Wishing you and yours a Happy Holiday Season!

From all of us in the GME Office--Happy Holidays! Take this time to relax and enjoy time with loved ones. See you in 2024!

Doc2Doc Wellbeing Consulting
by Colorado Physician Health Program (CPHP)

The Doc2Doc Wellbeing Consulting program is a joint effort between CPHP and the Colorado Medical Society (CMS). Any physician or trainee can access three free consultation sessions with a peer physician for any issue affecting your wellbeing. Learn more here.

- Call 720-810-9131 24/7 to speak to a masters-level licensed clinician.
- Schedule a confidential appointment with a physician trained in psychiatry (in person, video or phone call, depending on your preference).
Discuss any concern — stress, burnout, relationship issue, poor outcome.

Sleep Rooms and Fatigue Management
Learn how and where to access Sleep and Wellness rooms at UCH, Denver Health and Children's Hospital. Residents and Fellows who are too fatigued to safely drive home may utilize sleep facilities that are in place at the facility where the Resident/Fellow is training. Taxi and/or Uber/Lyft reimbursement is also available.

Self Screening Tools & Routine Care
Regular maintenance is vital for good mental health. Residents & Fellows have access to a variety of mental health providers and clinics. You can also use one of these self-screening tools for burnout, depression, and substance use to help detect an issue or prepare for an appointment.

Take Care of Yourself
Your mental health is just as important as your physical health! Did you know that Residents and Fellows have access to a variety of Mental Health & Wellness resources?

Fellow Spotlight

Meet Nithin Ravi, MD
PGY 6 | Pediatric Emergency Medicine

Nithin Ravi is a third year pediatric emergency medicine fellow. He was born and raised in Michigan, doing undergraduate, medical school, and public health school at University of Michigan (Go Blue!). His academic interests include ultrasound and global health. He will be going to Uganda in February 2024 to teach ultrasound at a regional hospital in Mbale and will be doing his ultrasound fellowship at Denver Health next year. His research interests include innovation in the field of ultrasound and his current project looks at a new modality for ultrasound in identifying placement of gastrostomy tubes. In his free time, Nithin likes to do all things Colorado.
More Kudos! Let's here it for:

- **Dr. Erin McGonagle** (2nd Year PEM Fellow) won the first place award for the American Academy of Pediatrics SOTM (section on transport medicine) Trainee SEED Grant.

The [GME Quality & Safety Website](#) is your primary stop for Quality and Safety related information and resources. You can now find **individual incentive performance data** here.

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**C-SUITE & RESIDENT SAFETY ROUNDS**

Highlighted Improvements from C-Suite Rounds

- RL safety reporting process streamlined and simplified.
- Consult optimization and standardization initiative.
- Transition bed number standardization.
- Clinic inbox management role reassignment.

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**UCH C-Suite & Resident Patient Safety Rounds**

Residents and fellows are invited to participate in UCH C-Suite & Resident Safety Rounds and University Hospital. This is a *recurring* opportunity for you to enact true change at University Hospital and affiliated clinics. Come prepared to discuss patient safety, and to have an open and collegial discussion with hospital leadership. **SIGN UP TODAY.**

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**Quality & Safety Resources**

Visit the [Quality & Safety Resources](#) page on the GME website for easy access to:

- Safety Event Reporting Systems & Info (also on resident's MedHub homepage)
- UCH C-Suite Safety Rounds
- Quality & Safety Events
- Q/S Grant Opportunities
Quality & Safety Incentive Program

You can review the metric details, updated progress data and other helpful links on the [Quality & Safety Incentive Program webpage](#).

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**Quality & Safety Academy | January - March, 2024**

*Spring Dates for QSA are available for registration.*

Sessions cover: Quality Improvement, Change Management, Patient Safety, Analyzing Data, and more. Register [here](#). Spring 2024 Dates will be posted soon.

All virtual sessions offered from 1 - 4 p.m.

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**Implicit Bias Refresher Course in SkillSoft**

The Health Equity in Action Lab and Dr. Amira del Pino Jones have created a *CU: Implicit Bias and Recruitment in Review* online course is posted on Skillsoft for GME. This is intended to be a review for individuals who have already completed an Implicit Bias training in person and would like a refresher. To access the live course in Skillsoft: [SkillSoft Training](#).

**Read More**

[GME Diversity, Equity & Inclusion Webpage](#)

[Message from Carol Rumack, MD and Shanta Zimmer, MD](#)

[Chancellor's Communique - SCOTUS Decision on Affirmative Action](#)

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**Upcoming Events & Opportunities**

[Register for the Foundations in Equity Certificate Program](#)

[Virtual Second Look Event](#)

*January 16, 2024, 5:00-7:00 p.m.*
Please help us improve our communications! Take this brief 1-2 minute survey to let us know how we can get you better information more efficiently.

Take the Communications Survey

Questions?

The GME Office is here to help! Find the appropriate contact for your inquiry on the GME website.

Contact GME

On behalf of the CU GME community, thank you for your hard work and dedication!

Do you have feedback or want to contribute content on this newsletter? If so we would love to hear from you! Please reach out to Joe LaFond with your feedback.