Office of Faculty and Resident Development

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UTHSC GRADUATE MEDICAL EDUCATION

VOLUME 7 ISSUE III 3RD QUARTER 2014-2015

HIGHLIGHTS

Programs
Offered three major programs to enhance faculty, resident, and medical student teaching and understanding of ACGME requirements.

Contacts
Offered over 76 total activities (live and online) to faculty and residents to improve the overall teaching skills of our faculty and residents.

Programs
- 76 Total Programs Offered (30 CME Accredited)
- 3147 Number Of Modules Completed By Residents
- 17 min Average Length Of Online Modules

Contacts
- 86 Departments/Programs
- 115 Faculty
- 745 Residents
- 143 Medical Students

Contacts By Category
- Faculty
- Residents
- Medical Students

For more information about OFRD, contact Constance Tucker at 901-448-5363 or teachnlearn@uthsc.edu.
Lisa Goldman (Psych) received the award for her presentation, Mass Incarcerating America’s Mental Health Crisis, at the Transcultural Psychiatric Conference.

Jorge Castandeda (PulCC) received the award for his presentation, Glomerular and Tubulointerstitial Disease: Lupus and IGA, at the American Society of Nephrology Kidney Week Conference.

Sulaiman Iftikhar (Neuro) received the award for his presentation, MRI Characteristics of Hyperacute Intracerebral Hemorrhage Within 30 Minutes of Onset, at the American Society of Neuroimaging Conference.

Catherine Watson (OB/GYN) received the award for her presentation, Chemotherapy as a Single Modality treatment for stage IA Uterine Papillary Serous Carcinoma, at the Society of Gynecologic Oncology’s 46th Annual Meeting.

The Office of Faculty and Resident Development (OFRD) is excited to offer a series of live workshops to GME clinical departments and programs. Content experts will actively engage participants and maximize their professional growth. To request more information or schedule your departmental sessions, contact Constance Tucker at ctucker9@uthsc.edu or 901-448-5363.

“I know of no more encouraging fact than the unquestionable ability of man to elevate his life by conscious endeavor.” - Henry David Thoreau

GME TRAVEL AWARDS

Lisa Goldman (Psych) received the award for her presentation, Mass Incarcerating America’s Mental Health Crisis, at the Transcultural Psychiatric Conference.

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Resident Safety Tip—Consider the Caffeine Nap before Driving Home

Residents and faculty have a personal responsibility to recognize the signs of fatigue and sleep deprivation in themselves and their peers. Call rooms are provided at every hospital so residents can sleep or rest if they feel they are too fatigued to safely drive home. GME will also reimburse cab fare if a resident needs safe transportation home due to fatigue or illness. If you’re not certain about your ability to safely drive home, but don’t want to use a taxi service, a “Caffeine Nap” could help you stay alert on the drive home.

Researchers at Loughborough University, UK, compared the effects of different methods a sleepy driver might use to stay awake. Slapping one’s face, blasting the radio, or blowing cold air were ineffective. What worked best was a Caffeine Nap.

So if you’re getting ready to drive home after a night on call, consider drinking a cup of coffee and then immediately take a 15-minute nap (no longer). Caffeine takes about 20 minutes to take effect. Just as the nap is ending, the caffeine kicks in and may combat the sleepiness long enough to get home. This technique has been widely adopted by residents in the UK. Be sure to use caffeine (needs to be 150-200 mg), not caffeine drinks with a high sugar content which can worsen sleepiness.

To review the full study, see Psychophysiology. 1997 Nov;34 (6):721-5. Suppression of sleepiness in drivers: combination of caffeine with a short nap, Reyner LA, Horne JA.
Upcoming Events (February-April)

**Systems Based Lecture Series**
North Auditorium, Coleman
12:00-1:00pm
Feb 26: Resident Forum
Mar 6: Resident Fatigue

**Program Coordinator’s Meeting**
South Auditorium, Coleman
9:00-11:00am
March 5th
May 14th

**Graduate Medical Education Committee Meeting**
A101, Coleman
12:00-2:00pm
March 13th
April 10th
May 8th

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**Coordinator’s Corner**
Dates and Deadlines

**March**
- 2nd: Fellowship Info to GME
- 20th: Match Day
- 27th: Resident Info to GME

**April**
None

**May**
- 8th: Handbooks due

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Residents are you Concerned? Have Questions?

**GME Open Door Policy**
When: 8am-4:30pm
Where: 910 Madison Suite 1031

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Need a lift to the hospital or your car in the dead of night?
Call 448-4444 and ask for the:

**GME Shuttle Service**
6:00pm-6:00am
For residents, faculty, staff, and students
The van sits at the entrance of the Pauline Garage ready to roll.

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Suggestions? Comments? Please let us know what you would find useful in the UT GME Newsletter. Call 448-5364 or email jclyce@uthsc.edu