It is well known that we medical students spend most of our day reading. We read from large medical textbooks filled with complex pathways and disease processes, hundreds of PowerPoint slides containing fact after fact, and thousands of clinical vignettes explaining what was the correct answer and why. When we aren’t responsible for reading and memorizing material for our course work, many of us don’t read for leisure and would rather participate in more passive activities such as binge watching our favorite TV show. However, during my third year rotations, I have found that reading certain books offer valuable experience and knowledge into becoming the type of physician one would like to be, as well as learning more about the healthcare system and the challenges one will face once we have the letters M.D. after our names. These experiences and lessons cannot be found in a medical textbook or a question bank. Here are five books that are well worth the read while in medical school.

1. *When Breath Becomes Air* by Dr. Paul Kalanithi M.D. Most current medical students have either heard of this book, or heard of the story of Paul; a brilliant neurosurgeon at Stanford in his final year of residency, becomes diagnosed with stage 4 lung cancer. The book is divided into two parts; the first is his journey to becoming a physician where he writes about the aspects of medical school every student can relate to, like the first time they enter the cadaver lab, how their views of medicine change throughout their education, or how so many students struggle to find what type of

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2. Performing Under Pressure by Hendrie Wesinger and J.P. Pawli-Fry. With the multitude of exams throughout medical school including the highly stressful Step exams, medical students are under an enormous amount of pressure to perform well, and this pressure only increases as the responsibility of patient’s lives become more relevant as the years of training go on. This book is helpful in decreasing anxiety and increasing student’s confidence in high pressure situations. Written by a professor in psychology and an Olympic trainer, Hendrie Wesinger and J.P. Pawli-Fry use scientific studies and data to support their tactics to decrease pressure. The book is divided into three parts; the first expels the myths about performing under pressure: that pressure effects everyone and that those who seem to perform well under pressure merely just perform to their average ability. The second part of the book gives 20+ ways to reorient oneself to the situation and to decrease stress felt in high pressure situations so that the student is able to perform to their standards. Examples are to see this event as a challenge, expect the unexpected, or to see this as one of many opportunities. The third part is designed to help students better handle high pressure situations in the future by practicing skills in developing confidence, optimism, tenacity, and enthusiasm. A must read for first years.

3. The Cleveland Clinic Way by Dr. Toby Cosgrove M.D. Written by the CEO of the Cleveland Clinic and former cardiothoracic surgeon, Dr. Cosgrove gives his readers an in depth look into how healthcare can progress through group care instead of private organizations. From the ability to provide higher levels of specialized care, facilitate quality improvement care, as well improving multidisciplinary communication, The Cleveland Clinic Way gives students an outline of what a well-functioning, patient centered healthcare organization looks like, something that very few students get to experience during their education.
4. The Checklist Manifesto by Atul Gawande M.D. At any point in their education, a medical student can look back and appreciate how much medical knowledge exists. However, despite the massive amount of knowledge we have acquired in the field of science and biology, along with the medical technologic advances that only a few years ago seemed like something out of science fiction, simple mistakes are made that cost the healthcare system millions of dollars as well as patient lives. Dr. Gawande is a general surgeon who writes in Checklist Manifesto the value of creating standardized checklists so that mistakes aren`t made during inpatient care; such as implementing a “time-out” period before surgery, or creating organized checkouts so no information is lost during shift changes. This book teaches its readers how to recognize the need for standardize checklists to improve quality of care throughout the hospital setting, as well as provide a template on how to create an efficient and useful checklist.

5. Growing Physician Leaders by Mark Hertling. Medical students are taught to be physicians. We are taught to collect information, think critically, come up with the correct diagnosis, and then implement the correct treatment. However, we are not taught how to appropriately advocate for healthcare changes in the hospital setting or taught how to properly communicate across disciplines. Mark Hertling runs the Florida Physician leader program and in his book Growing Physician Leaders, discusses what we must do and how we should act as future physicians, along with how to efficiently advocate for healthcare reform.

Photo submitted by Joy-Marie Hermes

M2s enjoying a night off for the Creighton vs. Georgetown basketball game, February 19th 2017
A somewhat typical Monday night at the Kavan house. A healthy supper followed by kitchen duty and then… yes, my lovely spouse watching the Bachelor – ugh! Poke ice picks into my brain or anything that is less painful than Chris Harrison’s voice. By the way, is there not a limit to how many shows a person can host? Okay, so what’s a guy to do. I go downstairs to play the piano for a bit and then, bored, venture back to share some “quality” time with my wife and, at least, sit beside her as she watches the most unreal of reality shows. However, don’t fear – I am not truly watching, but quickly pull out my new *Outside* magazine and immerse myself as best as possible between the all too frequent tears and all-out crying – yes, my own.

Good news, though. While reading my magazine I was able to glean a host of helpful tips that I thought could be useful to our wonderful medical student body and, if nothing else, provide you with a somewhat interesting read to distract you from the horror of the Bachelor. So, here they are:

1) Did you know that research conducted by Dr. Robert Lustwig, an endocrinologist from UCSD, suggests that 100 grams of sugar intake per day is toxic for most of us and, despite this, the average per capita daily intake of sugar in the United States is between 120 to 164 grams per day. He recommends limiting individual consumption to only 27 to 30 grams of added sugar per day (the FDA suggests no more than 50 grams per day). Okay, now, no peeking at the screen…

2) Leo Babauta, author of *The Power of Less* and the mindfulness blog *Zen Habits* suggests just saying “no.” He notes that most people overestimate their efficiency and say “yes” to too many things. As a result, you may feel overwhelmed. Instead, saying no occasionally makes space for things that really matter and can actually be “more expansive.” BTW – saying “no” includes saying no to watching the Bachelor unless you use it as quality time with your beloved partner…

3) Finally, a list of simple strategies to cut through life’s clutter – most of which sound pretty good: Go fishing, turn off the GPS, write a letter, smile at strangers (or even other students and faculty walking down our halls), give away books, walk your dog, slow down, say thank you – and mean it, read books for fun, sit on the floor, listen to your favorite album from start to finish, be unavailable, eat vegetables, walk your dog again, go home early, call your mom or dad, breathe deeply, take a stretching break, don’t add sugar, and at the end of each day, be grateful – we are all very fortunate. Be well and God bless! Oh, and did the bachelor really keep the crazy one?!?

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**Borrowed Tips…**

Michael G. Kavan, Ph.D. — Associate Dean for Student Affairs
In recent years, burnout in medical training and practice has had an increase in recognition and prevalence [1]. The pressures of patient care and intense study for what feels like an interminable period of time can be stifling and demoralizing. As a result, medical schools and residency programs have started to emphasize the importance of well-being and reflection. The mindset is changing to ensure that the medical trainee or physician is at their best to ensure that patients will get the best care.

The Healer’s Art elective is a prime avenue for reflection. This course was started by Dr. Rachel Naomi Remen in 1991 and is at over seventy medical schools worldwide. As a series of 5 three hour modules facilitated by a physician leader for preclinical students, it presents an opportunity to reflect, to discuss, and to empathize [2].

This elective was vital to my education; it encouraged deep contemplation of who I was, who my classmates were, and who we saw ourselves becoming as physicians. At a time when I felt more much like an imposter than a medical student, it was comforting to realize that I was not alone on this journey nor was I was alone in my feigned confidence. Reflection provided perspective at a time where I struggled to understand my purpose in the preclinical years.

It is my hope that as a medical community we can grow and adapt to embrace the need for reflection. It will encourage us to be more cognizant of our humanity and it will make us more resilient. Invariably, it will help us better treat our patients, even in difficult times. Incorporating a course in the same vein as Healer’s Art throughout medical training may preventing burnout for medical trainees and for physicians in practice. It is of vital importance to recognize that in order to mold physicians who will have productive and healthy careers, the foundation of medical training should be on personal health and reflection.


What’s Your EQ?

Michelle L. Millard — Ph.D., LMPH, CPC

You know that person—the one that has a confident sense of self, who respects and values others, who is calm in the midst of a storm, who is an excellent decision-making, who is compassionate and caring, and who we leave feeling hopeful, optimistic and better about ourselves. Those descriptors point to someone who most likely has high emotional intelligence—and someone you might desire to be around and to emulate.

To succeed in medical student, a high IQ is necessary in order to learn complex information. However, in addition to being cognitively smart, it’s also important to be emotionally smart—to have high emotional intelligence. So, what’s more important—high IQ or high EQ? People who are considered to be successful in life may or may not have high IQs, but almost always have high EQs.

Emotional intelligence taps into emotions as a useful source of information that help individuals make sense of and navigate their world more effectively. First introduced by Mayer, Caruso and Salovey, emotional intelligence is described, not as a trait or something that you are born with, but rather as an ability that can be nurtured and developed. Someone who could perceive emotions, use emotions as an important resource in decision-making, understand how emotions impacted life and could manage emotions effectively was identified as someone with emotional intelligence. It was later popularized in a book by Daniel Goleman who identified five different areas critical to EQ, including:

Self-awareness—having insight into their own emotions as well as their strengths and weaknesses.

Self-Regulation—the ability to control emotions and impulses, make thoughtful decisions that incorporate both cognitive and emotional perspectives, show resilience in the face of challenges.

Motivation—the ability to defer immediate results for long-term success, to be productive, to be internally motivated and love a good challenge.

Empathy—the ability to identify with and understand the wants, needs and viewpoint of others, and be excellent at managing relationships.

Social Skills—the ability to communicate well, play nicely on teams, help others develop, manage conflict effectively and develop strong relationships.

So how might high EQ look in a medical student? This is a student who.

Has the discipline to commit to a schedule of board studying.

Paces themselves in board review—working in times for relaxation and time with friends/family.

Doesn’t freak out by unnecessary drama in the middle of board studying.

Remains calm and compassionate with someone who happens to be freaking out.

Learns from their mistakes and making necessary adjustments to become more successful.

Postpones a night out to study for the Neuro shelf.

Is confident enough with themselves to build up someone else.

Takes responsibility for their mistakes

Envisions possibilities beyond current challenges (like third year).
Understands when others are stressed out or discouraged
Doesn’t second guessing themselves when observing that someone is studying differently
Respects other cultures (like during CU-RA) and learns from those who are different
Manages conflict in a way that ensures respect and understanding

So IF emotional intelligence is necessary to be successful in life and IF emotional intelligence can be developed, what can you do to make it grow and emerge in your life?

Understand the importance of emotional intelligence in all aspects of your life. Tune into your own emotional life to see what you experience, why you respond that way and how it impacts your life. Once you understand your own emotional world, you can tune into others.

Identify your stress triggers. What stresses you and how do you respond to those triggers? Learn how to bring yourself back to a calm and controlled state in the midst of being stressed.

Nurture optimism, open-mindedness and agreeability in your life. As you are open to new ideas and people, your emotional intelligence will grow and develop. An expanded mind will lead to new insights and possibilities.

Practice good decision-making. By incorporating both knowledge and emotions, decisions will automatically become more thoughtful and intentional.

Develop humility. The person who has a sense of self has the ability to work on your weaknesses, praise others for their strengths, take responsibility for themselves and do the right thing, whether or not it’s rewarded or recognized.

Understand your emotional world. Do your emotions control you or do you control your emotions? Review how you respond to stress? Do you get upset when things don’t go your way? Do you blame others? Do you let your amygdale hijack you? If so, step back, recognize these emotions when they occur and manage them in a way that makes you more effective in your relationships and your life.

Develop empathy by staying open to others. Avoid rushing to judgment and imagine what life looks like from their perspective and experience. As your focus shifts from self to others, emotional intelligence will grow and relationships will become more effective and satisfying.
Self-compassion is offering kindness and understanding toward ourselves when we feel inadequate, fail, or suffer in some way. As with many things in life, we easily recognize the need for self-compassion in others, “Oh gosh, it’s ok, you’re being too hard on yourself, you’re only human!” Those words are easy to say to someone else; harder to say to ourselves.

Self-compassion is the ability to calm ourselves when anxious, to re-evaluate expectations amidst changing circumstances and to see humanity as it is – limited; finite. It’s the ability to recognize one’s worth and abilities, without comparison to others. It is NOT letting oneself “off the hook” so as not be accounta-

ble. It’s about giving the same understanding to ourselves that we would give to a best friend, a family member, or a stranger!

When I first heard about self-compassion, my first thought was: “I don’t need that, I need more discipline and motivation!” My second was: “In the face of all the REAL suffering in the world – hunger, poverty, torture and genocide – this seems like some narcissistic practice.

Then I listened to an audio recording about self-compassion from Dr. Kristin Neff (see links below). I learned it was one of the best things I could do if I didn’t want to add to the pain in the world. We aren’t born with it; it’s a
skill to learn. We learn it more easily if we have had people in our lives who have extended compassion to us. We have internalized the compassion of their face, voice, words and gestures.

As we mature, we realize we don’t have to sit around waiting for someone else to provide us with compassion – we offer it to ourselves. As we grow spiritually, we experience our connection to an eternal wellspring of compassion through our God, the divine source of all compassion, the One who IS compassion. We become the channel of that compassion to our world.

Question for Reflection
WHO HAS SHOWN YOU COMPASSION, UNDERSTANDING AND KINDNESS?

Bring them to your imagination; see them, sense their presence, listen to their words and the sound of their voice.

Further Reading
What is Self-Compassion – Dr. Kristen Neff, PhD

Connection to Ignatian Spirituality:
Through the practices of reflection and self-compassion, we see ourselves more clearly; perfectionism is seen as a distortion of our purpose. We are more likely to be able to put into proper perspective our perceived failures and inadequacies so they lose their hold on us. We come to deeply appreciate our humanity - our resilience and our fragility. We value ourselves as one “made in the image and likeness of God” rather than placing our worth solely in grades, accomplishments, status or other culture-bound measurements of success.

Quotes
Know that you are exactly where you need to be at this stage of your journey ... or you would be somewhere else. ©2012, Janice L. Lundy.
You yourself, as much as anyone in the entire Universe, deserve your own love and affection. - Buddha

Prayer
Good and Gracious God, Creator of all, may I see myself as you see me.
Celeste Hubbard

Where are you from?
I was born and raised in southwest Iowa – residing much of my life in a small town (pop. <1000) just outside of Council Bluffs. I now consider myself to be a dislocated Hawkeye roaming around in Husker territory since moving to Bellevue, NE in 2007. While I will always be loyal to my “homeland” state of Iowa – I have come to embrace a collegial spirit toward the Huskers and can heartily support them on every game day EXCEPT the one when they play the Hawkeyes.

How long have you been a part of the Creighton family?
I attended Creighton University as a non-traditional student utilizing the tuition remission benefits offered as an employee here. I earned my BA degree in Psychology in 2007 and an MS degree in Counseling in 2014. I began with Creighton in 1982 – and except for a 3-year period following my son’s arrival into our family – I have been with Creighton the entire time, primarily working in different roles within the School of Medicine. In January I will celebrate the completion of my 32nd year of service at Creighton.

What is your current role at Creighton?
In my current role I serve as Dr. Kavan’s assistant. A few of my primary duties include working closely with the Advancement Committee, managing Dr. Kavan’s calendar and the M4 MSPE interview process, overseeing visiting student applications and the on-boarding process with CHI for them, and processing affiliation agreements with other teaching sites in order for our students to do visiting student rotations at those institutions. Otherwise, I attempt to serve student needs as they arise in an assortment of ways that doesn’t quite seem to have a good descriptor. There are days when I think “firefighter” comes close.

What is your unique advice to Creighton medical students?
My advice to students is to be focused and on-task – but keep your sense of humor and have some fun. There is nothing like laughter to provide the “hook” for the memory to retain information. It’s just good stuff all around! But word of caution - not too much fun . . . remember the Advancement Committee!
Theresa Thurin

Where are you from?
Albany, NY

What is your current role at Creighton?
M3/M4 Component Coordinator

How long have you been a part of the Creighton family?
16 years

Where did you attend university?
Albany State (B.A. Poli Sci/Anthro), Creighton (M.S. Negotiation and Conflict Resolution)

Lora Fredberg

Where are you from?
I’m a native Nebraskan, but I did live in Arizona for a year when I taught junior high English.

What is your current role at Creighton?
Clinical Programs Coordinator – I work primarily with M3s and M4s – OASIS scheduling, course lotteries, evaluations tracking, NBME subject exam administration.

How long have you been a part of the Creighton family?
I started in Feb 1987, so I’m coming up on 30 years!

Where did you attend university?
Undergrad – Kearney State College (now the University of Nebraska – Kearney); Bachelor of English/Education

Graduate – Creighton University – completed most of the Master in Counseling program, but I didn’t finish my internship, so didn’t get the degree

Miscellaneous – I completed massage therapy school and practiced for 2 years

What is your favorite sports team?
New York Giants and Papillion LaVista South Titans!

What is your unique advice to Creighton medical students?
Your patients and their families value your compassionate care as much as your medical expertise.

What is your favorite sports team?
Not a huge fan until March Madness and then I’m obsessed with college basketball and the North Carolina Tarheels. (no idea why). I also like golf and Rory McIlroy.

What is your unique advice to Creighton medical students?
Be good. Be a team player with your classmates. Be respectful of your teachers. Be compassionate with your patients – there is healing in a kind word, a gentle pat, an encouraging smile. Be grateful for each day. Appreciate the warm and fuzzy place that is Creighton and know there are many caring people behind the scenes who are always – always – rooting for you.
I am an M3 planning my June 24, 2017 wedding. Needless to say, it has been one crazy, busy year trying to stay on top of studying for shelf exams and putting forth my best self during rotations, while planning a wedding. Luckily I have a fantastic fiancé who has been helping me every step of the way. Since I know I am not alone in planning a wedding during medical school, here are 7 tips I have found helpful for balancing wedding planning while in medical school!

1. Try your best to give up perfection. Once you pick out something, say a table centerpiece, stick with your decision. Don’t second guess your choice. Give up the need to continue looking for other “potentially better” options.

2. Make the most of breaks during the day. If an M1 or M2, take time between lectures and small groups or if an M3 or M4, take advantage of the time in between rounds and new admits. Make phone calls, scroll through Pinterest to design your cake or look up your favorite dress designer, and write out your wedding schedule.

3. Stay as organized as possible, with a wedding planner binder or app, so that all information, vendors, and receipts can be found quickly and efficiently when the little pockets of time pop up during your day. This way you can grab your planner book or smart phone and go down that check list before the next lecture starts!

4. Make sleep a priority. This will help you think clearly not only in school, but also in wedding planning. Rather than debating for days on a wedding decision, you will be able to make decisions quickly and effectively without obsessing for days.

5. Let go of time intensive DIY’s. If you really like being crafty (like me), pick easier DIY’s that won’t take up all your free time. Or for the more time intensive DIY’s, consider buying the finished product on Etsy instead!

6. Enlist the help of your fiancé, mom, mother-in-law, or bridal party. My fiancé has been hands-on throughout the entire wedding planning process, and it has helped me out so much this year. Even if you like to be in control (like me), delegating phone calls, addressing envelopes, or picking up materials can be tasks given to those around you happy to help. If all else fails or you have the budget for it, consider hiring a wedding planner!

7. Enjoy the time leading up to the wedding. Truly, don’t let the stress of medical school steal the joy of pre-wedding fun. Schedule strategic breaks in the week to solely focus on wedding fun. Reserve one weekend night a week to do wedding planning during the busy weeks, Live up the only time in your life you will be a fiancé!
Almond Butter Brownies

Andrea Bollom — M2

Taken from food blogger, Chocolate Covered Katie

This recipe is from one of my favorite food bloggers, Chocolate Covered Katie, who makes healthy versions of your favorite desserts!

I’ve made these vegan almond butter brownies a few times and they were a big hit. Even if you think you think “healthy” or “vegan” does not fit with “dessert”, give these a try:

Ingredients

- 1/4 cup plus 2 tbsp cocoa powder
- 1 cup softened almond butter OR allergy-friendly alternative
- 1/2 cup plus 3 tbsp pure maple syrup or honey or agave
- loosely packed 1/2 cup rolled oats, gluten free if desired
- 1 1/2 tsp baking soda
- 1/8 tsp salt

Instructions

Preheat oven to 325 F. Line an 8-inch pan with parchment paper or grease well, and set aside.

Process the oats in a food processor or blender until very fine, then stir all ingredients together until smooth. (If you use a very dry almond butter, you may need to add 2 tbsp milk of choice for a thinner batter.) Transfer the batter to the prepared pan and smooth out with a spatula or another sheet of parchment. If desired, press some chocolate chips into the top.

Bake 15 minutes on the center rack – they will look underdone when you take them out, but this is okay. Let them sit at least a 1/2 hour if you want them extra gooey, or let them sit overnight for the perfect firm-yet-soft brownies.

Total Time: 15m

Yield: 9-12 brownies

Enjoy!
Do you like to cook, but get annoyed by unlocking your phone constantly to read recipes on your favorite foodie site? Here’s the basic formula for a stir-fry, and a few variations to try whenever you’ve got those ingredients on hand. I hope this encourages you to cook more at home and experiment with new and unusual veggies in the produce aisle!

These meals are great for left-overs, and *hopefully* only having to read the recipe once! Follow the 5 easy steps below to success!

**Step 1 : Set-up your kitchen**

- Find your largest skillet/wok, non-stick preferred if you don’t like scrubbing dishes
- Start your starch side dish if desired
- Rev up that rice-maker
- Boil water for pasta or other grains (farrow, quinoa, Dinosaur macaroni)

**Step 2 : Chop a pan-full of veggies** – everything should be a similar size (all sliced or all chopped)

- To make a pretty dish, you’ll want to use multiple colors
- Consider these combos or make your own!
  - Onion + Peppers + Snow peas (Spring option)
  - Carrots + Leeks + Cabbage (Good for winter!)
  - Mushrooms + Tomato + Salad Greens (spinach, chard, arugula, etc.)
Zucchini Squash + Eggplant + Green Beans  (Summer special)
Broccoli + Cauliflower + Radicchio

**Step 3 : Choose your protein**
- Cubed beef, chicken or pork
- Shrimp of any size - if you’re feeling like some Omega-3’s in your healthy-fats diet
- Beans from the can (dried beans take an extra day of pre-soaking)
  - Navy, Cannellini, Black, Kidney, etc.
  - Tofu, Seitan or other variations – also cubed

**Step 4 : Raid the fridge doors**
- **Asian options:**
  - Remaining drops in a pad thai bottle? Great!
  - Oyster sauce, cool!
  - Soy sauce + minced ginger & garlic + dash of sugar = addictive
  - Miso paste – tasty, but remember that less is more!
- **Italian options:**
  - Pasta sauce – best with Italian-style veggies
  - Pesto of any form
  - Cream + shredded cheese + dash of nutmeg (French white sauce)
- **Other odds and ends:**
  - Beef/chicken/veggie broth. If you add enough, you can even make a soup!
  - Hot sauce – Cholula, frank’s, anything goes.
  - Acids + Sweets – red wine or balsamic vinegar, lemon or lime juice will balance nicely out with some sweetness (honey, sugar, etc)

**Step 5: Start cooking! (The most important step)**
- Heat oil in pan then **add long-cooking veggies** (onion, carrots, leek and garlic)
  - Cook until softened (5-10 min, depending on your preferred burner temp)
  - Stir occasionally
- **Add the proteins**, brown on all sides if raw meat
  - Cook 3-15 minutes and stir
- **Add the shorter-cooking veggies** (Usually the tender, non-root veggies, AKA almost everything else)
  - Cook 3-10 minutes and stir
- Stir in your condiments to taste

Enjoy!
Big News

Matthew Kibliger (M4) and
Sana Waheed (M2)
Married: December 30th, 2016 in
Omaha, Nebraska