

6/6/19 – FINAL

Patient Centered Medicine 1 Course

#MDC 6011

GETTING READY FOR PATIENT CENTERED MEDICINE AND HEALTH SYSTEMS SCIENCE

SUMMER ASSIGNMENTS

Dear Entering Class of 2023,

Welcome to Rutgers Robert Wood Johnson Medical School!

On behalf of the Patient Centered Medicine (PCM) Steering Committee, we want to communicate our excitement about getting to work with you in this course.

To get in the spirit of doctoring and to prepare for class discussion, you should read, reflect on, and write about the following:

A. The First Year Experience: Reflections from Students of Rutgers Robert Wood Johnson Medical School

(To access, click on the RWJMS Orientation website URL

<http://www.rwjmsorientation.org/pcm-summer-assignments> and second red tab below the first paragraph or the following link:

http://docs.wixstatic.com/ugd/b409ae_785809d1cad446fc951f09f67eb8da6f.pdf

AND

B. At least one (1) book from the list of possibilities below

Humanism and Professionalism in Medicine and Clinical Practice

- The Soul of a Doctor: Harvard Medical Students Face Life and Death, edited by Susan Pories, Sachin Jain, and Gordon Harper
- A Not Entirely Benign Procedure, Revised Edition – Four Years as a Medical Student, by Perri Klass
- Treatment Kind and Fair: Letters to a Young Doctor, by Perri Klass
- What Doctors Feel: How Emotions Affect the Practice of Medicine, by Danielle Ofri
- Singular Intimacies: Becoming a Doctor at Bellevue, by Danielle Ofri
- Incidental Findings: Lessons from My Patients in the Art of Medicine, by Danielle Ofri
- In Shock: My Journey from Death to Recovery and the Redemptive Power of Hope, by Rana Awdish
- When Breath Becomes Air, by Paul Kalanithi
- That Good Night: Life and Medicine in the Eleventh Hour, by Sunita Puri
- Patients and Doctors: Life-Changing Stories from Primary Care, edited by Jeffrey M. Borkan, Shmuel Reis, Jack H. Medalie, and Dov Steinmetz
- A History of the Present Illness: Stories, by Louise Aronson
- Internal Medicine – A Doctor's Stories, by Terrence Holt
- The Lonely Patient How We Experience Illness, by Michael Stein

- Narrative Medicine: Honoring the Stories of Illness, by Rita Charon
- How Healing Works, by Wayne Jonas
- Attending: Medicine, Mindfulness, and Humanity, by Ronald Epstein
- Kitchen Table Wisdom, by Rachel Naomi Remen
- Re-humanizing Medicine: A Holistic Framework for Transforming Your Self, Your Practice and the Culture of Medicine, By David R. Kopacz
- Twelve Steps to a Compassionate Life, by Karen Armstrong
- Middlemarch, by George Eliot
- Body of Work, by Christine Montross
- Cutting for Stone, by Abraham Verghese
- Laughing at My Nightmare, by Shane Burcaw
- The Shock of the Fall, by Nathan Filer
- Stations: An AIDS Memoir, by Winfried Weiss; In conjunction with film: *We Were Here*, directed by David Weissman
- Crashing Through: The Extraordinary True Story of the Man Who Dared to See, by Robert Kurson
- Losing My Mind: An Intimate Look at Life with Alzheimer's, by Thomas DeBaggio
- When It Gets Dark: An Enlightened Reflection on Life with Alzheimer's, by Thomas DeBaggio
- Death of Ivan Ilyich, by Leo Tolstoy
- As Nature Made Him: The Boy Who Was Raised as a Girl, by John Colapinto
- Arrowsmith, by Sinclair Lewis

Health Systems Science. High Reliability Organizations, and Increasing Patient Safety and Quality of Care

- The Laws of Medicine: Field Notes from an Uncertain Science, by Siddhartha Mukherjee
- Being Mortal, by Atul Gawande
- Checklist Manifesto, by Atul Gawande
- Better: A Surgeon's Notes on Performance, by Atul Gawande
- Complications: A Surgeon's Notes on an Imperfect Science, by Atul Gawande
- Forgive and Remember: Managing Medical Failure, by Charles L. Bosk
- Why Hospitals Should Fly: The Ultimate Flight Plan to Patient Safety and Quality Care, by John J. Nance
- Leading High Reliability Organizations in Health Care, 1st edition, by Richard Morrow
- High-Reliability Healthcare: Improving Patient Safety and Outcomes with Six Sigma, 2nd Edition, by Robert Barry, Amy C. Smith, and Clifford E. Brubaker
- High Reliability Organizations: A Healthcare Handbook for Patient Safety & Quality, by Cynthia A. Oster and Jane S. Braaten
- The Safety Playbook: A Healthcare Leader's Guide to Building a High-Reliability Organization 1st Edition, by John Byrnes, Susan Teman, and CPPS
- McLaughlin and Kaluzny's Continuous Quality Improvement in Health Care, 4th edition, by William A. Sollecito and Julie A. Johnson
- Achieving STEEEP Health Care: Baylor Health Care System's Quality Improvement Journey, by David J. Ballard
- Money-Driven Medicine: The Real Reason Health Care Costs So Much, by Maggie Mahar

Health Equity, Cross-Cultural Medicine, and Improving Community and Population Health

- Mountains Beyond Mountains: The Quest of Dr. Paul Farmer, A Man Who Would Cure the World, by Tracy Kidder
- The Spirit Catches You and You Fall Down, by Ann Fadiman
- Medicine in Translation: Journeys with My Patients, by Danielle Ofri
- An Intoxicating Error: Mistranslation, Medical Malpractice, and Prejudice, by Gail Price-Wise
- The Immortal Life of Henrietta Lacks, by Rebecca Skloot
- Medical Apartheid: The Dark History of Medical Experimentation on Black Americans from Colonial Times to the Present, by Harriet A. Washington
- Seeing Patients: Unconscious Bias in Health Care, by Augustus White
- Small Great Things, by Jodi Picoult
- Black Man in a White Coat: A Doctor's Reflections on Race and Medicine, by Damon Tweedy
- The New Jim Crow: Mass Incarceration in the Age of Colorblindness
- Just Medicine: A Cure for Racial Inequity in American Health Care, by Dayna Bowen Matthew
- The Emperor of all Maladies: A Biography of Cancer, by Siddhartha Mukherjee
- The Great Influenza, by John Barry
- Death of the Good Doctor: Lessons from the Heart of the AIDS Epidemic, by Dr. Kate Scannell
- AIDS Doctors: Voices from the Epidemic: An Oral History, by Ronald Bayer and Gerald M. Oppenheimer
- Dreamland: The True Tale of America's Opioid Epidemic, by Sam Quinones
- Chasing the Scream, by Johann Hari
- In the Realm of Hungry Ghosts, by Gabor Maté (M.D.)
- High Price: A Neuroscientists' Journey of Self Discovery That Challenges Everything You Know About Drugs and Society, by Dr. Carl Hart

AND

C.) You should also read or view one (1) or more of the following recommended graphic medicine novels or films:

Graphic Medicine Novels

- The Bad Doctor: The Troubled Life and Times of Dr. Iwan James, by Ian Williams
- Stitches: A Memoir, by David Small
- Mom's Cancer, by Brian Fie
- Cancer Vixen: A True Story, by Marisa Acocella Marchetto
- Lisa's Story: The Other Shoe, by Tom Batiuk
- The Story of My Tits, by Jennifer Hayden
- Relatively Indolent But Relentless: A Cancer Treatment Journal, by Matt Freedman
- Taking Turns: Stories from HIV/AIDS Care Unit 371, by MK Czerwiec
- The Hospital Suite, by John Porcellino
- One Lump or Two: Things That Suck About Being Diabetic (Volume 1), by Haidee Soule Merritt

- FingerPricks™: small, quick, and only slightly painful (One Lump or Two) (Volume 2), by Haidee Soule Merritt
- Things to Do in a Retirement Home Trailer Park: . . . When You're 29 and Unemployed, by Aneurin Wright
- Hole in the Heart: Bringing Up Beth, by Henny Beaumont
- Imagine Wanting Only This, by Kristen Radtke
- Skinny Leg, by Jenny Lin
- The Facts of Life, by Paula Knight
- Spooky Womb, by Paula Knight
- Pregnant Butch, by A.K. Summers
- Good Eggs: A Memoir, by Phoebe Pott
- Graphic Reproduction: A Comics Anthology, Edited by Jenell Johnson, and Afterword by Susan Merrill Squier
- Epileptic, by David B
- My Degeneration: A Journey Through Parkinson's, by Peter Dunlap-Shohl
- Aliceheimer's: Alzheimer's Through the Looking Glass, by Dana Walrath
- Tangles: Alzheimer's, My Mother, and Me, by Sarah Leavitt
- Take Care Son: The Story of My Dad and His Dementia, by Tony Husband
- Psychiatric Tales: Eleven Graphic Stories About Mental Illness, by Darryl Cunningham
- Bitter Medicine: A Graphic Memoir of Mental Illness Paperback, by Olivier Martini and Clem Martini
- Living with a Black Dog: His Name Is Depression, by Matthew Johnstone
- My Depression: A Picture Book by Elizabeth Swados
- Marbles: Mania, Depression, Michelangelo, and Me, by Ellen Fomey
- The Nao of Brown, by Glyn Dillon
- Swallow Me Whole Paperback, by Nate Powell
- I Lighter Than My Shadow Paperback, by Katie Gree
- Ink in Water: An Illustrated Memoir (Or, How I Kicked Anorexia's Ass and Embraced Body Positivity), by Lucy J. Davis and Jim Kettner
- Something Terrible, by Dean Trippe

Films

- Angels in America
- August: Osage County
- Awakenings
- Boys Don't Cry
- Code Black
- Crash
- Dallas Buyers Club
- Extraordinary Measures
- Girl Inside
- Ikiru
- John Q
- Juno
- Longtime Companion
- Lorenzo's Oil
- Milk
- My Left Foot
- My Life
- Patch Adams

- Philadelphia
- Revolutionary Road
- Sicko
- Something the Lord Made
- Southern Comfort
- Still Alice
- The Big Sick
- The Cider House Rules
- The Physician
- What's Eating Gilbert Grape
- Wit
- Yesterday

As part of this course you will be keeping an **on-line portfolio** of your PCM 1 reflections and essays throughout the academic year. We would like you to make an entry before the first day of Orientation, **and** bring a *hard copy* of your summer essay to your first class **(7/31/19 at 1 pm)**.

(Note: Please save your summer writing as a Word document. This will need to be uploaded to your PCM 1 student portfolio template which you will receive later and send to your small group faculty facilitator).

Required Portfolio Essay: Here are some prompts for your written reflection as you begin medical school. Please address all six of these bullets in your summer essay which should be at least 500 words in length

- *Describe a personal experience with the health care system. How were you/your friend/your family treated?*
- *Is this the health care system you expected? Why or why not?*
- *Describe your feelings in anticipation of meeting our RWJMS classmates, seeing patients, and working in teams with health care professionals from different disciplines.*
- *Regarding the required/recommended readings and films, reflect on the RWJMS First Year Experience collection of brief student essays, book(s), graphic medicine novel(s), and/or film(s) you've selected, and their meaningfulness, implications, and relevance.*
- *Do you think that these readings and films will impact on the way you learn and practice medicine?*
- *What do you hope to learn in the Patient Centered Medicine course?*

RWJMS Health Systems Science/Health Policy Curriculum

Medical Education is undergoing a major revolution as we rapidly approach the third decade of the twenty-first century. A current medical school graduate will find it increasingly difficult to practice in isolation without constant interaction with a rapidly changing health care system.

"In order to provide comprehensive care for patients and effectively participate in health care reform, the medical community must be literate in health policy. Medical schools would never grant degrees without guaranteeing proficiency in the basic sciences and clinical skills. Similarly, health policy literacy should no longer be considered an ancillary skill, but rather a core competency of the 21st-century physician." (David Mou, Aartik Sarma, Roshan Sethi, and Reid Merryman, "The State of Health Policy Education in U.S. Medical Schools" *N Engl J Med* 2011; 364:e19 March 10, 2011).

Beginning in the academic year 2013-2014, Rutgers Robert Wood Johnson Medical School (RWJMS) initiated a longitudinal curriculum in Health Care Policy in its broadest term. With the rapid evolution of this area and our School's participation as a grantee in the American Medical Association's (AMA) Accelerating Change in Medical Education (ACE) Consortium, this curriculum thread has been expanded and renamed Health Systems Science (HSS). HSS is now considered the third pillar of medical education in addition to the basic and clinical sciences. It contains elements of the art and science of medicine. The core HSS curriculum for the first three years predominantly resides in Patient Centered Medicine and will appear in many other courses during these and your clerkship and residency years. In addition, HSS content has been and will likely be further incorporated into the National Board of Medical Examiners USMLE Step examinations on topics relating to Patient Safety, Quality Improvement, Leadership and Change Agency, Teamwork, Patient Communication, Ethics, Clinical Informatics, Health Economics, Healthcare Policy, Healthcare Delivery Systems, Evidence-Based Medicine, the Social Determinants of Health, and Population Health. PCM 1 will address many of these topics through lectures, expert panel presentations, small group discussions, experiential exercises, interprofessional observership experiences, and self-directed learning essays. This will help prepare you for the USMLE exams as well as for your didactic requirements and clinical and offsite experiences.

The HSS content for PCM 1 includes **pre-matriculation completion** of one (1) American Medical Association (AMA) **and** two (2) Institute for Healthcare Improvement (IHI) Open School online modules. Further, **over the academic year**, HSS content includes completion of three (3) **additional** Institute for Healthcare Improvement (IHI) Open School online training modules. These online training modules will encompass the topics of patient- and family-centered care; leadership; health equity; patient safety; improvement capability; quality, cost, and value; and Triple Aim for Populations.

Over the summer, please complete the following required AMA and two (2) required IHI online modules (these are due by the start of the first PCM 1 session **(7/31/19 at 1 pm)**).

a) AMA

Health Care Delivery Systems

This AMA module can be accessed within the AMA Education Hub's Health Systems Science Learning Series by clicking on [Health Care Delivery Systems](#)

b) IHI

1) Person- and Family-Centered Care

PFC 101: *Introduction to Person- and Family-Centered Care*

2) Leadership

L 101: *Introduction to Health Care Leadership*

Additional information about the due dates for completing the other three (3) IHI modules will be provided in the course syllabus with email reminders sent during the year.

A Guide for How to Begin the IHI Open School Online Courses can be found under the Health Systems Science/Health Policy tab on AMP. Students, residents, and professors can access the Open School courses for free. To redeem this access, you should select **Student** as your primary role in the dropdown menu of the *Personal Contact Information* section (see below) which appears immediately after you click on *Register Now* in the home page. [This selection only needs to be done when you first register or by accessing your profile if you have already registered]. In addition, please register **only with your newly assigned Rutgers Robert Wood Johnson Medical School e-mail address; please do not use gmail or other external email accounts.**

Personal Contact Information

This information will be used for enrollments in IHI programs and other interactions with IHI. If you use certain features of *ihi.org*, IHI may make some of your personal contact information publicly available. (*See Terms of Use for details.*)

Primary Role*

Address Line 1 *

Address Line 2

City*

Country*

Postal Code

Phone

Passcode

After completing the initial registration, our School's specific **group passcode 46B48874** for the 2019-2020 academic year **must be entered as the next step in the process** to gain initial access to the online modules or courses. [This passcode should not be shared with anyone else outside of the medical school community].

Once the passcode successfully has been entered, a verification message will be received electronically. **Only after receipt of the verification message should a student proceed with accessing their first module.**

Module (Course) Access

The courses can be accessed by going directly to www.IHI.org/StudentCourses. Successful completion will be tracked by the IHI Open School and reported to Dr. Paul Weber (email: pfw6@rwjms.rutgers.edu).

We look forward to meeting and working with you over the coming academic year. Please don't hesitate to contact us with any questions.

Sincerely,

Dr. Robert C. Like, PCM 1 Course Director

Dr. Paul F. Weber, PCM 1 Course Co-Director and Health Systems Science Curriculum Thread Director