

Graduate Medical Education



ADVANCING KNOWLEDGE. TRANSFORMING LIVES.

October, 2009

A Message from the Assistant Dean.....

Upcoming Events

- Nov. 12—
Neonatology research presentation Estelle B. Gauda, MD
- Nov. 20—GMEC meeting
- Nov. 26 - 30 —
Thanksgiving Holiday
- Dec. 8—*Neonatology research presentation, Enrique Ostrea, MD*
- April 29, 2010—
Research Day



Inside this issue:

Meet Dr. Basson	2
Program News	2
Sleep Loss/Fatigue	3
Meet Dr. McLeod	3
MSU Library Services	4
GME Mission	4

The GME office recently completed a review by the ACGME of how well we, as an institution, are meeting our obligations to each of our training programs (and, in fact, each of our learners). Some of you had an opportunity to meet with the site visitor and share your experiences of training in the MSU Lansing community.

I have always viewed site visits as an opportunity to make ourselves better. Sometimes, the best way to improve is to have someone from “outside” look at us, in comparison to a “standard”—much as our medical care is often evaluated. I hope that your experience with our

site visitor was used as such an opportunity.

In addition, we maintain an “open-door” policy with respect to constructive feedback on how we can make all of our training programs the best they can be. Feel free to contact me, Maureen McGrail, or Carol Parker Lee with your issues and concerns (as well as your kudos). We will use your feedback in a confidential manner to continue to help our programs meet the needs of our learners and the community.

Contact information for me, and Maureen, is located in the box to the right. Carol Parker Lee may be contacted through GMEI.



Randy Pearson, M.D.

MSU GME Office

Sparrow Professional Building
1200 E. Michigan Ave.
Suite 640
Lansing, MI, 48912
517- 364-5892

Randolph Pearson, MD
Randy.Pearson@hc.msu.edu

Maureen McGrail, Adm. Asst.
Maureen.McGrail@hc.msu.edu

MSU/CHM Department of Surgery

MSU’s Residency Program in General Surgery began in 1988. The residents come from both allopathic and osteopathic medical schools. Currently, there are 22 residents in General Surgery, and one Fellow in the Surgical Critical Care Fellowship Program. Residents spend about two-thirds of their time at

Sparrow Hospital, and the remainder of their time at McLaren Regional Medical Center in Flint. Third-year residents also do rotations in Grand Rapids.

The Program’s core mission is to provide the highest quality patient care, cutting edge research, and outstanding educa-

tion. It is proud of its faculty and residents, who average 1000-1200 cases during their training, and maintain a high first-time pass rate on Board and Certifying exams.

The Department has had a recent change in leadership. Continue reading to “meet” the Chair, and Program Director.

Meet Dr. Basson—Department of Surgery, Chair

Dr. Marc Basson came to Lansing from Detroit, where he was affiliated with Wayne State University Medical School and the VA Medical Center. He is enjoying Lansing's college-town atmosphere, with its diversity and friendliness.

In his “spare time”, Dr. Basson enjoys doing basic science research into the mechanisms that regulate metastasis and mucosal healing, and is addicted to Scrabble. He values time spent with his family, and is continually surprised and amazed by his son and daughter as they mature. And then, there's the 100 lb. Irish Setter puppy!

Dr. Basson expects the Department of Surgery to expand the depth, breadth, and quality of surgical services offered, to reinvigorate the educational program, and to strive to become a group that not only conveys knowledge, but also creates it.

Asked about a memorable experience from his residency days, Dr. Basson replied: “My very first night as a surgical intern covering the ER, we had a code, and they asked me to put in a central line for resuscitation because the patient had no peripheral access. Amazingly, although I had observed the process, I had never actually put one in as a student. Somehow, I got it in, the patient was successfully resuscitated, and went upstairs to the ICU, alive. I walked on air for the rest of the night, and have never lost my gratitude and excitement about being part of a discipline where I can truly make a difference.”

Over the years, Dr. Basson has learned to take the time to listen to people, whether they are patients, subordinates, colleagues, superiors, negotiating partners, or even apparent antagonists. He finds that listening not only helps you learn what people are trying to tell you

(as opposed to what you *think* they're trying to tell you), but the act of listening conveys a powerful, and sometimes even therapeutic, message.

As for “words of wisdom” for residents, this physician offers: “Caring for patients is both a privilege and a tremendous responsibility. We owe them our gratitude, our consideration, and our dedication. If you don't take your outcomes personally, and dedicate yourself to improving them, you are in the wrong field.”



Marc Basson, MD

Program News



Pediatric Residency Retreat

Internal Medicine – Submitted oral and poster presentations at American College of Physician, Michigan Chapter meeting; poster presented at American College of Osteopathic Internists 69th Annual Convention

Neonatology - Successful ERAS match for 2010; completed ACGME site visit

Pediatrics – Completed AOA & ACGME Site Visits. Conducted a residency retreat in October.

PM & R – Received a 3-year re-accreditation with ACGME; James Sylvain, DO started as new AOA Program Director

Surgery & Surgical Critical Care – In conjunction with the American Board of Surgery, the Department is focusing on the Professionalism competency, with an evaluation process involving attending physicians, residents, fellows, and nursing staff.

Sleep Loss and Fatigue

Sleep loss and fatigue are part of every resident's life. Sleep needs are genetically determined, and cannot be changed. However, you can manage sleep loss and fatigue by tuning-in to your individual needs and circadian rhythms, and by knowing your vulnerability to sleep loss.

It is recognized that acute and chronic sleep loss, whether partial or complete, substantially impairs physical, cognitive, and emotional functioning in human beings. There's a definite decline in performance after 15-16 hours of continued wakefulness – a common occurrence with residents. With sleep loss, you can function, but have slower response times, altered moods and motivation, and reduced morale and initiative. The danger with this is that **sleepy people underestimate their level of sleepiness, and overestimate their alertness.** The sleepier you are, the less accurate your perception of the degree of impairment. And if you don't recognize you're sleepy, you're not likely to do anything about it.

Be aware of signs of sleep deprivation, and your individual needs.

Warning signs include:

- ◆ Falling asleep at inappropriate times
- ◆ Mood changes
- ◆ Increased stress
- ◆ Problems with personal relationships
- ◆ Shorter attention span and reaction time
- ◆ Needing to check your work repeatedly
- ◆ Decreased retention of information and motivation to learn
- ◆ Increased errors
- ◆ Being less attentive and compassionate

Get adequate sleep before you anticipate a sleep loss, such as being on call. (Recovery from on-call sleep loss generally takes two nights of extended sleep to restore alertness.)

Utilize naps – 15 minute naps at 2-3 hour intervals, during 24 hours of sleep deprivation, can make a difference.

Healthy habits to adopt, when you are able to get good sleep, include:

- ◆ Set regular bed time and wake times
- ◆ Relax before sleeping
- ◆ Provide a comfortable environment – cool, dark, and quiet
- ◆ Avoid large meals within three hours of sleep
- ◆ Avoid strenuous activity within three hours of sleep



Fatigue is an impairment—like alcohol or drugs.

Meet Dr. McLeod—Surgery Residency Program Director

Although originally from New York, Dr. Michael McLeod has spent many years in our Great Lakes State. His first “Michigan experience” was in Ann Arbor for his residency. He later returned to live in Kalamazoo, where he was Program Director for MSU's General Surgery Program at the Kalamazoo Center for Medical Studies.

From Kalamazoo, it was a short trip to Lansing. Since arriving last summer, Dr. McLeod has been impressed with the warmth and friendliness of the people in this area. He finds that people care about each other, and are happy to share their knowledge, experiences, and information. He also

appreciates the “Big 10” environment, and all the resources and on-line education available through the University. Living near the Red Cedar River, Dr. McLeod likes to take advantage of its beauty and trails – medicine for the mind and body.

Something that he believes, and is happy to pass on to others, is that “Being right is easy. Doing the right thing is the hard part.” He's mindful of this in his daily activities and decision making.

Dr. McLeod is excited about the future of MSU/CHM's General

Surgery Program, and looks forward to being a part of making it a fully-accredited, highly thought-of, Integrated Residency Program in General Surgery.



M. McLeod, MD

MSU Health Sciences Digital Library

The MSU Health Sciences Digital Library website, www.lib.msu.edu/health, pulls together materials and services related to health sciences at the Michigan State University Libraries. It serves all faculty, staff, and students in MSU's health colleges, and other colleges in clinical or biomedical areas. This population includes MSU clinical adjunct faculty, residents, and medical students in our affiliated community hospitals.

For the past several years, the MSU Libraries has focused on acquiring health sciences materials, particularly journals, in electronic form, since affiliated health sciences faculty and students can be found all over the state of Michigan. Through this site, MSU affiliated faculty, staff, and students can access over 2000 biomedical and clinical electronic journals, databases for searching the research literature and evidence based medicine resources, electronic books, and more.

To access the MSU Libraries' many electronic resources from off campus (including hospitals), you'll need your MSU NetID and password.

John Coffey (coffey@msu.edu or 517/432-6123 x299) is the health sciences librarian who is the MSU Libraries' liaison to the College of Human Medicine. He can assist you in using resources and can provide help in finding materials for research, teaching, study, or assignment needs. There are three other health sciences librarians to assist, if John is not available. You may find them through the Health Sciences Digital Library pages.

If you have your MSU NetID and password, and are having problems accessing electronic resources, please visit the MSU Libraries [Off Campus Access](#) page, or contact [Distance Learning Services](#) at 1.800.500.1554 or 517.355.2345 or reachout@msu.edu.



Michigan State University—CHM
Graduate Medical Education Office
1200 E. Michigan Ave. Suite 640
Lansing, MI 48912
Phone: 517-364-5892
Fax: 517-364-5899

WE'RE ON THE WEB
GME.CHM.MSU.EDU

Graduate Medical Education Mission

"The mission of MSU's College of Human Medicine in Graduate Medical Education is to provide Institutional Sponsorship to high quality programs of GME, in those primary and specialty care disciplines relevant to the College's mission. Such GME programs will be accomplished in concert with the teaching hospitals and health systems affiliated with the College."

"The Graduate Medical Education Committee will oversee the conduct and management of all residency and fellowship programs for which MSU/CHM is the sponsoring institution."

Graduate Medical Education Manual