

In Pursuit of Wellness

Hospital Medicine Monthly Newsletter

8/5/2018

Edition 3

July Steps Challenge

Congrats to **Raghava Nagaraj** on winning the July step challenge!

Stats: 370,419 steps; 185 miles, 20,000 calories

Runners up:

2) Ann Donald – 303, 916

3) Amritpal Pannu – 262, 523

4) Carolyn Moench – 261, 827

5) Parag Chevli – 255, 590

6) Pankaj Kumar – 247, 704

7) Bri Pearson – 247, 273

8) Abhishek Dutta – 243, 302

9) Dan Beekman – 228, 470

10) Yoania Quintana – 205, 294

Hospital Medicine stats:

20 participants reported 4,066,921 steps in the month of July

That's over 2,000 miles we walked together! (And Ha didn't even participate)

Hospital Medicine Dash Event

Wednesday, August 8th @ 7:00 PM



- ❖ Private, covered party deck area
- ❖ Ballpark fare and drink – hot dogs, chicken sandwiches, coleslaw, chips, baked beans, dessert, and non-alcoholic beverages
- ❖ FREE Dash caps
- ❖ In-game recognition – our group name will be on the scoreboard

Family (including kids) and one guest welcome!

Let Bri or Kristin know if you will attend and how many tickets you need via email or in person

August Kudos Challenge

The challenge this month will be to build up your colleagues with praise and therefore, our team as a whole. Recognize a colleague for something that you think really **contributed something positive to the team**. Grab one of the kudo cards, write the person's name at the top, and a quick summary of what they did that you appreciate. Write your name on the back and place your kudo card in the box or the board. The box is there so you can be even more anonymous but

I will be putting them all up on display on a beautiful board eventually (just like pictured below). Every time you write a kudo card with your name on the back, you are entering your name in the raffle to win the most coveted prize yet:

One month of badge access to the parking spots right outside Meads Hall!!!



Kudos

"a common exclamation for appreciation"

From the Greek word meaning "fame" and "honor"

The recognition of valued work has been proven in studies to encourage intrinsic motivation within an organization. So start inspiring each other!

"How wonderful it is that nobody need wait a single moment before starting to improve the world."

-Anne Frank, *The Diary of a Young Girl*

"Kind words can be short and easy to speak, but their echoes are truly endless."

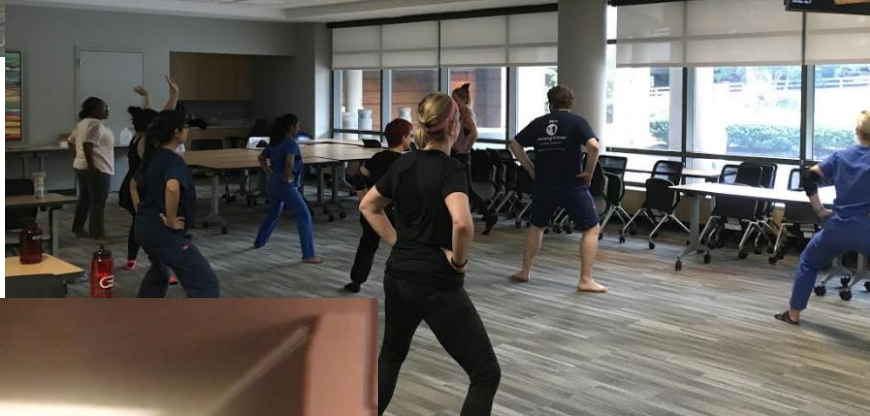
-Mother Teresa

"If you want to lift yourself up, lift up someone else."

-Booker T. Washington

"Would I rather be feared or loved? Easy. Both. I want people to be afraid of how much they love me."

-Michael Scott, *The Office*



HIGHLIGHTS FROM LAST MONTH

Pure Barre "pop-up" class

(1st two pictures on the left)
Kudos to Sumera for rocking the class while 6 months pregnant!

Parent's night out

We had so much fun getting to know everyone's kids! If you missed out, no worries - we will plan another one in a couple months.

APP dinner

We really appreciated everyone who covered us for the evening! We had a blast ☺



This is just a snapshot from a hilarious video from parent's night out – ask Ann for full viewing



HEALTHY MEAL PREP 101

WITH ACTIONHEALTH EMPLOYEE NUTRITION
COORDINATOR JANE ANDERSON

- AUGUST 30TH 3:00 – 3:45 PM
- DISCUSSION ON (REALISTIC) MEAL PREP AND NUTRITION ON A TIGHT SCHEDULE
- HOSPITAL MEDICINE CONFERENCE ROOM



Action Health Events



August Theme: Healthy Aging

- Farmer's Market
 - New Hawthorne Parking Deck; Thursdays 2-5:30 PM
- Healthy Nutrition for Aging Class
 - Sticht Center; Thursday, August 9, 12-12:45 pm
- **Zumba**
 - Comp Rehab; Tuesday, August 14th, 12-1 pm
- Exercise your Emotions with Expressive Arts
 - Sticht Center; Thursday, August 8th, 4-5 pm
- Advance Care Planning
 - CCC 2A/2B; Wednesday, July 11th, 4-5 pm
- Ergonomics
 - CCC 2C/2D; Wednesday, August 15th 12-1 pm
- Self defense
 - Sticht Center; Thursday, August 16th, 12-1 PM
- Financial Counseling with BB & T
 - Access Center, 3rd floor small conference rm; Tuesday, August 21st 12-4 PM
- Composting
 - Sticht Center; Thursday, August 23rd 12-12:45pm
- Bento Box Workshop
 - Sticht Center; Thursday, August 30th 12-12:45 pm

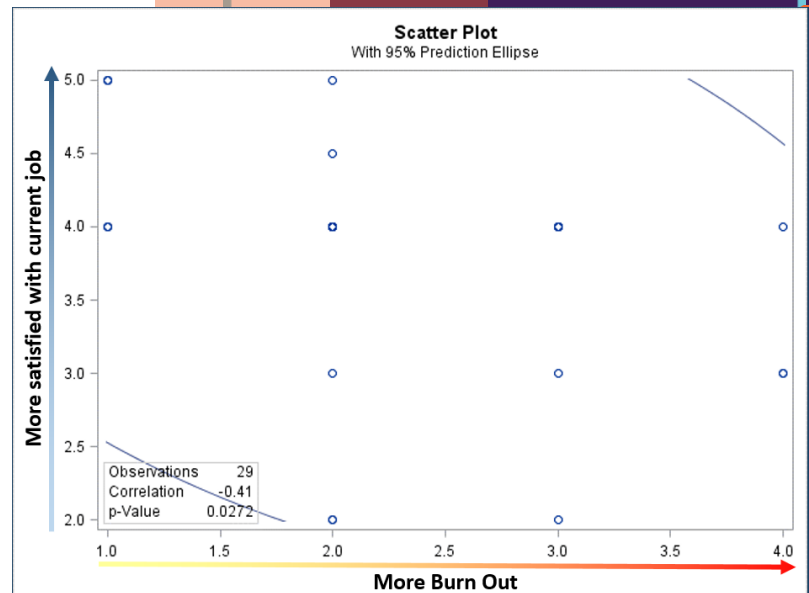
Burnout Update

Correlations between May 2018 APP survey and June 2018 MD survey

Thanks to Tareq Islam for analyzing the data!

SIGNIFICANT CORRELATIONS BETWEEN BURNOUT AND:

- OVERALL JOB SATISFACTION (SCATTER PLOT PICTURED ON RIGHT)
- STRESS AT JOB
- WORKLOAD CONTROL AT JOB
- SUFFICIENT TIME FOR DOCUMENTATION
- HECTIC WORK ATMOSPHERE
- EFFICIENT TEAM WORK



Survey topics	Coefficient value	p-value
Overall job satisfaction	- 0.41	0.027
Stress at job	+ 0.62	<0.001
Workload control at job	- 0.69	<0.001
Sufficient time for documentation	- 0.68	<0.001
More hectic work atmosphere	+ 0.63	<0.001
Well aligned professional values	- 0.17	0.375
Efficient team work	- 0.50	0.007
Amount of time spent on EHR at home	+ 0.07	0.722
Proficiency with EHR	- 0.23	0.224

Section on Hospital
Medicine

August 2018

Brianna Pearson, PA-C

Ann Donald, NP

Kristin Nanney, PA-C