

Complete Listing of COM Faculty Development Programs 2022-23

August 2022

August 23, 2022 Reappointment, Promotions & Tenure

Facilitator: Alex Lentsch, PHD

Via: Zoom

Time: 12-1pm

Learning Objectives:

- 1) Summarize RPT guidelines and processes
- 2) Identify the requirements for each level of career advancement
- 3) Develop a plan to reach the necessary milestones for career advancement
- 4) Identify and avoid common mistakes made during the RPT process

August 30, 2022 Narrative language: Mitigating Bias in Evaluations and Letters of Recommendation (CME Credit)

Facilitator: Danielle Weber, MD

Via: Zoom

Time: 12-1pm

Learning Objectives:

- 1) Recognize ways bias can manifest in narrative language
- 2) Compare and contrast narrative language used in completed evaluations and/or letters of recommendation
- 3) Implement one strategy to mitigate bias in narrative language

September 2022

September 8, 2022 Tips and Tricks for Time Management: Productivity, Well-being and Beyond
Hosted by the Be Well UC employee wellness program

Via: Zoom

Time: 12-1pm

Description: *Want the best bang for your "time" buck? This interactive session will help you to plan and practice how to make the most of your day for your priorities. Learn practical strategies for more effective work-life balance.*

Learning objectives:

- 1) Identify how time management impacts us professionally and our well-being
- 2) Highlight strategies to identify and manage priorities.
- 3) Share related support resources.

September 21, 2022 I'm Fine, You're Fine, Everything's Fine - An Introduction to Stress First Aid

Facilitator: Jennifer Molano, MD

Via: Zoom

Time: 12-1pm

Learning Objectives:

- 1) Define "stress"
- 2) Explain the types and causes of stress
- 3) Summarize the 7C's of the Stress First Aid Framework

September 26, 2022 The Role of Diversity and Inclusion within Recruitment and Retention (CME Credit)

Facilitator: Bi Awosika, MD

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Via: Zoom and MSB 2001

Time: 12-1pm

Learning Objectives:

- 1) Discuss the importance of diversity in recruitment and examine the impact of bias on efforts
- 2) Explore impactful ways to create and maintain a diverse and inclusive environment
- 3) Examine a few UC Internal Medicine's Residency Program's Initiatives
- 4) Recall multilevel efforts within the University of Cincinnati towards diversity, equity and inclusion

October 2022

October 4, 2022 Leadership: Effectively Managing Teams

Facilitator: Jack Kues, PHD

Via: Zoom

Time: 12-1pm

Learning Objectives:

- 1) Distinguish between leadership and management activities in a team
- 2) Identify different styles of leadership and how they apply to different types of teams
- 3) Utilize strategies to promote optimal functioning within teams
- 4) Recognize team dysfunction and its causes

October 18, 2022 Balance, Boundaries and Burnout: How to Build Resilience and Thrive in the World of Medicine

Facilitators: Michael Holliday, MD, Philip Diller, MD, PHD, and Charles Prestigiacomo, MD

Via: MSB 2001 & Zoom

Time: 12-1pm

Description: *Finding balance in the world of medicine has proven to be challenging. In 2018, the World Health Organization classified burnout as an occupational phenomenon. In one survey, upwards of 78% of physicians responded to having exhibited some signs of burnout. Medical students' rate of depression may be 15% higher than the general population. Suicide rates in female physicians may be 250% higher than females in other occupations. Alarming numbers indeed. Preventing, identifying, managing and mitigating burnout is an important aspect to practicing the art and science of medicine.*

This brief workshop will provide information and insight in to the causes of burnout, the necessity for balance and boundaries in your work and a source of tools to help in building resilience and thrive in the challenging world of medical practice.

Participants will be required to prepare for this workshop through a series of readings (to be forwarded to the attendees upon registering) and completing a self-assessment questionnaire (for personal use) in order to enrich this experience.

At the conclusion of this session, attendees shall be able to:

- 1) Discuss the prevalence and incidence of burnout in medicine and its specialties
- 2) Describe the signs of burnout and the factors that contribute to the development of burnout
- 3) Recognize the early signs of stress and burnout in yourself and colleagues
- 4) Discuss the role of individual resilience and the responsibilities of the system in creating an environment in which colleagues can thrive

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November 2022

November 1, 2022 Building Trusting Relationships with Patients and Families

Facilitator: Robin S. Huffman, CPXP, SSGB

Via: MSB 2001 & Zoom

Time: 12pm – 1:00pm

Description: *Best practices for building patient/family trust and satisfaction, as well as partnering with Patient Experience to manage challenging patient encounters.*

Learning Objectives:

November 8, 2022 Successfully Building (and managing) a Lab and How To Recruit Grad Students into it (working title)

Facilitator: Jason Blackard, PHD, Laura Conforti, PHD & Tim LeCras, PHD

Via: MSB 2001 & Zoom

Time: 12-1pm

Learning Objectives:

November 17, 2022 Stop Drowning in Email - Tips on Email Management

Facilitator: Jack Kues, PHD

Via: Zoom

Time: 12-1pm

Learning Objectives:

November 30, 2022 Bridging Diversity with Inclusion and Justice in Medical Education (CME Credit)

Facilitator: Heather Christensen, PHD

Via:

Time: 12-1pm

Learning Objectives:

December 2022

December 6, 2022 Conflict Resolution (working title)

Facilitator: Liz Leenellett, MD & Charles Prestigiacomo, MD

Room: MSB 2001 & Zoom

Time: 12-1pm

Learning objectives:

December 13, 2022 Navigating the IRB Process

Facilitator: Michael Linke, PHD

Via: MSB 2001 & Zoom

Learning objectives:

- 1) Identify human subjects research projects that require oversight by the UC IRB.
- 2) Describe the ethical principles for the protection of human subjects of research.
- 3) Outline the UC HRPP protocol review process
- 4) Recommend ways to improve interactions with the HRPP and IRB

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January 2023

January 5, 2023 Financial Planning for Early Career Health Care Providers

Facilitators: Seetharam Chadalavada, MD, MS and Casey Reed, MD

Via: MSB 2001 & Zoom

Time: 12-1pm

Learning objectives:

- 1) Identify important financial needs of early career health care providers.
- 2) Demonstrate the importance of life and disability insurance.
- 3) Explore methods of student loan management.
- 4) Differentiate types of retirement accounts and their benefits

January 10, 2023 Grant Writing: Be Brilliant, Concise, and Engaging... Oh, and Don't Forget Anything!

Facilitator: Kevin Haworth, PHD

Via: MSB 2001 & Zoom

Time: 12-1pm

Learning Objectives:

- 1) Understand the importance of concise and engaging language
- 2) List key topics that NIH reviewers must be able to describe to provide a positive review
- 3) Describe the ways an NIH proposal can be innovative

January 17, 2023 Mindfulness 101: Why and How to Start a mindfulness practice

Facilitator: Sian Cotton, PHD

Via: MSB 2001 & Zoom

Time: 12-1pm

Learning Objectives:

- 1) Define mindfulness, including the differences between formal and informal mindfulness practices
- 2) Describe the science behind the health benefits of a regular mindfulness practice, including understanding potential mechanisms of action
- 3) Understand how to implement simple strategies to begin a mindfulness practice, including early habit formation
- 4) Experientially practice one mindfulness technique

January 25, 2023 Competency Based Medical Education (CME Credit)

Facilitator: Matthew Kelleher, MD, MEd

Via:

Time: 12-1pm

Learning objectives:

February 2023

February 6, 2023 Cultivating Medical Education Scholarship (CME Credit)

Facilitator: Benjamin Kinnear, MD, MEd

Via:

Time: 12-1pm

Learning objectives:

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February 7, 2023 Building High-Performing Clinical Teams

Facilitator: Mary Mazik/Team

Via: MSB 2001 & Zoom

Time: 12-1pm

Description: *A panel that consists of Attendings, advanced practice professionals, and nurse managers share best practices for building and maintaining high-performing clinical teams*

Learning Objectives:

February 14, 2023 How to write a training plan for training grants – Panel (working title)

Facilitators: Bill Miller, PHD, Susan Waltz, PHD & Jim Herman, PHD

Via: MSB 2001 & Zoom

Time: 12-1pm

Learning Objectives:

February 21, 2023 Tips for Practical Ergonomics in your Workplace

Facilitator: Kermit Davis, PHD & Susan Kotowski, PHD

Via: MSB 2001 & Zoom

Time: 12-1pm

Learning objectives:

March 2023

March 7, 2023 Managing Difficult Conversations with Compassion and Resilience

Facilitator: Lori Herbst, MD

Via: MSB 2001 & Zoom

Time: 12-1pm

Description: *How to conduct difficult patient conversations with compassion, including communicating a terminal diagnosis, the futility of further aggressive medical treatment, and end-of-life discussions.*

Learning objectives:

March 14, 2023 Working with Databases and Managing data (working title)

Facilitators: Nathan Poeppelman, Megan Johnstone, & Charles Prestigiacomo, MD

Via: MSB 2001 & Zoom

Time: 12-1pm

Learning Objectives:

March 21, 2023 Do you Know How to Breathe? *Practical Tips to Harness the Power of Breath*

Facilitator: Achala Vagal, MD

Via: MSB 2001 & Zoom

Time: 12-1pm

Learning Objectives:

- 1) Identify the importance of breath awareness in our everyday lives.
- 2) Review and practice simple techniques of breath awareness for stress reduction.
- 3) Review and practice different techniques of breath work for stress reduction, clarity of mind, better sleep and higher energy.

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March 28, 2023 Creating a Medical Education Portfolio and Why ALL Faculty Need One
(CME Credit)

Facilitator: Aaron Marshall, PHD

Via: MSB 2001 & Zoom

Time: 12-1pm

Learning Objectives:

April 2023

April 4, 2023 Quality Assurance and Performance Improvement (working title)

Facilitator: Charles Prestigiacomo, MD

Via: MSB 2001 & Zoom

Time: 12-1pm

Learning Objectives:

April 11, 2023 Mentoring in a Culturally Diverse Environment (working title)

Facilitator: Laura Conforti, PHD

Via: MSB 2001 & Zoom

Time: 12-1pm

Learning Objectives:

April 18, 2023 Sleep is not a luxury. It's a Necessity

Facilitator: Toral Shah, DO

Via: Zoom

Time: 12-1pm

Learning Objectives:

May 2023

May 2, 2023 "If I Knew Then What I Know Now"

Facilitator: Mary Mazik/Team

Via: MSB 2001 & Zoom

Time: 12-1pm

Description: ***AUDIENCE** – New Faculty - Medical faculty panelists with 3-5 years experience share their lessons learned about communication and relationship-building in patient care and research.*

Learning Objectives:

May 9, 2023 From Career Development Award to R-funded Research Projects

Facilitator: Jeffrey Strawn, MD

Via: MSB 2001 & Zoom

Time: 12-1pm

Learning Objectives:

- 1) Develop strategies to link pilot work to specific funding mechanisms and "project grants."
- 2) Describe key steps to leveraging successes and set-backs during the career development award.
- 3) Identify interventions—during a career development award—to boost score

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driving components of your first R-level submission.

May 17, 2023 Energy Management - Is it More Important than Managing Time?

Facilitators: Jenn Molano, MD & Achala Vagal, MD

Via: MSB 2001 & Zoom

Learning Objectives:

June 2023

June 6, 2023 Managing Cross-Cultural Patient Encounters

Facilitator: Bi Awoskia, MD

Via: Zoom

Time: 12-1pm

Description: *Discuss issues of diversity impacting all aspects of the clinical encounter from both the patient and provider perspectives.*

Learning Objectives:

June 13, 2023 How to Craft a Successful Specific Aims Page

Facilitator: Jen Veevers, PHD

Via: Zoom

Time: 12-1pm

Learning Objectives:

- 1) Identify the key features of a Specific Aims page
- 2) Create a conceptual framework for a research proposal
- 3) Translate a conceptual framework into the outline of a Specific Aims page
- 4) Understand the do's and don'ts of a Specific Aims page

June 21, 2023 Habit Change – It Is Possible!

Facilitator: Jenn Molano, MD

Via: Zoom

Time: 12-1pm

Learning Objectives: