

ENVISION

(v. To form a mental picture of something that may occur or be possible in the future.)

Congratulations!



Congratulations to Amy Lawson, M.D. (center), who received the Practice of Medicine Preceptor of the Year award from the School of Medicine Class of 2012. (Record Nov. 19, 2009)



If you haven't already seen—check out the great article regarding Dr. Cole, which ran in the Wall Street Journal in late October. There is also a slideshow of photos. Kudos to Dr. Cole!

<http://online.wsj.com/article/SB10001424052748704471504574449572778372770.html>



Dr. Michael R. DeBaun was recently elected to the Institute of Medicine of the National Academy of Sciences. Congratulations on this well-deserved honor.

In This Issue

Congratulations	1
Announcements	2 & 3
Saying No!	4
Holiday Tips	4

Department of Pediatrics Research Funded Awards

<u>PI</u>	<u>Award</u>
Leonard Bacharier	NIH U10 IM Pulm.
Avraham Beigelman	Amer. College of Allergy, Asthma & Immunology Foundation
Guojun Bu	NIH P60
T. Keefe Davis	Genzyme Fellowship
Michael DeBaun	NIH/Uo1 Admin.
Todd Druley	Hope Street Kids Career Award
Alexis Elward	NIH R01 Seattle Children's Hosp.
Thomas Ferkol	NIH/U54/UNC
David Haslam	NIH R21
Robert Heuckeroth	NIH U54 MRCE
Terri Inder	NIH R01
Amit Mathur	NIH R01
Audrey Odom	Thrasher Research Foundation
Jose Pineda-Soto	NIH Ko8
Katie Plax	NIH U01/St. Joseph's Hosp. & Medical Center
Joshua Rubin	Rotonda Foundation
Gregory Storch	NIH R01 Student Suppl.
Robert Strunk	NIH U01
Stuart Sweet	HRSA/City of STL
Phillip Tarr	NIH U10 IM Pulm.
	NIH RC2/Harvard Univ.
	NIH U01
	Gates Foundation



Announcements



Women in Pediatrics Breakfast held 10/23/09



Thanks to those who were able to join us in welcoming Kathryn M. Edwards, M.D., Sarah Sell Professor of Pediatrics from Vanderbilt University. Dr. Storch was kind enough to “share” this wonderful speaker with our office. She was a great inspiration to all the attendees.

Hope to see you at the next breakfast which is “all faculty” and will feature Dr. Amanda Emke. (See below.)

All Faculty Breakfast Fri., 12/11/09, 8-9:15 am

SLCH Rm. 5S28

“Generational Differences in the Workplace”
presented by
Amanda Emke, M.D.



Please join us 12/11/09 8-9:15 am for our All Faculty Breakfast. Dr. Amanda Emke will speak on “Generational Differences in the Workplace.” After her presentation there will be a Q&A session. Good company and great food awaits!

Grand Rounds immediately following
at 9:15 a.m.

Please rsvp to genovese_c@kids.wustl.edu

Thanks!

Thanks to those who participated in the Clinician Educator Portfolio (CEP) Workshop held October 21, 2009.

We received great feedback from participants and sincerely thank the preceptors, Drs. Schwartz, Hautt, Quayle & Rothbaum, for their time and effort.



What's UP with that building??



The BJC Institute of Health at Washington University is a key facility for BioMed 21, the university's innovative research initiative designed to speed scientific discovery and rapidly apply breakthroughs to patient care.

Opening in Jan.—Feb., 2010, the 11-story, 700,000-square-foot building will house several new Interdisciplinary Research Centers (IRCs) and academic departments. Roughly 270,000 square feet will be dedicated to research.

Each IRC addresses a disease-specific area, bringing together multiple departments and disciplines:

- BRIGHT Center for Molecular Imaging
- Center for the Investigation of Membrane Excitability Disorders (CIMED)
- Center for Women's Infectious Disease Research (cWIDR)
- Diabetic Cardiovascular Disease Center (DCDC)
- Hope Center Program on Protein Aggregation and Neurodegeneration (HPAN)

The BJC Institute of Health, to be fronted by a scenic pedestrian plaza, is striving for Leadership in Energy and Environmental Design (LEED) certification, awarded to buildings that demonstrate environmental responsibility.

A dedication ceremony featuring internationally renowned biomedical scientists will take place September 27, 2010.

SAVE THE DATE!



Thursday Topics

Sponsored by
WUSM Office of Faculty Affairs



In December:

Changes at the NIH: Navigating the New Review Criteria, Scoring System, and Formatting Guidelines.

- | | |
|-------------------|--|
| December 3, 2009 | Grant Writing Tips and the New Summary Statement
Heather True-Krob, PhD and Mark Warchol, PhD |
| December 10, 2009 | The New Guidelines: An Overview
Cindy Kiel, JD, CRA
Assistant Vice Chancellor for Research Services
Washington University |
| December 17, 2009 | 25 pages to 12+1: Tips on Writing for the New Format |

All sessions will be held in Schwarz Auditorium in the Maternity Building from 12-1 pm. Bring your lunch!

For questions or to suggest topics for future programs, contact Karen Dodson at 362-4181 or
Karen.Dodson@wustl.edu

Reminder re: Current Missouri Medical License

As you may be aware, your current Missouri medical license expires January 31, 2010. The Missouri Board of Healing Arts began sending out license renewal paperwork this week to the address listed on your current license. To avoid delays or a lapse in your license, it is important that you complete your renewal paperwork and return it to the Board promptly, as the Board will be processing medical licenses for the entire state during this time.

Your license application can be renewed by completing, signing and returning the paper renewal application or by completing your renewal on the Missouri Board's website at <https://renew.pr.mo.gov/>. If you do not receive your renew paperwork by the first week of December, you should contact Maria Mehler, mehler_m@kids.wustl.edu - (314) 286-1264 or the Missouri Board of Healing Arts at (866) 289-5753 to request a duplicate.

Once you have received your renewed Missouri medical license certificate, send copy to: Maria Mehler in NWT suite 1230 (or her box on located on the 8th floor NWT). If it is more convenient to you, may scan and e-mail it to Kim Davis at: davis.k@wustl.edu. Just a reminder; no faxed copies of your license.

Copies will be forwarded to the appropriate areas on your behalf, such as the CVO, medical staff offices, state agencies, and out-of-state Medicaid agencies.



WUSTL Campuses to become tobacco-free in July 2010 *Programs continue to help community quit.*

Smoking and tobacco use will be prohibited in University-owned and -managed properties beginning July 1, 2010. To help the WUSTL community prepare for the change, programs and events are continuing to be offered to help students, faculty and staff quit smoking and using tobacco products.

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Do you have trouble saying no?

By Author Marci Alboher



Here are some rules for figuring out when to say no:

When the request makes you uneasy. Your gut will usually tell you when you should say no, and you should train yourself to listen to your instincts. Does this feel like a situation where you said yes before and wish you'd declined? Have you recently said to yourself, "My plate is full"?

When you don't think you'll be able to do a good job. If you think you wouldn't be able to do a good job or deliver on time, saying yes won't result in any good -- either for you or for the person who asked.

When you are trying to get away from a certain kind of work. Saying yes to one type of work generally leads to more of that type of work, as long as you do a good job. So if you're trying to move in a new direction, at some point, you will have to start saying no to the kind of work you're trying to leave behind.

Once you've decided it's time to say no, here's how to do it:

Take time to decide, but not too much time. Mastering "no" requires that you consider a request carefully and ask yourself some questions. (If you don't trust yourself to ask these questions, talk them through with someone who understands your situation.) Does the request meet your goals? Can you do the thing well in the time available? Are you the best person to do it, or does someone else make more sense? Once you've decided you are going to decline, reply immediately, giving the person time to find someone else who can handle the request.

Help solve the problem. If possible, recommend someone else or help craft an alternate solution to the problem. You'll not only help the person who asked you, but you might provide someone else with a project or job.

Set up boundaries. If you are available all the time, then you'll probably get requests at times you can't or don't want to fulfill them. Consider signing off email at a certain time of day, taking time off from your computer on the weekend, or leaving the cell phone at home. Only you know what medium creates a problem for you.

Five tips for surviving the holidays – Dr. Jonathan Abramowitz

Dr. Abramowitz is an expert in anxiety disorders and professor of psychiatry and psychology in the University of North Carolina at Chapel Hill's School of Medicine and College of Arts & Sciences.

Stress, anxiety, depression and anger all are caused by certain patterns of thinking. Abramowitz says it's the way we think about things that dictate our emotions.

"If we're thinking, 'I have to buy gifts for everyone. We signed up to take this big vacation, we have to travel.' Those set us up to be let down."

So, what are we to do?

- **First, identify what the trigger is—a relative's comment or the thought of a departed loved one—recognize how it makes you feel and slow down your thought process to keep your emotions from going to 0–100 in 5 seconds flat.**
- **Put expectations into perspective—lower them; the holidays do not have to be perfect.**
- **Think of yourself first; we cannot control what others do or say but we can change the way we think about things.**
- **Limit demands and ultimatums; replace "should," "must" and "have to" with "I wish," "maybe" and "my preference..."**
- **Remember the holidays are temporary; January is right around the corner!**

Happy Holidays!