

## Flex Week Proposal:

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|---|--|--|
| <b>Title</b>  | The Environmental Impact of Health Care: How to Heal the Planet and Ourselves  |  |
| <b>Experience Category</b><br><b>[bold your category]</b> | Clinical shadowing<br>Research-related<br>Community Service<br>Other:  | Professional Enrichment Courses (PECs)<br><b>Professional Development</b><br><b>Wellness</b> |
| <b>Goal</b>   | To develop students' understanding of the environmental impacts of health care and empower them to incorporate solutions into their personal and professional lives.   |  |
| <b>Brief Description</b>                                  | We will spend 2 hours a day together learning about aspects of healthcare sustainability, with an emphasis on personal habits that promote health and wellness. Topics include: a field trip to a local site of interest (recycling plant, Cancer Bridges, or medical autoclave site), trees and outdoors to promote healing, exercise as treatment for common conditions and for health, and eating to preserve the planet and our own health. Optional readings and lectures will be asynchronous. |  |
| <b>Organizer</b>  | Dr. Noedahn Copley-Woods, MD<br>Assistant Professor of ObGyn, Magee Womens Hospital<br>Assistant Dean, Office of Sustainability for the Health Sciences (OSHS)<br><a href="mailto:Copleywoods@upmc.edu">Copleywoods@upmc.edu</a>   |  |
| <b>Admin Coordinator (contact info)</b>                   | Corey Flynn, Program Manager<br><a href="mailto:coreyflynn@pitt.edu">coreyflynn@pitt.edu</a>   |  |
| <b>Department</b>   | School of Medicine   |  |
| <b>Capacity (# students)</b>                              | 10   |  |
| <b>Location</b>   | Schenley Park<br>Magee Womens Hospital<br>Neville Island Recycling Plant<br>Phipps Conservatory Botany Hall Teaching Kitchen   |  |
| <b>Reporting Info/First Day Location</b>                  | Office of Sustainability in the Health Sciences (OSHS), 3708 Fifth Avenue, Suite 501, Pittsburgh, PA 15213   |  |
| <b>Maximum # of students</b>                              | 10   |  |
| <b>Minimum # of students</b>                              | 5  |  |

| <b>MS1 (Class of 2028)</b> |                         |                       |                   |
|----------------------------|-------------------------|-----------------------|-------------------|
| <b>Week</b>                | <b>Start Date (Mon)</b> | <b>End Date (Fri)</b> | <b>Available?</b> |
| 5                          | TUE 9/3/2024            | 9/6/2024              | x                 |

|                            |                         |                       |                   |
|----------------------------|-------------------------|-----------------------|-------------------|
| 12                         | TUE 10/22/2024          | 10/25/2024            |                   |
| 26                         | 1/27/2025               | 1/31/2025             | x                 |
| 30                         | 2/24/2025               | 2/28/2025             |                   |
| 59                         | 9/16/2025               | 9/20/2025             | x                 |
| <b>MS2 (Class of 2027)</b> |                         |                       |                   |
| <b>Week</b>                | <b>Start Date (Mon)</b> | <b>End Date (Fri)</b> | <b>Available?</b> |
| 59                         | 9/16/24                 | 9/20/24               |                   |
| 70                         | 12/2/2025               | 12/6/2025             |                   |

**Weekly Schedule (5 hours/day with 2 hours synchronous activity; Avg. 25 hours per week)**

|           | <b>MON</b>   | <b>TUE</b>  | <b>WED</b>  | <b>THU</b>  | <b>FRI</b>  |
|-----------|--|---|---|---|---|
| <b>AM</b> | Planetary Health Cooking Class at Phipps Botany Hall Teaching Kitchen. (3 hours) | Green Spaces & Healing. Tree Pittsburgh with Dr. Isabela Angelelli. (3 hours) | Trash Talk at Magee and tour of the facility. (3 hours) | Office of Sustainability in the Health Sciences (OSHS) Journal Club (3 hours) | Sustainability Field trip to Seneca Landfill. (3 hours) |
| <b>PM</b> | The Environmental Benefits of Health & Exercise in Schenley Park. (2 hours)      | Asynchronous online lecture and reading. (2 hours)                            | Work on individual projects, heathcarelca.com (2 hours) | Work on individual projects (2 hours)   | Presentation of Projects and Wrap-Up (2 hours)          |

Please be as descriptive as possible as schedule will be made available to students.

|   |                      |
|---|----------------------|
| <b>Schedule splitting:</b><br><b>Would it be possible for students to take SOME of the weekly schedule (e.g., just mornings or just a few half-days), or would you prefer that a student take the schedule in its entirety?</b> | <b>Full required</b> |
| <b>If so above, please designate which parts of your schedule this would impact</b>   |                      |

**NOTES:**

- Schedules should have activities for students at least 5hr/day, with at least 2hr/day synchronous.
- Unlike PEC's, students will not receive grades/certificates for flex week completion.