



FALL 2023 NEWSLETTER

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SWIMS 2023 Recap

On Wednesday, September 13, over fifty faculty, students, housestaff, and staff attended the 2023 Spotlight on Women in Medicine and Science symposium. This year's theme was "Advocating for Self and Others".

Featured speaker Dr. Matifadza Hlatshwayo Davis offered an engaging presentation titled "Health Equity in Action, From Clinical Practice to Public Health."

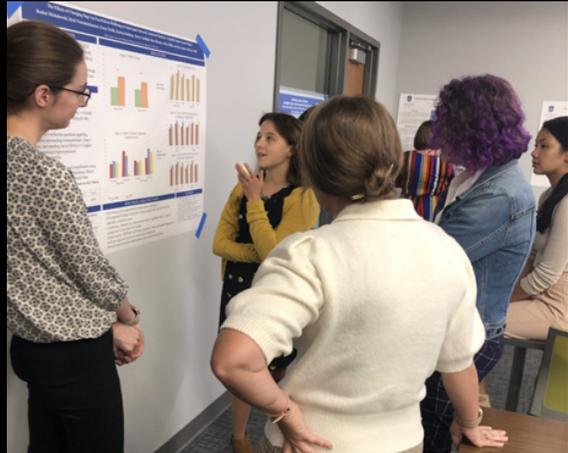
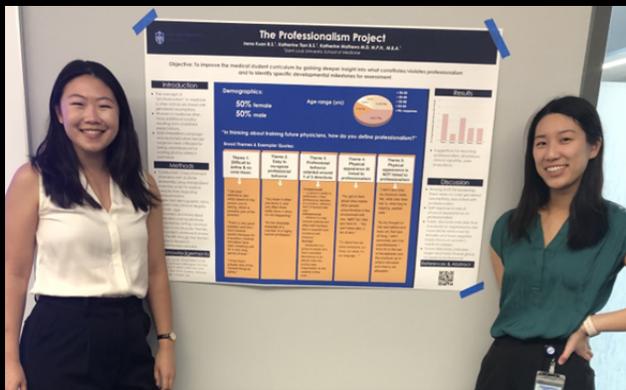
Following Dr. Hlatshwayo Davis's presentation there were three concurrent workshops:

1. 'Finding Your Voice: Empowering Women to Speak Up Professionally and Confidently' led by Lisa Israel, Director OPO and Emily Boyd, Coordinator OPO
2. 'Onward and Upward: A Guide to Managing Up' led by Drs. Candace Style, Nina Gupta, Katie Farrell, and Aline Tanios.
3. 'Social Media and Your Professional Self: Serving Others through Connection and Communication' led by Dr. Meadow Campbell.

Participants attended one of these workshops during the two session time slots.

Afterwards, everyone reconvened for a panel discussion with Drs. Catherine Wittgen, Ghazala Hayat, and Jennifer Ladage, followed by a poster/networking session.

Many thanks to everyone who presented or participated in the event, it was a great success. We are already thinking about SWIMS 2024. Please feel free to send suggestions for future SWIMS themes to Drs. Jane McHowat, Heidi Sallee or Aline Tanios.



Focus on SOM Committees: Research Planning

Contributed by Dr. Richard DiPaolo, Interim Chair Department of Molecular Microbiology and Immunology

The Research Planning Committee (RPC) functions as an advisory body to the Dean, offering guidance and oversight on various aspects concerning research within the School of Medicine. The committee comprises six chairs from research-active departments and an additional six representatives appointed by the Faculty Affairs Committee. Each member serves a three-year term, with the opportunity for reappointment to a second term. Currently the committee is co-chaired by Dr. Rich DiPaolo and Dr. Adriana Montano.

The RPC assumes several crucial responsibilities, including evaluating and providing recommendations on major equipment acquisitions, strategic planning, core facilities, and faculty support. Moreover, the committee reviews and makes recommendations on internal funding initiatives, such as the President's Research Fund (PRF) and the Research Opportunity Fund.

Additionally, the RPC takes an active role in monitoring and updating strategies and performance metrics aimed at realizing the objectives and goals outlined in the School of Medicine's strategic plan. Finally, the RPC communicates key issues with constituents. For more information, please visit the website:

<https://www.slu.edu/medicine/research/research-planning-committee/index.php>

CME Corner

Contributed by the School of Medicine's Continuing Medical Education (CME) program



Interested in viewing your CME transcript or need to submit to your boards? Has your email changed, and you want to update your email? Visit our website, <https://slu.cloud-cme.com>, sign in and click on My CME. From here you can click on your profile and update your email address and any other information that might need to be updated. Click on Transcript to view, download, or print your transcript.

Would you like more information on CME and offering CME for future programs? Reach out to CME Program Director, Amanda Sain, for more information! She can be reached at amanda.sain@health.slu.edu or 977-7401.

New Faculty Resources



Saint Louis University and the School of Medicine welcomed new faculty at two separate orientations this past July and August. The SOM Office of Faculty Affairs and Professional Development (OFAPD) distributed a "New Faculty Information Guide" to those who attended the SOM New Faculty Breakfast. Within this document are important links to resources for all faculty. A link to the guide will be housed for your reference on the [OFAPD home page](#) or you may reference it directly [here](#).

Emeritus Congrats

A special thank you and congratulations to the following individuals for recently obtaining Emeritus faculty status. Your dedication and service to the School of Medicine is recognized and appreciated!

Teresa Andreone
Anping Chen
Terrance Egan
Sharon Frey
Jeremy Garrett
Jeffrey Gavard

Alexander Lin
Suzanne Mahon
Kevin Martin
Keith Naunheim
Raymond Tait
Constance Thorpe



To learn more about Emeritus status and its benefits, please click [HERE](#).

SOM Wellness Program

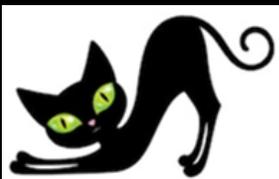
Contributed by Dr. Lauren Schwarz, Department of Psychiatry

The SLUCare 4 Self and Others Task force was formed to develop a wellbeing program for our School of Medicine community. The Task Force is composed of members of our community including faculty, staff, learners, clinicians, and scientists. The group is currently working on several initiatives including the development of a website to include all wellbeing offerings available at the SOM. The website can be found at:

<https://www.slu.edu/medicine/about/wellness.php>.

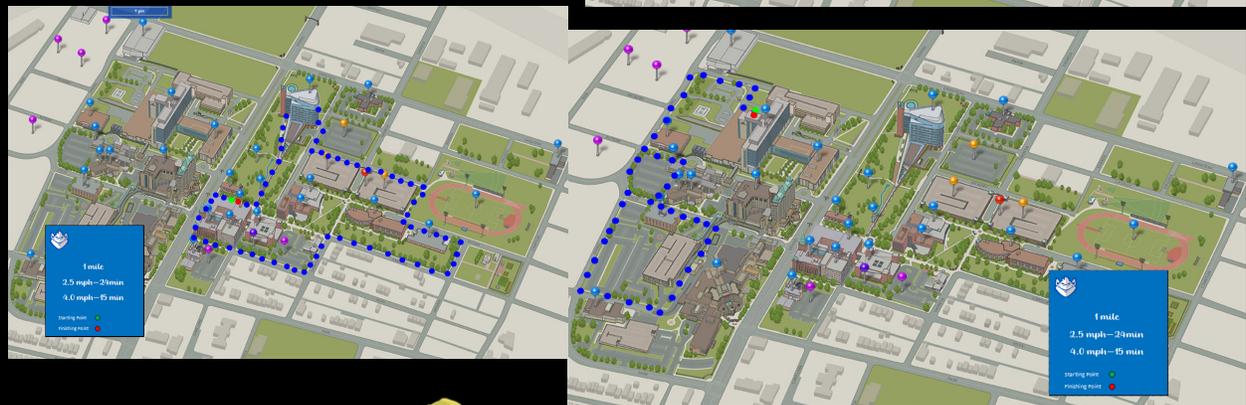
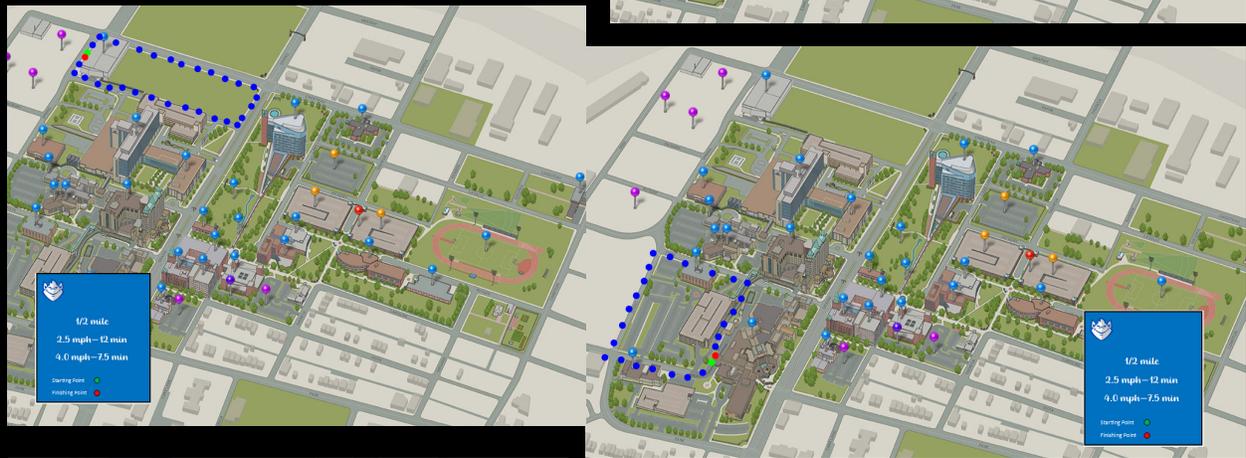
Moreover, the group recently launched Schwarz Rounds, a safe space for providers to share their emotional reactions to the joys and challenges of the practice of medicine. The first one was held in August and had over 120 attendees. The next will be scheduled for November and is open to all the SOM community.

The Task Force is currently partnering with the Dean's office to develop a fitness space in Caroline Hall. Additionally, they have helped expand healthy food options – a Farmer's Fridge is located in the LRC and they are working to make more available. The task force will be meeting with departments to get input as they develop a strategic plan for the wellbeing program.



Wellness - Walking Trails

Take a brief walk during the workday to clear the mind or loosen the limbs by trying one of these half or full mile paths on your next break.



Dean's Staff

Johan Bester is the Associate Dean of Pre-Clerkship Curriculum for Saint Louis University School of Medicine



What do you do at the School of Medicine?

I provide oversight and supervision to the pre-clerkship curriculum, which is the first 18 months of the medical school curriculum. I work with the course directors, the staff of the Office of Curricular Affairs, and a team of deans who focus on curriculum. I enjoy the collegial nature of the work, and how well we supplement and support each other.

In some ways, the work is like being a producer of a stage production. There are many moving parts, many people, and many challenges. And you have to keep your eye on all of them, making sure they work together to put on this magnificent production called the pre-clerkship curriculum.

What I enjoy about the work is that it is an opportunity to make a meaningful difference in the lives of people – of our students, our faculty, and ultimately the patients and society.

In my view, medical education is a good thing working towards a society that is better, friendlier, and more just. Our goal is to help our students gain the knowledge and professional aptitude to engage in clinical patient care, to go out and do good in the world.

Where are you from? How did you get here?

I was born and raised in South Africa, and lived in Cape Town for most of my early years. After completing medical school, I worked in South Africa, the United Kingdom, and in Canada, both in Emergency Medicine and Family Medicine settings. That's right – I've lived and worked in four countries!

I've always been interested in questions about ethics, morality, policy, religion. During the many years working as a doctor, I've pursued these interests, which involved doing a Master's degree and then a PhD in applied ethics at my alma mater. Then the opportunity came to do an ethics fellowship at the Cleveland Clinic – and that is how I came to the United States.

For many years I've had significant medical education roles. So when the ethics fellowship was done, I joined a new venture in Las Vegas. It was exciting to build a new program, and I learned a lot there. After five years in Vegas, I came to St Louis, and here I am!

What do you consider meaningful about your professional work otherwise?

I have done a lot of scholarly work in the areas of vaccination ethics and pediatric ethics, and have been able to publish significantly in these areas. I find this fascinating. When we

think about how children are situated and the nature of our duties and obligations to children, we find ourselves at a crossroads where individual and societal concerns merge in unique and challenging ways. Children are uniquely vulnerable; how a society treats its children tells us a lot about that society. In a just society, children thrive. In an unjust society, children suffer.

Tell us more about who you are personally.

I am the husband to a lovely wife and father to a wonderful 4-year-old boy. Faith is important to me; I am a committed Christian, and think about the things of God often. I enjoy reading, and try my hand at fishing. I play guitar, noodle on the piano, and write fiction. I used to run a lot, but nowadays it seems I'm recovering more than running. I guess it happens to us all...

And I'm very happy to be in Saint Louis. We feel very welcome here.



5 Tips for...Preparing Scholarly Works

Why does writing always seem to get pushed to the bottom of your agenda? Is it because there are no deadlines on scholarly activity? Is it difficult to get started? Do you only think about scholarly works when it's time for annual reviews or for promotions? Here are 5 tips for getting started on your writing activities.

Find the time to write: You need to set aside time to write. Schedule time for writing in your calendar, for example one to two hours twice a week. Do not try to multitask during your writing time. Invest in a "Do Not Disturb" sign for your door, close your email and switch off your phone if possible. Start on time and stop on time. Starting on time shows you that you are respecting your writing efforts. Stopping on time will keep you on your writing routine.

Find the environment to write: Find the environment that is the most conducive to your writing. Do you prefer absolute quiet? Do you prefer background music? Do you work best in your office at work or in a coffee shop? Would it help you to find a colleague to form a writing group?

Come prepared to write: Do not use your scheduled writing time to get organized. Use your time to write. Set your writing goals for each session ahead of time. Make sure your objectives are SMART (specific, measurable, achievable, relevant and time-constrained).

Use your colleagues: Enlist a writing buddy, someone who wants to write and needs support and encouragement. Find a personal editor who is willing to work with you on writing. Find a colleague who is successful at writing and get advice on how to manage your time for scholarly activity. Talk to your colleagues about your progress, this will keep you accountable and your progress on track. Ask colleagues to read your draft and make recommendations.

Have a specific writing agenda: Less can be more. If your schedule will not allow for large blocks of time to write, you can be comfortable with writing brief segments. Although ideal, you don't need big blocks of time to move things forward. Outline your project and break down into individual tasks/sections. This will allow you to choose small writing tasks when you have a short amount of time. Think of it as little writing workout bursts, you can go hard for a few minutes before going back to your regular work.

Are you struggling with finding time to write? Are you interested in forming a Writing Accountability Group? If so, please reach out to Dr. McHowat at jane.mchowat@health.slu.edu



Faculty Spotlight

Dr. Fred Buckhold, M.D., is a Professor of Internal Medicine.



How long have you worked at SLU?

Currently, I am a newly minted Professor of Internal Medicine. I've had a lot of different roles in my time here but consider my three most significant professional roles as a general internist, medical educator, and program director for the core IM program. I also had a short stint as CMO of SLU Hospital which taught me a lot and gave me a whole different perspective of leading a large group of humans – although I felt very under-qualified and am glad there is someone else much more capable that can fill that role. I also recently was elected as the faculty representative to the Academic Leadership Council, which allows me to advocate and practice leadership that I hope suits my skills. I'm very excited to represent the various voices of the faculty to drive our organization forward.

Why did you want to become a doctor and what is your favorite part of the job?

My journey is odd. I was initially planning on being management at Dierberg's and dropping out of college after my sophomore year – but a couple of my college roommates were thinking of medical school and I mixed with a lot of other people of like mind. Some became lifelong friends (and are very successful physicians). So by some sort of weird osmosis I realized that if they could do it I could too. I found I really liked all the experiences I had and slowly gravitated towards being a physician.

Also, sorta getting fired from Dierberg's pushed me in that direction as well... (technically I quit, but I was getting fired for sure). I still bag my own groceries. At Schnucks.

As for the best part of my job, there are two. First, I love teaching. Conducting rounds and pushing learners to think is simply fun for me. I love seeing their success. Second, I still enjoy the times I can be 1:1 with a patient and spend a few extra moments talking to them. I get such a dopamine rush when you talk to a patient and their family and provide some reassurance, guidance, or aid in their journey to health or the end of life. Even though it is often hard, the fulfillment it provides is worth it.

So far in your career, what do you consider to be your greatest achievement?

Running the residency program has been the highlight of my career. I have had the fortune of working with so many amazing faculty, chiefs, and residents (as well as our fantastic staff led by Charlotte Robinson) who have pushed our program to be very forward thinking and people centered. It is incredibly gratifying to recruit amazing people and then have them join as faculty and now become leaders in the Department and Medical School.

What is the most helpful advice you've received?

The father of modern medicine Sir William Osler wrote a famous essay that being calm under pressure is the hallmark of a great physician. When I read that, I remembered the lines of a poem my grandpa Chalmer paid me \$10 to memorize when I was in 5th grade, which had the first line of:

"If you can keep your head when all about you
Are losing theirs and blaming it on you."

Keeping my cool and holding my temper has always been good counsel in my leadership journey – very sage advice from my grandpa Chalmer. I've also learned tough lessons about not taking things personally.

My kids would argue that this does not occur at home, however.

If you were stranded on a deserted island, what one band or musician would help keep your sanity?

Allman Brothers Band – would need both the Fillmore Live and Eat A Peach album on vinyl. My children have instructions to play Blue Sky and the last Duane Allman solo from Mountain Jam at my funeral.

If you could have dinner with one person, living or dead, who would it be?

Polish sausage with boiled potatoes and canned green beans with my grandfather Fred Sr. He was a brilliant man who made the most of a tough life. If he was given the opportunities I had he would have been a professor, intellectual, or perhaps solved global warming. He and I were very close until he developed dementia when I was still in grade school so he did not see me reach adulthood and become a physician.

He was a loyal union man and said often that the AMA is the best union around – I think he would enjoy seeing the downstream efforts of his sacrifices.

If you could only eat one thing for the rest of your life, what would it be?

The tasting menu at Zahav in Philadelphia.

What book are you currently reading?

Safe Haven by Mark Spitznagel. It is actually the third time I've read it and I think it has a lot of interesting ideas that I think apply to medical decision making and evidence-based medicine. I'm just not sure yet how to apply them.

