

# RESIDENT & FELLOW NEWSLETTER

August 2024

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## A MESSAGE FROM DR. GEOFFREY CONNORS, ASSOCIATE DEAN FOR GME

To all our new interns and fellows, welcome once again to Colorado. I hope the year is off to a great start for each of you.

One thing you may not have considered is that we are in an election year. If you just arrived here from out of state (or if you've been here for a year or two but just never got around to it), you'll need to register to vote. As engaged, thoughtful, bright people, I hope each of you registers and has a chance to make your choice known in the coming election. Given how busy you are, planning ahead for mail in voting and/or drop off voting before November 5th will be important. Both are readily available in Colorado.

Here is a link to the [CO Secretary of State website](#). It contains everything you need to know and to do to be able to vote in the coming weeks:

Consider this a non-partisan plea to please VOTE! Don't let your recent move or a busy service keep you from making your voice heard.

Geoffrey R. Connors, MD, FACP  
Associate Dean for Graduate Medical Education  
Designated Institutional Official (DIO)





# ANNOUNCEMENTS

## **ATTENTION SKILLS GROUP: DEVELOP STRATEGIES TO MANAGE ATTENTION**

Student and Resident Mental Health offers a skills-based teletherapy group for people with attention difficulties who live in Colorado. Anschutz students, residents, faculty, and staff will be prioritized; if there is space, college graduates in their 20s and 30s are welcome to join. You don't need to have previously been diagnosed with an attention disorder to join.

### **Format**

- Meets on Fridays from 9/6 to 11/22 from 12 to 1 pm via Zoom
- Limited to 12 people
- Regular attendance is necessary to build and maintain an effective group dynamic
- Each group starts with a check-in about implementing new skills and ends with goal-setting for the next week

### **Topics include**

Prioritizing and problem-solving  
Strategies for managing inattention and impulsivity  
Procrastination  
Organization strategies  
Sustaining routines

### **Fees**

Please check with your insurance to determine coverage/ co-pay for group therapy and if a prior authorization is needed. If you have the CU Anthem health plan or a Colorado Medicaid plan accepted by the clinic, there should be no co-pay. If you choose private pay, the fee is \$50 per meeting.

### **How to join**

Contact [Robert Rosenthal, PsyD](#) to schedule a 10 minute phone screening.

# HOSPITAL UPDATES FOR HOUSESTAFF

UNIVERSITY of COLORADO HOSPITAL

## **A Message from Jean Kutner, MD, MSPH, Chief Medical Officer, University of Colorado Hospital and Associate Dean for Clinical Affairs, University of Colorado School of Medicine**

As you may be aware, we closely track quality and safety data. These data tell us that while we have much to be proud of we also have opportunities as an organization to further improve, particularly in the consistency with which we achieve our quality and safety goals. We are thus focused on assuring that we provide highly reliable care to our patients – every patient, every time. This means that we need to have standardized, evidence-based approaches for how we deliver care.

For this academic year, we are particularly focused on mobility, sepsis, respiratory failure, DVT/PE, and responsiveness to patient needs. You will continue to hear about this work throughout the course of this year in various venues.

For example:

- Many units or services use rounding checklists to make sure that the entire team is focused on and addressing key quality and safety issues, such as lines, catheters and patient mobility. I encourage you to assure that these key items are addressed at least daily for every patient on your service.
- You may be asked to participate as an empowered team member in daily multi-disciplinary rounds (MDRs). These rounds, that are led by Care Managers, are focused on patient milestones and needs in planning towards discharge, with a goal of planning for discharge from the time of admission to prevent those last minute surprises that may hinder a patient being able to safely be discharged from the hospital when their acute issues have resolved.
- Patients will have identified mobility goals. Our role as physicians is to reinforce with our patients the importance of and expectations regarding mobility as an important aspect of their recovery, and make sure that mobility orders and chart documentation are consistent with the agreed upon mobility goals.
- As we work toward standardization of order sets for sepsis, respiratory failure, and DVT/PE, we should all commit to using those tools to drive consistent care

Responsiveness to patient needs is all of our responsibility. After all, patients come to us for care. This can be as simple as:

- At the beginning of the encounter (in any care setting): Introduce yourself and your role (and any other team members with you); agenda set for the visit – what to expect for the time together; write names of the team and their roles on the white board (for inpatient)
- At the end of the encounter: Ask the patient/family “is there something else I can help you with?” or “is there anything else that you would like to discuss (either at this visit or the next visit)?”

I tried out the second item when I was on palliative care inpatient service a couple of weekends ago. Before leaving the patient’s room, I asked him if there was something that I could help him with. He asked for a new cup of ice water, saying that he would finish his current cup soon and didn’t want to bother his nurse when he finished it. It took me approximately 90 seconds to fulfill his request. So simple, and such an easy gesture of caring for which he was so grateful. This experience reinforced to me the importance of asking this simple question.

Thank you for all you do to provide compassionate, patient-centered care. I look forward to partnering with you as we implement these approaches to achieving our goal of being a highly reliable organization, meeting the needs of every patient every time.

Please reach out if you are interested in learning more or have any questions, concerns or observations that will further our ability as a team to provide high quality, safe and reliable care. My email: [jean.kutner@cuanschutz.edu](mailto:jean.kutner@cuanschutz.edu)

Jean S. Kutner, MD, MSPH  
Chief Medical Officer, University of Colorado Hospital  
Distinguished Professor of Medicine  
Associate Dean for Clinical Affairs  
University of Colorado School of Medicine





# QUALITY & SAFETY

## QUALITY & SAFETY ACADEMY REGISTER FOR FALL SESSION

Fall 2024 Virtual sessions offered from 1 - 4 p.m. MT

- 8/8 - Quality Improvement and Change Management\*
- 8/15 - Applied Patient Safety
- 8/21 - Quality Improvement and Change Management\*
- 9/5 – Acquiring Data to Drive Change
- 9/11 - Designing for Change
- 9/19 - Spreading Change Locally and Nationally
- 10/2 - Coaching and Teaching Quality Improvement

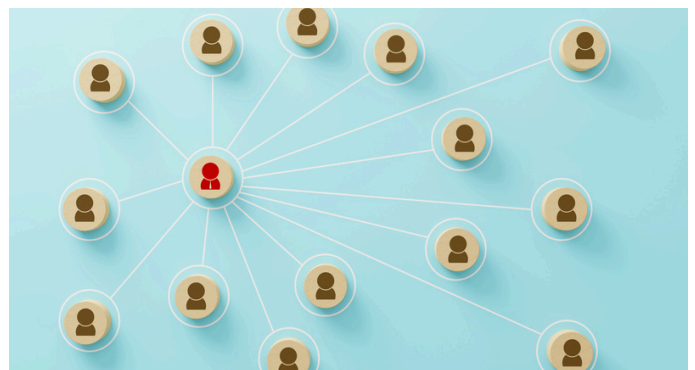


[Learn More & Register](#)

## QUALITY & SAFETY RESOURCES

Visit the Quality & Safety Resources page on the GME website for easy access to:

- [Safety Event Reporting Systems & Info](#)
- [UCH C-Suite Safety Rounds](#)
- [Quality & Safety Events](#)
- [Q/S Grant Opportunities](#)



# Wellness Matters



## On Demand 24/7 Mental Health Counseling and Support with Telus Health App

The FREE support app offers virtual, chat, and call options to connect Residents with counseling services, anytime, anywhere.

[GET HELP](#)

## WELLNESS WHILE ON SERVICE

Check out these resources to help make life a little easier while you're on service. Find:

- [Wellness & Sleep Rooms](#)
- [Fatigue Management](#)
- [Lactation Rooms](#)
- [Food on Campus](#)
- [Rideshare Reimbursement](#)



[GET SUPPORT NOW](#)

Going through a tough time? Need some support in your life or work? You can find local support groups and support tolls specifically for medical providers on the [GME Mental Health & Wellness](#) page.



[PHYSICAL HEALTH & WELLNESS](#)

Thinking about joining a gym? Take advantage of discounts available to all CU, UCHealth, and CU Medicine employees at leading fitness centers in and around Denver, including the state-of-the-art [Anschutz Health & Wellness Center](#).



[24/7 CRISIS RESOURCES](#)

In an emergency, call 911 or report to the nearest emergency room. Additionally, the 988 Lifeline provides 24/7, free and confidential support for people in distress. See other [urgent care and crisis resources](#) here.

Need something else?

Check out the [GME Wellness](#) page for additional resources.

[WELLNESS](#)

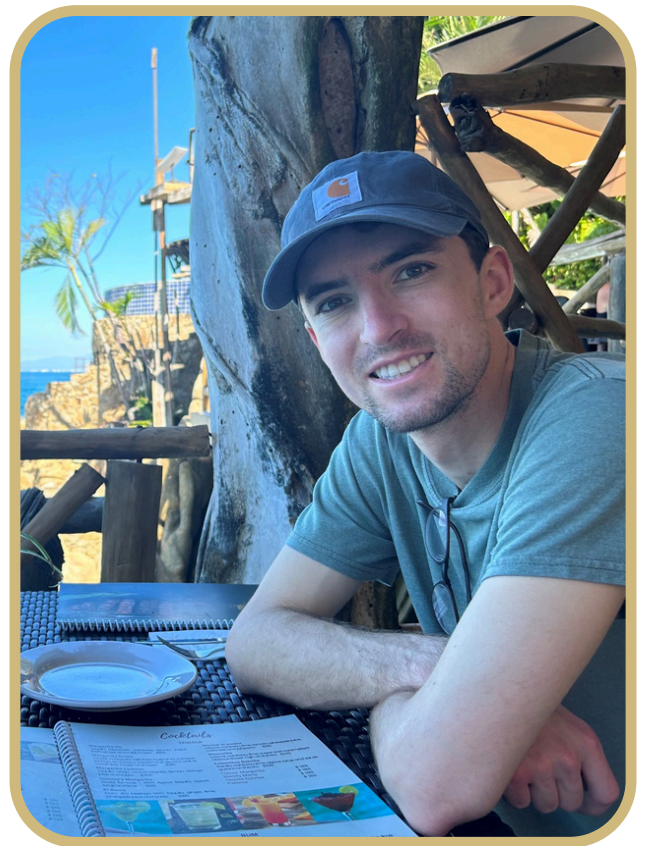


# RESIDENT SPOTLIGHT

## MEET IAN MCCLAIN PGY 3 | OPHTHALMOLOGY

Ian McClain is a 3rd year ophthalmology resident at the University of Colorado School of Medicine. He is originally from Aspen, Colorado, and went to CU Boulder (go Buffs!) for his undergraduate degree in anthropology. He graduated from the University of Vermont Larner College of Medicine in 2022. During medical school, he completed a research year working with the Himalayan Cataract Project, a non-profit dedicated to increasing global access to ophthalmic care and cataract surgery. His professional and research interests primarily encompass expanding care for underserved and rural populations, and he hopes to practice in a limited resource setting after completing residency.

In his (limited!) free time, he enjoys skiing, spending time with his partner and their cats (Latte and Lemon), and trying new restaurants in the Denver area – his current top picks are Angelo's, Queen of Sheba, and Spice Room.



Have questions? Contact the GME Office

[CONTACT US](#)



Graduate Medical Education

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

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.