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 | **November 12, 2020** |
| **YOUR DEPARTMENT NEWS** | **UTMB NEWS** |
| **The Generalists in Medical Education meeting November 11th – 13th** UTMB Presenters:    Workshop: **Kathleen Everling and Holly West***Building Connections with Learners* *in the Virtual Environment*Oral Abstract Presentation: **Karen Szauter and Michael Ainsworth***Simulated Patient Perspectives to Raise Student Awareness of Professionalism with Patients* | **SAVE THE DATE****Mini Town Hall/Galveston Symphony Orchestra string duet performance set for Nov. 23:**UTMB President ad interim Dr. Ben Raimer will provide a brief Town Hall-type update on Nov. 23 beginning at 11:30 a.m. at Levin Hall on the Galveston Campus. His update will be followed at noon by a string duet performance by members of the Galveston Symphony Orchestra, to help UTMB usher in the holiday season. Limited in-person attendance can be safely accommodated. The event will be open to the first 130 employees who RSVP to Tilly Clark at taclark@utmb.edu. The attendees will be required to wear a mask and practice social distancing during the event. For those unable to attend, the update and performance will be broadcast live at <https://utmb.ensemblevideo.com/Watch/LiveTownHall> and will be recorded for future viewing at <https://www.utmb.edu/president/town-hall>.**Share Your Holidays Food Drive—40th anniversary**:Please help us collect non-perishable food items to benefit the Galveston County Food Bank in collaboration with event sponsor Ball High School. Fill collection boxes or bags with nourishing food and feed someone in need. Unopened canned food, boxed food, packaged food and hygiene products only. All donations stay in Galveston County and are administered by the Galveston County Food Bank. Donations will be collected on Nov. 19 from 11 a.m. to 1 p.m. outside of Levin Hall, weather permitting. Arrangements can be made to pick up donations collected by colleagues on the mainland. For additional information, contact Lori Blackwell at loblackw@utmb.edu or Tayna Vazquez at tavazque@utmb.edu. **GALVESTON CAMPUS****John Sealy Hospital modernization updates**:The following are impacts related to Phase II of the John Sealy Hospital Modernization project:**John Sealy Hospital east/ west covered walkway will be removed**  * A pedestrian detour to the north/south covered walkway begins Nov. 16 and is estimated to last approximately three weeks
* The circle drive in front of the hospital will remain open to vehicle traffic
* Patient drop-off/pick-up will not be impacted
* The two short-term parking spots will remain available

**Rescheduled unit moves are as follows:*** Nov. 17:  3C Labor & Delivery moves to John Sealy 4A
* Nov. 19: 7C Mother Baby moves to John Sealy 5A while 8C Mother Baby remains in place
* Nov. 19: 6C extended stay NICU moves to 8A
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| TOPICSLEGEND |  PATIENT CARE EDUCATION & RESEARCH INSTITUTIONAL SUPPORT CMC |
| **AROUND UTMB** (Use the legend above to quickly find items of interest to your team) |
| **REMINDER****Next episode of Health Care Unmasked set for Nov. 18**:On the next Health Care Unmasked, Dr. Peter Kan, the Robert L. Moody Distinguished University Chair and chair of the new Department of Neurosurgery, will join host TJ Aulds to discuss how UTMB is expanding its neurosurgery expertise. The conversation is set for noon, Nov. 18 on the i45NOW Facebook page at <https://www.facebook.com/i45NOW/>.**COVID-19 Novel coronavirus updates****Practice COVID safety at home, at work and in public:*** **Practice frequent hand hygiene** by washing thoroughly with soap and water for at least 20 seconds or using hand sanitizer.
* **Practice good social distancing** at all times, including in elevators and conference rooms. Continue to use teleconferencing when possible.
* **Wear a mask that covers your mouth and nose** in public areas. Public areas include lobbies, hallways, restrooms, office kitchens/breakrooms, copy rooms and elevators.
* **Stay home if sick**. This is particularly important if you have respiratory symptoms or if you have been in contact with someone who may have COVID-19.

**Free mental health support for frontline workers**:Hospital staff who are experiencing anxiety, stress or emotional challenges due to the pandemic are encouraged to access free mental health support through the state’s 24-hour hotline, sponsored by Texas Health and Human Services. The service is available to all Texans. Frontline workers can also access a virtual support group tailored specifically to meet their unique needs. Dial 833/986-1919 for general support or to be referred to the virtual support group. See[HHSC’s flyer](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.tha.org%2FPortals%2F0%2Ffiles%2FCOVID-19%2F20D0515-HHS-COM-Statewide_HC_Worker_Virtual_Support_Group_flyer_Final_Access.pdf%3Fver%3D2020-05-21-175449-340&data=04%7C01%7Cmimastra%40utmb.edu%7Cbd4e82ab460e41d8ba7508d881ecb042%7C7bef256d85db4526a72d31aea2546852%7C0%7C1%7C637402200852746358%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=n50PScKeM%2F9U5GUXgrNR0G2l3PY1Q1qGE3JLaD7ILHc%3D&reserved=0) for more.**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. Here are this week’s tips:  * **Go for a walk.** Clear you mind by focusing on things around you—sights, smells, sounds.
* **Laugh.** Do something fun or funny for yourself and someone else.
* **Set one small achievable goal** and do it. Everything matters.
* **Remind yourself of one of your strengths** and use it to help yourself or someone else.
* **Give yourself permission to let go** of the small stuff. Remind yourself of the things that really matter.
* **Write down your worries**, put them in a box or jar and leave them for a later, brief, specific “worry time.”
* If there is something you can’t change, **try changing the way you’re thinking** about it.

 **Patient Centeredness Tip of the Week:**Press Ganey addresses emotional care in the Compassionate Connected Care model. Their model includes the following points:* **Acknowledge suffering**: We should acknowledge that our patients are suffering and show them that we understand.
* **Body language matters**: Non-verbal communication skills are as important as the words we use.
* **Anxiety is suffering**: Anxiety and uncertainty are negative outcomes that must be addressed.
* **Coordinate care**: We should show patients that their care is coordinated and continuous and that we are always there for them.
* **Caring transcends diagnosis**: Real caring goes beyond the delivery of medical interventions to the patient.
* **Autonomy reduces suffering**: Autonomy helps preserve dignity for patients.
 | **Expedited COVID-19 test scheduling for employees via MyChart**:Employees may schedule same-day or next-day COVID-19 testing directly through MyChart when experiencing symptoms or when exposed to someone at home who has tested positive. Details on how to self-schedule a test in MyChart are available at <http://intranet.utmb.edu/covid-19-internal/employee-covid-19-testing>.  When using self-scheduling, it is important to note:* You must notify your supervisor and Employee Health prior to being tested.
* You should not be at work or come to the Employee Health clinic if you are ill.
* You are encouraged to use one of the employee-only clinics within UTMB’s Emergency Departments between 6 and 9 a.m. any day of the week for the quickest testing results.
* You must be cleared by Employee Health to return to work.
* Expedited test scheduling through MyChart is for employees only and is not being extended to others at this time.

 Any testing questions or scheduling issues may be directed to Employee Health at (409) 747-9172 or the Employee 2-CARE team at (409) 772-2273.**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). |
| **DID YOU KNOW?**STAR (Science and Technology Acquisition and Retention) Awards are competitive grants awarded to UT institutions by the UT System Board of Regents to attract and retain highly qualified faculty. These awards support the purchase of state-of-the-art research equipment and completion of necessary laboratory renovations to encourage faculty members to perform their research at UT institutions. Since the program’s inception in August 2004, UTMB has garnered 35 UT STAR Awards for faculty totaling $19,689,108. Congratulations to UTMB’s most recent STAR awardee, Dr. Shao-Jun Tang, professor in the Department of Neuroscience, Cell Biology and Anatomy, whose award will support his continued contributions in the field of HIV-associated chronic pain. |