WELCOME INTERNS!
OFF AND RUNNING OF A NEW ACADEMIC YEAR

BODY SUBSTANCE EXPOSURE
HOW TO PREVENT AND TREAT

FATIGUE
LOOK OUT FOR YOUR COLLEAGUES-AND YOURSELF

PERSONAL EMERGENCIES
THEY HAPPEN TO US ALL-KNOW WHAT TO DO

RESIDENT SPOTLIGHT:
JEN BLUME

WELLNESS EVENTS

UPCOMING EVENTS

MENTAL HEALTH RESOURCES
Welcome Interns!

We are off and running with a new academic year! Welcome to our new interns. We hope that you have an exciting year. We’ve kicked it off with the intern BBQ and an intern-CA2 buddy get together. Here are a few pics from these events:
Body Substance Exposure

If you are stuck by a needle or other sharp or get blood or other potentially infectious materials in your eyes, nose, mouth, or on broken skin, immediately flood the exposed area with water and clean any wound with soap and water or a skin disinfectant if available.

Below is the link to the OHS website:

https://hr.umich.edu/benefits-wellness/health-well-being/occupational-health-services/site-manual/body-substance-exposures

According to the NIOSH Alert Preventing Needlestick Injuries in Health Care Settings, it is estimated that 600,000 to 800,000 needlestick injuries (NSIs) and other percutaneous injuries (PIs) occur annually among health care workers. PIs are caused by sharp objects such as scalpels, suture needles, wires, trochanters, surgical pins, and saws.

Studies show that as many as 1/3 of all sharps injuries occur during disposal. Prevention is key!

• Do not recap needles
• Do not find work-arounds or shortcuts for safety equipment
• Do not overfill sharps containers or place large items in small containers
• NEVER reach into a sharps container or use an instrument to retrieve items in the sharps container (even if you’ve dropped controlled substances in there!)

Procedure to follow after an exposure / needle stick:
1. Exposed employee pages U-M OHS immediately, 24/7, at pager #5356 (call 734-936-6266, pager #5356, if you don’t have access to the paging website) to report exposure and provide information. After U-M OHS hours, this beeper will be forwarded to the appropriate staff in the Emergency Department (ED). The ED will order blood on the source patient so the risk assessment is not delayed and will complete an initial assessment for HIV risk in order to determine whether post-exposure prophylaxis for HIV is indicated.
2. Prior to patient’s departure, draw blood for rapid HIV and Hepatitis B antigen (HBA) and Hepatitis C antibody (AHCV). These can be drawn intraop, prior to emergence. You may also be asked to draw a patient’s blood after an exposure to another health care provider.
3. U-M Occupational Health Services will guide the exposed employee on what labs they need to have drawn. If you need to be excused from the OR, please alert the floor runner and coverage will be provided.
4. Any necessary treatment may be given at site (via instructions from U-M OHS) or at the U-M Occupational Health Services, depending on exposed employee/supervisor preference.
5. The source patient’s treating physician is responsible for informing the patient of the results of the HIV and Hepatitis studies.
Fatigue

Fact: Individuals are NOT able to accurately judge their tolerance to the effects of sleep loss
*Look out for one another, especially on call. A fatigued resident may not always request a break. Offer one and utilize the entire call team to fend off fatigue.
• Surveys show that more than 60% of Anesthesiologists report making fatigue-related errors

• There is a 50% greater risk of blood-borne pathogen exposure incidents in residents between 10PM and 6AM (Parks, 2000)

Fact: Less than 8 hours of sleep per night creates a sleep debt that must be paid off
Fact: Human beings do not adapt to getting less sleep than they need
Fact: It takes only a 4 second lapse in attention to have a drowsy driving crash

• Take advantage of FREE rides when fatigued (also can use if you are ill or a family member has an illness or emergency)
To request a ride, call the Department of Public Safety at (734) 763-1131 (this service is available 24 hours a day, 7 days a week, but limited to 6 times per year. If additional rides are needed, please see Pam Funderburk for reimbursement of Taxi)
For the return trip reimbursement, please see Pam Funderburk

Watch for the Warning Signs:
• Feeling restless and irritable
• Having to check your work repeatedly
• Having difficulty focusing on patient care
• Feeling like you really just don’t care

Alertness Strategies:
• Some sleep is always better than no sleep
• Napping: Take short naps < 30 minutes or long naps > 2 hours to avoid grogginess that occurs when you are awakened from deep sleep
• Take advantage of circadian rhythms when possible and nap between 2-5 AM or 2-5 PM
• Get adequate sleep before anticipated sleep loss
• Plan for 2 nights of extended recovery sleep after sleep loss
• Develop healthy sleep habits:
  1. Have a sleep routine and try to stick to the same schedule of going to bed and waking up
  2. Develop a pre-sleep routine
  3. Use relaxation to help you fall asleep
  4. Unplug—turn off phone, television, etc.
Resident Spotlight: Jen Blume CA-2

1. Where did you grow up and go to school?

I grew up in Orland Park, IL (southwest suburb of Chicago) and have two older sisters. I went to undergrad at the University of Illinois-Champaign-Urbana. I went to medical school at Michigan State University and did my first two years in Grand Rapids and my last two years at Hurley Medical Center in Flint.

2. What are your hobbies or interests? What do you like to do in your spare time?

I grew up riding horses and used to compete around the Midwest before heading off to college. My family still has one horse, Skylar- a thoroughbred/quarter horse mix, who I ride when I go back to visit. I also enjoy running, walking my dog, scuba diving, and skiing.

3. What made you decide to pursue anesthesia? (change to anesthesiology or medicine?)

I've always enjoyed learning about physiology and pharmacology and had a great mentor who introduced me to anesthesia during medical school.

4. Where do you see yourself in 5 years?

Living near a beach or mountains.

5. Tell us one last thing that makes you unique, special, and wonderful that we simply must know about you!

I love heights! I've been skydiving before but was a bit disappointed because I didn't get that feeling of losing my stomach.
Personal Emergencies

They happen to all of us at one time or another! If you find yourself in this predicament, here is what you do:

During normal hours: Notify Pam Mulholland. Please stress that you need to get out immediately. She will mobilize resources to get you out of the OR. If she is not available, her backup is Heather Wourman.

Outside of normal work hours: Notify the floor runner / CA-3 on call. Again, please stress the immediacy of the situation. You do not need to go into detail at this time!

Wellness Events

As part of our animal therapy program, we are proud to have two full-time service dogs on our team.

Denver and Anna, our hospital dogs, were trained by Canine Assistants to work in a hospital setting, and were specifically matched to C.S. Mott Children’s Hospital based on our needs and the types of patients we care for.

While Denver works “full-time” in the children’s hospital, Anna shares her time between Mott and some of the adult inpatient units at University of Michigan Health System. She has also visited our residents at tutorial!

Both dogs are here to comfort patients and families through bedside visits, as well as motivate and assistance during certain types of therapy and rehabilitation.
Mental Health Resources

House Officer Mental Health Program (HOMHP): 734-763-4215
Provides a range of mental health services to house officers for issues including depression, anxiety, sleep difficulties, ADHD, stress management, interpersonal difficulties and work-lifebalance issues.

Identify yourself as a house officer and you will make an appointment at UH or at the Rachel Upjohn Building adjacent to EAA.
• EXPEDIENT
• FREE
• CONFIDENTIAL initial evaluation (insurance is not billed and the visit is not documented in MiChart). You will be seen by an attending physician—no residents or medical students involved. Subsequent visits can be arranged (however, these are billed / documented) or referrals can be made
• FLEXIBLE evening appointments available

Office of Counseling and Workplace Resilience (formerly the Employee Assistance Program—EAP): 734-763-5409
Mental Health Resources, Cont.
Community Resources accepting UM Premier Care:

Ann Arbor Consultation Services (evening and weekend hours available)
734-996-9111
a2consultation.com

Huron Valley Consultation Center (evening and weekend hours available)
734-913-1093
Heronridgeassoc.com

Lotus Consulting (psychotherapy only—no psychiatrists)
734-478-7358
Lotusconsultingpllc.com

Urgent / Emergency Services
U-M Psychiatric Emergency Services (Available 24/7)
Hotline 1-800-273-8255

National Suicide Prevention
Hotline 1-800-273-8255