

Celebrating 50 Years of UMass Family Medicine



Educating the Next Generation of Clinicians to Serve All Communities

RETREAT

333 South Street, Shrewsbury, MA

Thursday, May 16, 2024

AGENDA

Retreat Goals:

- Celebrating Family Medicine and preparing for our 50th Anniversary
- Providing Faculty Development
- Promoting a Culture of Faculty Advancement and Joy

Thursday May 16, 2024

12:00 – 2:00	Professional Headshot Opportunity – <i>Lobby Entrance</i>
12:15 – 1:15	Lunch and Gathering – <i>Back Room of Amphitheater</i>
1:15 – 1:45	Welcome and Celebrating Family Medicine! – <i>Amphitheater</i> <i>Diane McKee, MD, MS & Hugh Silk, MD, MPH</i> <ul style="list-style-type: none"> • Family Medicine Proud! • FM match, Residencies match • Plans for 50th Celebration
1:45 – 2:30	Maybe It Is More Than Money: Student Focus Group Outcomes & Future Directions – <i>Amphitheater</i> <i>Mary Lindholm, MD, Frank J. Domino, MD, Philip Day, PhD, Kathleen Barry, MD</i>
2:30 – 2:45	Break – Beverage & Snack – <i>Back of Amphitheater</i>
2:45 – 3:45	Concurrent Breakouts - Session 1: <ul style="list-style-type: none"> • Intro to POCUS in Family Medicine (Please sign up at registration desk - 30 participants maximum) – <i>Cafeteria</i> <i>Rebecca Gwaltney, MD, MPH, Andrea Chin, MD, Lee Mancini, MD, FAAFP, CSCS*D, CSN, Henry Del Rosario, MD, Erin Cathcart, MD, MPH, CPH, Corey Costanzo, DO, MPH, MS</i> ***Please Note – Participants should come in loose fitting clothing/gym clothing. Participants will scan each other during this session. • Improv Exercises for Teaching Communication Skills in Medical Settings – <i>France</i> <i>Suzanne Mitchell, MD, MS</i> • Embrace Yourself: A Mindful Self-Compassion Approach – <i>Amphitheater</i> <i>Josephine Fowler, MD, MSc, MBA, FAAF, Shahida Fareed, PsyD</i> • We Can Do Better: Giving Effective Feedback – <i>Germany</i> <i>Ginny Van Duyne, MD, Liz Dykhouse, PhD, Missy Gleckel, MD</i>

3:50 – 4:50	Concurrent Breakouts - Session 2: <ul style="list-style-type: none"> • Sports and Exercise Medicine: Head, Shoulders, and Hips – A Hands On Session – France <i>Lee Mancini, MD, FAAFP, CSCS*D, CSN, Emily Eshleman, DO, MS, Adam Ridley, MD, Angela Rufo, DO</i> ***Please Note - Participants should wear or bring shorts for performing the hip exam; and short-sleeved shirts for performing the shoulder exam. • FMOB Ultrasound: Hands-on Training on Amniotic Fluid Index (AFI) and Biophysical Profile (BPP) – Germany <i>Kristina Gracey, MD, MPH, Rebecca Gwaltney, MD, MPH, Claudia Pierre, MD</i> • A New Approach to SDOH Screening and Follow-Up – Amphitheater <i>Arvin Garg, MD, MPH – Associate Chief Quality Officer for Health Equity, UMMH</i> <i>Shelbie Young, EdM – Practice Improvement Associate, Office of Clinical Integration, UMMH</i> With discussion moderated by Heather-Lyn Haley, PhD • Foundations of Scholarship: Qualitative vs Quantitative - Choosing the Right Method for Your Project – Italy <i>Diane McKee, MD, MS, Philip Day, PhD, Scott Hebert, MS</i>
4:50 – 5:00	Transition
5:00 – 5:30	Promotion Strategies, Hacks, and Updates – Amphitheater <i>Hugh Silk, MD, MPH, Tracy Kedian, MD, Philip Day, PhD, Lisa Gussak, MD</i>
5:30 – 5:40	Closing – Amphitheater <i>Diane McKee, MD, MS</i>
5:40 – 6:45	Networking Reception – Hors d'oeuvres, beer and wine, and music by The Geoff Hartwell Band <i>- Cafeteria & Outdoor Patio</i>

AAFP Continuing Medical Education Credits

Plenary:

Maybe It Is More Than Money: Student Focus Group Outcomes & Future Directions (.75 Live AAFP Prescribed Credit)

Mary Lindholm, MD, Frank J. Domino, MD, Philip Day, PhD, Kathleen Barry, MD

Discuss NEW and novel ideas to build on current uptick in student FMIG interest.

At the conclusion of this presentation participants will be able to:

1. Understand outcomes from a recent focus group of MS III and IV FMIG students.
2. Look for new approaches to off build on this momentum.
3. Consider our “Brand” and what could further improve our specialty to medical students.
4. List opportunities to expose students to family medicine beyond the clerkship and AI.

Concurrent Breakouts - Sessions 1:

Intro to POCUS in Family Medicine (Please sign up at registration desk - 30 participants maximum) (1.00 Live AAFP Prescribed Credit)

*Rebecca Gwaltney, MD, MPH, Andrea Chin, MD, Lee Mancini, MD, FAAFP, CSCS*D, CSN, Henry Del Rosario, MD, Erin Cathcart, MD, MPH, CPH, Corey Costanzo, DO, MPH, MS*

Session will be a basic introduction to the applications of point of care ultrasound (POCUS) for family medicine. Will review basic ultrasound physics, common artifacts, probe positioning, and knobology. Participants will rotate through several stations to practice hands-on common POCUS skills relevant to primary care.

*****Please Note – Participants should come in loose fitting clothing/gym clothing. Participants will scan each other during this session.**

At the conclusion of this presentation participants will be able to:

1. Describe the potential utility of POCUS for family medicine providers.
2. Identify different US probes and briefly describe their uses.
3. Outline the basic knobs available on US machines and their use in refining image quality.
4. Describe the cardinal movements of an US probe.

Improv Exercises for Teaching Communication Skills in Medical Settings (1.00 Live AAFP Prescribed Credit)

Suzanne Mitchell, MD, MS

This workshop is designed to give medical personnel the tools to listen, adapt, and communicate effectively in real-life scenarios.

At the conclusion of this presentation participants will be able to:

1. Use improv theater exercises to explore empathy.
2. Use improv theater exercises to explore agreement and cooperation.
3. Use improv theater exercises to explore quick thinking scenarios.
4. Use improv to explore power relationships.

Embrace Yourself: A Mindful Self-Compassion Approach (No AAFP Credit Awarded)

Josephine Fowler, MD, MSc, MBA, FAAFP, Shahida Fareed, PsyD

We will discuss myths vs meaning of self-compassion and understand it by practicing it together in the session.

1. Understand the myths regarding self-compassion.
2. Understand how self-compassion impacts the burnout.
3. Understand ways to incorporate self-compassion.

We Can Do Better: Giving Effective Feedback (1.00 Live AAFP Prescribed Credit)

Ginny Van Duyne, MD, Liz Dykhouse, PhD, Missy Gleckel, MD

Faculty are busy people. Our to-do lists are longer than the hours in a workday and we are constantly juggling competing priorities. When we are stretched thin, we tend to put off, or avoid completely, doing those tasks that we perceive as difficult. Giving feedback can often feel difficult, especially when it is constructive feedback, when the resident is new to us, or when the clinical load is heavy. Notably, we have seen an increased struggle among faculty since COVID began in our delivery of verbal feedback and written evaluations of residents. However, we all know that feedback is one of the most important ways that residents grow. Come join us for this interactive workshop on how to get better at (and even look forward to!) giving and documenting effective feedback.

At the conclusion of this presentation participants will be able to:

1. Demonstrate giving effective feedback in routine situations.
2. Demonstrate giving difficult feedback effectively.
3. Offer reflections on potential biases in observed or given feedback.
4. List strategies for timely documentation of feedback.

Concurrent Breakouts - Sessions 2:

Sports and Exercise Medicine: Head, Shoulders, and Hips – A Hands on Session (1.00 Live AAFP Prescribed Credit)

*Lee Mancini, MD, FAAFP, CSCS*D, CSN, Emily Eshleman, DO, MS, Adam Ridley, MD, Angela Rufo, DO*

In our 60-minute session we will have three 20-minute workshops. Each workshop will include a 5–10-minute presentation followed by a 10–15-minute hands on session which physicians will partner up.

- 1st 20-minute session - VOMS testing for concussions
- 2nd 20-minute session - Shoulder Exam
- 3rd 20-minute session - Hip Exam

*****Please Note - Attendees should wear or bring shorts for performing the hip exam. And short-sleeved shirts for performing the shoulder exam.**

At the conclusion of this presentation participants will be able to:

1. Perform the VOMS testing on concussion patients.
2. Perform an advanced shoulder physical exam.
3. Perform an advanced hip physical exam.

FMOB Ultrasound: Hands-on Training on Amniotic Fluid Index (AFI) and Biophysical Profile (BPP) (1.00 Live AAFP Prescribed Credit)

Kristina Gracey, MD, MPH, Rebecca Gwaltney, MD, MPH, Claudia Pierre, MD

In this hands-on workshop, you will learn how to perform and be able to practice use of bedside transabdominal ultrasound in identifying fetal presentation, placenta position, measurement of amniotic fluid index testing, and obtaining a biophysical profile (BPP) in a pregnant patient.

At the conclusion of this presentation participants will be able to:

1. Use ultrasound to identify fetal presentation including presenting part and fetal head orientation.
2. Use ultrasound to identify placental location (i.e. posterior, anterior, fundal)
3. Use ultrasound to demonstrate proper measurement of amniotic fluid index.
4. Use ultrasound to perform a biophysical profile on a pregnant patient.
5. Initiate the process of becoming credentialed in performing AFI and BPP.

A New Approach to SDOH Screening and Follow-Up (1.00 Live AAFP Prescribed Credit)

Arvin Garg, MD, MPH - Associate Chief Quality Officer for Health Equity, UMM, Shelbie Young, EdM – Practice Improvement Associate, Office of Clinical Integration, UMMH; Discussion moderated by Heather-Lyn Haley, PhD

In 2023, UMMH—alongside most other health systems across the country—began efforts to expand screening for social drivers of health (SDOH) across both inpatient and outpatient settings. While UMMH had already launched social needs screening in most of our primary care clinics, the workflows were not standardly applied; the existing tools did not meet new regulatory requirement; and the workforce for follow-up was limited to only a handful of overstretched resource navigators. With these realities in mind, UMMH undertook an effort to balance complying with new regulatory and incentive requirements, minimizing impact on the overstretched clinical workforce, and providing quality, patient-centered care to patients. In this presentation we will discuss the outcome of these efforts- UMMH's new approach to SDOH screening and follow-up which is launching April 2024 in our primary care practices. In addition to providing a high-level overview of the screening and follow-up workflows for the primary care setting, we will highlight areas within Epic where providers can access SDOH screening results as well as present how this information can be integrated into their practice. We will also review the various

follow-up and navigation supports available to patients who disclose needs, including virtual navigation support from our partner, Get Well, and a tutorial of the CommunityHELP platform.

At the conclusion of this presentation participants will be able to:

1. Differentiate between social “risks” and social “needs.”
2. Locate areas within Epic for viewing and documenting SDOH screening data.
3. Describe the points of integration of Get Well into our SDOH screening and follow-up workflows.
4. Navigate and use CommunityHELP as a way to provide resources to patients with social needs.

Foundations of Scholarship: Qualitative vs Quantitative - Choosing the Right Method for Your Project (1.00 Live AAFP Prescribed Credit)

Diane McKee, MD, MS, Philip Day, PhD, Scott Hebert, MS

Have a clinical or educational question but do not know how to answer it? In this session, we will provide foundational information to help you figure out the most appropriate approaches and resources for collecting and analyzing data for rigorous scholarship.

At the conclusion of this presentation participants will be able to:

1. Describe approaches to align scholarship goals with appropriate evaluation methods.
2. Describe the benefits and limitations of qualitative and quantitative methods.
3. Identify departmental and institutional resources for conducting scholarship.

Plenary:

Promotion Strategies, Hacks, and Updates (No AAFP CME credit awarded)

Hugh Silk, MD, MPH, Tracy Kedian, MD, Philip Day, PhD, Lisa Gussak, MD

This presentation will offer participants an update on the process for promotion at UMass Chan. Presenters will share ideas for keeping track of all academic activities in real time to make preparing for promotion easier using a resume, folders, and the annual review. Resources in the department will be shared as well.

At the conclusion of this presentation participants will be able to:

1. Keep track of all academic activities and evaluations in one's resume, Tuesday Talk, folders, and the annual review document.
2. Understand the promotion process at UMass Chan for all levels including what is needed for the process.
3. Utilize resources and personnel in the department to prepare a UMass Chan resume, discuss promotion strategies, and help with letter writers.

Retreat Evaluation

Please complete the [Retreat Evaluation](#) at the QR code below to obtain AAFP CME credits



Please complete the [2024 POCUS Needs Assessment](#) at the link below.

The survey is intended to gather additional data about current state of POCUS within FMCH and be used to guide future work. The survey is IRB exemption approved. It will likely take 10-15 minutes to complete.

