

**PENN PSYCHIATRY**

**MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM**

**FEBRUARY 3, 2022**



**MESSAGE FROM THE CHAIR**

Dear Faculty, Staff and Trainees,

It is shocking to see we are already in February. Where is 2022 going??? Well, in any case, I am hopeful that February will bring us some welcome respite: from omicron, from the sub-freezing temperatures (I know, wishful thinking on my part!), and with a few fun holidays like St. Valentine's tossed in. The Philadelphia region is doing much better in terms of new infections, our health system in general and our downtown hospitals in particular have seen a significant decline in the number of patients in the hospital who have omicron and the pressure on the ICUs is waning. It is cause for hope and relief. At the same time, we have been here before with some of the subsequent peaks in infections higher than the prior ones. That is why we must remain vigilant and be careful. I know this is not an idea that excites everyone, but perhaps we will need to stay masked for a bit longer. There is a possibility that we will have to learn to live with COVID longer term than any of us could have imagined 2 years ago. The good news is that vaccines work, Medicine continues to generate effective and better treatments, and we know how to treat people when they do become ill, so that outcomes are less dire. So

please, whatever you do, take good care of yourself and your loved ones.

As the winter comes to a close, many of us are tired and maybe even a bit weary. NOW is the time to plan your next little break. Even if it is tacking an extra day onto a long weekend, even if it is a stay-cation to work on a project at home, even if the weather does not cooperate, plan something that will be rewarding for you and yours. It does not have to be involved or fancy, but ideally, it should be relaxing. You have earned it! I am always so grateful to see the dedication and hard work that occurs in the department. You all contribute in so many different ways: taking care of patients' and employees' mental health needs, educating the next generation, generating the new knowledge that will change our patients' lives, educating a future generation of people dedicated to this important work, or doing the myriad things needed to support the mission. Thank you! I love the idea that we do is not only important, it is highly altruistic work. We make a difference to our patients and community. Altruism and gratitude build resilience. So please, take a break from work and try, (it's really worth it!) to take 5 minutes every day to write down 3-5 things for which you are grateful. Even when things are very rough, you can find something that you cherish. Last night, as I was having dinner, I looked over to the orchids on the windowsill. Seven open white Cattleyas and two new buds on my tiniest plant! Absolutely gorgeous.

Warmly, m

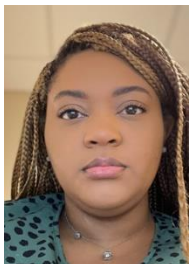
**CONGRATULATION TIONA COMBS ON YOUR PROMOTION TO  
PRACTICE MANAGER!**

Tiona's history with Penn Medicine date back to her high school days, when she interned at HUP. She later joined Penn Medicine's Department of Psychiatry in 2016 as a Patient Service Associate, and promoted to Associate Practice Manager in early 2020. Her introduction to management was a whirlwind of rapidly changing work flows, adapting to new safety protocols, and managing staff both onsite and remotely, all of which she navigated with grace and care.

Tiona transitioned to her new position on 11/14/21. In addition to the clinical practices she continues to manage, Tiona launched and continues to optimize the new Central Registration Team, located on the 3rd floor of 3535 Market Street. The Central Registration model enables the patient service associates from the individual practices, excluding the 2nd floor, to form a collective and to create a robust administrative support structure for the clinical practices. Tiona's ability to approach projects both creatively and pragmatically has supported her and her colleagues well during the ever-changing world of the pandemic, and Tiona's skill as an educator is unmatched among her peers. Please join me in congratulating Tiona, and wishing her continued professional development and fulfillment in her new role!

### **THE CURES ACT TIP SHEET**

The below tip sheet is for clinicians and provides the list of reasons available when choosing not to share notes and results have been updated:



## Notes:

The screenshot shows a 'Reason for Blocking' dialog box overlaid on a 'My Note' form. The dialog box contains the following elements:

- Title: Reason for Blocking
- Instruction: Provide the most appropriate reason why this note should be withheld from the patient
- Radio button options:
  - Patient or Legal Rep agreed to withhold or delay
  - Preventing physical harm to patient or other
  - Information obtained from a confidential source or confidential reporting
  - Enrolled in research study
  - Cannot technically segregate data (e.g. neonatal records that contain maternal info)
  - Law requires withholding
- Comments: A text input field.
- Buttons: Select a reason to accept. (with an error icon), Accept, and Cancel.

## Results:

The screenshot shows a dropdown menu for 'Reason for preventing automatic release'. The menu is open, showing the following options:

- Patient or Legal Rep agreed to withhold or delay
- Preventing physical harm to patient or others
- Information obtained from confidential source or confidential reporting
- Enrolled in research study
- Cannot technically segregate data (e.g. neonatal records that contain maternal info)
- Law requires withholding

Additional details for preventing immediate release

## SIX STRATEGIES TO LIVE A HEART-HEALTHY LIFESTYLE

When you choose healthy behaviors, you can lower your heart disease risk while also preventing other serious chronic conditions like type 2 diabetes and some kinds of cancer.

1. Learn Your Health History - Know your risks and talk to your family and doctor about your health history.
2. Eat a Healthy Diet - Make healthy food choices like more fruits, vegetables, whole grains, lean meats, and low-fat dairy products. Eat less salt, saturated fat, and added sugar.
3. Move More, Sit Less - Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.

4. Quit Smoking - Start your quit plan today! Take the first step and call 1-800-QUIT-NOW for FREE support.
5. Take Medicines as Directed - If you take medicine to treat high cholesterol, high blood pressure, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something. Never stop taking your medicine without talking to your doctor, nurse, or pharmacist.
6. Rethink Your Drink - Substitute water for sugary drinks to reduce calories. If you drink alcohol, do so in moderation.

## KNOW YOUR LD CHOLESTEROL LEVELS

High levels of LDL, often called “bad,” cholesterol, show no signs or symptoms but cause fatty build up in the arteries which can lead to heart attack and stroke. Know your levels and talk to your doctor about what they mean for you.

## STAY SAFE OUTDOORS

Try to stay indoors during extremely cold weather. Make any trips outside as brief as possible, and remember these tips below to protect your health and safety. **Dress warmly and stay dry. Adults and children should wear** a hat, a scarf or knit mask to cover face and mouth, sleeves that are snug at the wrist, mittens (they are warmer than gloves), water-resistant coat and boots and several layers of loose-fitting clothing. **Layer-up: Inner Layer:** Wear fabrics that will hold more body heat and don't absorb moisture. Wool, silk, or polypropylene will hold more body heat than cotton. **Insulation Layer:** An insulation layer will help you retain heat by trapping air close to your body. Natural fibers, like wool, goose down, or a fleece work best. **Outer Layer:** The outermost layer helps protect you from wind, rain, and snow. It should be tightly woven, and preferably water and wind resistant, to reduce loss of body heat.

## NATIONAL HEALTH OBSERVANCES

Each month, we feature select National Health Observances (NHOs) that highlight important health issues affecting people in the United States every day. The NHOs in our February roundup help raise awareness about low vision, heart health, and teen dating violence.

- **Low Vision Awareness Month**  
Each year, the [National Eye Institute](#) (NEI) supports Low Vision Awareness Month. Learn more about low vision and spread the word with [this toolkit from NEI](#) — and check out [Healthy People Vision objectives](#) to catch up on national goals to improve vision and eye health. MyHealthfinder also has a friendly, easy-to-understand resource about [getting your child's vision tested](#).
- **American Heart Month and Heart Valve Disease Awareness Day**  
The [American Heart Association](#) (AHA) sponsors American Heart Month each February to raise awareness about heart disease and how people keep their heart healthy. You can join the conversation using [this promotional toolkit](#) from the National Heart, Lung and Blood Institute (NHLBI) — and get involved in [Heart Valve Disease Awareness Day](#) on February 22nd.
- **Teen Dating Violence Awareness Month**  
For the past decade, Break the Cycle has used this important NHO to ensure that everyone has the tools to create healthy relationships. Learn about national efforts to reduce relationship violence from the [Healthy People Injury and Violence Prevention](#) topic area. And share this educational

toolkit for pre-teens and teens from the Centers for Disease Control and Prevention (CDC) to help prevent teen dating violence before it starts.

## SECOND WEDNESDAY WEBINAR SERIES

The Dynamics of Healthy Relationships

Date: 02/09/2022 | Time: 1:30 PM to 2:30 PM EST

Join us to discover positive dynamics required for healthy relationships and ultimate happiness.

Register at <https://register.gotowebinar.com/register/3138049484349395216>

## WELLNESS RESOURCES

Click [here](#) to access our Wellness Resources.

During these uncertain times, help is available through [PennCOBALT](#) and [PennMedicineTogether](#).

## THANK YOU FOR YOUR SERVICE.

### Vision

Promoting health for the brain and mind to transform lives and the world.

### Mission

Penn Psychiatry develops and implements new ideas to understand, prevent, and treat disorders of the brain and mind, through innovative research and discoveries, outstanding educational, world renowned clinical services, and transformational public health policies.

Click [here](#) to access the Penn Psychiatry website.

Click [here](#) to access the CPUP Committee on Anti-Racism





## I GOT THE SHOT

“The only way we’re going to get through this is to get through it together. I am happy to encourage others to get the vaccine. We can move forward together to protect ourselves and our loved ones.”

— Peter J. Walczak  
Chief Executive Officer, Penn Medicine

FOR QUESTIONS ABOUT THE COVID-19 VACCINE,  
visit [PennMedicine.org](https://www.PennMedicine.org)

