of grass planting on the north and east sides — weather doesn't permit planting until the spring — and the construction fences have been removed.

The target date to receive the Final Certificate of Occupancy from the city is March 1, 2019. After that time, CCLCM and CWRU faculty and employees can begin the long-anticipated move into the new space!



## CCLCM Featured in *National Geographic*

Neil Mehta, MBBS, MS, Professor of Medicine and Associate Dean for Curricular Affairs, and James B. Young, MD, Professor of Medicine and Chief Academic Officer of Cleveland Clinic, were interviewed by *National Geographic* for an article entitled [“Digital cadavers are replacing real ones. But should they?”](#), published Dec. 18, 2018.

More and more, today’s medical students are learning anatomy from virtual cadavers for reasons ranging from the cost and logistics of handling, storing and cremating human cadavers to the educational benefits of using virtual cadavers. However, some experts question how students will learn respect and empathy absent human cadavers.

At the new Health Education Campus, opening in the spring, students will learn anatomy using virtual cadavers in addition to human cadavers in the existing anatomy lab. They have already been studying anatomy using Microsoft HoloLens, a mixed reality device, and CCLCM is developing a virtual reality curriculum with Zygote Medical Education.



Neil Mehta, MBBS, MS



James B. Young, MD

## Dr. Rick Drake Earns Medical Education Award

Richard L. Drake, PhD, was recently awarded the prestigious “Dr. Jose Eleuterio Gonzalez” medal from the Universidad Autonoma De Nuevo Leon (UANL) in Monterrey, Mexico, for his outstanding contributions to medical education. Three medals are awarded annually – one each to a regional, national and international recipient who has greatly contributed to health and medicine.

Director of Anatomy and Professor of Surgery at the Lerner College of Medicine, Dr. Drake serves as an Affiliated Professor of the Faculty of Medicine at the UANL. A teacher, educational researcher, author and leader, he presents on educational topics at national and international meetings, and has published numerous peer-reviewed papers and book chapters. He is one of the authors of *Gray’s Anatomy for Students*; *Gray’s Basic Anatomy*; *Gray’s Atlas of Anatomy*; *Gray’s Surface Anatomy and Ultrasound: A Foundation for Clinical Practice*; and *Gray’s Anatomy for Students Flash Cards*.



Dr. Drake was appointed a fellow of the American Association of Anatomists in 2009, and served as its Secretary/Treasurer and Co-Editor-in-Chief of *Anatomical Sciences Education*. He received the association’s Henry Gray/Elsevier Distinguished Educator Award in 2011. He also served as the President of the Association of Anatomy, Cell Biology and Neurobiology Chairpersons.

The UANL was founded by Dr. Jose Eleuterio Gonzalez, for whom the award is named, in 1933 and today is the third largest public university in Mexico, with seven campuses serving more than 141,000 students.





## Student Presents Poster at Regional Conference

Rob Borden ('20) presented his poster at the Southern Thoracic Surgical Association conference in November in Amelia Island, Fla. His poster title was "Microplegia vs Modified Buckberg Cardioplegia: Effectiveness and Cost Savings in Complex Cardiac Operations."



## Challenge and Refine Your Teaching Skills

If you are a Cleveland Clinic healthcare professional with teaching and educational leadership responsibilities, you may be interested in the Cleveland Clinic/Cleveland State University Master of Education (MEd) in Health Professions Education program. We are now accepting applications for the next cohort of students, who will begin the program in August 2019.

This two-year program is designed for healthcare professionals already engaged in teaching so that you can immediately apply what you learn. The highly interactive courses are taught by Cleveland Clinic and Cleveland State University faculty, modeling adult education principles and practices. A blend of online and in-person classes are held at the Cleveland Clinic main campus on Tuesday evenings. We use a cohort model so that all students participate together in all core courses, which encourages teamwork and collaborative learning.

**In the two-year program, you will enhance your skills in:**

- Adult learning principles and practices
- Curriculum design and instruction
- Learner assessment
- Program evaluation
- Educational scholarship
- Interpersonal and communication skills

Cleveland Clinic's tuition reimbursement benefit may offset the cost of tuition for qualified applicants.

Please share this opportunity with colleagues inside and outside of Cleveland Clinic who may benefit.

[Learn more about the program and apply to be part of the experience.](#) We use a rolling admission process and will accept applications until we reach the cohort limit of 20 students.

**QUESTIONS?** Email [MEHPESupport@ccf.org](mailto:MEHPESupport@ccf.org).

## COMMUNICATIONS TIP: Demonstrate Empathy

**Brian Schroer, MD**  
Associate Director, Communication Skills

As caregivers, we all have empathy for patients and their situations. However, your patients do not know this unless you demonstrate empathy, both verbally and nonverbally. In many clinical scenarios, all we have to offer a patient is our relationship, and demonstrating empathy at appropriate times can strengthen that relationship.



Brian Schroer, MD

In challenging situations, consider using the SAVE mnemonic: Support, Acknowledge, Validate or Emotion naming.

For example, if your patient says, "I'm tired of trying new medications. Nothing is working," you might respond in one of the following ways:

Support: "We will work together to figure things out."

Acknowledge: "This is a lot to deal with."

Validate: "Anyone in this situation would be discouraged."

Emotion naming: "You are frustrated."

Learning how to verbalize empathy takes practice, and it may feel awkward at first. Keep at it. You can also use the SAVE mnemonic in any relationship, both professionally and personally.

## STUDENT SPOTLIGHT:

# Selena Pasadyn

With two parents who are registered nurses, it was a no-brainer for Selena Pasadyn ('21) to pursue a career in medicine. "From a young age, I would hear stories about the ER and the ICU and was inspired by Cleveland Clinic's 'patients first' mindset," says Selena, who grew up in Greater Cleveland. Although she was the youngest medical school student in her class when she first started at CCLCM, she hit the ground running. Within her first year, Selena knew she wanted to become involved with cardiology or cardiothoracic surgery. "Everything about the heart fascinates me," she says.

Fusing her passions for medicine and research, Selena began to search for mentors in the cardiac field. By the end of her first summer in medical school, she had begun conducting research with the help of Eric Roselli, MD, cardiothoracic surgeon and Clinical Assistant Professor of Surgery, and Eugene Blackstone, MD, cardiothoracic surgeon and Professor of Surgery. Dr. Roselli helped Selena design a lifestyle survey that touched on acute type A aortic dissection patients' behaviors and exercise habits -- areas that are understudied. The survey, sent to patients via email, asked questions about athletic participation before and after dissection.

Twenty-five percent of patients in the cohort reported that they were competitive athletes before the dissection, and only one patient reported that they still competed after the dissection. Many of the patients indicated that they had stopped exercising after dissection because of fear and uncertainty about safe levels of exercise. The results also revealed that physicians' opinions widely vary when it comes to exercise after dissection. Selena also found that 36 percent of type A aortic dissection patients do not participate in cardiac rehabilitation. She presented her findings, along with three other posters, at the American Heart Association Scientific Sessions in 2018.

The survey results also uncovered a new revelation: 22 percent of aortic dissection patients screened positive for post-traumatic stress disorder, or PTSD. A short clip of her presentation on PTSD and acute type A aortic dissection patients was posted on [Twitter @CleClinicMD](#) (recording more than 80,000 views), and Dr. Roselli presented Selena's research on Sirius XM's Doctor Radio station in December.

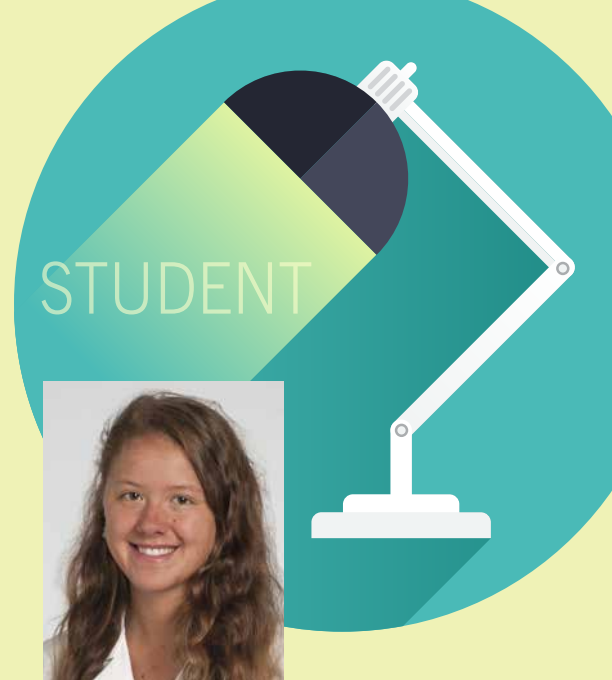
Selena is preparing several manuscripts on her findings thus far and rolling out a similar survey for type B aortic dissection patients. She will present her abstract "Acute Type A Aortic Dissection: Post-Repair Quality of Life and Its Association With Post-Traumatic Stress Disorder, Exercise and Sexual Activity" at the 2019 American Heart Association EPI/Lifestyle Scientific Sessions in Houston; her abstract "Acute Type A Aortic Dissections: Can I Still Have Sex?" at the 40th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine in Washington, DC; and her abstract "Acute Type A Aortic Dissections: Physician Exercise Restriction Variability and Patient Involvement in Those Decisions" at the 2019 American College of Cardiology's Scientific Session in New Orleans.

Separate from cardiac research, Selena is involved in a number of research projects, including acute ischemic stroke care at Cleveland Clinic and orthopaedic surgery research. For these, she will have abstracts presented at several national meetings including the International Stroke Conference, Global Spine Congress and Society for Behavioral Medicine Conference.

Outside of research and medical school, Selena enjoys competitive athletics, including running and swimming. Her best accomplishment as a runner in medical school was running a 5K in 17:33.

As Selena moves forward with her clinical rotations, she offers this advice to incoming CCLCM students: "It is so important to find a mentor that you really connect and work well with. If it weren't for Dr. Roselli and Dr. Blackstone, I would not be where I am today."

Selena says both physicians have inspired her to move forward with her project, and she hopes to someday be as great a surgeon and mentor as they are.



Selena Pasadyn



Eric Roselli, MD



Eugene Blackstone, MD



ACCOLADES

## Student Inducted into American Osler Society

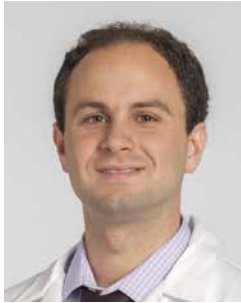
Congratulations to Joshua Nifortas, MTS ('19), who was recently inducted as a member of the American Osler Society.

Created to keeping alive the memory and humanistic philosophies of Dr. William Osler, the American Osler Society comprises physicians, medical historians and others in related fields. Members meet periodically to discuss and celebrate Dr. Osler's work and his contributions to the field of medicine and medical humanities.

Membership in the society is open to interested undergraduate and graduate students, along with residents and fellows.

Cleveland Clinic physicians Leonard Calabrese, DO, Professor of Medicine, and James B. Young, MD, Professor of Medicine, are also members of the American Osler Society.

Congratulations on this important achievement!



Joshua Nifortas, MTS

## Student Earns Research Grant

Congratulations to Spencer Seballos ('22), who was awarded a medical student research grant from the Society for Academic Emergency Medicine Foundation.

The grant provides funding to help Spencer further understand blood specimen hemolysis in the emergency department through his research project entitled "Lab Sample Hemolysis: Emergency Nurses' Knowledge, Attitudes and Practice."

Spencer is grateful to Christian Burchill, PhD, RN, and Michael P. Phelan, MD, for their contributions and mentorship.

Congratulations again!



Spencer Seballos



Christian Burchill, PhD, RN



Michael P. Phelan, MD

## Dr. Beth Bierer Earns Excellence in Reviewing Award

Congratulations to S. Beth Bierer, PhD, MEd, Associate Professor of Medicine and Director of Assessment and Evaluation for the Lerner College of Medicine, who was selected to receive a 2018 Academic Medicine Excellence in Reviewing Award from the Association of American Medical Colleges (AAMC).

She has offered her valuable time and expertise as a peer reviewer for *Academic Medicine*, the Journal of the Association of American Medical Colleges, since 2009. Dr. Bierer earned this distinguished award in 2012 as well.



S. Beth Bierer, PhD, MEd

**STUDENTS AND FACULTY:** Be sure to email [Laura Greenwald](#) with news about your achievements so that we can share your terrific news with our entire education community!

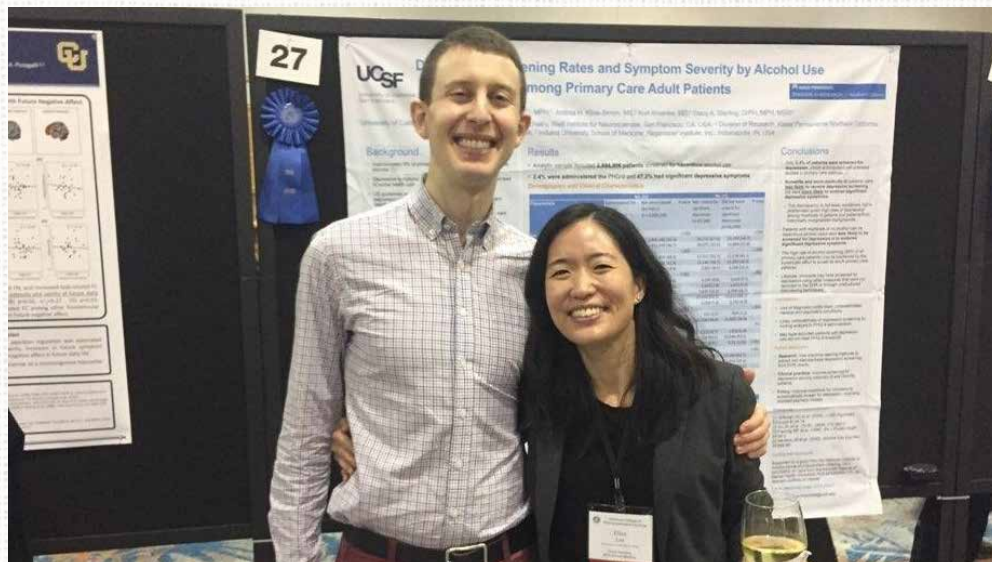


## Alumni Connect at Neuro Conference

Psychiatrists Matthew Hirschrirt, MD, MPH ('14), and Ellen Lee, MD ('11), connected at the Annual Meeting of the American College of Neuropsychopharmacology (ACNP) in December in Hollywood, Fla., where they both presented posters.

Dr. Hirschrirt's poster was entitled "Depression Screening Rates and Symptom Severity by Alcohol Use Among Primary Care Adult Patients," and Dr. Lee's poster was entitled "Sleep Measures and Their Inflammatory and Clinical Correlates in Individuals With Schizophrenia and Bipolar Disorder."

Both won travel awards to attend the ACNP conference.



## Dr. Weiss Accepted into Addiction Medicine Fellowship

Stephanie Weiss, MD, PhD ('11), recently accepted a position in the addiction medicine fellowship program at Wake Forest Baptist Health in Winston-Salem, N.C. This two-year research-oriented program aims to train future academic addiction practitioners. In her new role, she will be doing clinical research on SUBLOCADE™ (new injectable buprenorphine) and working with their clinical chemist on drug testing and lab medicine.



Dr. Weiss is currently finishing a medical toxicology fellowship. She already has completed an emergency medicine residency and has practiced as an academic EM physician. She worked as a pharmaceutical chemist before medical school.

"I'm really excited about having this chance to try to pull everything together, with components of chemistry, emergency medicine, toxicology and, now, addiction," she says.



# MARK YOUR CALENDAR



**March 11-22, 2019**

**CCLCM Capstone**  
Cleveland Clinic

**March 15, 2019**

**Match Day**

**Dean's Comments: 11:30 a.m.**

**Opening of the Envelopes: Noon**

Reception following

CWRU, Tinkham Veale University Center

**March 19, 2019**

**7:30 a.m. – 5 p.m.**

**CWRU Annual Education Retreat**

CWRU, Tinkham Veale University Center

**March 22, 2019**

**Ninth Annual CCLCM-wide  
Student Research Day**

Cleveland Clinic

## Advancing Our Mission

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 Theresa Holthaus at 216.444.1839 or at [holthat@ccf.org](mailto:holthat@ccf.org).

## 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).

# InSight

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