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Opportunities & Adventures

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*Professional Enrichment Course (PEC) – students will receive a grade/certificate for completion

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

ACCREDITATION & ACADEMIC MEDICINE

HANDS-ON EXPERIENCE WITH HIGHER EDUCATION ACCREDITATION

- **Emphasis on Liaison Committee on Medical Education (LCME) that accredits all MD-granting programs in the US and Canada**

Assuring that medical education programs meet established standards and implement documentable continuous quality improvement processes

PRIORITIES

- i. Gain insight into the origins of accreditation and how accreditors, like LCME, use standards, strategic planning, and quality improvement to continually prove compliance and quality of programs.
- ii. Deeper engagement with USPOM's Continuous Quality Improvement (CQI) processes.
- iii. Present an article on LCME accreditation to the group.
- iv. Exposure to leadership opportunities in the reaccreditation process and scholarly research opportunities in academic medicine.

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Greg Null, MA Grn18@pitt.edu	5 students	Alan Magee Scaife - OMED Suite	Monday 1pm OMED Suite

OPPORTUNITY AVAILABILITY	MS1 (Class of 2028)	Start Date (Mon)	End Date (Fri)	Available?
		TUE 9/3/2024	9/6/2024	
		TUE 10/22/2024	10/25/2024	X
		1/27/2025	1/31/2025	
		2/24/2025	2/28/2025	X
		9/16/2025	9/20/2025	
	MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?
		9/16/24	9/20/24	
		12/2/2025	12/6/2025	X

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

SCHEDULE

Attendance expectation – partial attendance is acceptable

	MON	TUE	WED	THU	FRI
AM	n/a	n/a	n/a	n/a	n/a
PM	1-3pm- Small Group Discussion: Histories of Accreditation and LCME	1-3pm- Small Group Discussion: Role of CQI and Strategic Planning	1-3pm- Small Group Discussion: Role of students in LCME Accreditation	1-3pm- Small Group Discussion: Current Topics and Trends	1-3pm- Small Group Discussion: Case/Article Presentation
Schedule for week 5 will be consolidated to four days					

SENSITIVE TOPICS & SUPPORT – not applicable

EXPECTATIONS FOR STUDENT ATTIRE – not applicable

READING LIST

Suskie, L. (2014). *Five dimensions of quality: A common sense guide to accreditation and accountability*. John Wiley & Sons, Inc. (available online via Pitt library)

LCME Primary Documents

[Academic Quality and Public Accountability in Academic Medicine: The 75-year History of LCME](#)

[Functions and Structures of a Medical School](#) (2024-2025)

[Implementing a System for Monitoring Performance in LCME Accreditation Standards](#)

[The Role of Students in the Accreditation of US Medical Education Programs for Full Accreditation](#) (2024-2025)

[The Variables that Lead to Severe Action Decisions by LCME](#)

NOTES

- None

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
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The Environmental Impact of Health Care: How to Heal the Planet and Ourselves

Develop your understanding of the environmental impacts of health care and empower them to incorporate solutions into their personal and professional lives.

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.

- 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.
- Eating to preserve the planet and our own health.
- Optional readings and lectures will be asynchronous.

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Dr. Noedahn Copley-Woods, MD Assistant Professor of ObGyn, Magee Womens Hospital Assistant Dean, Office of Sustainability for the Health Sciences (OSHS) Copleywoods@upmc.edu	10 students (min =5)	Schenley Park Magee Womens Hospital Neville Island Recycling Plant Phipps Conservatory Botany Hall Teaching Kitchen	Office of Sustainability in the Health Sciences (OSHS), 3708 Fifth Avenue, Suite 501, Pittsburgh, PA 15213
Administrative: Corey Flynn, Program Manager coreyflynn@pitt.edu			

OPPORTUNITY AVAILABILITY	MS1 (Class of 2028)	Start Date (Mon)	End Date (Fri)	Available?
		TUE 9/3/2024	9/6/2024	x
		TUE 10/22/2024	10/25/2024	
		1/27/2025	1/31/2025	x
		2/24/2025	2/28/2025	
	9/16/2025	9/20/2025	x	
	MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?
		9/16/24	9/20/24	
		12/2/2025	12/6/2025	

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
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SCHEDULE

Attendance expectation – full attendance is required

	MON	TUE	WED	THU	FRI
AM	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)
PM	The Environmental Benefits of Health & Exercise in Schenley Park. (2 hours)	Asynchronous online lecture and reading. (2 hours)	Work on individual projects, healthcarelca.com (2 hours)	Work on individual projects (2 hours)	Presentation of Projects and Wrap-Up (2 hours)

SENSITIVE TOPICS & SUPPORT –not applicable

EXPECTATIONS FOR STUDENT ATTIRE – not applicable

NOTES

- none

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Justice, Equity, Diversity, and Inclusion (JEDI)-Minded for Disability

OVERVIEW

Assuring that medical education programs meet established standards and implement documentable continuous quality improvement processes. A growing number of Americans are living with disabilities and often have complex needs requiring high-quality healthcare. People with disabilities experience significant healthcare disparities, including inequitable access to primary care, specialty care, and to prescriptions, and overall have higher rates of unmet healthcare needs. A lack of disability content in medical education leads to poor clinical competency as well as negative bias toward patients with disabilities.

This disability medicine Professional Enrichment Course will provide exposure to the unique challenges and needs of people with disabilities. This educational experience will not be focused on specific diseases and their treatments but on the disability experience and how clinicians can serve people with disabilities in an affirming, anti-ableist way.

This will be an immersive educational experience with a multimodal approach, including self-assessments, readings, educational videos, small group discussions, and engagement with community members with disabilities. Discussions will be led by senior medical students, PM&R residents, PM&R faculty, and community members with disabilities.

Evaluation will be based on pre- and post-course knowledge and attitude self-assessment surveys and students' participation in course sessions, including small group discussions.

PRIORITIES

- i. Understand health policy concerning people with disabilities and apply this knowledge to current and historical events.
- ii. Identify barriers faced by people with disabilities in the community, including structural, institutional, legal, medical, social, and employment.
- iii. Define models of disability- including social and medical- and identify the implications of each.
- iv. Gain an understanding of personal identity related to disability status.
- v. Understand the importance of inclusion of people with disabilities in the community, workplace, and in medical education.
- vi. Identify social injustice in current and historical events and develop strategies to prevent such occurrences.

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- vii. Understand the importance of advocacy as a citizen and a physician and develop advocacy skills pertinent to the disability community.
- viii. Understand the difference between equity and equality and the implications for people with disabilities.
- ix. Define health and healthcare disparities and identify examples for people with disabilities.

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Dr. Max Hurwitz, DO Assistant Professor, University of Pittsburgh School of Medicine UPMC Department of Physical Medicine and Rehabilitation Email: hurwitzmb2@upmc.edu	10 (minimum) – 20 (max)	BST S123	
Administrative contact: Wendell Robinson GME Senior Department Manager UPMC Department of Physical Medicine and Rehabilitation Email: robinsonwt2@upmc.edu			

OPPORTUNITY AVAILABILITY

MS1 (Class of 2028)			
Week	Start Date (Mon)	End Date (Fri)	Available?
5	TUE 9/3/2024	9/6/2024	
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	
MS2 (Class of 2027)			
Week	Start Date (Mon)	End Date (Fri)	Available?
59	9/16/24	9/20/24	
70	12/2/2024	12/6/2024	x

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SCHEDULE

Attendance expectation – full attendance is required

	MON	TUE	WED	THU	FRI
AM	n/a	n/a	n/a	n/a	n/a
PM	5 pm- 7pm	5pm- 7pm	5 pm-7 pm	5pm- 7 pm	5pm-7 pm

SENSITIVE TOPICS & SUPPORT –not applicable

EXPECTATIONS FOR STUDENT ATTIRE – Recommendations for attire when patients or community members are present can be found here:

<https://pitt.elentra.cloud/community/keystonefundamentals:documents?section=view-file&id=264>

NOTES

None

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
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TRAIL HIKE

8 MILE HIKE IN PITTSBURGH'S EMERALD VIEW PARK (3 HR)

Join the Program Evaluation Core on an 8 mile hike in Pittsburgh's Emerald View Park on Tuesday, October 22 at 9am. The Trail is a mix between steep single-track trail and surface streets. This hike will take around 3 hours and will circle Mt Washington for interesting views of the city and its river, and plenty of fall leaf-peeping!

Participants should wear sturdy footwear and bring water. We hike rain or shine. You may choose this hike as part of your create your own week or if it fits with your Flex Week experience. More information on Emerald View Park can be found [here](#)

MAP



KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Greg Null, MA Grn18@pitt.edu	5-10 students	Emerald View Park	Participants will be contacted by Mr. Null

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
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PITTSBURGH READS

READ AND DISCUSS A BOOK BASED IN PITTSBURGH, EACH FLEX WEEK (BY ZOOM)

Pittsburgh has a proud literary and medical history. Participants will read and meet to discuss the book in chunks through the week.

MS1:

- Week 5: American Sirens by Kevin Hazzard
- Week 26: Soul Full of Coal Dust by Christ Hamby

MS2:

- Week 59: American Sirens by Kevin Hazzard
- Week 70: Soul Full of Coal Dust by Christ Hamby

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Greg Null, MA Grn18@pitt.edu OMED Suite	10 students	Zoom meetings	Monday 9am by Zoom

OPPORTUNITY AVAILABILITY

	Start Date (Mon)	End Date (Fri)	Available?
MS1 (Class of 2028)	TUE 9/3/2024	9/6/2024	X
	TUE 10/22/2024	10/25/2024	
	1/27/2025	1/31/2025	X
	2/24/2025	2/28/2025	
	9/16/2025	9/20/2025	
	Start Date (Mon)	End Date (Fri)	Available?
MS2 (Class of 2027)	9/16/24	9/20/24	X
	12/2/2025	12/6/2025	X

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
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SCHEDULE

Attendance expectation – full attendance is required

	MON	TUE	WED	THU	FRI
AM	n/a	n/a	n/a	n/a	n/a
PM	9-11am- Small Group Discussion:	9-11am- Small Group Discussion:	9-11am- Small Group Discussion:	9-11am- Small Group Discussion:	9-11am- Small Group Discussion:

Schedule for week 5 will be consolidated to four days

SENSITIVE TOPICS & SUPPORT –not applicable

EXPECTATIONS FOR STUDENT ATTIRE – not applicable

NOTES

none

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
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A Day in the Life of a Surgical/Anatomic Pathologist: Making the Final Diagnosis

The purpose of this flex week is to provide medical students with firsthand knowledge of the surgical/anatomic pathologist's day-to-day activities.

The work performed by a surgical/anatomic pathologist can be both demanding and rewarding, as they play a crucial role in the diagnosis of diseases and conditions through the examination of tissue samples obtained during surgeries, biopsies, and autopsies. This activity will not only aid students in better understanding of surgical/anatomic pathology as a career choice, but also how this medical subspecialty closely interacts with cardiology, pulmonology, gastroenterology, endocrinology, and surgery.

- Medical students will get an in-depth exposure to surgical/anatomic pathology as a clinical practice in a variety of settings (biopsy interpretation, intraoperative consultation, examination of whole organs during an autopsy, and other activities)
- Direct shadowing will be supplemented by educational activities, and student-focused discussions

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Aatur Singhi, MD PhD* University of Pittsburgh, Department of Pathology 412-864-1508 singhiad@upmc.edu	5 students	UPMC Presbyterian Hospital and Clinical Laboratory Building	Monday 8am Aatur Singhi's office: Scaife Hall, Room A616.2
<p>*Full affiliation Director of the UPMC Clinical Test Development Laboratory Director of UPMC Clinical Immunohistochemical Services Director of UPMC Hillman Translational Pathology Imaging Laboratory Divisions of Gastrointestinal and Molecular Pathology</p> <p>Team members Tanner Bartholow, MD (bartholowt2@upmc.edu) (autopsy/forensic pathologist) Brittany Cody, MD (codyba@upmc.edu) (thoracic pathologist) Thomas Pearce, MD PhD (pearcetm@upmc.edu) (neuropathologist)</p>			

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

Raja Seethala, MD (seethalarr@upmc.edu) (head and neck, endocrine pathologist)

Administrator
Katelyn Smith, Smithkm13@upmc.edu

OPPORTUNITY AVAILABILITY

	Start Date (Mon)	End Date (Fri)	Available?
MS1 (Class of 2028)	TUE 9/3/2024	9/6/2024	
	TUE 10/22/2024	10/25/2024	Yes
	1/27/2025	1/31/2025	
	2/24/2025	2/28/2025	
	9/16/2025	9/20/2025	
	Start Date (Mon)	End Date (Fri)	Available?
MS2 (Class of 2027)	9/16/24	9/20/24	
	12/2/2025	12/6/2025	

SCHEDULE

Attendance expectation – full attendance is required

	MON	TUE	WED	THU	FRI
AM	Gastrointestinal Pathology Intraoperative Consultation (Coverage of UPMC Presbyterian ORs)	Resident Didactic and Tour of Histology, Immunohistochemistry, FISH and Molecular Labs	Neuropathology Intraoperative Consultation and Signout	Autopsy Shadowing	Thoracic Pathology Intraoperative Consultation and Signout
PM	Gastrointestinal Pathology Signout	Head and Neck Signout	Pathology Tumor Boards: Liver and Pancreas	Autopsy Shadowing	Resident Didactic and Wrap-Up

SENSITIVE TOPICS & SUPPORT – As you continue to grow your experiences with patients, there may be encounters that trigger emotions or reactions based on your own personal experiences or the experience of family or friends with similar conditions or situations. If you need help or support, please discuss this with us. If you are aware in advance that a particular situation may be exceptionally challenging for you, let us know.

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

EXPECTATIONS FOR STUDENT ATTIRE – Recommendations for attire when patients are present can be found here:

<https://pitt.elentra.cloud/community/keystonefundamentals:documents?section=view-file&id=264>

NOTES

- none

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
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Introduction to Regional Anesthesia: Learning Ultrasound Guided Nerve Blocks

ACQUIRE EXPERIENCE WITH ULTRASOUND-GUIDED PERIPHERAL NERVE BLOCKS AND OTHER ASPECTS OF REGIONAL ANESTHESIA, WITH PARTICULAR FOCUS ON UPPER EXTREMITY AND BRACHIAL PLEXUS BLOCKS.

The three evening course (5-7 pm) will include a short (20 min) didactic session, covering gross anatomy, ultrasound anatomy, use of ultrasound for nerve blocks, and safety during peripheral nerve blockade. Didactic sessions are followed by skill-building exercises that include ultrasound scanning with simulated patients to emphasize upper extremity and lower extremity ultrasound anatomy, and practice with a cadaver arm in order to develop needle guidance/ultrasound skills. If time allows we will also cover ultrasound-guided vascular access.

PRIORITIES

- i. Learn anatomy of structures associated with brachial plexus nerve blocks.
- ii. Learn sonographic anatomy of these structures.
- iii. Practice needle guidance techniques after visualizing the nerves in a cadaver arm to simulate peripheral nerve block placement.
- iv. Learn techniques involved in correct placement of brachial plexus blockade.

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Steven Orebaugh, MD orebaughsl@anes.upmc.edu	18 Students (min=6)	Anatomy Lab area, Medical School (Scaife Hall)	5pm on Tuesday, January 28

OPPORTUNITY AVAILABILITY

MS1 (Class of 2028)	Start Date (Mon)	End Date (Fri)	Available?
	TUE 9/3/2024	9/6/2024	
	TUE 10/22/2024	10/25/2024	

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
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	1/27/2025	1/31/2025	X
	2/24/2025	2/28/2025	
	9/16/2025	9/20/2025	
MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?
	9/16/24	9/20/24	
	12/2/2025	12/6/2025	

SCHEDULE

Attendance expectation – full attendance is required

	MON	TUE	WED	THU	FRI
AM					
PM		Jan 28, 5-7	Jan 29, 5-7	Jan 30, 5-7	

SENSITIVE TOPICS & SUPPORT – As you continue to grow your experiences with patients, there may be encounters that trigger emotions or reactions based on your own personal experiences or the experience of family or friends with similar conditions or situations. If you need help or support, please discuss this with us. If you are aware in advance that a particular situation may be exceptionally challenging for you, let us know.

EXPECTATIONS FOR STUDENT ATTIRE – Recommendations for attire when patients are present can be found here:

<https://pitt.elentra.cloud/community/keystonefundamentals:documents?section=view-file&id=264>

NOTES

- None

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
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ECG Interpretation: Beyond Recognition

Join an interactive and in-depth examination of the electrical pathophysiology behind the patterns that are associated with common emergency arrhythmias and ECG abnormalities.

Developing an understanding of these mechanisms will allow the student to interpret a variety of pathology simply by being able to explain the electrical activity and depolarization patterns within the myocardium.

PRIORITIES

Many medical students who look at an ECG today instinctively resort to pattern recognition when asked to identify an abnormal finding (e.g. “saw-tooth pattern” means atrial flutter; “rabbit ears” means a right bundle branch block). This is an ineffective means of ECG interpretation. Rote memorization of ECG patterns does little to promote an understanding of the basic pathophysiology behind arrhythmias and other abnormalities.

- i. Provide a review of the normal electrical depolarization patterns and the typical 12-lead ECG
- ii. Generate illustrative explanations of the electrical activity behind many individual ECG arrhythmias and abnormalities
- iii. Discuss several case presentations of emergency ECG abnormalities and management strategy based on a simple ECG
- iv. Predict and create ECG rhythms when presented with illustrative examples of abnormal electrical depolarization patterns

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Jason Chang Assistant Professor, University of Pittsburgh School of Medicine Associate Chief of Emergency Services, Magee-Womens Hospital of UPMC UPMC, Department of Emergency Medicine changjs2@upmc.edu	15 students (min=6)	Scaife Hall	Scaife Hall (report to reserved room)

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
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OPPORTUNITY AVAILABILITY

MS1 (Class of 2028)	Start Date (Mon)	End Date (Fri)	Available?
		TUE 9/3/2024	9/6/2024
	TUE 10/22/2024	10/25/2024	
	1/27/2025	1/31/2025	
	2/24/2025	2/28/2025	
	9/16/2025	9/20/2025	
MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?
	9/16/24	9/20/24	
	12/2/2025	12/6/2025	x

SCHEDULE

Attendance expectation – full attendance is required

	MON	TUE	WED	THU	FRI
AM	10a-12p	10a-12p	10a-12p	10a-12p	n/a
PM	n/a	n/a	n/a	n/a	n/a

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EXPECTATIONS FOR STUDENT ATTIRE – Recommendations for attire when patients are present can be found here:
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NOTES

- none

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ESSENTIAL PROCEDURES IN CLINICAL MEDICINE

This 4 session professional enrichment course will introduce students to key procedures in clinical medicine.

Many students have had experience with some clinical procedures before medical school or during clinical observation programs. This professional enrichment course, offered in conjunction with the Emergency Medicine Student Association, provides a structured laboratory-style experience for students who wish to have additional opportunities to learn and practice common bedside procedures, under the supervision of experienced faculty and resident facilitators. These sessions will be limited to course enrollees and will be taught in small group format. Though many of these skills are also addressed later in required courses in the curriculum, these are fundamental skills that are best developed through repeated exposure and practice – so there is a real benefit to having more than one exposure to these techniques.

PRIORITIES – To practice key procedural skills commonly performed by medical students:

- IV insertion
- Phlebotomy
- Simple laceration repair
- Non-invasive Airway Management
- Intubation
- Ultrasound

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Stephanie Gonzalez, MD Department of Emergency Medicine 412-647-9922 gonzsm@upmc.edu	TBD	WISER & Scaife Hall	Daily locations listed below. Supplemental instructional materials will be provided for class by the instructor at the workshops

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
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OPPORTUNITY AVAILABILITY

MS1 (Class of 2028)	Start Date (Mon)	End Date (Fri)	Available?
		TUE 9/3/2024	9/6/2024
	TUE 10/22/2024	10/25/2024	
	1/27/2025	1/31/2025	
	2/24/2025	2/28/2025	
	9/16/2025	9/20/2025	
MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?
	9/16/24	9/20/24	
	12/2/2025	12/6/2025	

SCHEDULE

Attendance expectation – full attendance is required

	MON	TUE	WED	THU	FRI
AM	n/a	n/a	n/a	n/a	n/a
PM	5p-7p, WISER	5p-7p, Scaife 7700	5p-7p, WISER	5p-7p, Scaife 7700	n/a

SENSITIVE TOPICS & SUPPORT – As you continue to grow your experiences with patients, there may be encounters that trigger emotions or reactions based on your own personal experiences or the experience of family or friends with similar conditions or situations. If you need help or support, please discuss this with us. If you are aware in advance that a particular situation may be exceptionally challenging for you, let us know.

EXPECTATIONS FOR STUDENT ATTIRE – Recommendations for attire when patients are present can be found here:

<https://pitt.elentra.cloud/community/keystonefundamentals:documents?section=view-file&id=264>

NOTES

Session 1– Monday, January 27, 5p-7p, WISER

Ultrasound Workshop

This session will focus on the FAST (Focused Abdominal Sonography in Trauma) examination. Participants will learn when the FAST exam should be used, review positive and negative findings, and what to

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

do with those findings. The four standard FAST views will be taught in addition to the eFAST (Extended FAST) views.

Session 2 –Tuesday, January 28, 5p-7pm, Scaife 7700

Suturing Workshop

Learn indications and contraindications for suturing wounds.

Practice technique of common suture types on pig's feet.

Session 3–Wednesday, January 29, 5p-7p, WISER

Airway Workshop

Learn indications for airway support.

Become familiar with multiple non-invasive airway support measures.

Learn and practice endotracheal intubation on mannequin

Session 4–Thursday, January 30, 5p-7pm, Scaife 7700

IV/Phlebotomy Workshop

Learn indications and applications for saline lock insertion.

Become familiar with potential complications of IV insertion.

Practice proper technique for IV catheter insertion and phlebotomy on a partner.

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

DISCOVER FAMILY MEDICINE

OPPORTUNITY FOR STUDENTS TO BE EXPOSED TO THE BREADTH OF CAREER OPTIONS IN FAMILY MEDICINE, AND OUR ROLE IN PREVENTATIVE AND COMMUNITY MEDICINE AND PUBLIC HEALTH.

Students will be introduced to full-scope and specialized Family Medicine practices through clinical shadowing. They will gain an appreciation for Family Medicine’s role in preventative and community medicine and public health by way of discussion, reflection, and engagement.

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Evette Yassa, MD Department of Family Medicine Cell: 929-777-0871 yassaes@upmc.edu	2 students (min=1)	UPMC Matilda Theiss Health Center conference Room 1860 Center Ave Pittsburgh, PA 15219	Monday 8 am (Labor day week: Tuesday virtual 12:30 PM) UPMC Matilda Theiss Health Center conference room 1860 Center Ave Pittsburgh, PA 15219

OPPORTUNITY AVAILABILITY

MS1 (Class of 2028)	Start Date (Mon)	End Date (Fri)	Available?
	TUE 9/3/2024	9/6/2024	X
TUE 10/22/2024	10/25/2024	X	
1/27/2025	1/31/2025	X	
2/24/2025	2/28/2025		
9/16/2025	9/20/2025	X	
MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?
	9/16/24	9/20/24	X
	12/2/2025	12/6/2025	

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

SCHEDULE

Attendance expectation – full attendance is required

Labor Day week					
	MON	TUE	WED	THU	FRI
AM	Labor Day	n/a	Community	Outpatient Shadowing	Wrap up
PM	Labor Day	Introduction to Family Med	Outpatient Shadowing	Outpatient Shadowing	WELLNESS

Other weeks					
	MON	TUE	WED	THU	FRI
AM	Outpatient shadowing	n/a	Community	Outpatient Shadowing	Wrap up
PM	Outpatient shadowing	Introduction to Family Med	Outpatient Shadowing	Outpatient Shadowing	WELLNESS

SENSITIVE TOPICS & SUPPORT – As you continue to grow your experiences with patients, there may be encounters that trigger emotions or reactions based on your own personal experiences or the experience of family or friends with similar conditions or situations. If you need help or support, please discuss this with us. If you are aware in advance that a particular situation may be exceptionally challenging for you, let us know.

EXPECTATIONS FOR STUDENT ATTIRE – Recommendations for attire when patients are present can be found here:

<https://pitt.elentra.cloud/community/keystonefundamentals:documents?section=view-file&id=264>

NOTES

- none

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

The Real-Life CSI: An Introduction to Forensic Medicine and Autopsy Pathology

Students will get exposure to forensic medicine and autopsy pathology in two different settings and, accordingly, will gain an appreciation for determining the cause of death in cases with both natural and non-natural manners.

- Three days of the week, students will be at UPMC Presbyterian, as a part of the autopsy service.
- The other two days, students will rotate at the Allegheny County Office of the Medical Examiner

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Tanner Bartholow, MD, MS Karl Williams, MD Marie DeFrances, MD Mandy Tinkey, MFS, CCSA, CFM-1	2 students	UPMC Presbyterian Morgue, Scaife Hall, 1 st Floor Office of the Medical Examiner, 436 Grant Street, Pittsburgh, PA 15219 Primary Administrative contact: Eve Mirt, Executive Administrative Asst, eve.mirt@alleghenycounty.us Primary authority of responsibility for student: Ariel Goldschmidt, MD Chief Medical Examiner 412-350-4800	Please report to Scaife Hall, Monday morning at 8:30 AM and call 412-647-3734.
The primary contact of the morgue staff will escort you to the morgue, on Monday, Wednesday, and Friday. If there are no cases on a given day, you may spend time on a different Anatomic Pathology Service.			

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

OPPORTUNITY AVAILABILITY

Flex week #	Week of the curriculum	Start Date (Mon)	End Date (Fri)	Available?
1	5	Tue 9/3/24	9/6/24	X
2	12	10/22/24	10/25/24	
3	26	1/27/25	11/31/25	
4	30	2/24/25	2/28/25	
5	59	9/16/25	9/20/25	

SCHEDULE

Attendance expectation – full attendance is required

	MON	TUE	WED	THU	FRI
AM	Pre-brief (may be provided prior to experience) UPMC Presbyterian Autopsy	ACMEO	UPMC Presbyterian Autopsy	ACMEO	UPMC Presbyterian Autopsy
PM	UPMC Presbyterian Autopsy	ACMEO	UPMC Presbyterian Autopsy Intro: Forensic Medicine Didactic (time permitting)	ACMEO	UPMC Presbyterian Autopsy Death Certificates (time permitting) and Wrap-Up Debrief (may be coordinated at mutually agreeable time)

SENSITIVE PROCEDURES & SUPPORT – As you continue to grow your experiences with patients, here in the settings of the morgue and medical examiner's office, there may be encounters that trigger emotions or reactions. The Office of the Medical Examiner is responsible for investigating all deaths in the county except for those

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

that are clearly natural. The Office conducts forensic analyses on evidence from crime scenes to assist law enforcement, judicial court systems, and health and environmental agencies. Participating students may be exposed to autopsies associated with gunshot wound homicides, stabbings, bones cases, babies, among other difficult and upsetting circumstances. If you need help or support, please discuss this with us. If you are aware in advance that a particular situation may be exceptionally challenging for you, let us know.

PRE-EXPERIENCE PREPARATIVE BRIEFING – Dr. Bartholow will provide information what to expect, and types of experiences and emotions you may encounter.

POST EXPERIENCE DEBRIEF – After the experience, you'll have a chance to reflect with Bartholow or team member and process the experience and emotions.

EXPECTATIONS FOR STUDENT ATTIRE – Recommendations for attire when patients are present can be found here:

<https://pitt.elentra.cloud/community/keystonefundamentals:documents?section=view-file&id=264>

NOTES

- Office of the Medical Examiner website
<https://www.alleghenycounty.us/Government/Police-and-Emergency-Services/Medical-Examiner-ACOME>

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

GENERAL SURGERY – HANDS ON

This opportunity is aimed for all students regardless of their current interest in a surgical career.

While all students rotate through general surgery during their third year, there is a lack of practical OR preparation for pre-clinical medical students. This experience will teach students how to be helpful in the operating room, and teach basic surgical techniques. Students will leave the course with foundational surgical skills and an understanding of how to practice these skills. This course will enable students to get more out of their shadowing experiences and facilitate purposeful surgical skills practice. Ultimately the course will help prepare all students for their surgery clerkship, and increase interest in general surgery as a career.

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Vaishali Schuchert, MD schuchertv@upmc.edu	5-8 preferred (12 max, 5 min)	TBD, multiple sites	TBD, multiple sites
Student coordinators: Haris Rahman mor43@pitt.edu Charlotte Stahlfeld stahlfeld.charlotte@medstudent.pitt.edu Breana Franklin franklin.breana@medstudent.pitt.edu			

OPPORTUNITY AVAILABILITY

MS1 (Class of 2028)	Start Date (Mon)	End Date (Fri)	Available?
	TUE 9/3/2024	9/6/2024	
TUE 10/22/2024	10/25/2024		
1/27/2025	1/31/2025		
2/24/2025	2/28/2025	X	
9/16/2025	9/20/2025		
MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?
	9/16/24	9/20/24	
	12/2/2025	12/6/2025	

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

SCHEDULE

Attendance expectation – full attendance is required

	MON	TUE	WED	THU	FRI
AM	n/a	n/a	n/a	n/a	n/a
PM	4-7pm	4-7pm	4-7pm	4-7pm	n/a

SENSITIVE TOPICS & SUPPORT – As you continue to grow your experiences with patients, there may be encounters that trigger emotions or reactions based on your own personal experiences or the experience of family or friends with similar conditions or situations. If you need help or support, please discuss this with us. If you are aware in advance that a particular situation may be exceptionally challenging for you, let us know.

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<https://pitt.elentra.cloud/community/keystonefundamentals:documents?section=view-file&id=264>

NOTES

Logistics And Educational Methods: This course will be available for 5-8 students per week. The course will meet daily M-Th from 4-7pm during flex weeks. Evaluation of learning objectives will be achieved by a brief pre and post course survey. The weekly course schedule will be outlined below:

Monday: Orientation lecture about General Surgery as a specialty, basic knot tying, suture types, followed by simulated practice.

Tuesday: Lecture covering OR basics (scrubbing, instruments), pre-charting cases, and basic suturing, followed by simulated practice.

Wednesday: Lecture on laparoscopy followed by simulation and practice.

Thursday: Construction of personal suture boards for students to take home and practice knot tying & sewing.

Friday: OR time with general surgery attendings based on student interest. This day will be removed during holiday shortened weeks.

Type of Clinical Experience: Active simulation work, OR experience

Call Required: None

Student Contact Hours: Per day: 3 Per week: 15

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

HEART 101

Jump-start your potential careers as future cardiac specialists through an intensive multi session immersion into the field. Students who choose non-cardiac related specialties will find utility in managing in these complex patients (ie ER providers managing an acute aortic dissection)

The course foundation will be laid through interactive and case discussions for the first hour of each session. The second hour will allow students to apply their knowledge in interactive simulation labs. This elective will emphasize hands-on work utilizing cardiac imaging, cardiovascular devices, porcine hearts, aorta, veins, and tissue.

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Drs. Ibrahim Sultan, Amber Makani, and Irsa Hasan	20 students (min=15)	WISER 230 McKee Place, #300	WISER 230 McKee Place, #300 Pittsburgh, PA 15213
Administrator: Ashley Krupitzer krupitzeraj@upmc.edu			

OPPORTUNITY AVAILABILITY

MS1 (Class of 2028)	Start Date (Mon)	End Date (Fri)	Available?
	TUE 9/3/2024	9/6/2024	
TUE 10/22/2024	10/25/2024		
1/27/2025	1/31/2025		
2/24/2025	2/28/2025		
9/16/2025	9/20/2025		
MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?
	9/16/24	9/20/24	
	12/2/2025	12/6/2025	YES

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

SCHEDULE

Attendance expectation – full attendance is required

	MON	TUE	WED	THU	FRI
AM	n/a	n/a	n/a	n/a	n/a
PM	5-7pm Cardiopulmonary Bypass and ECMO	5-7pm Aorta and The Aortic Valve	5-7pm Heart Transplant & Ventricular Assist Devices	5-7pm Coronary Artery Disease and CABG	5-7pm Structural Heart and Pulmonary Embolism Management

SENSITIVE TOPICS & SUPPORT – As you continue to grow your experiences with patients, there may be encounters that trigger emotions or reactions based on your own personal experiences or the experience of family or friends with similar conditions or situations. If you need help or support, please discuss this with us. If you are aware in advance that a particular situation may be exceptionally challenging for you, let us know.

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NOTES

SESSION I: Cardiopulmonary Bypass and ECMO

This first portion of this session will introduce you to basic anatomy and physiology of the heart. You will learn the concepts of cardiopulmonary bypass (CPB) and how open-heart surgery is conducted with the assistance of CPB. You will also be introduced to Extra Corporeal Membrane Oxygenation (ECMO) and its role in critically ill patients. The second portion will involve hands on interaction with both a CPB and an ECMO simulator, so you can see how it works in the operating room. Students will be able to see how ECMO circuit are managed in the CTICU or spend time with the perfusionists during open heart procedures.

SESSION II: Aorta and Aortic Valve

The first portion of the session will be spent understanding how cardiac surgeons manage patients who present with more acute pathologies involving the aorta utilizing both open surgical and endovascular techniques. Imaging/CT scans will be reviewed to point out key features of aortic dissections and surgical planning for open vs endovascular approaches. In addition, you will spend time discussing the natural history of patients with aortic stenosis and understanding how both surgical and transcatheter aortic valve replacements are performed.

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	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

The second portion will allow students to practice sewing aortic grafts onto the porcine aorta, de-ploy thoracic endografts (TEVAR) as well understand both methods for aortic valve replacement.

SESSION III: Heart Transplant/Ventricular Assist Devices

The first segment will explore acute management of heart failure and medical management, balancing cardiopulmonary physiology. Additional adjuncts such as Impella and ECMO will be discussed as bridge

to surgical management with heart transplant or with left ventricular assist devices (LVAD).

The lab will

focus on live demonstration of various LVAD devices and their ability to replace the work of the ventricle.

SESSION IV: Coronary Artery Disease and CABG

The initial portion of this session will explore the leading cause of death in the United States, coronary artery disease (CAD) and surgical and non-surgical interventions for CAD such as PCI and CABG. Major landmark trials will be discussed relevant to clinical practice. Didactic will be followed by an interactive PCI simulation and followed by porcine heart lab, in which participants will be proctored through their first coronary artery bypass surgery (CABG).

SESSION V: Structural Heart and Pulmonary Embolism Management

In this session students will learn about how different devices help repair varying cardiac pathologies. You will learn about congenital defects such as ASDs and PFOs as well as acquired diseases involving cardiac valves. You will learn about the impact that pulmonary embolisms play on the heart and the role of thrombectomy. In the second hour you will practice using interactive simulations to deploy closure devices and aspirate clot from the pulmonary artery.

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

PITT VACCINATION AND HEALTH CONNECTION HUB

ENHANCE EDUCATION SURROUNDING INTERPROFESSIONALISM IN A PREVENTATIVE CARE SETTING

This rotation takes place at the Pitt Vaccination and Health Connection Hub on the University of Pittsburgh's Main Campus. Students will have the opportunity to interact with patients from the Pitt Community including faculty, staff, students, and community members through vaccination education, vaccine administration, and wellness screenings. In addition, students will contribute to protocols, policies, and quality improvement projects surrounding vaccination of adults and children over the age of 3. Students will assist with travel health consultations by developing treatment plans focused on vaccinations and appropriate prescription and over the counter medications. Travel consultations are done in collaboration with pharmacists and physicians at the Hub.

Periodically, the Pitt Vaccination and Health Connection Hub provides “pop up” vaccination events in the community. Students on this rotation will contribute to the planning and execution of these events including training volunteers, developing educational materials, and collaborating with site personnel.

The Hub is an interprofessional practice with students from all 6 schools of the health sciences at Pitt including: School of Nursing, School of Pharmacy, School of Medicine, School of Dental Medicine, School of Health and Rehab Sciences, and the School of Public Health. Students will learn to work effectively with each profession and develop an understanding of each person’s role on the health care team. Students will also have the opportunity to teach other students from each of the health professions about various topics and skills based on their experience.

PHILOSOPHY

The teaching philosophy at the Hub is to foster independent critical thinking and judgment through encouraging students to lead the patient care process with patients with clinician oversight. Additionally for discussions, simulation, presentations, role play, and small group work, whenever possible interprofessionalism is encouraged. The Hub teaching staff

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

seek to pair and group students across disciplines to learn alongside and from one another through the planned learning activities and patient care.

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Evette Yassa, MD Clinical Assistant Professor, Department of Family Medicine 929-777-0871 yassaes@upmc.edu	4 students	4041 Fifth Ave, Pittsburgh, PA 15213 Pitt Vaccination and Health Connection Hub	4041 Fifth Ave, Pittsburgh, PA 15213 Pitt Vaccination and Health Connection Hub Monday 10: 00 am
Administrative: Renee Craig, craigrd@pitt.edu			

OPPORTUNITY AVAILABILITY

MS1 (Class of 2028)	Start Date (Mon)	End Date (Fri)	Available?
	TUE 9/3/2024	9/6/2024	Y
	TUE 10/22/2024	10/25/2024	Y
	1/27/2025	1/31/2025	Y
	2/24/2025	2/28/2025	Y
	9/16/2025	9/20/2025	Y
MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?
	9/16/24	9/20/24	Y
	12/2/2025	12/6/2025	Y

SCHEDULE

Attendance expectation – full attendance is required

	MON	TUE	WED	THU	FRI
AM	10am – 4pm	8am-2pm	10am-4pm	1pm-7pm	10am-12pm
PM	n/a	n/a	n/a	n/a	WELLNESS

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

SENSITIVE TOPICS & SUPPORT – As you continue to grow your experiences with patients, there may be encounters that trigger emotions or reactions based on your own personal experiences or the experience of family or friends with similar conditions or situations. If you need help or support, please discuss this with us. If you are aware in advance that a particular situation may be exceptionally challenging for you, let us know.

EXPECTATIONS FOR STUDENT ATTIRE – Recommendations for attire when patients are present can be found here:

<https://pitt.elentra.cloud/community/keystonefundamentals:documents?section=view-file&id=264>

NOTES

- none

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

THE WONDERFUL WORLD OF BUGS: An Introduction to Infectious Disease

Student will get in-depth exposure to infectious disease in a variety of settings (inpatient, outpatient, adult, peds) through clinical shadowing, supplemented by educational activities and group discussions.

This experience will introduce students to infectious disease as a specialty, provide insights into how ID interacts with other specialties, and give students behind the scenes look at what happens when samples get sent to the micro lab.

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Nathalie Chen nac142@pitt.edu , Dr. Neel Shah shahnb@upmc.edu , Dr. Alex (John) Viehman viehmanja@upmc.edu Dr. Peter Volpe volpej@upmc.edu	5 Students (min=1)	Variable	Scaife 893
Administrator, Sarah Glenn, glennse@upmc.edu			

OPPORTUNITY AVAILABILITY

MS1 (Class of 2028)	Start Date (Mon)	End Date (Fri)	Available?
	TUE 9/3/2024	9/6/2024	Yes
TUE 10/22/2024	10/25/2024	No	
1/27/2025	1/31/2025	Yes	
2/24/2025	2/28/2025	Yes	
9/16/2025	9/20/2025		
MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?
	9/16/24	9/20/24	Yes
	12/2/2025	12/6/2025	Yes

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

SCHEDULE

Attendance expectation – partial attendance is acceptable

	MON	TUE	WED	THU	FRI
AM	Intro to ID Flex week: -overview of ID and subspecialties - ID history taking	Inpatient shadowing (General ID inpatient consults)	- Tour of clinical microbiology lab (Hannah Creager/Bryan Stevens) -Discussion on antibiotic stewardship/Antibiotic Management Plan team -Hospital Epi/Infection Control (Spencer Schrank)	Student's choice of where they want to shadow more (see list below**)	Children's hospital – outpatient general ID clinic (Anita Mcelroy)
PM	Outpatient clinic (choice of PACT/PrEP clinic, Gen ID clinic, transplant ID, Tele-ID, Travel Health + Peds ID)	-Endovascular ID (multidisciplinary call, Simi Padival) Transplant, Immunocompromised ID service (Will Garner)	ID-Themed Escape Room (Diana 9/3; others after 9/3) Discussion with fellows: Pathway to ID	-Vaccination discussion (Carolyn Fernandes, Christiane Hadi) - Grand Rounds and Med Student Debrief	-Children's ID Noon Case Conference -Children's inpatient shadowing (Anita Mcelroy)

SENSITIVE TOPICS & SUPPORT – As you continue to grow your experiences with patients, there may be encounters that trigger emotions or reactions based on your own personal experiences or the experience of family or friends with similar conditions or situations. If you need help or support, please discuss this with us. If you are aware in advance that a particular situation may be exceptionally challenging for you, let us know.

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NOTES

****Student options for Thursday shadowing:**

- Surgical ID
- General ID

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

- Endovascular Infections
- Transplant ID (Solid Organ or Bone Marrow/Heme malignancy)
- VA ID
- Tele ID
- Community outpatient HIV/PreP

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

Revolutionizing Care through Informatics

INFORMATICS: OPPORTUNITIES AND INNOVATIONS IN HEALTH CARE

Assuring that medical education programs meets established standards and implement documentable continuous quality improvement processes

PRIORITIES

- i. Explore opportunities for innovation in healthcare
- ii. Create your own proposal
- iii. Clinical shadowing experience to appreciate informatics in action

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Evette Yassa, MD Family Medicine Faculty Advisor 929-777-0871 yassaes@upmc.edu Kevin Kindler, MD Department of Family Medicine - Informatics	5 students (min = 1)	Department of Family Medicine 4420 Bayard Street, Suite 520 Pittsburgh, PA 15260 Squirrel Hill Family Medicine Wilkins Building 5608 Wilkins Ave., Suite 100 Pittsburgh, PA 15217	10:00 AM Dept of Family Medicine 4420 Bayard Street, Suite 520 Pittsburgh, PA 15260

OPPORTUNITY AVAILABILITY

MS1 (Class of 2028)	Start Date (Mon)	End Date (Fri)	Available?
	TUE 9/3/2024	9/6/2024	X
TUE 10/22/2024	10/25/2024	X	
1/27/2025	1/31/2025	X	
2/24/2025	2/28/2025	X	
9/16/2025	9/20/2025	X	
MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?
	9/16/24	9/20/24	X
	12/2/2025	12/6/2025	

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

SCHEDULE

Attendance expectation – full attendance is required

	MON	TUE	WED	THU	FRI
AM	What is informatics? - with Dr. Kindler	Review of Healthcare innovations and identifying impact – with Dr. Kindler	Clinical shadowing opportunity with Informaticist, review tools to assess provider efficiency – with Dr. Kindler	Debrief discussion of student-selected research topics Review of domains of informatics and career paths – With Dr. Kindler	Wrap up - with Dr. Yassa
PM		Begin self directed exploration of chosen technology	Continue self-directed exploration	Informatics in Family Medicine Research Meeting	WELLNESS

SENSITIVE TOPICS & SUPPORT – As you continue to grow your experiences with patients, there may be encounters that trigger emotions or reactions based on your own personal experiences or the experience of family or friends with similar conditions or situations. If you need help or support, please discuss this with us. If you are aware in advance that a particular situation may be exceptionally challenging for you, let us know.

EXPECTATIONS FOR STUDENT ATTIRE – Recommendations for attire when patients are present can be found here:

<https://pitt.elentra.cloud/community/keystonefundamentals:documents?section=view-file&id=264>

NOTES

- none

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

Multi-Disciplinary Approach to the Diagnosis of Musculoskeletal Neoplasms

This PEC is designed to provide a look at an integrated approach to the evaluation of musculoskeletal diseases, particularly bone and soft tissue neoplasms. Pathologic, radiologic and clinical aspects of musculoskeletal disease are highlighted.

The experience is intended for pre-clinical medical students who may have interests in radiology, pathology, surgery (general and orthopedic) and oncology. This course is composed of two two-hour sessions highlighting aspects of diagnostic musculoskeletal pathology, radiology, treatment planning and multi-disciplinary integration. A tutorial covering selected musculoskeletal neoplasms will be available on Navigator for review. Otherwise, no specific assignments will be given for outside preparation.

PRIORITIES

- i. Understand basic clinical-radiographic and pathologic correlation as applied to musculoskeletal diseases.
- ii. Learn basic radiographic and pathologic features of benign and malignant musculoskeletal tumors.
- iii. Gain insight into the multidisciplinary decision-making process.
- iv. Appreciate the application of ancillary pathologic testing (such as immunohistochemistry and fluorescence in situ hybridization) in the diagnosis of musculoskeletal neoplasms.

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Karen Schoedel, M.D. schoedelke@upmc.edu	2 Students (min=1)	Session 1 Teams, Session 2 UPMC Shadyside West Wing Ground Floor XX	Session 1 Teams, Dr. Schoedel will send invitation

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

OPPORTUNITY AVAILABILITY

MS1 (Class of 2028)	Start Date (Mon)	End Date (Fri)	Available?
		TUE 9/3/2024	9/6/2024
	TUE 10/22/2024	10/25/2024	
	1/27/2025	1/31/2025	Yes
	2/24/2025	2/28/2025	Yes
	9/16/2025	9/20/2025	
MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?
	9/16/24	9/20/24	
	12/2/2025	12/6/2025	

SCHEDULE

Attendance expectation – full attendance is required

	MON	TUE	WED	THU	FRI
AM			9AM		9AM
PM					

SENSITIVE TOPICS & SUPPORT – As you continue to grow your experiences with patients, there may be encounters that trigger emotions or reactions based on your own personal experiences or the experience of family or friends with similar conditions or situations. If you need help or support, please discuss this with us. If you are aware in advance that a particular situation may be exceptionally challenging for you, let us know.

EXPECTATIONS FOR STUDENT ATTIRE – Recommendations for attire when patients are present can be found here:

<https://pitt.elentra.cloud/community/keystonefundamentals:documents?section=view-file&id=264>

NOTES

- None

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

Neuroanatomy Applied – Stroke by Stroke

This PEC will introduce how brain neuroanatomy is applied to the diagnosis and acute management of patients with stroke. This PEC is being run during the neuro-science course to illustrate direct clinical application of neuroscience.

Stroke is a leading cause of morbidity and mortality in the US. It is the most frequent reason patients are admitted to the inpatient Neurology service. The quick assessment and management of patients presenting with stroke is essential for optimal outcome. Evaluation of stroke patients begins with a quick decision as to which part of the brain is involved and which artery has caused this stroke. This helps to determine the possible cause of the stroke. Stroke Neurology is a direct and emergent application of neuroanatomy knowledge to guide the immediate evaluation and treatment of patients presenting with stroke.

PRIORITIES

- i. Learn how to localize strokes based on presenting symptoms and exam
- ii. Identify the stroke on imaging, name the location and arterial territory
- iii. Understand causes of stroke and acute and chronic management of stroke patients

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Cynthia Kenmuir, MD PhD Administrator: Afash Chohan afc62@pitt.edu	8 Students (min=2)	TBD	TBD

OPPORTUNITY AVAILABILITY

MS1 (Class of 2028)	Start Date (Mon)	End Date (Fri)	Available?
	TUE 9/3/2024	9/6/2024	
	TUE 10/22/2024	10/25/2024	Yes
	1/27/2025	1/31/2025	

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

	2/24/2025	2/28/2025	
	9/16/2025	9/20/2025	
MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?
	9/16/24	9/20/24	
	12/2/2025	12/6/2025	

SCHEDULE

Attendance expectation – full attendance is required

	MON	TUE	WED	THU	FRI
AM					
PM		1-4pm	1-4pm	1-4pm	1-4pm

SENSITIVE TOPICS & SUPPORT – As you continue to grow your experiences with patients, there may be encounters that trigger emotions or reactions based on your own personal experiences or the experience of family or friends with similar conditions or situations. If you need help or support, please discuss this with us. If you are aware in advance that a particular situation may be exceptionally challenging for you, let us know.

EXPECTATIONS FOR STUDENT ATTIRE – Recommendations for attire when patients are present can be found here: <https://pitt.elentra.cloud/community/keystonefundamentals:documents?section=view-file&id=264>

NOTES

none

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

A TASTE OF OBGYN

This opportunity immerses students in an in-depth exposure to obstetric and gynecology practice through clinical shadowing.

Students will gain experience in obstetrics and gynecology as a specialty, to help inform career decision-making and future practice.

PRIORITIES

- i. Settings include inpatient, ambulatory, operating room
- ii. Educational activities
- iii. Student-focused discussions

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Alexandra Buffie, MD 512-963-9683 buffieaw@upmc.edu	1-3 Students	Magee Womens Hospital	Dependent on rotation schedule which will be emailed to students in advance

OPPORTUNITY AVAILABILITY

MS1 (Class of 2028)	Start Date (Mon)	End Date (Fri)	Available?
	TUE 9/3/2024	9/6/2024	Yes (1 student)
TUE 10/22/2024	10/25/2024	Yes (1 student)	
1/27/2025	1/31/2025		
2/24/2025	2/28/2025		
9/16/2025	9/20/2025	Yes (1 student)	
MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?
	9/16/24	9/20/24	
	12/2/2025	12/6/2025	Yes (1 student)

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

SCHEDULE

Attendance expectation – partial attendance is acceptable

	MON	TUE	WED	THU	FRI
AM	Outpt: Clinic	Grand Rounds Resident Panel	Inpt: Labor and Delivery	Inpt: Gyn OR	Inpt: Antepartum or Gyn Onc
PM	Outpt: Clinic	Check-In Virtual Didactic	Inpt: Labor and Delivery	Inpt: Gyn OR	Wrap-Up

SENSITIVE TOPICS & SUPPORT – As you continue to grow your experiences with patients, there may be encounters that trigger emotions or reactions based on your own personal experiences or the experience of family or friends with similar conditions or situations. If you need help or support, please discuss this with us. If you are aware in advance that a particular situation may be exceptionally challenging for you, let us know.

EXPECTATIONS FOR STUDENT ATTIRE – Recommendations for attire when patients are present can be found here:

<https://pitt.elentra.cloud/community/keystonefundamentals:documents?section=view-file&id=264>

NOTES

- None

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

INTRODUCTION TO PALLIATIVE CARE

Student will engage in an in-depth introduction to palliative care medicine, with a special focus on developing advanced communication skills for difficult conversations.

This flex week is meant for students interested in **any** field of medicine. If you have interests that range from considering a career in palliative care to generally developing important communication skills, consider being part of this flex week.

PRIORITIES

The experience will include five primary elements for a multifaceted introduction to Palliative Care:

- i. Skills-based workshops with standardized patients
- ii. Shadowing
- iii. Research opportunities in palliative care
- iv. Multidisciplinary panel
- v. Guided reflection activities

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Faculty: Linda King, MD kingl@upmc.edu Eva Reitschuler-Cross, MD reitschulercrosseb@upmc.edu Students: Kevin Huynh keh270@pitt.edu Isabel Neckermann isn18@pitt.edu Anna Vogel anv134@pitt.edu	12 Students	All activities excluding workshops and shadowing: Scaife Hall Advanced Communication Skills session: 3600 Forbes Ave, Pittsburgh, PA 15203 Shadowing: UPMC Presbyterian, Shadyside, Mercy, CHP	See Notes, below

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

OPPORTUNITY AVAILABILITY

MS1 (Class of 2028)	Start Date (Mon)	End Date (Fri)	Available?
		TUE 9/3/2024	9/6/2024
	TUE 10/22/2024	10/25/2024	
	1/27/2025	1/31/2025	X
	2/24/2025	2/28/2025	
	9/16/2025	9/20/2025	
MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?
	9/16/24	9/20/24	
	12/2/2025	12/6/2025	

SCHEDULE

Attendance expectation – The partial participation option for this flex week is attendance only at the three Advanced Communication Skills workshops. Students need to communicate with the flex week organizers if they wish to take this option.

	MON	TUE	WED	THU	FRI
AM/PM	See detailed schedule below				

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NOTES

	Mon	
AM Time TBD	Multi-disciplinary Palliative Care team panel	This panel will include multiple providers of palliative care teams to share different perspectives. The panelist will include physicians, pastoral care, music therapists, CRNPs, social workers, and hospice providers.

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

PM Time TBD	Introduction to material for reflection	Students will be provided supplementary materials to read or watch throughout the week in preparation for a reflection and discussion on Friday afternoon.
	Tues	
AM 8:30am-12pm	Shadowing	Shadowing will take place at least 2 of the 3 available slots. Based on student preference and provider availability, students will shadow palliative care providers at UPMC Presbyterian, Shadyside, Mercy, or Children's Hospital of Pittsburgh (CHP).
PM Time TBD	PaRC talk	The Palliative Research Center has numerous active palliative care research scientists and projects. This presentation will focus on learning more about the PaRC, their current work, and opportunities to get involved in research.
	Wed	
AM 9am-12pm	Day 1: Advanced Communication Skills Workshop	Topic: Delivering Unexpected or Serious News Description: This session will provide an overview of the skills needed to share serious news, such as a life-changing diagnosis. Students will learn about SPIKES, a step-wise framework for these difficult discussions. There will be a short didactic session followed by small group role-play with standardized patients and faculty facilitators.
PM 1pm-5pm	Shadowing	See above
	Thurs	
AM 9am-12pm	Day 2: Advanced Communication Skills Workshop	Topic: Goals of Care Description: In this session, students will learn a structured and stepwise approach in discussing goals of care with a patient or family member: REMAP
PM	Shadowing	See above

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

1pm-5pm		
	Fri	
AM 9am-12pm	Day 3: Advanced Communication Skills Workshop	Topic: Discussing Code Status and Death Pronouncement Description: This session will provide an introduction to two skills that students will encounter on clinical rotations: discussing code status with hospitalized patients and performing death pronouncement and notification.
PM Time TBD	Reflection activities on material	Students and faculty advisors will gather to reflect on the supplementary materials as well as the flex week activities. Students will also be given resources for further involvement in palliative care.

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
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AN INTRODUCTION TO PEDIATRICS

OPPORTUNITY FOR STUDENTS TO GAIN BROAD EXPOSURE TO BOTH THE BREADTH AND DEPTH OF PEDIATRIC MEDICINE.

Students will have the opportunity to shadow pediatricians in various settings (both inpatient and outpatient clinics). They will also have the opportunity to work with both generalists and subspecialists and to interact with both residents and faculty.

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Tiffany Yang, MD Yangts2@upmc.edu Administrator Marlynn Haigh Phone: 412-692-8260 marlynn.haigh@chp.edu	4 Students	Children's Hospital of Pittsburgh, Lawrenceville General Academic Pediatrics Office, Oakland	Monday 8am Children's Hospital of Pittsburgh lobby

OPPORTUNITY AVAILABILITY

	Start Date (Mon)	End Date (Fri)	Available?
MS1 (Class of 2028)	TUE 9/3/2024	9/6/2024	
	TUE 10/22/2024	10/25/2024	Y
	1/27/2025	1/31/2025	Y
	2/24/2025	2/28/2025	
	9/16/2025	9/20/2025	Y
MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?
	9/16/24	9/20/24	
	12/2/2025	12/6/2025	

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

SCHEDULE

Attendance expectation –Partial OK but priority will be given to students who can commit to at least 5 half-day sessions

	MON	TUE	WED	THU	FRI
AM	Inpt: Pediatric Hospital Medicine				Zitelli Rounds Inpt: Pediatric Hospital Medicine
PM	Resident round table	Outpatient: General Academic Pediatrics	Outpt: Rheumatology	Outpt: Nephrology clinic	

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EXPECTATIONS FOR STUDENT ATTIRE – Recommendations for attire when patients are present can be found here:

<https://pitt.elentra.cloud/community/keystonefundamentals:documents?section=view-file&id=264>

NOTES

- None

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

PROTECTING THE HEALTH OF THE PUBLIC

PUBLIC HEALTH IMPACT AND INITIATIVES THROUGH A RANGE OF SPECIALIZED CLINICS OFFERED BY ALLEGHENY COUNTY HEALTH DEPARTMENT.

In collaboration with the Allegheny County Health Department, students will become familiar with various services designed to protect the health of our population including Immunization clinics, Tuberculosis clinics, and STI/HIV clinics.

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Dr. Barbara Nightingale Dr. Evette Yassa Family Medicine 929-777-0871 yassaes@upmc.edu	2 Students (min=1)	Allegheny County Health Department, Hartley-Rose Building, 425 First Ave Pittsburgh, PA 15219 Blakey Center - Public Health Clinic, 1908 Wylie Avenue Pittsburgh, PA 15219	Virtual orientation 9 – 11 AM (You will be contacted with details for this by Jennifer O'Toole, Public Health Administrator)
Jennifer O'Toole, 412-578-7925. Jennifer.otoole@alleghenycounty.us			

OPPORTUNITY AVAILABILITY

MS1 (Class of 2028)	Start Date (Mon)	End Date (Fri)	Available?
	TUE 9/3/2024	9/6/2024	X
TUE 10/22/2024	10/25/2024		
1/27/2025	1/31/2025		
2/24/2025	2/28/2025		
9/16/2025	9/20/2025		
MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?
	9/16/24	9/20/24	X
	12/2/2025	12/6/2025	

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

SCHEDULE

Attendance expectation – full attendance is required

Labor Day Week					
	MON	TUE	WED	THU	FRI
AM	LABOR DAY	9 am Online Orientation with Workforce Development (You will be contacted with details for this by Jennifer O'Toole, Public Health Administrator)	TB Med Clinic 12:30 pm -Shadowing -Meet with Pulmonologist -Learn about med management -Pharmacy observation	STI/HIV Clinic 9:30 am -Shadowing -Meet with Disease Investigation Team	Virtual Wrap up session
PM	n/a	n/a	n/a	n/a	WELLNESS
Regular Week					
	MON	TUE	WED	THU	FRI
PM	9 am Online Orientation with Workforce Development (You will be contacted with details for this by Jennifer O'Toole, Public Health Administrator)	Immunization Clinic 10 am -Shadowing -Meet with clinical staff and program admin	TB Med Clinic 12:30 pm -Shadowing -Meet with Pulmonologist -Learn about med management -Pharmacy observation	STI/HIV Clinic 9:30 am -Shadowing -Meet with Disease Investigation Team	Wrap up session, virtual
	Readings				WELLNESS

SENSITIVE TOPICS & SUPPORT – As you continue to grow your experiences with patients, there may be encounters that trigger emotions or reactions based on your own personal experiences or the experience of family or friends with similar conditions or situations. If you need help or support, please discuss this with us. If you are aware in advance that a particular situation may be exceptionally challenging for you, let us know.

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

EXPECTATIONS FOR STUDENT ATTIRE – Recommendations for attire when patients are present can be found here:

<https://pitt.elentra.cloud/community/keystonefundamentals:documents?section=view-file&id=264>

NOTES

- None

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

RADIOLOGY CASE BASED PRACTICUM

Gain experience with radiology interpretation and learn basic search patterns for commonly-ordered radiologic studies.

Students will take cases presented by radiology staff, in order to improve their interpretative skills.

Sessions will be held 10am to noon on Monday, Wednesday, and Friday of the FLEX week. No preparation or pre-reading is required. Each student will be presented with at least one radiologic case per session and will be expected to discuss the imaging technique, the major findings, and the radiologic differential. Friendly support will be expected from the students who are not in the hot seat. Six different radiologic specialties will be represented (one hour each).

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Barton Branstetter bfb1@pitt.edu Administrator: Jay Passoth passothja@upmc.edu	20 Students (min=6)	Scaife Hall small group room	TBD

OPPORTUNITY AVAILABILITY

MS1 (Class of 2028)	Start Date (Mon)	End Date (Fri)	Available?
	TUE 9/3/2024	9/6/2024	
TUE 10/22/2024	10/25/2024		
1/27/2025	1/31/2025	Yes	
2/24/2025	2/28/2025		
9/16/2025	9/20/2025		
MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?
	9/16/24	9/20/24	
	12/2/2025	12/6/2025	

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

SCHEDULE

Attendance expectation – full attendance is required

	MON	TUE	WED	THU	FRI
AM	10am-noon	n/a	10am-noon	n/a	10am-noon
PM	n/a	n/a	n/a	n/a	n/a

SENSITIVE TOPICS & SUPPORT – As you continue to grow your experiences with patients, there may be encounters that trigger emotions or reactions based on your own personal experiences or the experience of family or friends with similar conditions or situations. If you need help or support, please discuss this with us. If you are aware in advance that a particular situation may be exceptionally challenging for you, let us know.

EXPECTATIONS FOR STUDENT ATTIRE – Recommendations for attire when patients are present can be found here:

<https://pitt.elentra.cloud/community/keystonefundamentals:documents?section=view-file&id=264>

NOTES

- None

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

RARE DISEASES AREN'T SO RARE

CENTER FOR RARE DISEASE THERAPY

PRIORITIES

- i. Engage with the care provided to patients with rare disease.
- ii. Learn about how patients with rare disease can be best supported and learn more about the ins and outs of diagnosis/treatment/health care options for these patients.
- iii. Gain experience with the practice of interdisciplinary care.
- iv. Learn more about current rare disease research being done at Pitt/UPMC.

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Sean Sweat, MSTP ses265@pitt.edu Lina Ghaloul-Gonzalez, MD Assistant Professor, Genetic and Genomic Medicine Division lghal@pitt.edu	1 student	Center for Rare Disease Therapy/Division of Genetic and Genomic Medicine UPMC Children's Hospital of Pittsburgh	Monday 1pm OMED Suite
Administrative: Brianna Karp brianna.karp@chp.edu & Marlynn Haigh Marlynn.Haigh@chp.edu			

OPPORTUNITY AVAILABILITY

MS1 (Class of 2028)	Start Date (Mon)	End Date (Fri)	Available?
	TUE 9/3/2024	9/6/2024	X
TUE 10/22/2024	10/25/2024	X	
1/27/2025	1/31/2025		
2/24/2025	2/28/2025		
9/16/2025	9/20/2025		
MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?
	9/16/24	9/20/24	
	12/2/2025	12/6/2025	X

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

SCHEDULE

Attendance expectation – full attendance is required

	MON	TUE	WED	THU	FRI
AM	Outpatient (Metabolic Genetics)	Outpatient (Metabolic Genetics)	Outpatient (Metabolic Genetics)	Lab meeting (joint meeting between Gonzalez and Vockley lab)	Outpatient (Lysosomal Storage Disease) OR Metabolic Genetics)
PM	Outpatient (General Genetics)	Outpatient (General Genetics)	Case Conferences/JC	Lab Shadowing	Outpatient (General Genetics) + Debrief session

SENSITIVE TOPICS & SUPPORT – As you continue to grow your experiences with patients, there may be encounters that trigger emotions or reactions based on your own personal experiences or the experience of family or friends with similar conditions or situations. If you need help or support, please discuss this with us. If you are aware in advance that a particular situation may be exceptionally challenging for you, let us know.

- A debrief session is incorporated into the experience on the final day

EXPECTATIONS FOR STUDENT ATTIRE – Recommendations for attire when patients are present can be found here:

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NOTES

none

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

Rehabilitation Concepts in Muscle, Joint, Brain, & Nerve Physiology

EXPLORE THE RELATIONSHIP AMONG ANATOMY, PHYSIOLOGY, AND HUMAN MOTION

This experience highlights ways rehabilitative efforts and technology can be used to diagnose and treat disorders of the neuromuscular system. This five-session professional enrichment course introduces students to rehabilitation concepts in the physiology of muscle, joints, brain and nerves.

PRIORITIES

Through both didactic and hands-on exposure at these sites, this series covers topics including:

- i. The use of musculoskeletal ultrasound to identify normal and pathological structures of joints
- ii. The pathophysiology and treatment of traumatic brain injury and concussion.
- iii. Anatomy of joints and techniques used to guide injections
- iv. The use of Nerve Conduction Studies and Electromyography (EMG) as a way to diagnose neuromuscular diseases.
- v. Basic pathology and effects of spinal cord injury, including management of spasticity
- vi. Overview of emerging Neurotechnologies

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Brad Dicianno, MD dicibe@upmc.edu	15 Students	TBD	TBD
Administrator: Susan Redding, PM&R Senior Department Manager, Kaufmann Medical Building , Pittsburgh, PA 15213, Ph: 412-864-3721			

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

OPPORTUNITY AVAILABILITY

MS1 (Class of 2028)	Start Date (Mon)	End Date (Fri)	Available?
		TUE 9/3/2024	9/6/2024
	TUE 10/22/2024	10/25/2024	
	1/27/2025	1/31/2025	X
	2/24/2025	2/28/2025	
	9/16/2025	9/20/2025	
MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?
	9/16/24	9/20/24	
	12/2/2025	12/6/2025	

SCHEDULE (DETAILS BELOW)

Attendance expectation – full attendance is required

	MON	TUE	WED	THU	FRI
AM	9-11am	9-11am			1-3pm
PM			1-3pm	2-4pm	

SENSITIVE TOPICS & SUPPORT – As you continue to grow your experiences with patients, there may be encounters that trigger emotions or reactions based on your own personal experiences or the experience of family or friends with similar conditions or situations. If you need help or support, please discuss this with us. If you are aware in advance that a particular situation may be exceptionally challenging for you, let us know.

EXPECTATIONS FOR STUDENT ATTIRE – Recommendations for attire when patients are present can be found here:

<https://pitt.elentra.cloud/community/keystonefundamentals:documents?section=view-file&id=264>

NOTES

Faculty:

Dr. Gary Galang
 Dr. Amanda Harrington
 Dr. Robert Gaunt
 Dr. Grace O'Neale
 Dr. Suehun Ho
 Dr. Jennifer Shen
 Dr. Jessica Berry
 Dr. Ryan Nussbaum

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

January 27 (9-11AM)

Traumatic Brain Injury

Location: Meet at inpatient Brain Injury Rehab Unit, Mercy Hospital, 6th Floor

Instructor: Dr. Gary Galang

January 28 (9-11AM)

Rehabilitation Neurotechnologies

Location: Meet at Rehab Neural Engineering Laboratory, UPMC Mercy Pavilion, 4th Fl.

Instructor: Dr. Robert Gaunt

January 29 (1-3PM)

Musculoskeletal Exam and Ultrasound

Location: Meet in Kaufmann Medical Building Suite 910 Conference Room

Instructors: Drs. Suehun Ho and Ryan Nussbaum

January 30 (2-4PM)

Spinal Cord Injury, Spasticity, Baclofen Pumps, and Botox Injections

Location: Meet in Mercy Inpatient Spinal Cord Injury Unit Resource Room 7015

Instructor: Drs. Amanda Harrington and Jessica Berry

January 31 (1-3PM)

Electromyography and Nerve Conduction

Location: Meet at inpatient Stroke Rehab Unit, Mercy Hospital, 6th Floor, Dining Room

Instructor: Drs. Jennifer Shen and Grace O'Neale

Special Instructions:

Professional dress is requested for the spinal cord injury and TBI sessions. Please wear scrubs for the ultrasound and electromyography sessions. Business casual dress with no open-toed shoes is the dress code for the neurotechnology session. Please take it upon yourself to put these sessions and their locations on your own calendar as you may not receive reminders about the events.

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

RURAL FOOD INSECURITY

This rural food insecurity educational experience will help students to gain an understanding about how to address food insecurity issues when patients are identified with these needs.

Given resource restriction, many rural patients have significant concerns surrounding social determinants of health including food insecurity. This rural food insecurity educational experience will help students to gain an understanding about how to address food insecurity issues when patients are identified with these needs. This experience is hands-on, and students will be performing community service each afternoon.

PRIORITIES

- i. Experience rural medicine in several different primary care specialties (examples: family medicine, obstetrics and gynecology, pediatrics, and emergency medicine) to learn about social determinants of health and food insecurity.
- ii. Participate in a rural community garden and food bank to learn about methods to address rural food insecurity.
- iii. Review topics related to rural food insecurity and assist with community education as needed.

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Kristen Tubbs tubbskl@upmc.edu Dr. John Boll bolljn@upmc.edu	5 Students	Williamsport, PA	Students will be contacted

OPPORTUNITY AVAILABILITY

MS1 (Class of 2028)	Start Date (Mon)	End Date (Fri)	Available?
	TUE 9/3/2024	9/6/2024	
	TUE 10/22/2024	10/25/2024	
	1/27/2025	1/31/2025	

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

	2/24/2025	2/28/2025	
	9/16/2025	9/20/2025	
MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?
	9/16/24	9/20/24	X
	12/2/2025	12/6/2025	

Dates: September 16 – September 20, 2024

Location: Williamsport, PA hosted by the UPMC Williamsport Family Medicine Residency and the Red Shield Community Garden

Housing: Located in the UPMC Williamsport Hospitality Inn

Food: Complementary from the UPMC Williamsport FM Residency

of Students: Maximum 5 students

Supervisor: Dr. Josh Dearing, Dr. John Boll, and Master Gardener Sid Furst

Contact: Kristen Tubbs - tubbskl@upmc.edu & Dr. John Boll - bolljn@upmc.edu

Cost: Transport to and from Williamsport, PA

SCHEDULE

Attendance expectation – full attendance is required

Proposed schedule, may change						
	MON	TUE	WED	THU	FRI	SAT
AM	AM - OB	AM - Peds	AM – Outpatient FM	AM – Inpatient Med	AM-ED	Travel to Pittsburgh
PM	Community service at the Red Shield Community Garden or the Central PA Foodbank					

SENSITIVE TOPICS & SUPPORT – As you continue to grow your experiences with patients, there may be encounters that trigger emotions or reactions based on your own personal experiences or the experience of family or friends with similar conditions or situations. If you need help or support, please discuss this with us. If you are aware in advance that a particular situation may be exceptionally challenging for you, let us know.

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

EXPECTATIONS FOR STUDENT ATTIRE – Recommendations for attire when patients are present can be found here:

<https://pitt.elentra.cloud/community/keystonefundamentals:documents?section=view-file&id=264>

NOTES

- None

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

RURAL MEDICINE HEALTHCARE

This experience is designed to have medical students perform shadowing with specialists and novel healthcare delivery systems from different areas UPMC Williamsport.

Primary care and specialist physicians all have unique aspects to care in medically underserved rural communities. To show what is unique about rural care, this experience is designed to have medical students perform shadowing with specialists and novel healthcare delivery systems from different areas UPMC Williamsport. Each day, students will also have a focused learning time to discuss unique topics related to rural medicine – procedures, rural competencies, telemedicine, underserved care, to name a few of the ideas.

Given resource restriction, many rural patients have significant concerns surrounding social determinants of health including food insecurity. This rural food insecurity educational experience will help students to gain an understanding about how to address food insecurity issues when patients are identified with these needs. This experience is hands-on, and students will be performing community service each afternoon.

PRIORITIES

- i. Experience rural medicine in several different primary care specialties (examples: family medicine, obstetrics and gynecology, pediatrics, and emergency medicine) to learn about social determinants of health and food insecurity.
- ii. Participate in a rural community garden and food bank to learn about methods to address rural food insecurity.
- iii. Review topics related to rural food insecurity and assist with community education as needed.

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Kristen Tubbs tubbskl@upmc.edu Dr. John Boll bolljn@upmc.edu	5 Students	Williamsport, PA	Students will be contacted

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

OPPORTUNITY AVAILABILITY

MS1 (Class of 2028)	Start Date (Mon)	End Date (Fri)	Available?
		TUE 9/3/2024	9/6/2024
	TUE 10/22/2024	10/25/2024	
	1/27/2025	1/31/2025	
	2/24/2025	2/28/2025	X
	9/16/2025	9/20/2025	
MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?
	9/16/24	9/20/24	
	12/2/2025	12/6/2025	

Dates: February 26 – March 1, 2024

Location: Williamsport, PA hosted by the UPMC Williamsport Family Medicine Residency

Housing: Located in the Resident Resource Center in UPMC Williamsport

Food: Complementary from the UPMC Williamsport FM Residency

of Students: Maximum 5 students

Supervisor: Dr. John Boll and Dr. Luan Pham

Contact: Kristen Tubbs - tubbskl@upmc.edu & Dr. John Boll - bolljn@upmc.edu

Cost: Transport to and from Williamsport, PA

SCHEDULE

Attendance expectation – full attendance is required

Proposed schedule, may change						
	MON	TUE	WED	THU	FRI	SAT
AM	AM - OB	AM - Peds	AM - Outpatient FM	AM - Inpatient Med	AM-ED	Travel to Pittsburgh
PM	Community service at the Red Shield Community Garden or the Central PA Foodbank					

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

SENSITIVE TOPICS & SUPPORT – As you continue to grow your experiences with patients, there may be encounters that trigger emotions or reactions based on your own personal experiences or the experience of family or friends with similar conditions or situations. If you need help or support, please discuss this with us. If you are aware in advance that a particular situation may be exceptionally challenging for you, let us know.

EXPECTATIONS FOR STUDENT ATTIRE – Recommendations for attire when patients are present can be found here:

<https://pitt.elentra.cloud/community/keystonefundamentals:documents?section=view-file&id=264>

NOTES

- None

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

SLEEP MEDICINE

Explore the dimension in which we spend a 3rd of our lives: Sleep..

Students will follow a team of Sleep Specialists in a variety of accessible locations, delving into states of consciousness, oxygen deprivation, and beyond.

Participating students must be up-to-date with their Flu and Covid-19 vaccinations

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
<p>Evette Yassa, MD Clinical Assistant Professor, Department of Family Medicine 929-777-0871 yassaes@upmc.edu</p>	<p>4 Students (min=1)</p>	<p>CHP: The Pediatric Sleep Program at UPMC Children's Hospital of Pittsburgh: 4401 Penn Avenue Pittsburgh PA 15224. CHP Main Clinic, 3rd floor Main Hospital in the COW POD</p> <p>Monroeville: Comprehensive Lung Center Monroeville: 400 Oxford Drive Monroeville PA 15146. Suite G65 Phone: 412-380-5013</p> <p>Falk: UPMC Comprehensive Lung Center (Falk CLC): 3601 Fifth Avenue, Pittsburgh PA 15213. 4th Floor Phone: 412-692-2882</p> <p>Mercy: Comprehensive Lung Center Mercy Sleep</p>	<p>8 AM CHP, Monroeville, Falk, or Mercy depending on the specific Flex Week</p>

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

		Clinic: 1400 Locust Street, Pittsburgh PA 15219. Suite 2100 Phone: 412-232-7464	
Brittany Manning, Clinical Coordinator Sleep Medicine, manningb2@upmc.edu			

OPPORTUNITY AVAILABILITY

MS1 (Class of 2028)	Start Date (Mon)	End Date (Fri)	Available?	
		TUE 9/3/2024	9/6/2024	X
	TUE 10/22/2024	10/25/2024	X	
	1/27/2025	1/31/2025	X	
	2/24/2025	2/28/2025	X	
	9/16/2025	9/20/2025		
MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?	
		9/16/24	9/20/24	X
		12/2/2025	12/6/2025	

SCHEDULE

Attendance expectation – partial attendance is acceptable, will need to attend at least 3 days

Exact schedule and clinical sites will vary b/w flex weeks					
	MON	TUE	WED	THU	FRI
AM	Shadowing in sleep medicine	Shadowing in sleep medicine	Shadowing in sleep medicine	Shadowing in sleep medicine	Shadowing in sleep medicine
PM					WELLNESS

SENSITIVE TOPICS & SUPPORT – As you continue to grow your experiences with patients, there may be encounters that trigger emotions or reactions based on your own personal experiences or the experience of family or friends with similar conditions or situations. If you need help or support, please discuss this with us. If you are aware in advance that a particular situation may be exceptionally challenging for you, let us know.

EXPECTATIONS FOR STUDENT ATTIRE – Recommendations for attire when patients are present can be found here:

<https://pitt.elentra.cloud/community/keystonefundamentals:documents?section=view-file&id=264>

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

NOTES

- Exact schedule and clinical sites will vary b/w flex weeks
- Participating students are recommended to have use of a vehicle

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

THE ESSENCE OF SLEEP

THIS 5-SESSION COURSE WILL GIVE AN OVERVIEW OF THE BASICS IN SLEEP AND SLEEP MEDICINE IN ADULTS AND PEDIATRIC POPULATION. THIS COURSE WILL INCLUDE HANDS-ON EXPERIENCE IN THE SLEEP LAB.

PRIORITIES

- i. Understand basic physiology of sleep and circadian rhythm.
- ii. Become familiarized with sleep disorders in adults and children, including:
 - a) Sleep-related breathing disorders
 - b) Circadian Rhythm Sleep-Wake disorders
 - c) Insomnia
 - d) Parasomnias
 - e) Sleep related Movement Disorders
- iii. Central disorders of hypersomnolence

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Deepa Burman, MD deepa.burman@chp.edu Mazen El Ali, MD Hiren Muzumdar, MD	5 students (min=2)	Virtual Didactic Sessions UPMC Children's Hospital Sleep Lab Wexford or Main UPMC Sleep Medicine Laboratory Montefiore Hospital	Virtual didactic session
Administrative: Josie Boyd, Brittany Manning			

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

OPPORTUNITY AVAILABILITY

	Start Date (Mon)	End Date (Fri)	Available?
MS1 (Class of 2028)	TUE 9/3/2024	9/6/2024	
	TUE 10/22/2024	10/25/2024	
	1/27/2025	1/31/2025	X
	2/24/2025	2/28/2025	
	9/16/2025	9/20/2025	
	Start Date (Mon)	End Date (Fri)	Available?
MS2 (Class of 2027)	9/16/24	9/20/24	
	12/2/2025	12/6/2025	X

SCHEDULE

Attendance expectation – full attendance is required

	MON	TUE	WED	THU	FRI
AM	CHP/Virtual	Virtual	CHP	Montefiore	CHP
PM	n/a	n/a	n/a	n/a	n/a

SENSITIVE TOPICS & SUPPORT – As you continue to grow your experiences with patients, there may be encounters that trigger emotions or reactions based on your own personal experiences or the experience of family or friends with similar conditions or situations. If you need help or support, please discuss this with us. If you are aware in advance that a particular situation may be exceptionally challenging for you, let us know.

EXPECTATIONS FOR STUDENT ATTIRE – Recommendations for attire when patients are present can be found here:

<https://pitt.elentra.cloud/community/keystonefundamentals:documents?section=view-file&id=264>

NOTES

Course Directors:

Deepa Burman, MD, FAASM

Mazen El Ali, MD; Co-Director

Hiren Muzumdar; Co-Director

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

Course Faculty:

1. Deepa Burman MD
2. Hiren Muzumdar MD
3. Mazen El Ali MD
4. Devin McGuier PHD
5. Craig Halper, Frank Boyd, Nancy Popovich RPSGT
6. William Holmes RPSGT and Evan Lucas RPSGT

Additional assistance from sleep medicine fellows (2024 –Ryan Butcher DO, Jim Han MD) and Pediatric Sleep Medicine Nurse Practitioner – Dana Yurchak.

Sessions to be completed during the Flex week:

Session I: Normal Sleep and Neurobiology

(Devin McGuier)

- Introduction to sleep and circadian neurobiology.
- An overview of normal sleep-wake cycle.
- Understand the neural structures and neurotransmitters influencing sleep.
- Understand how sleep is controlled and circadian rhythm dynamics.

Hands on experience with using Sleep Diary on self.

Reading list:

- Paruthi S, Brooks LJ, D'Ambrosio C, Hall WA, Kotagal S, Lloyd RM, Malow BA, Maski K, Nichols C, Quan SF, Rosen CL, Troester MM, Wise MS. Recommended amount of sleep for pediatric populations: a consensus statement of the American Academy of Sleep Medicine. *J Clin Sleep Med* 2016;12(6):785–786.
- Watson NF, Badr MS, Belenky G, Bliwise DL, Buxton OM, Buysse D, Dinges DF, Gangwisch J, Grandner MA, Kushida C, Malhotra RK, Martin JL, Patel SR, Quan SF, Tasali E. Recommended amount of sleep for a healthy adult: a joint consensus statement of the American Academy of Sleep Medicine and Sleep Research Society. *J Clin Sleep Med* 2015;11(6):591–592.
- Banks S; Dinges DF. Behavioral and physiological consequences of sleep restriction. *J Clin Sleep Med* 2007;3(5):519–528.

Session II: Sleep Related Breathing Disorders in adults

(Mazen El Ali)

- An overview of obstructive and central sleep apneas.
- Understand the basic pathophysiology behind central and obstructive sleep apnea.
- An introduction to hypoventilation syndromes and causes
- Overview of treatment options.

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

Will include hands on experience shadowing Home sleep apnea test and Polysomnography set up, along with familiarizing medical student to PAP (Positive Airway Pressure) devices. Medical Student will review scoring and interpretation of sleep studies with sleep provider.

Reading list:

- Clinical Practice Guideline for Diagnostic Testing for Adult Obstructive Sleep Apnea
- Clinical Use of a Home Sleep Apnea Test: An American Academy of Sleep Medicine Position Statement
- Clinical Guidelines for the Manual Titration of Positive Airway Pressure in Patients with Obstructive Sleep Apnea

Session III: Pediatric Sleep Related Breathing Disorders

(Hiren Muzumdar)

- Understand normal breathing in children compared to adults
- Understand the basics of how to approach a pediatric patient with sleep disturbances.
- Get familiarized with the common causes of pediatric sleep disordered breathing.
- Learn about central sleep apnea of infancy and pre-maturity.
- Overview of treatment options.

Will include hands on experience with observing pediatric patient set up and exposure to different PAP devices. Medical Student will review scoring and interpretation of sleep studies with sleep provider

Session IV: Parasomnias and other sleep disorders in children

(Deepa Burman)

- Get familiarized with REM and NREM parasomnias
- Introduction to: sleep talking, sleep walking, enuresis, night terrors, etc.
- Recognize Restless Legs Syndrome and PLMD.
- An overview on circadian rhythm disorders
- Introduction to hypersomnia disorders: narcolepsy, IH, insufficient sleep

Will include hands on experience with actigraphy on self

Session V: Insomnia; Sleep Health and Wellness; Interesting Cases in Sleep Medicine

An introduction to insomnia

- Review interesting cases with videos
- Complete the American Academy of Sleep Medicine Sleep Health and Wellness Program

Reading list:

Testimonial: What it's like to be in Sleep Medicine: Shadowing Dr. Chervin

Testimonial: A Day in the Life of Dr. Skiba

Course Evaluation

Pretest on Sleep and Circadian Science and Sleep Disorders

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

Post test on Sleep and Circadian Science and Sleep Disorders

Evaluation of Course by Medical Students

Virtual opportunities:

Opportunity to participate in

Case conference and Didactic lectures every Monday 8 am to 10 am

Sleep and Circadian Science Grand rounds every Thursday 4 pm

FREE MEMBERSHIP

To support the growth of the sleep medicine physician pipeline and develop tomorrow's leaders, the American Academy of Sleep Medicine (AASM) now offers free membership for students and residents. Membership will help students leverage the strength of the AASM community to learn from mentors, make connections, and sharpen their skills.

Qualifications

Qualified students and residents include anyone in formal training, such as medical school, residency, a post-doctoral program, a master's degree program, a non-sleep medicine fellowship program, a PhD program, or similar program as approved by the Board of Directors. To complete their application, students will need to provide a letter of verification from a program director/registrar verifying their student status.

<https://aasm.org/professional-development/choose-sleep/free-student-resident-membership/>

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

SPORTS MEDICINE PLAYBOOK

Students will gain an understanding of sports-related injuries and conditions, including broken bones, concussions, overuse injuries, strains, sprains, and ligament tears, working with athletes and primary care sports medicine.

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Evette Yassa, MD Family Medicine Faculty Advisor 929-777-0871 yassaes@upmc.edu	1 Student (min=1)	UPMC Rooney Sports Complex, 3200 S. Water St. Pittsburgh, PA 15203 UPMC Passavant Medical Building T, 9104 Babcock Blvd., Suite 2120, Pittsburgh, PA 15237 UPMC Magee-Womens Hospital, 300 Halket Street, Suite 1601 Pittsburgh, PA 15213 UPMC Outpatient Center, 1300 Oxford Drive, Suite 1D, Bethel Park, PA 15102, UPMC Dept of Orthopaedic Surgery Kaufmann Medical Buildingm 3471 Fifth Ave. Pittsburgh, PA 15213	(subject to change) 8 AM UPMC Rooney Sports Complex, 3200 S. Water St., Pittsburgh, PA 15203XX

Administrator: Michele L. Hilty, Director, Medical Education / Director, Graduate Medical Education Recruitment, Family Medicine Primary Care Sports Medicine Fellowship Program, hiltyml@upmc.edu

OPPORTUNITY AVAILABILITY

MS1 (Class of 2028)	Start Date (Mon)	End Date (Fri)	Available?
	TUE 9/3/2024	9/6/2024	X
	TUE 10/22/2024	10/25/2024	X

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

	1/27/2025	1/31/2025	X
	2/24/2025	2/28/2025	X
	9/16/2025	9/20/2025	
MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?
	9/16/24	9/20/24	X
	12/2/2025	12/6/2025	

SCHEDULE

Attendance expectation – partial attendance is acceptable

The exact schedule and sites will vary between flex weeks					
	MON	TUE	WED	THU	FRI
AM	Clinical Shadowing	Clinical Shadowing	Clinical Shadowing	Clinical Shadowing	Clinical Shadowing
PM					WELLNESS

SENSITIVE TOPICS & SUPPORT – As you continue to grow your experiences with patients, there may be encounters that trigger emotions or reactions based on your own personal experiences or the experience of family or friends with similar conditions or situations. If you need help or support, please discuss this with us. If you are aware in advance that a particular situation may be exceptionally challenging for you, let us know.

EXPECTATIONS FOR STUDENT ATTIRE – Recommendations for attire when patients are present can be found here:

<https://pitt.elentra.cloud/community/keystonefundamentals:documents?section=view-file&id=264>

NOTES

- The exact schedule and clinical sites will vary between Flex Weeks
- Participating students will require a vehicle

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	

CAREER HELP ADVANCEMENT MENTORSHIP PROGRAM (CHAMP)

THE GOAL OF AN ANTI-RACISM CURRICULUM is to educate medical student about the existence and impact of racism, promote understanding and empathy, and equip learners with the knowledge and skills to actively combat racial prejudice and discrimination.

PRIORITIES

- i. Mentored experience: Students will have the opportunity to take part in an anti-racism curriculum taught by Dr. Orquidia Torres, MD.
- ii. Inquiry-based: Each day, students will have a one-hour discussion on racism in Pittsburgh Schools, Healthcare, community housing, transportation, justice system and employment.
- iii. Shadowing: After the discussion students will rotate through various healthcare facilities and shadow Pediatricians who work in underserved communities in Pittsburgh.

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Jessica Hammill (hammillj2@upmc.edu), Dr. Oriquida Torres (torresoa2@upmc.edu), Aliyyat Afolabi (ala346@pitt.edu), Edra Ha (ha.edra@medstudent.pitt.edu)	15 students (min=10)	UPMC University Center: 120 Lytton Ave. Pittsburgh, PA 15213	Students will report to UPMC University Center Conference Room

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	

OPPORTUNITY AVAILABILITY

MS1 (Class of 2028)			
Week	Start Date (Mon)	End Date (Fri)	Available?
5	TUE 9/3/2024	9/6/2024	
12	TUE 10/22/2024	10/25/2024	yes
26	1/27/2025	1/31/2025	
30	2/24/2025	2/28/2025	
59	9/16/2025	9/20/2025	
MS2 (Class of 2027)			
Week	Start Date (Mon)	End Date (Fri)	Available?
59	9/16/24	9/20/24	yes
70	12/2/2025	12/6/2025	

SCHEDULE

Attendance expectation – full attendance is required

	MON	TUE	WED	THU	FRI
AM	Introduction to the Anti-Racism by Dr. Torres (1 hr)	Racism in Pittsburgh Schools & Healthcare Discussion: Hosted by Dr. Torres (2 hrs)	Shadowing Pediatricians at CHP ER, University Center, Care Mobile, CISP (enter for court involved youth), Highland Center Juvenile Center (5 hrs)	Racism in the Community Housing & Transportation: hosted by Dr. Torres (2 hrs)	Racism in the Justice System & Employment hosted by Dr. Torres (2 hrs)
PM	Shadowing Pediatricians (4hr shifts) at CHP ER, University Center, Care Mobile, CISP (center for court involved youth), Highland Center Juvenile Center	Shadowing Pediatricians at CHP ER (4hr shifts) University Center, Care Mobile, CISP (center for court involved youth), Highland Center Juvenile Center	Shadowing Pediatricians at CHP ER, University Center, Care Mobile, CISP (center for court involved youth), Highland Center Juvenile Center	Shadowing Pediatricians at CHP ER, University Center, Care Mobile, CISP (center for court involved youth), Highland Center Juvenile Center	Shadowing Pediatricians at CHP ER, University Center, Care Mobile, CISP (center for court involved youth), Highland Center Juvenile Center (2 hrs)

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	

SENSITIVE TOPICS & SUPPORT – As you continue to grow your experiences with patients, there may be encounters that trigger emotions or reactions based on your own personal experiences or the experience of family or friends with similar conditions or situations. If you need help or support, please discuss this with us. If you are aware in advance that a particular situation may be exceptionally challenging for you, let us know.

EXPECTATIONS FOR STUDENT ATTIRE – Recommendations for attire when patients are present can be found here:

<https://pitt.elentra.cloud/community/keystonefundamentals:documents?section=view-file&id=264>

NOTES

- None

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

What are the Alternatives?: An Exploration of Integrative Medicine

Students will get exposure to a variety of disciplines related to integrative and lifestyle medicine through lectures and experiential learning.

This experience will expose students to different modalities in integrative and lifestyle medicine, as well as a more well-rounded understanding of health. Students will gain tools to take better care of themselves and their patients.. They will hear from professionals in nutrition, music therapy, acupuncture, etc., as well as interact with physicians who practice integrative medicine.

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Peyton Groves, MS2 949-514-4923 Peg46@pitt.edu	14 Students	Scaife West Wing, Zoom, and UPMC Center for Integrative Medicine	12pm Zoom
Sean Sweat, G2 803-553-0912 Ses265@pitt.edu			
Administrator Michelle Thompson, DO 724-347-4099 thommx5@upmc.edu			

OPPORTUNITY AVAILABILITY

MS1 (Class of 2028)	Start Date (Mon)	End Date (Fri)	Available?
	TUE 9/3/2024	9/6/2024	
	TUE 10/22/2024	10/25/2024	
	1/27/2025	1/31/2025	
	2/24/2025	2/28/2025	

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

	9/16/2025	9/20/2025	
MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?
	9/16/24	9/20/24	X
	12/2/2025	12/6/2025	

SCHEDULE

Attendance expectation – partial attendance is acceptable

	MON	TUE	WED	THU	FRI
AM			Music & Art Therapy Experiential Learning; Meditation, Mindfulness & Forest Bathing/Earthing 10 AM – 12 PM		
PM	Intro to Integrative Health; Mindful Movement & Mind-Body Medicine Lecture; Ayurveda & Herbal Medicine 12 – 2:30 PM	Nutrition Lecture & Teaching Kitchen 12:15 – 2:30 PM		Acupuncture, Acupressure, Wrap-Up & Reflect 1 – 3 PM	

SENSITIVE TOPICS & SUPPORT – As you continue to grow your experiences with patients, there may be encounters that trigger emotions or reactions based on your own personal experiences or the experience of family or friends with similar conditions or situations. If you need help or support, please discuss this with us. If you are aware in advance that a particular situation may be exceptionally challenging for you, let us know.

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NOTES

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

Tuesday 10/24: 12:00 – 2:30 PM (Virtual)

Introduction to Integrative Medicine, Yoga & Tai Chi/ Qigong & Mind-Body Medicine 12:00 – 1:30 PM

After a brief introduction to the course and one another starting at 12:00, Integrative Health practitioner Dr. Melissa Kerr will join us from 12:30 – 1:30 to discuss the principles behind mindful movement such as yoga and qigong, as well as mind-body medicine.

Introduction to Ayurveda: 1:45 PM – 2:30 PM

Dr. Sunita Chaudhari will be joining us virtually from India to teach about Ayurvedic medicine principles and practices. She has been practicing for over 25 years and will provide an overview of the fundamentals as well as how it may be relevant for our paths as future physicians. She will also be discussing herbal medicine.

Asynchronous Work: What is your dosha quiz, practicing mindful movement

Wednesday 10/25: 12:15 – 2:30 PM (In-Person)

Nutrition Lecture and Teaching Kitchen: 12:15 – 2:30 PM

Integrative Dietician Dana Messmore will teach an hour-long session focused on general nutrition education, with an opportunity for students to ask questions and learn about the food we will be making. We will then make a plant-based lunch together focused on implementing what we learn from Dana and increasing our confidence and skills in plant-based meal prep! We will also be making loose leaf tea bags to tie in some of our herbal medicine lessons.

Asynchronous Work: Find a plant-based meal recipe you plan to cook during the week, review supplemental reading on nutrition

Thursday 10/26: 10 AM – 12 PM (In-Person)

Music and Art Therapy: 10 – 11 AM

An expressive arts session led by medical students, aimed at teaching the principles behind music and art therapy. Will be a very low-stakes and fun way to learn about the power of expressive art in healing!

Meditation, Mindfulness, Aromatherapy, and Forest Bathing: 11 – 12

We will start with a lecture on meditation, mindfulness and aromatherapy focusing on research and evidence-based practices related to these concepts. Depending on the weather, we will venture outside to practice forest bathing and mindful movement in the outdoors.

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

Asynchronous Work: Watch Going Om Sound healing documentary, practice one meditation at home

Friday 10/27: 1 – 3 PM (In-Person)

Acupuncture, Acupressure, & Wrapping Up: 1 – 3 PM

This will be a live lecture with Dr. Barbara Merovich, who is a certified acupuncturist and internal medicine physician. Dr. Michelle Thompson, integrative medicine and family medicine physician will also be joining us as we close out to reflect on lessons for the week and how we can incorporate these practices into our future careers as physicians.

Asynchronous Work: Complete course feedback form, write a reflection on one topic covered during the week

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

Interdisciplinary Shared Decision Making

Beckwith Center for Shared Decision Making Course, small group sessions to discuss examples and practice with peers, topics relevant to SDM to be covered: risk assessment, surrogate decision making, health equity, SDM in training.

This experience will introduce students to Shared Decision Making, providing content and context through didactics and discussion. Translate the classroom knowledge into clinical experience by shadowing physicians utilizing SDM in daily practice, after discussion in a variety of clinical contexts:

- Drills and role playing
- Clinical shadowing – in a variety of settings, including NICU, breast cancer surgical selection, hip and knee replacement, palliative care, ICU, primary care screening, medication selection in psychiatry, cardiovascular care.

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Dr. Maria Guyette guyette@upmc.edu Administrator: Suzanne Martin martins11@upmc.edu Claire Muszalski marshallcr@upmc.edu	5 Students	Craft Building for Wednesday (park at Magee); shadowing experiences Tuesday/Thursday, Wolff Center Friday	TBD

OPPORTUNITY AVAILABILITY

MS1 (Class of 2028)	Start Date (Mon)	End Date (Fri)	Available?
	TUE 9/3/2024	9/6/2024	
	TUE 10/22/2024	10/25/2024	
	1/27/2025	1/31/2025	
	2/24/2025	2/28/2025	
	9/16/2025	9/20/2025	

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?
	9/16/24	9/20/24	
	12/2/2025	12/6/2025	

SCHEDULE

Attendance expectation – full attendance is required

	MON	TUE	WED	THU	FRI
AM	Flipped classroom – online session	Clinical (will be distributed as above)	In person didactics, including SPs	Clinical (will be distributed as above)	In person didactics
PM	Virtual didactics	Clinical (will be distributed as above)	In person didactics	Clinical (will be distributed as above)	Lunch with Beckwith Fellows

SENSITIVE TOPICS & SUPPORT – As you continue to grow your experiences with patients, there may be encounters that trigger emotions or reactions based on your own personal experiences or the experience of family or friends with similar conditions or situations. If you need help or support, please discuss this with us. If you are aware in advance that a particular situation may be exceptionally challenging for you, let us know.

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NOTES

Monday Didactics

- AM - 2 hour SDM Online
- PM –
- Introduction to Shared Decision Making
- Trust in Healthcare
- Shared Decision Making Aids (3p-4p)

Wednesday Didactics

- AM
- Discussion and preparation for standardized patient
- PM

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

Standardized patient discussions

Friday Didactics

Shared Decision Making and Health Equity

How to Engage in Shared Decision Making During Training

Debrief

Lunch with Fellows

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

Interprofessional Teamwork in the OR: Fostering the Surgeon-Anesthesiologist Collaboration

The goal of this flex week experience is to expose medical students early on in their training to the nature of the surgeon anesthesiologist collaboration in the modern day OR.

Through a number of teamwork simulation cases, students will learn the importance of the surgeon-anesthesiologist collaboration and will ideally carry these insights with them into their respective careers of choice.

Students will report to WISER and will be divided into either “Surgeons” or “Anesthesiologists” at the beginning of the week based on their intended specialty of choice. Under the guidance of residents, students will work through a number of cases aimed at fostering the surgeon-anesthesiologist collaboration. Halfway through the flex week, students will switch groups to obtain a sense of the other professional perspective. Students will also be responsible for light asynchronous reading and video material.

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Samir Yellapragada, MS3 (sty8@pitt.edu) Administrative Coordinator Dr. William Mclvor, MD, FASA (mcivorwr@anes.upmc.edu)	24 Students (min=4)	WISER Simulation Institute	8am, lobby of WISER Institute (230 McKee Pl 3rd Floor, Pittsburgh, PA 15213)

OPPORTUNITY AVAILABILITY

MS1 (Class of 2028)	Start Date (Mon)	End Date (Fri)	Available?
	TUE 9/3/2024	9/6/2024	
	TUE 10/22/2024	10/25/2024	Y
	1/27/2025	1/31/2025	Y
	2/24/2025	2/28/2025	Y
	9/16/2025	9/20/2025	Y

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?
	9/16/24	9/20/24	
	12/2/2025	12/6/2025	

SCHEDULE

Attendance expectation – partial attendance is acceptable. In our flex week, students will switch teams halfway through the week so students wishing to participate can join Mon-Wed or Wed-Fri if they cannot make the full week. Our preference is that students attend the full week to obtain the full experience pre and post team switches.

	MON	TUE	WED	THU	FRI
AM	8 AM- 12 PM	8 AM- 12 PM	8 AM- 12 PM	8 AM- 12 PM	8 AM- 12 PM
PM	1 PM- 2 PM (asynchronous video or reading material)	1 PM- 2 PM (asynchronous video or reading material)	1 PM- 2 PM (asynchronous video or reading material)	1 PM- 2 PM (asynchronous video or reading material)	1 PM- 2 PM (asynchronous video or reading material)

SENSITIVE TOPICS & SUPPORT – As you continue to grow your experiences with patients, there may be encounters that trigger emotions or reactions based on your own personal experiences or the experience of family or friends with similar conditions or situations. If you need help or support, please discuss this with us. If you are aware in advance that a particular situation may be exceptionally challenging for you, let us know.

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NOTES

- None

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

MY LIFE, MY STORY (MLMS) PROGRAM

INTRODUCE STUDENTS TO THE MY LIFE, MY STORY (MLMS) PROGRAM AND TRAIN STUDENTS WHO WISH TO PARTICIPATE AS VOLUNTEER INTERVIEWERS.

Students will be introduced to the goals of the MLMS program and learn the writing and interviewing skills they will need to record veteran stories.

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Faculty: Gaetan Sgro, MD Gaetan.sgro@va.gov Students: Andrea Yarkony any96@pitt.edu	10 Students	Scaife Hall 3550 Terrace St , Pittsburgh, PA 15261 and VA Pittsburgh Medical Center, 4100 Allequippa St, Pittsburgh, PA 15240	Scaife Hall room TBD

OPPORTUNITY AVAILABILITY

	Start Date (Mon)	End Date (Fri)	Available?
MS1 (Class of 2028)	TUE 9/3/2024	9/6/2024	
	TUE 10/22/2024	10/25/2024	Yes
	1/27/2025	1/31/2025	
	2/24/2025	2/28/2025	
	9/16/2025	9/20/2025	
	Start Date (Mon)	End Date (Fri)	Available?
MS2 (Class of 2027)	9/16/24	9/20/24	Yes
	12/2/2025	12/6/2025	

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

SCHEDULE

Attendance expectation – full attendance is required

	MON	TUE	WED	THU	FRI
AM					
PM	In-person (1-3pm in Scaife Hall): Students are introduced to the MLMS program and engage in a short writing exercise.	<u>In-person (1-3pm at the VA):</u> Students conduct a veteran interview. <u>Asynchronous:</u> Students can use the remaining time to draft their stories.	<u>In-person (1-3pm in Scaife Hall):</u> Students learn editing tips and workshop their stories. <u>Asynchronous:</u> Students can use the remaining time to revise their stories.	<u>In-person (1-3pm at the VA):</u> Students read their recorded story back to the veteran and reflect on the week in a small group.	

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EXPECTATIONS FOR STUDENT ATTIRE – Recommendations for attire when patients are present can be found here:

<https://pitt.elentra.cloud/community/keystonefundamentals:documents?section=view-file&id=264>

NOTES

- None

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

Taking Better Care of Patients with Disabilities

STUDENTS WILL BE EXPOSED TO PATIENTS WITH DISABILITIES IN MULTIPLE CLINICAL SETTINGS.

The best way to begin to understand how to most effectively provide medical care to our patient with disabilities is to have the direct experience of working with them. This flex week offering will be a great opportunity for students early on in their medical careers to develop an awareness of how to provide better care to patients with disabilities.

PRIORITIES

- i. Clinical shadowing in the Adult and Pediatric Down Syndrome Clinicals and the Center for Women with Disabilities located within UPMC Magee-Womens Hospital
- ii. Discover and discuss social and history aspects of medical care for patients with disabilities

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Sean C. Sweat Pitt MD/PhD – G2 ses265@pitt.edu	Adult Down Syndrome Clinic: 1 student Pediatric Down Syndrome Clinic: 1 student	Variable	TBD
Dr. John Harris, MD Assistant Professor, Department of Obstetrics, Gynecology & Reproductive Sciences harrisja@upmc.edu	Center for Women with Disabilities: 2 students (half day each)		
Dr. Peter Bulova, MD Professor of General Internal Medicine bulovapd@upmc.edu			
Dr. Kristen Ann Ehrenberger, MD, PhD (History)			

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

Assistant Professor, General Internal Medicine & Pediatrics ehrenbergerka@upmc.edu			
Dr. Kishore Vellody, MD Professor of Pediatricsvellodyk@upmc.edu			
Dr. Harris Admin: Margaret Payne, 412-641-8053, Robimc2@upmc.edu Dr. Bulova Admin: Heather Shiwarski, shiwarskihe@upmc.edu Dr. Vellody Admin: Erin Kelly, kellyek@upmc.edu			

OPPORTUNITY AVAILABILITY

MS1 (Class of 2028)	Start Date (Mon)	End Date (Fri)	Available?	
		TUE 9/3/2024	9/6/2024	X
	TUE 10/22/2024	10/25/2024	X	
	1/27/2025	1/31/2025		
	2/24/2025	2/28/2025		
	9/16/2025	9/20/2025		
MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?	
		9/16/24	9/20/24	
		12/2/2025	12/6/2025	X

SCHEDULE

Attendance expectation – full attendance is required

	MON	TUE	WED	THU	FRI
AM	Dr. Ehrenberger – “Watch Your Language” Discussion (Material to be reviewed before: Why We Say 'Disability,' Not 'Special Needs' Article) – Montefiore 9W 921, 11am-12pm	Dr. Bulova Adult Down Syndrome – Montefiore Hospital	Independent study: Read Hole in the Heart: Bringing Up Beth, the graphic novel by Henny Beaumont (HLS Reserves or purchase a copy)		Center for Women with Disabilities w/ Dr. Harris or Certified Nurse Midwife Julie McKechnie (AM session) – Magee-Women’s Hospital

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

PM	Oct. 23 ONLY: "Watch Your Language" will take place from 2:15-3:15pm	Dr. Vellody Pediatric Down Syndrome – Children’s Hospital (Material to be Reviewed before: Medical History of Down Syndrome Podcast)		Dr. Ehrengerger “Disabled Girls Bleed, Too” Recording	Center for Women with Disabilities w/ Dr. Harris or Certified Nurse Midwife Julie McKechnie (PM session) Magee-Women’s Hospital
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SENSITIVE TOPICS & SUPPORT – As you continue to grow your experiences with patients, there may be encounters that trigger emotions or reactions based on your own personal experiences or the experience of family or friends with similar conditions or situations. If you need help or support, please discuss this with us. If you are aware in advance that a particular situation may be exceptionally challenging for you, let us know.

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READING

Material Links: Karin Willison, “Why We Say 'Disability,' Not 'Special Needs,’” The Mighty (23 July 2023), <https://themighty.com/topic/disability/disability-not-special-needs-tme/>

Henny Beaumont, Hole in the Heart: Bringing Up Beth (Penn State University Press, 2016), <https://www.psupress.org/books/titles/978-0-271-07740-6.html>. Available for purchase on your own or to check out from the HSLC Course Reserves - Main Desk - 200 Scaife Hall (RC571 .B43 2016).

Kristen Ehrenberger and Vishore Vellodym “Episode #91: Medical History of Down Syndrome,” Down Syndrome Center Podcast (4 January 2021), <https://downsyndromecenter.libsyn.com/dsc/91-medical-history-of-down-syndrome-with-dr-kristen-ehrenberger-md-phd>

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

Personalized Medicine: The Impact of Molecular Testing on Patient Care

Gain insight to Personalized medicine with emphasis on the impact of molecular testing on Patient care

Personalized medicine applies knowledge of molecular data for early disease detection, targeted treatment, and detection of person's predisposition to a particular disease. It improves diagnosis and treatment of a disease and advances effectiveness of healthcare.

This experience is based in the Department of Pathology and will introduce students to principles and current applications of personalized medicine. During mini-elective students will be able to observe and discuss the principles of molecular testing, become familiar with the clinical interpretation of molecular results in all areas of medicine, including oncology, endocrinology, hematology and gastroenterology.

The training will be conducted in the clinical Molecular and Genomic Pathology (MGP) laboratory, Department of Pathology, University of Pittsburgh. MGP laboratory is one of the largest laboratories in the US focused on molecular diagnostics of solid tumors. It processes over 22,000 samples each year using high-throughput technologies, such as Next Generation Sequencing (NGS) and a variety of the conventional molecular biology techniques. It performs molecular testing for all hospitals of the UPMC system and serves as reference laboratory for other medical centers across the United States.

The students will be exposed to various molecular tests (required for accurate diagnosis, prognosis and treatment of various types of malignancies including hematolymphoid, thyroid, GI, lung, etc.) and learn their implications for clinical practice. They will have opportunity to learn and observe molecular techniques (nucleic acids isolation, PCR, real-time PCR, Sanger and next generation sequencing, and gene expression profiling, etc.) and become familiar with basic technical, safety and quality control issues pertinent to the clinical molecular testing.

The course will be based on presentation of individual real-life cases that illustrate the day to day practice in one of the largest molecular laboratories.

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Dr. Chiosea, Dr. Aggarwal (co-directors)	5 Students (4=min)	Two sessions at Department of Anatomic Pathology, UPMC Presbyterian, 200 Lothrop Street 6A-616, Pittsburgh, PA 15213 One session at Clinical Laboratory Building – Yelissa Sosa; Clinical Lab Building Rm 8032; 3477 Euler Way, Pittsburgh, PA 15213	Yelissa Sosa; Clinical Lab Building Rm 8032; 3477 Euler Way, Pittsburgh, PA 15213
<p>For issues related to sessions held at Presbyterian Hospital - Lynn Wolkenstein, P: 412-647-7065; F: 412-647-7799; wolkensteinl@upmc.edu</p> <p>For issues related to sessions held at Clinical Laboratory Building – Yelissa Sosa; Clinical Lab Building Rm 8032; 3477 Euler Way, Pittsburgh, PA 15213</p> <p>Division Office: 412-802-6797; F 412-802-6799; sosaya2@upmc.edu</p>			

OPPORTUNITY AVAILABILITY

MS1 (Class of 2028)	Start Date (Mon)	End Date (Fri)	Available?
	TUE 9/3/2024	9/6/2024	
TUE 10/22/2024	10/25/2024		
1/27/2025	1/31/2025	yes	
2/24/2025	2/28/2025		
9/16/2025	9/20/2025		
MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?
	9/16/24	9/20/24	
	12/2/2025	12/6/2025	yes

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

SCHEDULE

Attendance expectation – full attendance is required

	MON	TUE	WED	THU	FRI
AM	We will provide the course over 3 days of the week (2 hrs each day) in the weeks of 12/2/24 and 1/27/25. The exact days and times will be communicated (M-Thursday)				
PM					

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NOTES

- None

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

ATOMIC ADULTING

LEARN SKILLS CARRY YOU THROUGH MEDICAL SCHOOL, RESIDENCY, AND THE LIFE OF A BUSY PHYSICIAN

We all struggle to “get our lives together.” Healthy habits, like having a calendar and making to-do lists, help us all lead more organized lives (and get enough sleep!). Eating is also important.

- Join us for shared meals and discussions as we read James Clear’s “Atomic Habits” and work our way to less exhausted, more whole and effective versions of ourselves.

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Greg Null, MA Grn18@pitt.edu Allison Serra, MD serraae@upmc.edu	5 students (min = 1)	Alan Magee Scaife and/or Zoom	Dinner @ 5pm on Tuesday (location TBD)

OPPORTUNITY AVAILABILITY

MS1 (Class of 2028)	Start Date (Mon)	End Date (Fri)	Available?
	TUE 9/3/2024	9/6/2024	X
TUE 10/22/2024	10/25/2024		
1/27/2025	1/31/2025		
2/24/2025	2/28/2025		
9/16/2025	9/20/2025		
MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?
	9/16/24	9/20/24	
	12/2/2025	12/6/2025	

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

SCHEDULE

Attendance expectation – full attendance is required

	MON	TUE	WED	THU	FRI
AM	No activities Office Hours	Asynchronous time Podcast: Search Spotify for “Atomic Habits A Bit of Optimism” Podcast title: Atomic Habits with author James Clear on the “A Bit of Optimism” podcast hosted by Simon Sinek. Give it a listen: 42min Reading: Atomic Habits (book): 2 hours	10-12PM in person: Tools for living an organized life (read: Can I help you make your calendar?). We will talk as a group about the systems that work for us. Then, we will work on individual action plans for “getting our lives together”	10-11AM in person: Zoom panel with M2-4 students 11-1PM: Asynchronous independent reading time: Finish up Atomic Habits, find a new podcast to enjoy (and tell us about it!)	10-12PM in person: Creation and maintenance of homeostasis: Map out your next week as a blueprint for many weeks to come
PM	No activities	5-7PM in person Dinner and discussion of selected chapters from Atomic Habits Location TBD (dinner will be provided). Everyone chooses a habit to build. Looking ahead, we will discuss them on Friday afternoon as Flex Week winds down	Asynchronous time: Reading: Atomic Habits: 3 hours	1-3PM: Drop In Office Hours IT -Elentra -Teams -Respondus -Assessment ADs/Coaches CAP LAP Schedule necessary appointments: AD Coach PCP Dentist, etc.	12-1PM: Shared Lunch and reflections in person 1-2PM: Advanced Tactics and Share: Strategies for next week and beyond

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
	Clinical Specialties	Leadership & Advocacy	Arts & Adventure	Integrative & Wholistic Medicine	Administration & Academic Medicine	Medical Innovation

SENSITIVE TOPICS & SUPPORT –not applicable

EXPECTATIONS FOR STUDENT ATTIRE – not applicable

READING LIST

Clear, James. (2018). *Atomic Habits*. New York, Avery. Available at [Carnegie Library of Pittsburgh](#) or [University of Pittsburgh Library System](#)

NOTES

Interested students not signed up for the whole flex week may “drop in” for the Wednesday and Thursday sessions.

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
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The Burnout Antidote: Cultivating Resilience Strategies for Clinical Practice

GAIN EXPERIENCE WITH THE TOOLS TO CULTIVATE LONG-TERM RESILIENCE AND SUSTAINABLE COPING MECHANISMS FOR INTENSE CLINICAL EXPERIENCES

Intense situations – from life-sparing procedures to high-pressure evaluations – are common in medical education and practice. When you don't have 10 minutes to meditate, how can you recenter yourself within seconds before helping save a patient's life? After losing a patient for the first time, what steps can you take to process and recover? How can you learn from your mistakes without entrapping yourself in guilt and self-doubt?

Students will attend a diverse set of sessions led by medical experts across multiple fields, each of whom will focus on a different aspect of coping. At the end of the course, they will have a unique opportunity to hear from Dr. Barry Kerzin, personal physician to the Dalai Lama, in person. Our goal is to educate students to develop strong, sustainable resilience strategies in their pre-clinical years that they can continue practicing throughout their clerkships and future careers, ultimately limiting their susceptibility to physician burnout.

PRIORITIES

- i. Gain insight into the origins of accreditation and how accreditors, like LCME, use standards, strategic planning, and quality improvement to continually prove compliance and quality of programs.
- ii. Deeper engagement with USPOM's Continuous Quality Improvement (CQI) processes.
- iii. Present an article on LCME accreditation to the group.
- iv. Exposure to leadership opportunities in the reaccreditation process and scholarly research opportunities in academic medicine.

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KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Gold Humanism Honor Society Lead: Riya Dange, MS3/MS4 CSTP (rid42@pitt.edu) Team: Kevin Kahru, MS4 Arjun Mittal, MS4 Faculty: Thuy Bui, MD (buit@upmc.edu)	10 students	Scaife Hall Phipps Botanical Conservatory (Friday only)	Scaife Hall, West Wing Room TBD
Administrative- Riya Dange, MS3/MS4 CSTP 408-332-9064 rid42@pitt.edu			

OPPORTUNITY AVAILABILITY

MS1 (Class of 2028)	Start Date (Mon)	End Date (Fri)	Available?
	9/3/2024	9/6/2024	
10/22/2024	10/25/2024	X	
1/27/2025	1/31/2025		
2/24/2025	2/28/2025		
9/16/2025	9/20/2025		
MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)	Available?
	9/16/24	9/20/24	
	12/2/2025	12/6/2025	

SCHEDULE

Attendance expectation – full attendance is required

	MON	TUE	WED	THU	FRI
AM	N/A	Global Medicine: self-reliance and community amidst resource scarcity	<i>Asynchronous</i> AIMIcare course on target area of improvement	Trauma Surgery: self-recentering in time-sensitive situations	Spiritual Care: self-compassion amidst clinical mistakes
PM	N/A	<i>Asynchronous</i> reflective journaling to	Palliative Care:	<i>Asynchronous</i> self-guided meditation and	<i>Asynchronous</i> written reflection on

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
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		identify target area of improvement in personal wellness	coping amongst sickness and death	mindfulness practice	target area of improvement
Schedule for week 5 will be consolidated to four days					

SENSITIVE TOPICS & SUPPORT – not applicable

EXPECTATIONS FOR STUDENT ATTIRE – not applicable

PROPOSED COURSE SCHEDULE – The synchronous sessions are currently being workshopped between the speakers and student team. Each will comprise a 30-45 minute interactive lesson, followed by a discussion and/or activity through which students will practice the resilience strategies about which they have learned. All session times have already been confirmed with the designated speakers.

Asynchronous activities include:

- Reflective journaling to identify a target area of improvement in personal wellness to focus on throughout the course (*Tuesday, 10/22 PM*)
- Completion of a wellness course through the AIMicare app, self-selected based on the target area of improvement identified in the journaling exercise (*Wednesday, 10/23 AM*)
- Self-guided practice of meditation and mindfulness, with option to use guides and videos provided in class (*Thursday, 10/24 PM*)
- Written reflection on target area of improvement and plan to address it (*Friday, 10/25 PM*)

Synchronous session agenda:

Tuesday, 10/22/24, 9:00 AM – 11:00 AM: *Global Medicine: Self-Reliance and Community amidst Resource Scarcity* MEETING LOCATION: Scaife Hall, West Wing. Students will hear from an experienced global medicine physician, who will share effective self-driven and community-based strategies for resilience in demanding, resource-scarce situations. *Confirmed Speaker: Dr. Thuy Bui (Global Medicine)*

Wednesday, 10/23/24, 2:30 PM – 4:30 PM: *Palliative Care: Coping amongst Sickness and Death* MEETING LOCATION: Scaife Hall, West Wing/ Students will hear from a palliative care specialist, who will coach them through preparative and responsive coping strategies for working with sick and dying patients. *Confirmed Speaker: Dr. Amar Bansal (Palliative Care)*

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Thursday, 10/24/24, 9:30 AM – 11:30 AM: *Trauma Surgery: Self-Centering in Time-Sensitive Situations* MEETING LOCATION: Scaife Hall, West Wing. Students will hear from an experienced trauma surgeon, who will guide them through time-efficient recentering strategies for life-or-death operating room situations. *Confirmed Speaker: Dr. Graciela Bauza (Acute Care and Trauma Surgery)*

Friday, 10/25/24, 9:30 AM – 11:30 AM: *Spiritual Care: Self-Compassion amidst Clinical Mistakes.* MEETING LOCATION: Phipps Botanical Conservatory, entrance lobby. Students will hear from Dr. Barry Kerzin, personal physician to the Dalai Lama, who will teach them how to reframe clinical mistakes in an honest, mindful, self-compassionate manner. *Confirmed Speaker: Dr. Barry Kerzin (personal physician to the Dalai Lama)*

- *Given this session's focus, we propose meeting at Phipps Botanical Conservatory, which underscores themes of nature and intrinsic balance.*

NOTES

- None

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STRATEGIZING MEDICAL SCHOOL

THIS PROFESSIONAL ENRICHMENT COURSE IS DESIGNED TO EQUIP PITT MEDICAL STUDENTS WITH THE TOOLS TO SUCCESSFULLY NAVIGATE THEIR MEDICAL SCHOOL JOURNEY.

From academic responsibilities to research involvement, extracurricular activities to personal endeavors, and community service to specialty interests, medical school is a period of personal and professional growth and development. During this five-week course, students will learn to excel in key areas of medical school (research, extracurriculars/leadership, networking/mentorship), developing a framework for successfully matching into their specialty of choice.

Course sessions will be short, 45-minute Zoom meetings covering key topics and providing opportunity for questions and personalized interaction.

PRIORITIES

- i. Understand how to balance academics, extracurriculars, research, and personal endeavors.
- ii. Appreciate the research timeline for maximizing productivity.
- iii. Develop meaningful and unique extracurricular involvement.
- iv. Learn to network effectively and develop strong mentoring relationships.

KEY INFORMATION

Organizer	Capacity	Location	Reporting Info
Francesco Egro, MD Email: egrofm@upmc.edu	30 students	Zoom	Schedule below

Experience Category	Clinical Shadowing	Research-Related	Community Engagement	Professional Enrichment Course (PEC)	Professional Development	Physician Wellness & Growth
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OPPORTUNITY AVAILABILITY

	Start Date (Mon)	End Date (Fri)	Available?
MS1 (Class of 2028)	9/3/2024	9/6/2024	X
	10/22/2024	10/25/2024	
	1/27/2025	1/31/2025	
	2/24/2025	2/28/2025	
	9/16/2025	9/20/2025	
	MS2 (Class of 2027)	Start Date (Mon)	End Date (Fri)
9/16/24		9/20/24	
12/2/2025		12/6/2025	

SCHEDULE

Attendance expectation – attend first four sessions (optional session 5); participate in an active and engaged manner

	MON	TUE	WED	THU	FRI
AM	n/a	n/a	n/a	n/a	n/a
PM	n/a	5-5:45 pm by Zoom	5-5:45 pm by Zoom	5-5:45 pm by Zoom	5-5:45 pm by Zoom

SENSITIVE TOPICS & SUPPORT –not applicable

EXPECTATIONS FOR STUDENT ATTIRE – not applicable

OUTLINE

Session 1: Introduction to Strategizing Medical School – Finding Balance

September 3: 5-5:45pm

Description: This session will introduce students to strategizing their medical school experience, offering a framework for the rest of the course. We will share advice from recent graduates to provide perspective on matching into residency and balancing academic/research/extracurricular involvement so students are prepared to start their medical school journey on the right foot.

Session 2: Maximizing Your Research Involvement

September 4: 5-5:45pm

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Description: This session will introduce a realistic research timeline to ensure preparation for residency applications. Topics including getting started in research, finding the right research mentor, identifying the optimal number of publications, and increasing research productivity will be discussed.

Session 3: Making Your Extracurricular Activities Stand Out

September 5: 5-5:45pm

Description: This session will provide guidance on approaching extracurricular activities as a medical student. We will be discussing quality vs. quantity of activities, tailoring your involvement to your interests, and examples of leadership from past successful candidates.

Session 4: Networking and Mentorship 101

September 6: 5-5:45pm

Description: This session will focus on a key skill in medical school: networking and finding mentors. We will discuss the benefits of networking, tips and tricks for developing professional connections, qualities of a good mentor, and how to find a supportive mentor.

NOTES

- None