All of these changes will open up a whole new world of opportunities and challenges in the future. So, lots going on! These are exciting times for us, and I hope you will all be as excited as I am to be part of it. And, to each of you, I say once again, "Thanks for the role each of you plays in helping the School of Medicine move forward into the future!"

Warm regards,
Maria C. Savoia, M.D.
Vice Dean for Medical Education
Professor of Medicine

MedEd Knitwits
Weekly Knitting Circle
Lunchtime • Wednesdays MTF 211, @ 12:30pm-1pm

Last spring, Dr. Helene Hoffman and Alicia Fritchle taught a few of us in EdCom how to knit. I had always wanted to learn, so I asked Dr. Hoffman if she would mind teaching me how during morning breaks. A few other gals in EdCom were also interested, so Helene was kind enough to bring in some yarn and “practice” yarn to teach us. Alicia also lent a helping hand to the lessons, and we were on our way to becoming serious “knitwits.”

Since then, I have knitted many scarves and belts. Another knitting “student,” Victoria Bartlett, has mastered a few different patterns and has made different scarves, shawls and “wristlets.” She has learned enough to actually tutor me, and to fix the mistakes I make. Knitting has proven to be a great stress-reliever, and it’s something “productive” to do while we are sitting and chatting on our lunch break. We have had so much fun that we thought it would be nice to start up a lunchtime knitting circle and invite anyone who is interested.

We welcome anybody in MedEd who would like to join us for some chatter and knitting/crocheting. Just bring your current project to MTF 211 on Wednesdays at 12:30pm.

If you are interested in joining in on the fun, but don’t know how to knit—we can teach you! (Just let us know beforehand so we can bring in an extra pair of needles and some yarn.)

Need a Pick-Me-Upper?

Raise your hand if you’ve been to the new Fairbanks Coffee Company coffee cart at the Leichtag building. Good for you! For the rest of you, this is just a friendly reminder that the cart is now in operation and just waiting for your business!

And don’t forget to get your FairBUCKS cup sleeve! With each coffee beverage you purchase, the barista will stamp your cup sleeve, and, after 10 coffee purchases, the 11th one is free! Such a deal!

Coffee cart hours are currently from 7:30 a.m. to 2:00 p.m. If the afternoon business gets super busy, they may begin to stay open longer. Muffins, pastries, a variety of sandwiches, and other beverages are also available. So, if you need that extra little boost in the morning, or that pick-me-upper in the afternoon, or you just enjoy a good cup of java, the Fairbanks Coffee cart is the place to go!
Dear Readers:

Welcome to the 2nd Edition of our Division’s newsletter, and the 1st Edition with its new name, The MedEd Scene! The main purpose for this newsletter, if you recall, is to keep our various units within the Division of Medical Education abreast of “what’s cookin’” in each unit. Remember the three “C’s” from the first newsletter? (I didn’t think so.) Connection, Camaraderie, and Creativity. Keep them in mind as you make your submissions. This is your newsletter. Your suggestions for content, and your contributions, are most welcome! It will only be as fun and interesting as YOU make it!

Because this is such a young publication, we are only at the experimental stage of giving it “flavor.” This is your big opportunity to add a pinch of your own secret ingredient or a dash of your own creative juices. Be bold! Be daring! (But be sensible!) There can never be too many of you adding something to the mix. The ol’ adage, “Too many cooks spoil the broth,” doesn’t fly in this case. So, come on--don those chef’s hats and tighten those apron strings; let’s make The MedEd Scene a scrumptious concoction of flavorful fun and “mmm....good” memories. After all, variety is the spice of life!

Andrea Mondragon
Editor

AND THE WINNER IS . . . !

CONGRATULATIONS to Daryl Cummings from the Educational Computing Office! In case you hadn’t already heard, Daryl won the “Name the Newsletter” contest with her entry, The MedEd Scene. As the winner, she received a gift card for the Outback Steakhouse and two tickets to the movies!


Thanks to everyone who submitted an entry. Keep your eyes and ears opened for future contests. You just never know when YOU might be a winner!

Did You Know THIS About THAT?

CME: Just what DO they do? You might be surprised!

by Rynda Clark
Director, Office of Continuing Medical Education

The Mission of the University of California, San Diego, Office of Continuing Medical Education (UCSD CME) is to provide relevant educational opportunities to physicians and health care providers that maintain or produce changes in knowledge, skills, attitudes or behaviors, and enables the optimum provision of health care. UCSD CME provides the final level of the educational mission for UCSD School of Medicine, following medical student and residency training. We are committed to providing excellent life-long learning opportunities for physicians and health care providers, who must have ongoing education in order to maintain their license to practice. UCSD CME accredits over 100 conferences per year, 100 Grand Rounds/Case Conference Series, and produces many online home-study programs. In November 2004, UCSD CME was awarded ACCME Accreditation with Commendation for a six year term. Only 6% of national CME providers achieve this award. Below is a brief summary of the services we provide for the faculty and the School of Medicine.

• Program Planning & Accreditation
• Educational Outcomes
• Event Planning & Project Management
• Home Study Programs
• Registration & Testing Services
• Graphic Design: Print & Web

A complete description of the CME calendar and the services we provide can be found at http://cme.ucsd.edu. We welcome staff, medical students and residents at all of our CME activities. Please contact us at 858 534-3940 or ocme@ucsd.edu if you have additional questions.

Mark Your Calendars!

April 25 Administrative Professionals Day
April 26 Bring your Daughters or Sons to Work Day (see http://www.daughtersandsonstowork.org/)
April 25-27 UCSD Staff Appreciation Events (watch your email and Blink for more information)
May 5 Cinco de Mayo
May 13 Mother’s Day
May 28 Memorial Day Observance — Holiday!
June 3 School of Medicine Commencement
       11:00 a.m. – Ceremonial Lawn just east of the MTF Building
June 14 Flag Day
June 17 Father’s Day

It’s baseball season! Go Padres!!!
Glancing at the Past... Planning for the Future

by Jess Mandel, MD
Associate Dean for Undergraduate Medical Education

For the first time in a decade, the SOM held a retreat focused on the education of medical students. Nearly 100 faculty members and students attended the retreat, held at the UCSD Faculty Club on February 9th. Vice-Dean Mia Savoia was the first speaker, and in addition to welcoming participants, read the following message from Dean David Brenner, who could not attend:

“The UCSD School of Medicine has always been known for its innovation, including in education. This is a perfect time to have a retreat on medical education at UCSD, because of the intersection of three major areas. The first is to assess the quality of the educational experience and to advance the new concept of learning communities, which have been very successful at other medical schools. The second is to examine our current very traditional curriculum with the goal of better integration of the basic and clinical education. The third is the incredible opportunity and challenge of designing and funding a new educational building, which is required for us to reach the full potential of those other two goals. We have an incredibly diverse, talented faculty, but the one mission that should unite us all is a commitment to education. Good luck with your retreat. You will be setting the course of medical education at UCSD.”

Dr. Michael Whitcomb, Senior Vice-President of the AAMC and Editor-in-Chief of the journal Academic Medicine lent a national perspective to the UCSD curriculum. He highlighted national trends in medical education over the past decade, including:

- less reliance on lectures in favor of active learning
- increased integration and clinical applicability of basic sciences in the curriculum
- use of a core teaching faculty, and,
- interdisciplinary patient-centered approaches to clinical rotations.

He also challenged UCSD to link its curriculum to the public health needs of the state and region, with particular attention to the care of patients with chronic diseases. Dean Jess Mandel discussed recent major curricular changes by some of our regional competitors, such as UCLA, UCSF, University of Washington, Stanford, and Oregon Health Sciences University.

Outcomes data from the School of Medicine were presented by Dean Christine Moutier. UCSD students continue to score well on tests of medical knowledge, such as the U.S. Medical Licensing Examination, but subjective ratings of the school are below national means in a number of areas. In addition, the school is losing many accepted students to other institutions, and most students who decline to matriculate at UCSD cite the relatively static curriculum and student morale as major factors in their decisions.

Most of the remainder of the day was spent in small group discussions of educational issues. A number of common themes emerged from these sessions:

- First, there was almost universal consensus that the curriculum should be reexamined with an eye toward major revisions. This is in marked contrast to the 1997 educational retreat, when it was concluded that the basic structure should be preserved.
- Second, most participants were in favor of an expanded clinical thread during the first two years, and of an increased emphasis on active learning and clinical/translational applications within the basic science foundation courses.
- In addition, there was support of a Learning Communities model that would seek to integrate curriculum with improvements in medical student engagement and learning environment.

These recommendations have been forwarded to Dr. Brenner and to faculty educational committees that oversee the UCSD curriculum. It is anticipated that workgroups will be formed over the next month to study different aspects of the curriculum in more detail and move the process of curricular reexamination forward.

Right on, Rob!

Rob MacAulay, Associate Director for the Standardized Patients Program, was recently elected Chair of the Trainers Group for the CCACC (California Consortium for the Assessment of Clinical Competence – now there’s a mouthful!). The consortium is comprised of EIGHT California medical schools and designs high stakes medical student standardized patient-based exams, such as the CPX (Clinical Practice Exam). It covers everything from case development, training the cases, and working with standardized patients. Wow! Big Honor! Be sure to congratulate Rob on this terrific recognition when you see him!

And that’s not all, folks!

Rob MacAulay and Anita Richards, also an Associate Director of the Standardized Patients Program, will be presenting a poster describing “G-Osce” (Group Objective Structured Clinical Exercise) at the upcoming WGEA meeting in mid-April—in Hawaii, no less! The WGEA is the Western Group on Educational Affairs—a subgroup of the national GEA. Rob and Anita will also be co-facilitating a workshop titled “Developing a Standardized Patient Case and Training Materials: A Crash Course,” which will teach faculty how to develop standardized patient cases. Shawn Harrity, M.D., and Course Chair for the Introduction to Clinical Medicine course (ICM), as well as Burton Ober, ICM Course Coordinator, are named on the poster and Burton will also be attending the conference. Nice work, one and all! (Too bad the conference is in such a crummy place as Hawaii, instead of like, say, Kansas....)

Aaah......... ain’t she sweet?

Look, it’s a baby! Looks like our Director of Admissions is taking his admissions job pretty seriously. Brian Zeglen, his wife Jennifer, and daughter Penny have recently “admitted” a new member into their home. Welcome little Leila Lynn Zeglen! Born on January 16, 2007, Leila weighed in at 7 lbs, 8 oz and was 19 ½ inches long. After you’ve finished goo-goo, gaw-gawing over her picture, you can congratulate Brian on this precious little bundle of joy. Be sure to tell him to pass on the congrats to Jennifer. After all, she did all the work!

History of Medicine

For people in a hurry, we have compiled this short history of medicine, using as an example the treatment of that common ailment, the ear ache.

2000 B.C. Here, eat this root.
1000 A.D. That root is heathen, say this prayer.
1850 A.D. That prayer is superstition, drink this potion.
1940 A.D. That potion is snake oil, swallow this potion.
1985 A.D. That pill is fake, take this antibiotic.
2006 A.D. That antibiotic is artificial. Here, eat this root.
Stretch for Success

submitted by
Cindi Martinez
Central Administration

It is a known fact that aerobic activity improves cardiovascular endurance and burns fat. Weight training helps to maintain lean muscle tissue and build strength. While these are two very important elements of a fitness program, often neglected is flexibility training.

Some people are naturally more flexible. Flexibility is primarily due to one’s genetics, gender, age and level of physical activity. As we get older, we tend to lose flexibility, usually as a result of inactivity rather than the aging process itself.

Flexibility training:
• Allows greater freedom of movement and improved posture
• Increases physical and mental relaxation
• Releases muscle tension and soreness
• Reduces risk of injury

Before stretching, be sure to warm up, as stretching cold muscles can cause injury. Begin with a simple, low-intensity warm-up such as walking while swinging the arms in a wide circle. Warm up for at least 5-10 minutes before stretching.

Stretch Tips:
• Start each stretch slowly, exhaling as you gently stretch the muscle
• Try to hold each stretch for at least 10 – 30 seconds.

What to AVOID:
• Don’t bounce while stretching; holding a stretch is much more effective and there is less risk of injury
• Don’t stretch a muscle that is not warmed up
• Don’t strain or push a muscle too far. If it hurts, ease up!
• Don’t hold your breath while stretching

Ideally, at least 30 minutes, three times per week, should be spent on flexibility training, but even a few minutes of stretching at the end of an exercise session is better than nothing!

Source: American Council on Exercise M01-076

Fun with CPR

That was title of the slide show at our recent All-Hands Staff meeting, and that is exactly what it was for those who participated in the CPR training a few months ago. Under the capable instruction of Toni Perkins, seasoned instructor for numerous emergency first-aid courses at places such as Sharp Hospital and UCSD, 21 employees in MedEd took part in this important class, getting down on hands and knees to learn the proper techniques for administering cardiopulmonary resuscitation. Let’s hope the need never arises, but perhaps we can feel a bit more confident if one of us should suddenly be in need of life-saving measures here at work.

PLEASE NOTE: The MedEd Division also has an AED device (Automated External Defibrillator), which is housed in MTF 162 (Undergraduate Medical Education). If you haven’t yet seen the short video on how to use the AED, or would like to see it again, please contact our Safety Coordinator, Andrea Mondragon amondragon@ucsd.edu.

Ergonomics Assessment

If you’d like to have an ergonomic assessment of your work station, contact Andrea for this as well. She has recently had training in this area and will gladly work with you to insure a safe and comfortable work space. You may also visit http://blink.ucsd.edu/go/ergo for a helpful online tutorial and other “ergo” info. Check it out!

Welcome to Our World!

The “new kids on the block” in the Division of Medical Education since our last issue are, in order of their appearance:

<table>
<thead>
<tr>
<th>Name</th>
<th>Date Hired</th>
<th>Unit</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jonathan Cleary</td>
<td>December 4</td>
<td>Admissions</td>
<td>Admissions Assistant</td>
</tr>
<tr>
<td>Mindy Johnson</td>
<td>December 4</td>
<td>Medical Teaching Labs</td>
<td>Staff Research Associate</td>
</tr>
<tr>
<td>Kim Coleman</td>
<td>December 20</td>
<td>Student Affairs</td>
<td>MSTP Program Assistant</td>
</tr>
<tr>
<td>Jackie Lewis</td>
<td>December 22</td>
<td>Central Administration</td>
<td>Executive Assistant</td>
</tr>
<tr>
<td>Sarah Harasty</td>
<td>January 29</td>
<td>Undergrad Med Educ</td>
<td>Peds/Neuro Clerkship Coord</td>
</tr>
<tr>
<td>Jason Pang</td>
<td>March 1</td>
<td>Educational Computing</td>
<td>Computer Resource Specialist</td>
</tr>
</tbody>
</table>

Welcome aboard!