Ben

[**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 | | **August 13, 2020** |
| **YOUR DEPARTMENT NEWS** | | | **UTMB NEWS** | |
| Custom Message Gold Star with Gold Glitter Texture Star Sticker | Zazzle.com  3 UTMB medical students Derrick Gibson-MS3,  Nicole Huang-MS-4, and Christine Nguyen-MS4  published the peer-reviewed articles listed below. Congratulations to Christine, Derrick and Nicole as they exemplify UTMB core values of lifelong learning and hard work!  [Huang N, Raji M, Lin YL, Chou LN, Kuo YF . Nurse Practitioner Involvement in Medicare Accountable Care Organizations: Association With Quality of Care.](https://pubmed.ncbi.nlm.nih.gov/32715726/) Am J Med Qual. 2020 Jul 26:1062860620935199.  [Gibson DC, Chou LN, Raji MA, Baillargeon JG, Kuo YF. Opioid Prescribing Trends in Women Following Mastectomy or Breast-Conserving Surgery Before and After the 2014 Federal Reclassification of Hydrocodone.](https://pubmed.ncbi.nlm.nih.gov/32297437/) Oncologist. 2020 Apr;25(4):281-289.  [Nguyen C, Downer B, Chou LN, Kuo YF, Raji M. End-of-Life Healthcare Utilization of Older Mexican Americans With and Without a Diagnosis of Alzheimer's Disease and Related Dementias.](https://pubmed.ncbi.nlm.nih.gov/30855070/) J Gerontol A Biol Sci Med Sci. 2020 Jan 20;75(2):326-332.  Miles Farr, MD  Join us in congratulating Dr. Miles Farr  in his recent appointment as holder of the SCHOOL OF MEDICINE CLASS OF 1955 TEACHING PROFESSORSHIP  effective September 1, 2020.  Hand Claps. Clapping Businessman Hands Vector Illustration, Human.. Royalty  Free Cliparts, Vectors, And Stock Illustration. Image 98346473.  Way to go Dr. Farr!  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  Diversity and inclusion: 8 best practices for changing your culture | CIO  **REMINDER**  Diversity, Inclusion & Equity Townhall:  A Candid Conversation About Race  Monday, August 24, 2020  10:00-11:00AM | | | **Dr. Raimer’s message regarding UTMB’s financial health in the COVID-19 era:**  President ad interim Dr. Ben Raimer sent an Aug. 10 message to all employees regarding the significant shortfall in the FY2021 budget and the steps UTMB is taking to address the gap. You can read his message at <https://utmb.us/49s>. For additional information, watch Dr. Raimer’s interview with i45Now on the I Am UTMB Facebook page at <https://utmb.us/49u>.  **Take advantage of the Kronos Mobile app:**  The Kronos Mobile app is now available—see accruals, manage your timecard, and submit or approve leave requests from anywhere. To download and install the app, go to your mobile device's app store and download **Kronos Mobile** for Android or **Kronos Mobile Business** for iOS. Mobile app setup instructions and a list of features can be found on UTMB's Time website at <https://www.utmb.edu/time/kronos-mobile>.  **REMINDERS**  **2020 Emergency Classification and Acknowledgement Form:**  The institutional deadline for all UTMB faculty and staff to complete the 2020 Emergency Classification and Acknowledgement Form is Aug. 21. Please take a few minutes today to fill out this form if you have not already done so. The form is available at <https://utmb.us/84>. You are also encouraged to visit <https://www.utmb.edu/emergency_plan/> to view the 2020 emergency preparedness presentation and other emergency-related resources.  **Annual Required Training:**  The institutional deadline for all employees to complete their annual required training for FY20 is Aug. 31. Please log in to the UTMB Learn system today at <https://learn.utmb.edu/> and complete any remaining courses and activities. Employees who do not finish their Compliance Department required training by the institutional deadline will be suspended without pay until all requirements are met. For questions or concerns about your assigned training, please contact your manager or the course owner listed in UTMB Learn. For technical issues, please contact the UTMB IS Service Desk at [ishelp@utmb.edu](mailto:ishelp@utmb.edu). | |
| TOPICS  LEGEND | PATIENT CARE EDUCATION & RESEARCH INSTITUTIONAL SUPPORT CMC | | | |
| **AROUND UTMB** (Use the legend above to quickly find items of interest to your team) | | | | |
| **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.  **Let’s focus on coming from a place of positivity this week.**   * **Begin to create a routine today**—Make a plan to lift out of a mental space of fear and anxiety. By no means does that solve every problem that we’re facing, but it can help to give us some control over something that in other ways is so out of our control. * **Set a short-term goal today**—Get enough sleep, eat well or learn a skill. Science tells us sharing what we’re doing makes us more likely to succeed. * **Back to gratitude. Have some today**—As simple as it sounds, a regular daily gratitude practice is clinically associated with changes in our neurochemistry: reduction of anxiety, reduction of depression, enhanced relationships and enhanced overall quality of life, no matter what you’re going through. * **Avoid negative self-talk today**—Aim for realistic thinking instead. Tell yourself, “This is really hard, and this is going to feel like a challenge maybe for the next six months to 12 months. I’m not fully sure I have the answers for how I’m going to get through this, but I’m going to do my best every single day.” * **Take a moment today**—Think positive thoughts, free your mind, heal your body and rekindle your soul. (Thanks again to Dr. Monique Ferguson, Internal Medicine, for this tip.) * **Take a tip from Navy SEALs and focus on breathing**—Teaching recruits to monitor their breathing increased Navy SEAL passing rates from 25 to 33 percent. Research shows meditation-style breathing can increase your attention span and boost happiness. * **Shine a positive light today—**Show a little kindness today to brighten someone’s day. Everyone can use some. (Thanks again, Bill Cronk, Beto I Unit, UTMB CMC, for this tip.)     **Breast imaging hours have expanded:**  Mammography is the most effective screening tool used today to find breast cancer in most women. To help make screening more convenient for our patients, UTMB has expanded its breast imaging hours on the League City Campus to provide appointments until 9 p.m., Monday through Friday and every Saturday until 3 p.m. The Angleton Danbury Campus has also expanded its hours to offer appointments one Saturday per month. Patients may self-schedule by phone or via MyChart. UTMB’s breast imaging program at UTMB Health has also been designated a “Center of Excellence” by the American College of Radiology. For more information, please visit <https://www.utmbhealth.com/services/breasthealth/services/imaging-services>.    **Aly inducted as Osler Faculty Scholar:**  Dr. Ashraf Aly, professor of Pediatrics and Maternal Fetal Medicine and Director of Pediatric Cardiology, has been inducted into the John P. McGovern Academy of Oslerian Medicine as an Osler Faculty Scholar. Osler Scholars are chosen for exemplifying Sir William Osler's principles of patient-centered care and teaching. Dr. Aly is highly involved in clinical, teaching and research activities at UTMB, and mentors many students, residents and fellows in their research projects. He is a member of the Faculty Senate, Academic Progress Committee, Undergraduate Medical Education Committee, the Academy of Master Teachers and Academy of Master Clinicians. Congratulations, Dr. Aly!  **Call for nominations—Excellence in Clinical Teaching Awards:**  Nominations are being accepted through 5 p.m. Sept. 25 for the John P. McGovern Academy of Oslerian Medicine Excellence in Clinical Teaching Awards. Up to five faculty members will be selected to receive the honor, which aims to recognize the fundamental concept, exemplified by Sir William Osler, that the development of outstanding physicians occurs primarily in clinical settings. Each recipient will receive $5,000 for support of his or her professional development and/or teaching programs. For more information or to submit a nomination, email [mcacadem@utmb.edu](mailto:mcacadem@utmb.edu). | | | **COVID-19: Novel coronavirus updates**  **De-escalation techniques for medical professionals:**  The ongoing response to COVID-19 has placed a unique amount of stress on patients and clinical staff members. To help support our medical professional colleagues in communicating during challenging situations, the UTMB Police Department has developed a special 30-minute training, now available on the [UTMB Learn training site](https://learn.utmb.edu/), that offers helpful communication tips and promotes patient centeredness. While the presentation is designed for medical professionals, it may be a useful tool for anyone who would like to learn more about promoting positive communication. To access the training, login to the UTMB Learn website, navigate to the “Catalog” link at the top of the page and/or the “Training Catalog” link within the main page, and from the dropdown menu select “Professional Development”. Enroll in the “De-Escalation Techniques for Medical Professionals” module by clicking the “+” sign and launch the presentation to begin.  **Need COVID-19 signage for your work area:**  As employees begin returning to their traditional business areas, some teams may wish to display helpful reminders about COVID-19 precautions, such as hand hygiene and masking practices. If you are interested in ordering signage for your area, please visit UTMB’s Graphic Design and Printing Services’ PrintPro website (login required) to order Social Distancing and Safety signage at [http://arweb7.utmb.edu](http://arweb7.utmb.edu/).  **Reminder: Use of ID badges**  Employees should use their identification badges to access restricted buildings on UTMB campuses and should ensure that fellow employees likewise badge into buildings that have restricted access. Please do not allow other individuals to gain entry to these buildings when you badge in.  **COVID-19 site:**  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). | |
| **DID YOU KNOW?** Since the start of the COVID-19 pandemic, UTMB Environmental Health and Safety teams have conducted more than 8,000 fit-test procedures for n95 masks, greater than all of the past four years combined. In addition, more than 13,000 used n95 masks have been collected throughout the clinical enterprise with over 80 percent of those (10,500) safely recycled and returned to service. EHS has also provided training on the proper use of powered air-purifying respirators (PAPR) to 138 clinical staff since March. You can learn more about EHS at <https://www.utmb.edu/ehs>. | |