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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 | **March 24, 2022** |
| **YOUR DEPARTMENT NEWS** | **UTMB NEWS** |
|  | **myPTO Program: Take 5 to review your myPTO impact statement**UTMB has produced personalized impact statements to assist all benefits-eligible employees with the transition to the myPTO program. The statement was sent to your UTMB email address on March 23, 2022, and it goes over the transfer of your existing vacation and sick leave balances to the myPTO program and your new PTO and EIB accrual rates. See [utmb.us/5](https://www.utmb.edu/hr/paid-time-off-program/take-5) to read more about the delivery of the statements. **UT System 2022 Spring Wellness Challenge**The Feel Like a Million wellness challenge begins April 4 and is open to all UT SELECT medical plan members and dependents age 18 and above. The goal of the challenge is to earn $1 million virtual dollars by recording your energy-boosting activities and moving along a gameboard through the Living Well online platform or mobile app. Sign up now at [www.utlivingwell.com](http://www.utlivingwell.com). Registration for the challenge ends April 8. **National Doctors’ Day at UTMB on March 30**National Doctors' Day is held every year on March 30 in the United States as a day to celebrate the contributions of physicians who care for the people of this country. First celebrated in 1933, National Doctors’ Day was later recognized by the U.S. Congress and then President George H. Bush as a national day of appreciation for physicians across the country. UTMB plans to honor physicians on the Galveston, League City, Clear Lake and Angleton Danbury campuses, as well as our clinics on March 30.**COVID-19 UPDATES****IMPORTANT REMINDERS****Important Reminders & Quick Links*** Read the [Feb. 14 Clinical Task Force message](http://intranet.utmb.edu/iutmb/news-article/2022/02/14/from-the-covid-19-clinical-task-force-updates-to-visitation-social-distancing-masking-and-travel-requirements)regarding updated visitation, social distancing, masking and travel requirements.
* Failure to comply with the most current antigen testing and return-to-work requirements will result in forfeiture of Emergency Paid Leave for Qualifying Reasons. The employee’s own leave accruals or leave without pay, if no accruals are available, will need to be applied to the absence. For additional details on emergency paid leave, visit <https://utmb.us/6bu>.
* [Travel requirements and guidelines](https://www.utmb.edu/covid-19/employees-students/travel) remain in place until further notice
* [Safety Requirements](https://www.utmb.edu/covid-19/employees-students#info), including masking in all UTMB facilities, virtual meetings, social distancing/meeting room capacity, avoiding eating in presence of others, travel and visitation
* [Visitation Policy](https://www.utmbhealth.com/support-pages/visitation)
* Requirements if you are [Sick or Exposed](https://www.utmb.edu/covid-19/employees-students/safety#sick), including return-to-work/campus guidelines after infection
* [Schedule a vaccine or booster online](https://www.utmb.edu/covid-19/employees-students#vaccine) or get the vaccine through Employee Health clinics in Galveston and League City
* [Information on monoclonal antibody treatment](https://www.utmb.edu/covid-19/patients/covid-treatment).
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| OPICSLEGEND |  PATIENT CARE EDUCATION & RESEARCH INSTITUTIONAL SUPPORT CMC |
| **AROUND UTMB** (Use the legend above to quickly find items of interest to your team) |
| **Weekly Wellness Tips:**Throughout the month of March, focus on being mindful.   * Notice something that is going well, even if today feels difficult.
* Tune in to your feelings, without judging or trying to change them.
* Appreciate your hands and all the things they enable you to do.
* Focus your attention on the good things you take for granted.
* Choose to spend less time looking at screens today.
* Cultivate a feeling of loving-kindness towards others today.
* Notice when you're tired and take a break as soon as possible.

**IN CASE YOU MISSED IT****UTMB pediatrician tackles the topic of potty training during recent Moms Blog interview**Dr. Hannah O’Donohoe, a provider and assistant professor with the Department of Pediatrics, joined Meagan Clanahan, co-owner of the Houston Moms Blog, to discuss potty training 101. During the chat, Dr. O’Donohoe shared best practices, how to know when your child is ready to tackle this milestone and even when to consider getting a specialist involved when things just aren’t clicking. To watch the full discussion, visit <https://utmb.us/6kp>.**REMINDER****You’re Invited: Inaugural Interprofessional Education and Practice (IPEP) Symposium**  UTMB will host its inaugural IPEP (Interprofessional Education and Practice) Symposium on April 4, from 11 a.m. to 1:45 p.m. in Levin Hall Dining Room and Foyer on the Galveston Campus. The event will include a poster session and an awards presentation to recognize individuals who shine in interprofessional practice, research, education and community service. The keynote speaker, [Dr. Giselle Corbie](https://www.med.unc.edu/socialmed/directory/giselle-corbie-smith/) of the University of North Carolina School of Medicine, will present, “Using Lessons Learned through Engaged Research to Advance Health Equity.”The event is open to all members of the UTMB community by registration, as long as seats are available.Learn more and register at <https://www.utmb.edu/hec/symposium/home>.  |  **PATIENT CARE****Spotlight on Joint Commission: Questions of the Week****National Patient Safety Goals****What are the safety actions to reduce harm for patients associated with the use of anticoagulant therapy?*** Use approved protocols and evidence-based practice guidelines for:
* initiation and maintenance of anticoagulant therapy (medication selection and dosing).
* reversal of anticoagulation and management of bleeding events related to each anticoagulant medication.
* perioperative management of all patients on oral anticoagulants.
* Collect lab tests to monitor and adjust anticoagulant therapy including current for Coumadin therapy.
* Individualize anticoagulant care plans.
* Use only oral unit-dose products, prefilled syringes or premixed infusion bags when these types of products are available.
* Provide patient and family education specific to anticoagulant prescribed. This includes:
* adherence to medication dose and schedule.
* importance of follow-up appointments and lab testing.
* potential drug-drug and food-drug interactions.
* potential for adverse drug reactions.

*For additional information see: Policies: IHOP 9.13.35 Anticoagulation Therapy, 07.69 Warfarin Anticoagulation***What is included in the medication reconciliation process?** * Obtain the patient’s current medication information upon admission or outpatient visit.
* Compare the patient’s current medication list with medications ordered to identify and resolve discrepancies, omissions, duplications, contraindications, unclear information, interactions and need to continue.
* Provide the patient a written medication list upon discharge or after an outpatient visit with name, dose, route, frequency and purpose.
* Explain the importance of medication information to the patient upon discharge or after outpatient visit.

 *For additional information see: Policy: IHOP 9.13.30 Medication* *Reconciliation* |
| **DID YOU KNOW?** UTMB John Sealy School of Medicine celebrated Match Day on Friday, March 18, as fourth-year students learned where they will be completing their residency training. Students visited Levin Hall Dining Room throughout the day to pick up their envelopes and take celebratory photos. This year, 214 students – 98% of the graduating class – matched into a position. Of those:* 141 (66%) matched in Texas
* 87 (41%) matched within UT System
* 41 (19%) matched at UTMB
* 94 (43%) matched for primary care

[​pdf icon See the full Match Day list online.](https://liveutmb.sharepoint.com/sites/collaboration/webfiles/Shared%20Documents/Forms/AllItems.aspx?id=%2Fsites%2Fcollaboration%2Fwebfiles%2FShared%20Documents%2FSOM%20Match%20Team%2FMatch%202022%2FMatch%202022%20%2D%20Public%2Epdf&parent=%2Fsites%2Fcollaboration%2Fwebfiles%2FShared%20Documents%2FSOM%20Match%20Team%2FMatch%202022&p=true) Congratulations to all our John Sealy School of Medicine seniors! |