



InSight

Cleveland Clinic Lerner College of Medicine

October 2015



Nutrition Becomes a Priority at CCLCM

A new nutrition focus has been added across Cleveland Clinic Lerner College of Medicine's five-year curriculum and promises to enhance the lives of both students and patients. CCLCM joins only about a quarter of American medical schools that offer the 25 hours of nutrition training that is recommended by the National Academy of Sciences. The curriculum will offer courses that go in depth about nutrition supplements, food fads, cultural determinants of eating behaviors and much more.

Alan Hull, MD, PhD, Associate Dean of Curricular Affairs, believes nutrition is both an underrepresented topic in medical school and an increasingly critical component of physician skills to control many chronic diseases.

"Adding nutrition content in our medical school curriculum will assure our medical students are equipped with the skills to help patients develop healthy behaviors to treat chronic diseases affected by obesity and malnutrition," says Dr. Hull. "Along the way, CCLCM students will also be able to learn fundamental concepts that they can incorporate into their personal self-care."

The new nutrition emphasis was first introduced to the class of 2020 at the self-care fair where each student was provided with tips on how to log their dietary intake and healthier eating options in the Cleveland area. Students were also given a Fitbit®, which will allow them to track steps taken, distance traveled, calories burned and sleep quality. For student Caroline Franke ('20), the Fitbit has helped her become more aware of trends in her exercise patterns.

"I noticed that not walking to school on the weekends really detracts from my step count on those days," says Caroline. "I've had to really find a way to make up for the deficit."

The class of 2020 kicked off the year by creating fitness goals for themselves, followed by self-assessments throughout the year. The assessments will allow students to not only see if they are meeting their fitness goal, but also give them a chance to reflect back on the nutrition courses they have taken.

Incorporating nutrition concepts across the curriculum will allow students to make recommendations to their patients, while also giving them a chance to build relationships with professionals outside of their field.

"I think one unique aspect of adding nutrition to the curriculum is that physicians and dietitians will have the chance to learn from one another," says Gail Cresci, PhD, RD, LD, CNSC, Assistant Professor with the college, staff member with Gastroenterology/Hepatology & Pathobiology, and Chair of the Nutrition Task Force for CCLCM.

This will allow students to gain an appreciation for what each profession does and give them a chance to work together in the future, explains Dr. Cresci.

Once the students finish the nutrition courses, they can expect to know the function of normal metabolism and ways that nutrition abnormalities can lead to abnormal function and anatomy, have a greater understanding of personal health and wellness, and know how nutrition can help treat acute and chronic disease.

LCME Spotlight: Self-study Phase

The Case Western Reserve University School of Medicine and Lerner College of Medicine are currently in the self-study phase of preparing for the March 2017 LCME visit. The self-study allows us to:

- assess the two parallel programs in terms of how well the expectations of each standard (12) and element (95) are being met
- identify areas of strengths and improvements, with the goal of developing plans and strategies to address problem areas prior to the visit

The members of the five subcommittees (Educational Resources, Educational Program, Faculty, Medical Students and Institutional Setting) are diligently working to collect the required data within each element, meeting on a routine basis to discuss areas of ambiguity or concern, and uploading final documentation into the Data Collection Instrument, which will be submitted on Dec. 31, 2015, by CWRU Vice Dean and LCME Faculty Lead Patricia Thomas, MD.

If you have suggestions for improving admissions or student affairs, please contact Kathleen Franco, MD (co-chair of Medical Students Committee).

Once the self-study has been submitted, the Steering Committee will launch the planning phase of the March 2017 visit.

Annual Scholarship in Teaching Award Announcement

The Scholarship in Teaching Award was developed to recognize educators' outstanding scholarly contributions to medical education. We invite you to submit a description of your work for rigorous review by a committee of faculty researchers and educators. The most highly rated curricular innovations will be selected for the award.

Teaching approaches considered scholarly are characterized by 1) purposeful planning, 2) systematic implementation, and 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.

Deadline for submissions is Dec. 15, 2015.

[Get details](#), including a detailed description of an educational contribution that fulfills the criteria for scholarship, and a link to the application. Awardee(s) will be honored at the Case Medical School Education Retreat in March 2016.

Awards will be limited to three individuals per project (additional faculty can be acknowledged in the announcement program at the presentation ceremony).

Questions? Contact Diane R. Dowd, PhD, Assistant Director of Student Assessment, Case Western Reserve University School of Medicine, at dxd57@case.edu.



“Healthcare increasingly is a team sport.

The students who graduate from these programs will be uniquely prepared to participate and lead in this new era.”

– Toby Cosgrove, MD, CEO and President of Cleveland Clinic

Health Education Campus Construction Begins

Cleveland Clinic and Case Western Reserve University (CWRU) broke ground Oct. 1 on a four-story, 485,000-square-foot Health Education Campus that will reimagine the way we prepare the healthcare leaders of the future.

CCLCM students, along with students from the university’s schools of medicine, nursing and dental medicine, will learn, study and collaborate together in a structure designed to encourage extensive interaction among the professions. The building’s design fosters teamwork and will improve care, reduce costs and further meaningful innovation.

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[Watch the architectural design video.](#)

More than 350 people attended a groundbreaking on the site between Euclid and Chester avenues along East 93rd Street. Cleveland Clinic CEO and President Toby Cosgrove, MD, and CWRU President Barbara Snyder joined Foster + Partners architects, donors and friends to celebrate the groundbreaking of one of Cleveland’s largest construction projects this century. Also on hand was Lorraine Bardeen, Director of Next Gen Experience at Microsoft. As part of the campus’s pioneering educational approaches, students will use Microsoft’s cutting-edge augmented reality device, HoloLens, for lessons in subjects like anatomy.



[Watch the video about the philosophy behind the Health Education Campus.](#)

The main building features a 27,000-square-foot central atrium that draws maximum light from a specially engineered roof. Admissions and other offices surround the central first-floor space, which can be cleared — even the trees — for major events. The first floor also will include a \$5 million conference center featuring a 7,000-square-foot auditorium and 4,800-square-foot lecture hall where students from all programs will gather for inter-professional lessons, featured speakers and demonstrations.



Along with Cleveland Clinic and CWRU, the driving forces behind this visionary project are two historic foundations: the Cleveland Foundation and the Mt. Sinai Health Care Foundation.

To date, Cleveland Clinic and CWRU have raised more than \$180 million for the project, and active joint fundraising continues.





Your School, Your Voice

Mark your calendar for the LCME student survey launch and festivities!

Students: Phase two of the LCME student survey opens on Monday, Oct. 5, so please join us for a survey launch party from 7 to 8 a.m., in NA5-04. Come enjoy coffee, pastries and bagels as you get ready to share your views about attending the Lerner College of Medicine.

This survey will ask for your feedback on:

- Pre-clinical curriculum
- Preparation for clinical rotations
- Experience during clinical rotations
- Academic assessment of students during the pre-clinical years
- Research preparation and experience
- Preparation for standardized testing
- Career advising
- Wellness
- Facilities and IT

By taking the survey you will be entered into a weekly raffle to win prizes, including a Smart TV, Beats™ headphones and gift cards to Starbucks, Chipotle, Amazon, Cheesecake Factory, Southwest Airlines and more. The class with the highest participation rate will receive a class happy hour sponsored by Case Western Reserve University. Complete the survey by 11:59 p.m. on Oct. 5 and be entered into a special raffle for an iPad mini.

Your feedback is extremely valuable to us, and we have already started to make changes based on the views students shared during phase one of the survey.

Watch your email and the electronic display on the second floor for details on the weekly raffle prizes and prize winners!



Exhibit to Highlight the Evolution of Medicine in America

With help from a generous grant from the National Endowment for the Humanities, the Dittrick Museum of Medical History at Case Western Reserve University is embarking on a new project called “How Medicine Became Modern: A Humanities Perspective.”

Much like the digital wall inside Cleveland Museum of Art’s Gallery One, the Dittrick Museum’s project will present its treasure of medical artifacts in a digital, interactive format. The project is scheduled to open in 2017.

[Read more about the “How Medicine Became Modern” project in CWRU’s Daily.](#)



Dr. Ruth Imrie Wins Master Educator Award

Ruth Imrie, MD, a Clinical Professor of Pediatrics at the Lerner College, received this year's Maria and Sam Miller Professional Excellence Award for Master Educator. Dr. Imrie, who also serves as a Physician Advisor for Lerner College medical students, accepted her award at the annual staff dinner held on Sept. 11, 2015.

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. Imrie!



Kudos to Dr. Marty Kohn

Congratulations to Martin Kohn, PhD, Director of the Program in Medical Humanities, who had a poem published in September on *Pulse: Voices From the Heart of Medicine*. *Pulse* is an online resource for people to share their personal experiences around healthcare.

[Read Dr. Kohn's poem, Descent ...Variations on a Williams Theme.](#)

Students Help Create a More Inclusive College Environment

Cultural programs on Latter-day Saints and Islam bring students together

In August five CCLCM students had the chance to open up to their peers about their experience as members of the Church of Jesus Christ of Latter-day Saints.

For medical student Jaes Jones ('19), who spent much of his college years surrounded by people who had never even met a Latter-day Saint, let alone understood their way of life, it was a relief to see how open and eager CCLCM students were to learn about his culture.

"I have been uplifted by the warm reception that our culture has been received with," says Jaes. "I have had wonderful discussions with many of my classmates since. This event truly has led to a more understanding and inclusive environment here at CCLCM."

The students started the evening by presenting pictures of famous people who are active Latter-day Saints and answering questions that many people have. They then showed a few clips from the documentary *Meet the Mormons* and answered "getting to know you" questions posed by Kendalle Cobb, MD, Director of Multicultural Recruitment and Development. The evening ended with a question-and-answer session from the audience.

Many students were able to get answers to questions regarding the role women play in the Church of Jesus Christ of Latter-day Saints, how closely members must follow the teachings and legal/illegal drug use.

Student Aaron McBride ('19) prepared for this event by creating a handout about the basic beliefs of, and considerations for, the Church of Jesus Christ of Latter-day Saints. This handout will eventually be included in

the Diversity Toolkit that our clinicians use when treating patients from different backgrounds.

If you have specific issues or questions in mind that you would like to discuss, please contact Jaes Jones at jonesj30@ccf.org.

In September students gathered to learn more about the basics of Islam and the truth about common misconceptions. Some topics covered were woman's rights, the role of Jesus and the meaning of the word "jihad."

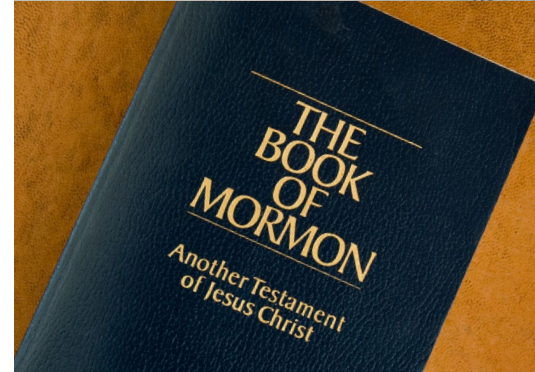
Although the Lerner College of Medicine has only a handful of students who identify as Muslim, Islam is the world's second largest religion.

The students polled the audience to see what they knew about Islam, asking common questions like, "What does traditional Muslim male attire look like?" and "Which country has the highest Muslim population?"

"The polling questions triggered many questions from the audience," says Sahar Khan ('19). "I was surprised to see multiple hands up in the air after every question."

The event, which lasted two hours, covered a variety of topics and gave CCLCM students a chance to better connect with their peers.

"I am really glad we had the chance to educate our classmates on what Islam is about," says Sahar. "I hope these experiences will help us understand our patients better."



MARK YOUR CALENDAR

October 20 – 21, 2015

OSCEs for Year Twos
Cleveland Clinic

Oct. 27, 2015

New Faculty Orientation
7:30-11 a.m.
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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