



## Monday, March 8, 2021

- **9-10:50 am What's the Story, Morning Glory?\*** by Dr. Lippert
  - Interacting with nature is a huge stress-reliever, and provides an opportunity to reflect and clear the mind. This workshop will focus on getting ready for spring by planting a companion garden including flowering annuals (such as morning glories!), herbs, and vegetables. Students will be provided with seeds and seed-starting containers, and will need to provide their own soil. We will talk about the joy of cultivating plants and also reaping the benefits through growing our own food.
- **11-11:50 am Nutrition 101** by C. Merlo
  - Nutrition 101: Healthy Lifestyle Nutrition Objective: To provide wellness education by utilizing nutrition and healthy lifestyle tips through the use of lecture, interactive activities and learning games.
- **12-12:50 pm Social Identities and Allyship** by Dr. Bandyopadhyay & Dr. Gilbert
- **1-1:50 pm The Fitness Prescription** by Dr. Nazaroff & D. Zona
  - Future physicians should have a strong understanding of the value and components of a formal exercise prescription. In addition, understand specific types of modalities (such as barre therapy, yoga, pilates) and maneuvers allow for more specific instructions for the future patient, friend, or family member.

## Tuesday, March 9, 2021

- **9-9:50 am Utilizing the Learning and Study Strategies Inventory (LASSI) to Improve Academic Performance at MSUCOM** by A. Armbruster & G. Murphy
  - In this session, participants will engage in an informal conversation about the results of their Learning and Study Strategies Inventory (LASSI), administered by MSUCOM during the Summer 2020 new student orientation, and receive an overview from the Office of Academic and Career Advising about the purpose of LASSI, how to interpret results, and suggestions for evidence based study strategies that may benefit all types of learners.
- **10-10:50 am Introduction to Personal Finance as a Medical Student** by M. Ammerman
  - My name is Matt Ammerman, and I have a BA in Business with a concentration in Finance from Hope College. As I am not any type of financial advisor, this session will be aimed at explaining the field of personal finance rather than contain any advice on how to allocate money. My goal with this session is to use my knowledge from my undergraduate degree and own personal experience to inform students of typical financial goals and the available instruments to achieve them while improving financial literacy during a critical period in our lives.
- **11-11:50 am Attitude of Gratitude\*** by Dr. Midha & Dr. Gonzalez





- Cultivating a practice of gratitude can be transformative. It has certainly been in our lives and we would like to share what we have learned! Research is now showing that an active gratitude practice has numerous mental and physical benefits. We will share some of the science behind gratitude and why everyone from physicians to life coaches to wellness gurus are promoting the practice!
- **12:15-12:25 pm Osteopathic Foundations Curriculum for Graduate Medical Education by Dr. Young**
  - Overview: MSUCOM will serve as a model for providing state of the art osteopathic medical education and graduate medical education support to ACGME programs seeking Osteopathic Recognition (OR) through MSUCOM's Statewide Campus System (SCS), a premier graduate medical education consortium, as part of consortium membership or as a fee-based service to non-member programs. This service includes programing focused on the distinctive competencies of health promotion and osteopathic manipulative treatment as articulated by the osteopathic tenants of body unity, self-regulation, self-healing and health maintenance.
- **12:30-12:40 pm Planetary Protection by J. German**
  - Did you know space scientists have practices and rules meant to 1) prevent the spread of microbes from Earth and 2) protect Earth from potential off world contamination should such exist before we know about it?
- **12:45-12:55 pm A Completely Subjective Rating of Several Board Games and their Influences in Inter-personal Development by R. Bloch**
  - In this lightning round presentation, I will comically go through several board games and quickly discuss their influence in inter-personal development. I will subjectively rate them and discuss why mastering strategy games, as well as social deception games, is important in everyday life.
- **1-1:50 pm Exploring Health Care Disparities in Relation to Patient Safety Initiatives and Readmission Rates by Dr. Young, et al.**
  - The first, to design a metric for identifying health care disparities and to then develop a curriculum for patient safety improvement and decrease hospital readmission rates that focuses on improvement in healthcare delivery as it relates to the identified disparities. Healthcare disparities are happening within all healthcare systems, but which disparity that is most prevalent within each system is not immediately known because it is not currently tracked. The metric is designed for a retrospective analysis of your program or your health system to determine what health care disparity needs to be addressed within that system. The curriculum helps medical trainees reinforce and acquire the knowledge, skills and tools essential for the promotion of patient safety through the lens of healthcare disparities.
- **2-2:50 pm Values/Intentions/Goals/Habits - Understanding the Difference and Tips to Utilize to Help You Thrive by Dr. Gonzalez & Dr. Midha**
  - Dr. Midha and I have learned from own journeys of wellness, self-discovery, and peer/life coaching the importance of understanding values, intentions, goals, and habits and we'd like to share some of what we have learned with you. Values get at who you are down to your core. Intentions are emotionally-centered, the feelings behind the goals we set. Most of us understand goal-setting, but through reading books such as Atomic Habits and working with our own life coaches and becoming peer coaches ourselves, Dr. Midha and I would like to talk about the power of small habit changes and how it can ultimately get us to achieve the goals we have set.
- **3-3:50 pm Learning While Leading by A. Al-Nabolsi**
  - During this session, we will have a discussion outlining various difficulties that come with leadership and how to overcome these obstacles while maintaining personal well-being. The presenter will share common hurdles that were encountered during their leadership role, and ask the audience to share their struggles with similar issues and how they overcame those hurdles. The presenter will then share how they grew while managing the many obstacles that come with leadership – the essence of Learning While Leading.
- **4-4:50 pm Ramadan in Pediatrics: A Challenge & Opportunity\* by R. Khanfer & M. Turfe**
  - Fasting is an ancient tradition that is practiced by a variety of cultures and religions, one of which is Islam. Ramadan is a major Muslim holiday in which observers are expected to fast from dawn until dusk. This presentation will teach participants key concepts about fasting during Ramadan and serve as an educational tool for students, faculty, and staff at Michigan State University.





## Wednesday, March 10, 2021

- **9-9:50 am How to: Get by with a little help from your friends by A. Garvin, et al.**
  - Our goal for MSUCOM's Spring Renewal Conference is to discuss how social support systems affect medical students' health. While many students have a variety of coping mechanisms to deal with stress, friendship is a tool which can be utilized to better one's own experience. At MSUCOM, we have been given numerous resources to combat burnout (meditation, corewellness, etc), however, we would like to spend time highlighting arguably the most important and universal resource of all: friendship.
- **11-11:50 am Depression, Addiction, Hope, and Recovery: A Book Discussion\* by W. Wang**
  - Trigger Warning- Dr. Adam B Hill, M.D. is a pediatric palliative care specialist who battled with alcoholism, depression, and an active suicidal plan. Dr. Hill's invisible disabilities provides us with a gateway for discussion ableism within medical professionals and what the physician rehabilitation process looks like. He sheds light on the barriers and stigma to healing.
- **12:15-12:25 pm Intermittent Fasting: Exploring the Types, Potential Benefits, and My Personal Experience With It by K. Dubay**
  - Intermittent fasting is a popular, emerging health trend often described as a lifestyle change rather than a diet. Evidence of significant health benefits, including weight loss and protection against disease, has supported these methods. As aspiring osteopathic physicians, it is pertinent that we are receptive to the lifestyle alternatives developing in our communities. It is important to prioritize preventative measures and educate ourselves and our peers on how these methods can be applied to our own lives.
- **12:30-12:40 pm Impact of Mindfulness on Physician Burnout by Dr. Young, et al.**
  - Being aware of burnout and seeking strategies to ameliorate burnout can increase providers' ability to offer improved patient care as well as better individual mental health. Our study aims to examine whether mindfulness, awareness, and self-reflection can impact burnout levels among medical students and other healthcare providers before a preceding event.
- **12:45-12:55 pm The Wellness Sampler by M. Mayeda**
  - Quick bite-sized wellness tips and tricks for attendees to sample. Items on the menu include 3 breath meditation, tai chi, and advocacy!
- **1-1:50 pm The Social Determinants of Health, Health Equity, and Osteopaths: What We Can Do by A. Smarsh**
  - Learning Objectives: At the end of this session, participants will be able to: 1. Discuss the social determinants of health as extensions of osteopathic medical principles. 2. Identify how social determinants of health affect the lives and health outcomes of patients. 3. Explain the role of social determinants of health in building health equity. 4. Reference and access at least 3 clinical tools that screen for the social determinants of health. 5. Summarize how screening for social determinants of health can inform health decisions and health resource allocation in treatment.
- **2-2:50 pm Get Well Soon: Wellness in Medical School, Residency, and Beyond\* by Dr. Johnson**
  - The learning objectives for this session are to become more comfortable with understanding burnout and gain tools to mitigate burnout and create a personal culture of wellness. While we cannot avoid bad days altogether, we can prepare students, trainees, and attending physicians with the tools needed to combat and avoid burnout, find joy within the field of medicine and, in turn, take better care of our patients. Studies have shown that burnout is virtually nonexistent before and during the first year of medical school and it begins to manifest during the second year of medical school.
- **4-4:50 pm The COVID-19 Challenge: Motivation to Balance Productivity and Learning Through Science\* by Dr. Restini, et al.**





- The OMS-II students Trevor Belavek, Rafael Bernal, Vanessa Ibrahim, Kelly Irwin, Minjung Kim, and Courtney Merlo will discuss the review paper recently published: "The Significance of Angiotensin-Converting Enzyme-2 (ACE2) in SARS-Cov-2 Infection and COVID-19". The new coronavirus was first reported in 2019 (China). Many questions about the disease and its pathophysiology were raised. I invited the students to write a review paper to clarify some of the questions, putting together the available information to bridge their learnings about the Renin-Angiotensin System and boost their experiences to go through a scientific article published. The students will report our journey during this challenging moment we are living. They are excited to share their experience and motivate their peers to handle the transition from in-person classes to the lockdown and organized themselves to succeed in this endeavor.

## Thursday, March 11, 2021

- **8-11:50 am Power Beyond Touch - Expanding the Osteopathic Concept for Personal and Professional Health by A. Bueche**
  - There is a growing identity crisis and concern for the future of the osteopathic profession as physicians face various degrees of closure in clinics, furloughs in hospital systems along with limitations of the in-person education of our students and residents. While there are many challenges in the new circumstances we are facing, there are also many opportunities. It can be hard to imagine how, in a profession defined by the power of touch and the importance of hands-on care, physical distancing could be anything but problematic. This event explores potential for solutions and even growth of the profession to be found.
- **9-9:50 am Yoga & Osteopathy: Reestablish the Connection to Self and Self\* by A. Tran**
  - Yoga means "union" or "to yoke," which refers to the union of the body, mind, and intellect--a parallel of what we, as osteopathic scholars, strive to understand and do. We will begin with a 10-minute dialogue on the alignment of osteopathic and yoga philosophy. I will then lead the class in a mindful 50-minute pranayama (breath) and asana (posture) sequence that weaves the themes of osteopathy into our flow.
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- **11-11:50 am Cultivating a Lifestyle Fueled by Healthy Eating\* by Dr. Johnson**
  - The food we eat has the power to heal us and the power to harm us. Most physicians get very little, if any, training on nutrition and healthy eating, yet our patients look to us for advice. It is important for us to cultivate a healthy lifestyle to be able to effectively counsel our patients and model behaviors for them. We will discuss concepts of Culinary Medicine, which is a new and exciting field of medicine that is catching on at some medical schools, where students are armed not only with knowledge of nutrition, but of how to translate that nutrition into healthy meals and the concept of "food as medicine".
- **12:15-12:25 pm Therapeutic Efficacy for Ride-On Toy Cars by P. Desai**
  - The goal of this project is to help children with spinal cord injuries that have limited head and trunk control to play and interact with the world. This project is of specific interest for children with Cerebral Palsy (CP), a disorder affecting a person's ability to move and maintain balance and posture. We are revising the control circuits of the ride-on toy car in order to mitigate sudden car acceleration and deceleration, thus providing a ride aligned with the child's medical tolerance for shock and vibration. We are working with the non-profit organization, RePlay for Kids, to enhance this toy car performance, leveraging a prior design, utilizing an STM32 microcontroller, Half Bridge Driver and PWM motor. This toy car will allow for the child to more independently interact with their environment as compared to other current varied mobility devices on the market.
- **12:30-12:45 pm How To Make Your Voice Heard at the Round Table When You're a Medical Student by B. Cervantes & C. Showers**
  - We will be presenting a lightning round session about the medical student's voice in policy. This presentation is meant to empower students about their role in the osteopathic profession, where they can advocate for not only patients, but for their future education and practice(s) as osteopathic physicians.





- **12:45-12:55 pm Adapt Inclusive Lens: Underrepresentation in Clinical Trials by A. Tran & Dr. Restini**
  - Anh-Dao Tran, OMS II, will briefly speak on the history of exclusion of populations in basic science and clinical research. Dr. Carolina Restini will then give an overview of sex differences in pharmacodynamics and pharmacokinetics and provide data to analyze. We will discuss the implications of data (or lack thereof) for women and apply a similar lens to other underrepresented populations.
- **1-2:50 pm Out of This World OMT\* by Dr. Lippert**
  - Students have learned many techniques in OMM Lab, and are preparing to care for patients in both the outpatient and inpatient setting—clinical experiences that will provide real-world opportunities to apply what they've learned. This workshop will focus on taking those skills from the Lab to the Patient. Students will learn the quick application of OMT techniques in both inpatient and outpatient arenas, plus have some extra time in the OMM Lab with a faculty member on deck.
- **3-3:50 pm Healing the Healers by Dr. Gonzalez**
  - As a young physician, I thought it might be helpful to share my journey through med school/residency/fellowship and give an honest account of the epic burnout I experienced as a first year attending and the lessons I have learned from it. Lessons I've learned from my experiences will be highlighted including, but not limited to: importance of self-care and self-awareness; asking for help and setting boundaries; illusion of perfection and imposter syndrome. I will also share some practices that are helping to keep me grounded and helping overall with my mental health.
- **4:15-4:25 pm CoreWellness Catch-Up by Dr. Lippert**
  - Have the semesters flown by? Have you struggled to keep up with your personal wellness? Would you like to attend CoreWellness webinars but just feel behind? Here's your chance to quickly catch up with CoreWellness Lightning Rounds! Join in for a quick review of what has been covered and benefit from this program—you and your future patients will be happy you did!
- **4:30-4:40 pm Food Prep for the Depraved Mind by J. Clark**
  - Eating healthy meals regularly is such a vital part in maintaining one's physical health and mental energy. However, this is difficult to do with how busy daily life is and often people will resort to eating take out, fast food, or frozen dinners, all of which leads to weight gain, lethargy, and higher monthly expenses. One way to combat this is by doing weekly food prep. Dedicating one day out of the week for food prep allows one to have healthy meals at the ready for the rest of the week, saving both time and money. The goal of this presentation is to provide advice, encouragement, and starter recipes to help one jump start into a weekly food prep routine.

## Friday, March 12, 2021

- **8:30-11:50 am How to Live on 24 Hours a Day\* by L. Mower**
  - "How to Live on 24 Hours a Day" presents a motivation for and overview of the well-known "Getting Things Done" (GTD) methodology for personal productivity. The workshop will cover the reasons why GTD is widely adopted, who it's for, and the elements it includes. Participants should attend with paper and pen handy, prepared to participate in activities which will enable mastery of GTD basics. This workshop is applicable to all but will be especially relevant to students. Anyone who wishes to improve their time management skills and reduce stress should attend.
- **12-12:50 pm Fix Yourself to Fix Others: Thriving in Medicine and the World by Dr. Gordon**
  - This one-hour workshop will be geared toward preparing medical students with lifestyle concepts focused on "self" as the reference point. The demands of medical school often inevitably create poor habits where the student's focus becomes a result or grade rather than personal health and growth. This session hopes to implant the importance of caring for oneself in order to achieve in medicine, and more generally, in life.





Thank you for your interest in the Spring Renewal Conference! To register for presentations with an \* please [click here](#). [Click here](#) to access all other presentations via Zoom (passcode: Renewal).

