

DMICE

LATEST UPDATES

ADMINISTRATIVE UPDATES:

- We would like to put a last call to all faculty members in our school to consider becoming a mentor for our [Diversity Mentorship Program](#).
- Latest Legacy Update [Here](#)
- Latest [Manager Essentials](#)
- Inside SoM Latest Update: [Here](#)
- OHSU employees are welcome to attend courses through the Career and Workplace Enhancement Center. Schedule found [here](#).

Action Items

- As we approach the end of the calendar year, please take a moment to login and verify your Remote Work Information [here](#).
- Please report your Flu and Covid vaccine status by Dec. 15. Reporting a vaccine or declining through [Enterprise Health](#) is a part of our safety compliance.
- Required Discrimination, Harassment, and Retaliation training [now available](#). Due 3/15

RESEARCH UPDATES:

- Upcoming Town Hall: Monday, Dec. 11th at 1PM Peter Barr-Gillespie will give an update on faculty compensation. Here's the [Webex](#) link.
- You can find past and present faculty compensation plans and materials by going [here](#).
- See the latest NIH Guide for their [most recent opportunities](#).
- OHSU Research Funding [Alerts](#)
- Latest Research [Update](#)
- Latest Knight News: [Here](#)

ANNOUNCEMENT

SoM

LCME

LCME (Liaison Committee on Medical Education) has cleared the MD Program of all remaining citations. As Dr. Bumsted said, throughout this three-year period of improvements, “We never took our eye off the ball.” Article [Here](#)

Leadership

Terri Hough – As announced last night, Dr. Jacoby has named Dr. Hough chair of medicine, join us in applauding her appointment.

AAMC

Learn, Serve, Lead was excellent this year, with a strong showing of our faculty and staff in part because it was so close, in Seattle. The plenary session took on the issue of maintaining free speech in academia with three excellent academicians who helped frame the issue. Article [Here](#)

DMICE

Vanessa Reeves will now be assisting Master’s and Certificate Program students with career support. She will be regularly sending out job listings, as well as helping people hone their job searching skills, and is happy to connect you to other resources that may assist you.

Beginning this month, we have created a Kudo Board to collect shout outs. We encourage you to share a “shout out” for any colleague who you have seen go above and beyond. We will be sharing these kudos in our February Newsletter and plan on collecting them December through January. You can find the kudo board [here](#).

Reminders

The administrative staff would like to take vacation around the holidays. Most will likely take their days between Dec 25 and Jan 1. More specific schedules will be sent out as those dates get closer. But please, if you have work for any of the admin staff to complete, please send that ASAP so that we can complete it in a timely manner.

SEMINARS & WEBINARS

Wednesday, Dec. 6

11 a.m. - 12:30 p.m. Navigating FDA Interactions for early-stage biotechs: a guide to successful regulatory engagements. Join OCTRI for “Navigating FDA interactions for early-stage biotechs: a guide to successful regulatory engagements,” presented by Scendea - a US and UK based product development and regulatory consulting group. This webinar will cover topics such as when and how to approach the FDA, pre-submission meeting types, FDA response format, data requirements for FDA IND requests, and the significance of a well-crafted regulatory strategy. A Q&A panel discussion will follow the speakers’ presentation. This event is open to the greater entrepreneurial community. [See more.](#)
[Register.](#)

Monday, Dec. 13

OCTRI/BERD Research Forum: Power and Sample Size 101, 9 a.m.

Are you grappling with power and sample size (PSS) calculations for a grant or looking to brush up on your PSS skills? This seminar aims to demystify the PSS calculation process. We will help you understand what grant reviewers are looking for in PSS calculations, discuss what components are required to calculate PSS, and talk through how to make key decisions about the estimates used in your calculations. These concepts will be illustrated using simple study designs that will help you learn how to do basic PSS calculations. This seminar will be recorded. Questions? [Contact Amy Laird.](#)

If you have a disability and need an accommodation to attend or participate in this event please contact Amy Laird at least five business days prior to the event.

[Register through Compass](#) and see on the [OHSU Research calendar.](#)

Thursday, Dec. 14

Health Equity and Anti-racism Talks - [Rainbows out of the Rain: TGD \(Transgender and Gender Diverse\) Youth Creating a World Where They Can Thrive](#) 12pm.

Recommended Reading

During our last faculty meeting the topic of chatbot-style AI came up. Please find the articles that were mentioned and a few others that came recommended below.

- Talking about Large Language Models. [Here](#)
- Towards Accurate Differential Diagnosis with Large Language Models. [Here](#)
- Quality, Accuracy and Reproducibility of Publicly-Available ChatGPT-4-Generated Documentation For Generation of Medical Notes. [Here](#)
- Can Generalist Foundation Models Outcompete Special-Purpose Tuning? [Here](#)

KUDOS

Congratulations to Dr. Deborah Levy on receiving the 2024 AMIA Leadership Award!



Dr. Levy, is an experienced internal medicine physician board certified in clinical informatics and a current MS student here in DMICE. Dr. Levy received the 2024 AMIA Leadership Award. This award is given to exceptional professionals who have demonstrated a commitment to the mission and vision of AMIA. Dr. Levy was honored for her outstanding task force leadership. Her leadership and service helped to advance the vision, mission, and goals of AMIA 25x5 in reducing the clinical documentation burden by leveraging partnerships and advocacy with health systems, professional societies, and public/private sector organizations.

And a special Kudos to the many amazing DMICE faculty who presented at AMIA 2023.



EPC KUDOS

This September, Shelley Selph and Annette Totten attended a meeting of civilian and military experts who met to develop guidelines for the management of penetrating brain injuries based on a systematic review conducted by our EPC. The work was funded by the Department of Defense through a subcontract with Stanford University. While the project is still wrapping up, the preliminary recommendations were shared with and immediately implemented by medical facilities and personnel treating people injured in the current conflicts in the Middle East and Eastern Europe. EPC team members participating in this project include Shelley Selph, Annette Totten, Miranda Pappas, Keeley Blackie, Cindy Davis O'Reilly, and Ian Blazina. It is gratifying to see our work used to help people.

Please join us in celebrating Miranda Pappas and Christina Bougatsos for 20 years of unwavering loyalty to the EPC. Both have made so many impactful contributions over the past two decades and we are grateful for their service.

Thank you, both!

CREATING WORK-LIFE BALANCE

Our world is unpredictable and always changing. Technology brings new challenges and, very often, pressure to be constantly connected. Often, the lines between home life and work life get blurred especially with more people working remotely. Now more than ever, we need the skills to take care of ourselves so that we can perform well at work, achieve our personal and professional goals, be there for our loved ones, and feel our best. It all comes down to one thing: creating a more balanced life. As we head into the new year, we would love to encourage all of you to look for ways to increase work life balance in your work weeks. Here are two goals that I am personally going to set for myself in 2024 and will encourage DMICE team members to do similarly:

1. Protect the weekend for time with family and friends. Unless something is truly urgent don't send emails to co-workers over the weekend. This may also be a quiet time for your own professional growth or to set new research direction.
2. Try to block a couple of focused work times on your work week calendar that are not disrupted by meetings. Fridays are often light meeting days and might be a good day to block time so that you go into the weekend having accomplished some tasks.

Finding balance is a journey but the reward is well worth it. We have included an “end of the day” checklist, as well as a “mindfulness survival guide” that may assist you as you create the balance you need. Please share work-life tips that work for you that we might add to future newsletters.

Karen Eden, PhD
Interim Chair



Going Home



Checklist

- Take some time to reflect on today.

- Let the difficult things of your day go.

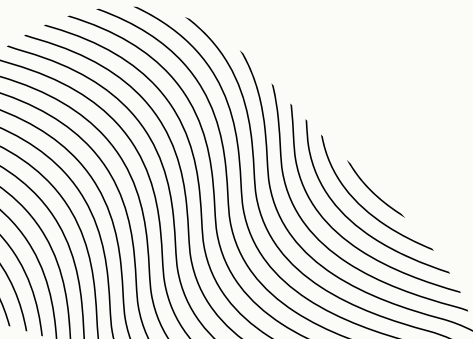
- Think about three things that went well.

- Check on your colleagues- they ok?

- Are you ok? Your team is there for you.

- Switch your attention to home-recharge.

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*"Focus on the positive and
enjoy your day!"*

Tiny THE TRAUMA STEWARDSHIP INSTITUTE'S SURVIVAL GUIDE

PROTECT YOUR MORNINGS

[or whenever you wake up]
less cortisol, more intentionality.



GO OUTSIDE

[or look outside]
perspective, context +
something larger than this.



BE ACTIVE

[avoid stagnation]
in body, mind, spirit.

CULTIVATE RELATIONSHIPS

those that are edifying + healthy.

NURTURE GRATITUDE

what is one thing, right now,
that is going well?



DETOX

if navigating addictions,
be wise + safe
limit news + social media.

SPEND TIME WITH ANIMALS

↓ stress hormones, ↑ comfort.



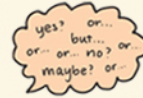
METABOLIZE ALL YOU ARE EXPERIENCING



re-regulate your nervous
system.

SIMPLIFY

[less is more]
be aware of decision
fatigue + cognitive overload.



ADMIRE ART

the gift of feeling transported.

haha!

LAUGH

pure humor = a sustaining force.

FOSTER HUMILITY & EXTEND GRACE

self-righteousness
+ hubris = unhelpful.

SLEEP

to cleanse + repair brain + body.

zzz...

CLARIFY INTENTIONS

how can i refrain from causing harm,
how can i contribute meaningfully?

BE REALISTIC + COMPASSIONATE

[with yourself]
be mindful of the quality of your
presence. it means so much
to others.

