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[**Weekly Relays User Guide**](https://ispace.utmb.edu/xythoswfs/webview/_xy-12470404_1)

**TOPICS LEGEND**

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| C:\Users\krhensle\Desktop\SMALL LOGO (2).jpg | WEEKLY RELAYS | **July 23, 2020** |
| **YOUR DEPARTMENT NEWS** | **UTMB NEWS** |
| **The Office of Educational Development**presents**Click link to register:**[**https://utmb.us/47e**](https://utmb.us/47e) | **Congratulations to UTMB’s recipients of The Galveston County Daily News’ “40 Under 40”:**The Galveston County Daily News recently released a special magazine to spotlight the best and brightest professionals in Galveston County who are 40 years old or younger and are making a difference in their professions and in the community. Five members of the UTMB community made the list, including:* **Ashley Carnes**, speech-language pathologist
* **Brandon Goodwin**, assistant professor of Dermatology and Dermatopathology
* **Shannon Guillot-Wright**, assistant professor and director of Health Policy Research at the Center for Violence Prevention
* **Danny Pope**, third-year medical student
* **James Pittman**, second-year medical student

**UTMB’s Annual Space Survey:**To support effective planning and management of UTMB’s space and to meet state and federal guidelines, UTMB is currently conducting its Annual Space Survey. The survey is used for internal and external reporting and space allocations, and it remains a vital part of our overall strategic planning and operational effectiveness. Your departmental representative is responsible for updating all space usage in the Archibus software system by July 31. A listing of the departments and the respective representative can be found at <https://utmb.us/44q>. Because of the ongoing COVID-19 pandemic, Health System departments are exempt from this year’s survey. For questions, please contact Sarah Gardescu, Facilities Information manager, at sagardes@utmb.edu.**New Thought Leader Series virtual presentation on July 30:**Space Center Houston and UTMB will host the next Thought Leaders virtual presentation, “Space Tourism for All: Overcoming Challenges,” at 6 p.m. on July 30. The presentation, featuring Drs. Mark Sheehan, Richard Jennings, Eric Kerstman and John Charles and moderated by William Harris, will explain how experts are learning to overcome the challenges of spaceflight for those with disabilities. While the theaters at Space Center Houston, where the presentations would normally take place, are closed because of COVID-19, the presentations will be posted for viewing at <https://utmb.us/48b> or on Space Center Houston’s YouTube channel at <https://www.youtube.com/user/SpaceCenterHouston>. |
| OPICSLEGEND |  PATIENT CARE EDUCATION & RESEARCH INSTITUTIONAL SUPPORT CMC |
| **AROUND UTMB** (Use the legend above to quickly find items of interest to your team) |
| **REMINDER****Annual benefits reminder:**The deadline for making changes to your benefits elections, adding or removing dependents, and/or enrolling in a flexible spending account for the 2020–2021 benefits plan year is 11:59 p.m. on July 31. To view or update your current coverage, log in to the [My UT Benefits](https://bfi.secure3-enroll.com/sso/saml/MyUTBenefits) online system by identifying UTMB as your institution and entering your UTMB user name and password. For more annual enrollment information, including employee guidebooks and benefits cost worksheets, please see <https://hr.utmb.edu/hrbbc/benefits/annual_enrollment/>.**Weekly Wellness Recap:**Shared by the UTMB RISE (Resilience in Stressful Events) Task Force, these tips are just one way we can all work to stay emotionally healthy during the COVID-19 pandemic. * **Try out a “challenge perspective.”** View a problem in front of you as challenge—an opportunity for growth. It is something happening for you, rather than to you. Look for meaning in this opportunity.
* **Focus on progress today, rather than an entire long-term goal or period of time**. Acknowledging even small bits of progress releases dopamine to your brain—a feel good, keep going chemical.
* **Work on connection today.** Thank someone for something they did. Offer support to someone without their asking for it. It’s good for them and you.
* **Stay hydrated today.** Dehydration can exacerbate symptoms of stress. Drink water throughout your day.
* **Do exercise for your mind today.** Try watching, learning or doing something new in your work or at home. This enriches the mind and the spirit.
* **Be aware today.** Try, even briefly, to be in the moment fully. Notice what is going on around you with all of your senses to ground yourself in the present.
* **Be compassionate with yourself and others today.** We are human. We all experience challenges. Give yourself and others grace.

**COVID-19: Novel coronavirus updates****Emergency housing program ends July 31**:UTMB’s emergency housing program for employees and contractors requesting to stay in a local hotel due to COVID-19 work schedules will end July 31. Employees and contractors currently participating in this program and staying in a hotel arranged by the university must check out by this date to avoid incurring any personal costs. For questions or more information, please email rltrout@utmb.edu or loblackw@utmb.edu.**Updated guidance on COVID-19 isolation discontinuation and return-to-work recommendations**:In view of the rapid surge of COVID-19 infection in our region, the entire UTMB community—including faculty, staff and students—has to be vigilant at work and in the community to prevent exposure, and if ill, to quickly get tested and not be at work or in the lab or classroom until a COVID diagnosis is known. The high rate of infection in our area has affected our workforce and led to significant pressure on the capacity of the Infection Control, Employee Health and Student Health departments. UTMB urges all employees and students to be familiar with work and safety rules, and to be prepared to make self-directed decisions and take personal responsibility to safeguard others based on this guidance. Read the latest guidance at <https://www.utmb.edu/covid-19/home/sick-exposed/employees>.**In Case You Missed It**:Dr. Gulshan Sharma, vice president and chief medical and clinical innovation officer, conducted a Question & Answer session via Microsoft Teams on July 15 where he answered your questions related to COVID-19 and what we’ve learned so far in treating the disease. You can watch a recording of the session at <http://intranet.utmb.edu/covid-19-internal/q-and-a>.**Reminder on masking**:Masks are required in all public areas of all UTMB buildings: An important reminder that employees and students are required to wear a mask in all public areas of all UTMB buildings, such as lobbies, elevators, restrooms, conference rooms, work rooms, breakrooms and classrooms.* Masks should cover both your nose and mouth.
* If you work in a building that does not have a mask dispenser at the entrance, make sure you bring a mask to wear from the entrance to your work station/office.
* [This video](https://www.youtube.com/watch?v=---O0Mny8Oo&feature=youtu.be) from Dr. Joan Nichols, associate director of Research at the Galveston National Laboratory, illustrates how a mask works to slow the spread of COVID-19 and other infectious diseases.
 |  **Patient Centeredness Tip of the Week**:Our focus on patient centeredness this week is **empathy.** When care providers earnestly try to understand the feelings of others, they are demonstrating empathy. Patients will always remember how we made them feel, and that is a huge component of providing patient-centered care. Here are just a couple patient examples where we did a good job demonstrating empathy: “Staff were so nice & kind, they made me feel comfortable, especially when going into my C-section. The staff was kind to me and kept me calm,” (4/2020). “Staff were all very compassionate and understood my anxiety; they made me feel relaxed,” (06/2020). **Coming soon—Epic upgrade bring system enhancements**:The Epic system is scheduled for an upgrade on Aug. 1 from 10 a.m. to 2 p.m. During this time, all Epic users should follow established downtime procedures for their area. Please take a moment to review the Epic Upgrade web page at <http://intranet.utmb.edu/emr/epic-upgrade/overview> and share information about the numerous system enhancements with your fellow team members. |
| **DID YOU KNOW?**UTMB is proud to have one of the most diverse student bodies in the nation, as such diversity breaks down barriers to communication and care, increases overall cultural competency and fosters better caregiver-patient relationships in our state and nation. As of fall 2019, underrepresented minorities totaled approximately 26 percent of all 3,342 students enrolled in UTMB’s four schools. In national rankings from 2000 to 2018, the UTMB School of Medicine was third in number of African-American graduates, fourth in number of Hispanic graduates and third in overall number of underrepresented minority graduates (excluding those at historically black universities and in Puerto Rico).**COVID-19 website**:You can find the latest information regarding UTMB’s institution-wide response online at [www.utmb.edu/covid-19](http://www.utmb.edu/covid-19). |