

INSIDE THIS ISSUE:

UAMS REACHES OUT TO COMMUNITY WITH WALK WITH A DOC PROGRAM



STOCKED & REDDIE OPENS ITS DOORS TO SERVE UAMS

Fresh fruit and vegetables, frozen Cafeteria meals, peanut butter and cereal — Stocked & Reddie, the UAMS food pantry, opened its doors July 15 offering all of these and more to students and employees who struggle with food insecurity.

More than 500 meals were distributed opening day to 55 employees and students, said Tonya Johnson, director of Nutrition Services. About 250 members of Team UAMS have registered for the food pantry since July 1.

“I was very pleased with the turnout for our first day,” she said. “Everyone was so excited that UAMS was able to do this for employees and students. Many participants also wanted to volunteer as a sense of giving back, which just shows this is really a team effort and a team-building initiative.”

For Calvin Tunstall, a dishwasher in Nutrition Services, food insecurity is a very real concern. Too often, he just doesn’t have enough money in his paycheck to cover every meal. He is excited about having a food pantry on campus where he can select the meals that best suit him.

“It makes me feel good that UAMS has opened this food pantry to take care of employees and students,” he said.

Located in the Distribution Center (800 Cottage Drive), Stocked & Reddie is open on Mondays and Thursdays from noon to 6 p.m. The food pantry is available for any employee or student



Holly Naramore (left) and Tonya Johnson (second from right) help Stocked & Reddie members choose salads and frozen meals for their bags. Photo credit, Bryan Clifton

who feels they are food insecure. Registration can be completed online at gethealthy.uams.edu/pantry.

“One of the most important parts about how Stocked & Reddie is set up is our employees and students receive ingredients for meals to feed their entire household,” said Mande Corbett, the Stocked & Reddie coordinator. “We want to ensure the whole family has access to healthy meals.”

In addition, Johnson will be offering grocery-store shopping classes to help participants learn how to stretch their dollars and still purchase healthy food.

The idea for a food pantry was born after a student survey was conducted in 2018. The survey found that more than 20% of students reported that they (or another member of their household) took smaller portions or skipped meals altogether because there wasn’t enough money for food. The survey also found that more than 40% of students said balanced meals are unaffordable for them.

“The results were troubling, to say the least,” said Stephanie Gardner, Pharm.D., Ed.D., senior vice chancellor for academic affairs and provost. “There was an immediate consensus by the chancellor and others in senior leadership that we needed to address the problem of food insecurity among our students and our employees.”

Stocked & Reddie continued on page 3

UAMS REACHES OUT TO COMMUNITY WITH WALK WITH A DOC PROGRAM



Physicians and medical students walked with patients and members of the community at UAMS' first Walk with a Doc event.

UAMS kicked off its Walk with a Doc and Walk with a Future Doc programs June 29 at War Memorial Stadium. Physicians and medical students answered health questions from patients and community members, all while taking a stroll around War Memorial.

“We were really encouraged by the turnout,” said Natalie Cannady, director of wellness. “I think as more people hear about Walk with a Doc, they are going to see it as a tremendous opportunity to learn more about their health in a casual environment.”

Alexa Martin, M.D., a resident in the Department of Family and Preventive Medicine and member of the Walk with a Doc committee, served as the first physician speaker. She told participants about the health benefits of walking, noting that one doesn't have to walk miles a day in order to see health benefits.

“Walking is a simple step that most people can do to improve their health,” she said. “It doesn't require a gym membership or fancy workout clothes, and you can squeeze in a short walk on your lunch break. Those few minutes will really add up to major health benefits.”

Jordan Fielding, a student in the College of Medicine, also spoke as part of the Walk with a Future Doc program.

Walk with a Doc is an international nonprofit organization started by David Sabgir, M.D., a cardiologist in Columbus, Ohio, in 2005. Recently, the nonprofit started Walk with a Future Doc as a way to further involve medical students in the community.

The next Walk with a Doc will be 9-10 a.m., Saturday, Sept. 7 on the north lawn at War Memorial Stadium. Chancellor Cam Patterson, M.D., MBA, will be the speaker.

SCHWARTZ ROUNDS OFFER SUPPORT TO CAREGIVERS

UAMS held its first Schwartz Rounds session June 19 in the hospital's Lobby Gallery. More than 100 frontline caregivers, physicians and clinical staff attended and participated in the hour-long session designed to bring caregivers together to discuss the human elements of health care.

Schwartz Rounds feature a panel discussion focused on an event at a hospital or a topic of interest to the employees who work there. Following the panel presentation, a facilitator guides audience participants through a discussion of the case and related issues. The goal of the program is to support caregivers and enhance their ability to provide compassionate care.

The first UAMS session centered around the suicide of a physician at the Psychiatric Research Institute. His colleagues talked about the days surrounding his death, their feelings of anger and guilt, and how they worked to counsel one another and the doctor's patients.

In a clinical environment where the focus often centers on patients' need for continued care, panelists and program participants said they sometimes don't feel they have an opportunity to mourn or express their own emotions.

Several participants shared powerful stories about the loss of a co-worker and times when colleagues stepped in and offered help when they were in need of emotional support.

Jan Shorey, M.D.; Jamie Carlin Watson, Ph.D.; and Erick Messias, M.D., M.P.H., Ph.D., serve as facilitators for the UAMS Schwartz Rounds. The Schwartz Rounds program was started in Boston in 1995 by health care attorney Kenneth Schwartz, who founded the organization 10 days before his death from lung cancer. He wanted to create a center that would promote compassion in medicine and encourage human connections between caregivers and patients. Today more than 650 healthcare organizations around the world conduct Schwartz Rounds.

Research indicates that participants in Schwartz Rounds have improved teamwork, interdisciplinary communication and appreciation for the roles and contributions of colleagues from different disciplines, as well as increased compassion toward patients and readiness to respond to their needs.

Upcoming UAMS sessions will be held Aug. 21, Oct. 16 and Dec. 18.

Stocked & Reddie continued from page 1

Chancellor Cam Patterson, M.D., MBA, gave a \$100,000 Chancellor's Circle grant to Stocked & Reddie and the Culinary Medicine Curriculum to help establish both efforts.

"We knew that if we were going to have a food pantry, we needed to have volunteers and people willing to donate food and money," said Gardner. "The pantry couldn't be something that was a top-down effort; it absolutely needed the support of the entire campus to thrive."

And so the idea of hosting a Feed the Funnel party in conjunction with The Pack Shack was born. On July 9, more than 170 employees donned hairnets and gloves to make meal kits using dry ingredients measured and funneled into packaging.

"The Feed the Funnel party provided a fun way for employees to volunteer, and it provided more than 36,000 meals for the pantry," said Johnson.

Robert McGehee, Ph.D., dean of the Graduate School, said he had been thinking about food insecurity since he saw the student survey results.

"I was a little bit floored to find out what an issue it was here at UAMS," he said. "I knew about food insecurity on mostly undergraduate campuses, but it never entered my mind that we had food insecurity issues at the professional school and Graduate School levels."

"I am very excited to do whatever I can to help the food pantry. I think creating the pantry is a fantastic move on the institution's part."

In addition to the Feed the Funnel efforts, employees and students brought nonperishable items for the pantry, resulting in another 3,500 meals, Johnson said.

The opportunities to help with Stocked & Reddie are ongoing, said Corbett. Students, employees and members of the community can sign up to volunteer at the pantry or learn other ways to help at gethealthy.uams.edu/pantry.



Members of Team UAMS pour ingredients into the funnel to make the meal kits. Participants made more than 36,000 meals at the Feed the Funnel event. Photo credit, Bryan Clifton

SIX SMALL GRANTS AWARDED FOR INTERPROFESSIONAL, POPULATION HEALTH WORK

Six projects recently received small grants for efforts including an interprofessional approach to address social determinants of health, improvements to population health, and reduction in opioid use for pain management following certain surgical procedures.

In the third year for the small grant program, the Office of Interprofessional Education teamed up with the Office of Population Health to seek small grant proposals that promoted interdisciplinary work focused on population health. Six projects totaling \$73,805 — the highest total amount ever awarded in the program — constituted awards for the Interprofessional Education Small Grant Program that was created to promote interprofessional education and collaborative practice at UAMS.

The awards and investigators include:

- "An Interprofessional Approach to Promoting Student Wellness on the Northwest Campus," PIs: Angel Holland, PT, DPT; Linda Worley, M.D. (\$11,550).
- "Culinary Medicine, Mindfulness and Motivational Interviewing," PIs: Josh Phelps, Ph.D.; Tina Maddox, Ph.D., RD, LD; Tiffany Lepard (\$7,855).
- "IPE: Simulating Poverty to Accelerate Learning about Upstream Determinants of Health and Health Outcomes," Leanne Lefler, Ph.D., APRN; Jennifer Stane (\$12,900).
- "Know Your Kidney Number: Building Statewide Chronic Kidney Disease Awareness Website and Education Materials," Manisha Singh, M.D. (\$15,000).
- "Motherhood Together: A Shared Journey of Love," Keneshia Bryant, Ph.D., RN; Leslie McCormack, APRN; Nicole Ward, Ph.D., BSN (\$15,000).
- "Opioid Reduction in Outpatient Thyroid and Parathyroid Surgery," PIs: Brendan Stack, M.D.; Riley Carpenter Lide, M.D.; Lindsey Dayer, Pharm.D. (\$11,500).

Grant Awards continued on page 4

GIVING BACK



The staff of H4 Trauma/Surgical/Cardiovascular Intensive Care Unit donated the equivalent of 652 boxes of cereal to the Arkansas Foodbank.

ACCOLADES

Allison Corbello, R.N., who works on F5 Neonatal Intensive Care Unit, has been selected as the **August DAISY of the Month**, an award to recognize extraordinary nurses.

Monica Graziutti, M.D., medical director of Infusion Clinic 4, received the **Golden Mug for July** as the staff member at the Cancer Institute whose work deserves special recognition.

Aimee Ingram, a mammography technologist in the Breast Center, has been named the **August BEE of the Month**, an award by the Center for Nursing Excellence that honors non-nurse staff who provide exceptional care for patients and families.

H7 Medical Oncology was selected as the **Outstanding Area of the Month for August**.

IN MEMORIAM

CHERYL SMITH, 70, OF ALEXANDER,
DIED JUNE 25, 2019. SHE WAS AN ADMINISTRATIVE
ANALYST IN PEDIATRICS.

SANDRA COX, 68, OF SHERWOOD,
DIED JULY 10. SHE WAS A RETIRED ADMINISTRATIVE
ANALYST IN ENVIRONMENTAL HEALTH.

EDITH IRBY JONES, M.D., 91, OF HOUSTON, TEXAS,
DIED JULY 15, 2019. SHE ATTENDED UAMS FROM
1948-1952, MAKING HER THE FIRST AFRICAN
AMERICAN STUDENT TO ENROLL AND GRADUATE
FROM AN ALL-WHITE MEDICAL SCHOOL IN THE
SOUTH. A SCHOLARSHIP IN THE COLLEGE OF
MEDICINE HAS BEEN ESTABLISHED IN HER HONOR.

KYLE URQUHART, 33, OF LITTLE ROCK,
DIED JULY 22, 2019. KYLE WAS A STUDENT IN THE
GRADUATE SCHOOL'S GRADUATE PROGRAM IN
INTERDISCIPLINARY BIOMEDICAL SCIENCES (GPIBS).

VISIT THE IN MEMORIAM INTRANET SITE,
[HTTP://INSIDE.UAMS.EDU/INMEMORIAM/](http://inside.uams.edu/inmemoriam/),
FOR FULL OBITUARIES ON UAMS EMPLOYEES AND STUDENTS
WHO HAVE PASSED AWAY.

Grant Awards continued from page 3

“We were pleased by the response to our call for proposals — seeing a continued interest and commitment to collaborative practice and interprofessional education,” said Kathryn Neill, Pharm.D., director of interprofessional administrative and curricular affairs in the Office of Interprofessional Education.

Robin Reed, M.D., M.P.H., director of the Office of Population Health, added, “These grants allow projects to move forward that could have a significant impact on improving the health of the population — whether that population is in our hospital, on our campuses or future patients cared for by our learners.”