

The Synapse

March 30, 2020

Update from the Program Director's Desk

"The measure of who we are
is what we do with what we have."

Vince Lombardi



Above & Beyond AWARDS

- ❖ Drs. Jennifer Dalrymple, Christy Cavanagh and Lee Coghill have worked extremely hard this week to streamline tele-medicine templates and workflows and to ensure that we have enough equipment to serve our patients. Thank you so much for all your hard work and innovative energy!
- ❖ I applaud our Practice Manager Laura Heron, Practice Supervisor Sabrina Mangione and Clinical Supervisor Stacey Lewis for their tireless efforts to keep our clinic operations flowing as smoothly as possible.
- ❖ The inpatient medicine team, Drs. Moises Perez, Brandon Bentley, Renee Wong, Diana Sitar and Katie Dixon are recognized for their positive attitude and hard work on behalf of our hospitalized patients during the current crisis.
- ❖ I applaud our entire team for continuing to remain calm, attentive and supportive of one another. The safety and health of our team and patients continues to be our top priority, and I am so glad that we have such a wonderful and resilient team.



- ❖ Because of the multiple changes that occur from day to day, everyone is reminded to pay close attention to their email, and to attend the daily huddle every weekday at 1:05pm whenever possible. If you have not read it yet, please read Dr. Dalrymple's email from Friday which contains several important announcements.
- ❖ All physicians working in the hospital (inpatient medicine team and residents on ICU and ER rotations) can pick up their N-95 mask each morning from the Central Supplies Room (CSR) on the third floor of the Medical Office Center.
- ❖ Please be reminded that our Babcock Ranch clinic has been temporarily closed, and all providers and staff who were scheduled to work at that site should report to our Lee Memorial Hospital clinic.

Living Well



Uncertainty coupled with social isolation necessitated by the current crisis can leave us all feeling irritable and vulnerable. Here are some tips from the World Health Organization and others on how to cope:

- Do not overdose on the news
- Eat healthy and exercise to boost your immune system
- Get your mind off the crisis- listen to music, read a book or play a game
- Stay in touch with friends and family
- Do not smoke, it may exacerbate symptoms of CoVID-19
- Take advantage of available resources for mental health treatment
- Help others whenever possible- it helps to take our minds off our own predicament
- Practice meditation, prayer, or any relaxation technique to unwind

Key Dates

- Quarterly Advisor Meetings, April 2020
- The FAFP Spring Forum and the Program Directors' Workshop are canceled.
- STFM Spring Conference- Postponed to August
- Annual Program Evaluation, May 11-16, 2020
- Quarterly Advisor Meetings, June 2020
- Class of 2023 Starting Date, June 22, 2020
- FSU Intern Orientation for the class of 2023, June 23, 2020- Sarasota, FL
- Resident and fellow graduation ceremony, June 26, 2020
- FAFP Family Medicine Summer Forum, July 10-12, 2020-Boca Raton, FL
- AAFP National Conference, July 30- August 1, 2020-Kansas City, MO
- FSU COM GME/Clerkship Faculty Fall Meeting, September 10-12, 2020
- AAFP Global Health Summit, September 17-19, 2020
- ABFM In-training Examination for all residents, October 2020
- FAFP Family Medicine Winter Summit, December 11-13, 2020 – Amelia Island, FL