



InSight

Cleveland Clinic Lerner College of Medicine

March 2017



Teaching Students to Think Like Leaders

Students discover the competencies needed to become effective leaders at this all-day workshop

Nearly a dozen CCLCM students carved time out of their rigorous schedule to begin to develop the competencies needed to become effective leaders in healthcare organizations. At this daylong leadership workshop, called Leadership, Collaboration and Change in Health Care, students discovered their leadership strengths and weaknesses, the

appropriate use of different leadership styles, teambuilding skills, how to change — and measure change — in organizations, and how to resolve conflict within an organization.

Alex Cantrell ('20) coordinated the program with the help of James K. Stoller, MD, MS; Carol Farver, MD, MS; and Alan L. Hull, MD, PhD. The workshop was based on a similar program that is provided to chief residents at Cleveland Clinic and led by Drs. Stoller and Farver, both of whom are experts in the areas of leadership and organizational development. Drs. Stoller and Farver also led the student workshop.

“Dr. Stoller and Dr. Farver used data to demonstrate that leadership within the medical realm requires particular skills that we can develop over the course of our medical education,” says Radhika Rastogi ('20). “I particularly appreciated the opportunity to learn more about the value of our personal approaches to conflict resolution and teamwork strategies.”

The workshop idea came to Alex as an extension of his participation in the AMA Medical Education Innovation Challenge in 2015. For the challenge, he and Jennifer Hu ('19), Shiming Luo ('20) and Joshua Niforatos ('19) proposed a specialized curricular track to better prepare future physicians with business fundamentals and familiarity in private sector research. The team earned an honorable mention for their effort.

Read [“CCLCM Students Propose an Innovation to Turn Medical Education on its Head,”](#) in the March 2016 issue of *InSight*.

“The workshop provided invaluable wisdom as well as practical tools in service-based leadership. A new favorite quote of mine from the workshop that recapitulates a few of these ideas is one from Rabbi Hillel: ‘If I am not for myself, who will be for me? If I am not for others, what am I? And if not now, when?’”
— Nemat Sharaf ('18)

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“The leadership workshop was interactive, as opposed to being lecture-based,” says Alex. “Drs. Stoller and Farver paired evidence-based discussion and theory with practical application and small team exercises, which gave the students the chance to learn the material immediately and adapt it to their personalities.”

The workshop, which was held on Feb. 9, covered such topics as the characteristics of effective healthcare leaders, emotional intelligence, how to build a successful career in medicine and how to choose a place to work based on your leadership philosophy.

“We thought that fourth-year students would benefit most from the workshop because they’re beginning to search for residency programs. They can use some of the discussion points to match their values and what they want to accomplish in their career to potential training programs,” says Alex.

Although Alex isn’t graduating until 2020, he says he learned a framework for better understanding leadership in addition to some new techniques about being a better leader, and he believes this new knowledge will help him both as a medical student and in the future.

In terms of the future, Alex is hopeful that the leadership workshop will become an annual event for students.

Students can find the presentation materials and associated resources on the student portal.



9 of the 11 attendees “strongly agreed” that they aspire to a leadership position in a healthcare organization, and 10 of the 11 “strongly agreed” that they will continue to seek leadership training opportunities beyond this workshop.



Interested in Teaching at the Medical School?

As a member of the professional staff, would you (or a colleague) like to learn more about Cleveland Clinic Lerner College of Medicine? Have you thought about teaching at the medical school? To learn more about teaching and advising opportunities, please join us at the next Orientation and Faculty Role Fair in April.

Tuesday, April 25, 2017
7:30-11 a.m.
Lerner NA3-57

The orientation will give you an overview of the medical school structure, guiding principles and curriculum. You will have a chance to learn more about specific roles that faculty can play in the medical school during a “career fair” in the second half of the morning. You’ll also learn about the faculty appointment process.

Facilitators include Alan L. Hull, MD, PhD; Christine Moravec, PhD; Beth Bierer, PhD; and Trine Jorgensen, PhD.

To register, please email [Michaela Stiber](#). Please remember to request meeting time and block your clinical schedule well in advance in order to attend this event.

If you have a colleague who might be interested in a teaching role at our college, please tell them about this opportunity.

Medical School Survival Tip

According to Daniel R. Paull, MD, author of *So You Got Into Medical School... Now What? A Guide to Preparing for the Next Four Years*, “The benefits and efficiency of not cramming are many, but only you can decide what works best for you. Being flexible and knowing when something isn’t working and needs to be changed is vital.”

Do not be afraid to change your study habits, if need be, especially if you feel your study habits could be more effective. Getting some last-minute studying in can be helpful, but not if it is the first time you will be scouring the material.

Patient Safety & Quality Tip:

How to effectively communicate a plan of care

Giselle Velez, MD
 Director, PBL Case Development 1
 Clinical Science Coordinator,
 Acute Care



Effectively communicating the plan of care to patients is vital to quality and patient safety.

To engage patients, I employ a multi-modal approach:

- use simple terms and avoid medical jargon when counseling
- provide the opportunity for questions and clarifications in the process
- supplement verbal instructions with written instructions

In the inpatient setting, I use the white boards in the room to write these plans. In my outpatient preoperative clinic, patients receive a printed copy of my instructions and a reminder note highlighting pending tasks or decisions.

Involving and collaborating with team members is just as essential. By including the patient’s nurse during my bedside rounds, we can reduce errors and improve the efficiency of care delivered.

To Heal the World

Healthcare students and professionals gather to share global health experiences, research and news

More than 50 healthcare students and professionals convened on a recent Saturday to share their global health experiences, research and information on what's new in emerging diseases and technology.

The fifth annual Global Health Workshop, hosted by the global health special interest group of the Case Western Reserve University (CWRU) School of Medicine and CCLCM, took place on Feb. 11, in the Floyd D. Loop Alumni Library at Cleveland Clinic. This year's workshop featured presentations from experts including:

- **Vipan Nikore, MD, MBA**, Assistant Professor of Internal Medicine at Cleveland Clinic Canada and visiting research scientist in health informatics at MIT, who presented on the impact of technological advances in global health
- **Miriam Cremer, MD, MPH**, Associate Professor of Ob/Gyn at CCLCM and founder of Basic Health International, who shared her experiences of working in El Salvador and her passion for bringing cervical cancer screenings and treatment to women in developing countries
- **Oloruntosin Adeyanju, MD**, and Jane Im, MD, Cleveland Clinic Pediatric Hospital Medicine fellows, who presented on how to identify dangerous diseases that are emerging globally
- **Joshua Niforatos, MTS ('19)**, who discussed the intersection of anthropology and global health

Discussions were structured around global health cases with a focus on infectious diseases and cultural competence. Other topics included the global impact of medical missions and how international rotations and experiences can impact the training of healthcare providers and medical students.

The poster session highlighted global health research, including an outcomes study of HIV-exposed infants in Kenya, a project investigating the burden of surgical disease in Honduras and research done in Peru as part of the Peru Health Outreach Project.

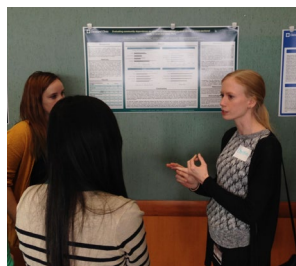
Poster winners:

Varun Shetty, MD, resident from the MetroHealth System, for "Isoniazid Window Period Prophylaxis in Healthy Close Contacts to TB Patients: Is it Worth it?" – First-place winner



Christina Healy (CWRU '19) and **Christina Snider** ('20), for "Evaluating Community Dependence on Short-Term International Medical Clinics: A Cross-Sectional Study in Rural and Urban Peru" – Second-place winners

Attendees included medical students, nursing students and research students from CWRU, CCLCM and Northeast Ohio Medical University (NEOMED). A variety of residents, fellows and physicians from Cleveland Clinic, University Hospitals and the MetroHealth System also attended.



All participants received certificates of participation. The workshop was organized

and hosted by second-year medical students Bobby Unger, Anirudh "Vinny" Vinnakota, Anne Kim and Michael Wu; first-year medical students Lynn Daboul, Michael Jiang, Daniel Moussa and Lillian Sun; and staff physician advisors Sangeeta Krishna, MD, from Cleveland Clinic, and Ronald Magliola, MD, from the MetroHealth System.



For questions or to find out how to participate in next year's event, please contact Daniel Moussa at moussad@ccf.org, Lillian Sun at sunl2@ccf.org or Sangeeta Krishna, MD, at krishns@ccf.org.



CCLCM Students Get a Flavor for Eastern Europe and Russia



Christina Snider



Joshua Golubovsky



Caroline Franke

Three CCLCM students offered interactive presentations outlining the history, culture and current events in their respective countries at the monthly Diversity Dinner held on Nov. 10, 2016. Christina Snider ('20), Joshua Golubovsky ('21) and Caroline Franke ('20), weaved in stories about their own cultural experiences, each having parents or grandparents that immigrated to the United States.

Christina, whose family is from Sweden, Joshua, whose family is from Russia and the Ukraine, and Caroline, whose family is from Lithuania, each gave short presentations. After the presentations, the students enjoyed a potluck dinner that featured traditional cultural foods such as Swedish meatballs and kielbasa.

In addition to discussing their own experiences, the students talked about the experiences of their families, both in their countries and while immigrating to the United States. Because their families' countries are largely made up

of Caucasians, they briefly discussed white privilege and what that means.

Christina highlighted interesting topics within Swedish culture such as the success of their healthcare system and the importance of *allemansrätten*, which translates to "every man's right" and refers to the Swedish law that gives citizens the right to explore and roam the countryside, including lands that are privately owned.

"The idea that everyone has the right to enjoy nature, as long as they are respectful of the land and strive not to disturb it, is important to many Swedes," says Christina.

The students enjoyed their experience with the Diversity Dinner and appreciated the opportunity to share their culture while learning how to be culturally sensitive when treating patients of different backgrounds.

ALUMNI NEWS

Updates from Around the U.S.

Heather (Scoffone) Ma, MD ('13) is finishing her residency in Physical Medicine & Rehabilitation at the Rehabilitation Institute of Chicago this July and moving to Boston for a fellowship in Brain Injury Rehabilitation Medicine.

She'll have lots more to pack this time around. Heather and Alex's son, Sebastian Alistair Ma, was born on Nov. 20, 2016!

Richard Haigler, MD ('10) sends an update from his home state of North Carolina, where he reports that he is getting settled into his practice with Novant Health Orthopedics and Sports Medicine.

"I think the skills garnered at CCLCM have served me well," he says, adding that a patient told him recently that he should teach a class on bedside manner. What a wonderful compliment!

[Read more about what Dr. Haigler has been up to.](#)



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 6-8, 2017

LCME Site Visit

March 13-24, 2017

CCLCM Capstone
Cleveland Clinic

March 17, 2017

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

March 24, 2017

Sixth Annual CCLCM-wide
Student Research Day
Cleveland Clinic

March 27-30, 2017

Spring OSCEs for Year Twos
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.

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