2019-09-12: Clean the Refrigerator! With Limited Curricular Time, What’s Gone Sour and What’s a Staple and Fresh?

The following link was shared during the chat:
- 10% Happier [https://www.harpercollins.com/9780062265425/10-happier/](https://www.harpercollins.com/9780062265425/10-happier/)

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**MedEd Chat** @MedEdChat 9 hours ago
Welcome to the #mededchat (US) I am your moderator for the next hour @alliance4clined #meded

**MedEd Chat** @MedEdChat 9 hours ago
The #mededchat topic & questions will be announced in a moment...for now, please introduce yourselves #meded

**Kristina Dzara, PhD, MMSc** @kristinadzara 9 hours ago
Kristina here, checking in for #MedEdChat! And supporting our #MedEd Twitter community. @GLBDallaghan @myheroistrane @hur2buzy @debsimpson3 @MedEdChat https://t.co/PIbTC954jn

**Kristina Dzara, PhD, MMSc** @kristinadzara 9 hours ago
RT @MedEdChat: The #mededchat topic & questions will be announced in a moment...for now, please introduce yourselves #meded

**Kristina Dzara, PhD, MMSc** @kristinadzara 9 hours ago
RT @MedEdChat: Welcome to the #mededchat (US) I am your moderator for the next hour @alliance4clined #meded

**Gary Beck Dallaghan** @GLBDallaghan 9 hours ago
@MedEdChat Gary here in North Carolina #mededchat

**MedEd Chat** @MedEdChat 9 hours ago
If you are tuning in to the #mededchat, remember to use the #mededchat hashtag and try to answer with the Topic numbers (T1, T2, T3)

**MedEd Chat** @MedEdChat 9 hours ago
Nice to see you! #mededchat

**Stephanie Starr, MD** @StephRStarr 9 hours ago
@MedEdChat Steph, from fabulous downtown Rochester MN #MedEd #MedEdChat
We will assume that all of your tweets during #mededchat are your own during this hour unless otherwise stated #meded.

T1 about to come up in a few moments #meded #mededchat

Topic 1: With medical school curriculum reform, what topics were a must in the new curriculum? #mededchat #meded

Lise McCoy here from ATSU-SOMA in Arizona.

At my previous institution a must was inclusion of health systems science #mededchat #meded

RT @StephRStarr: T1: Concepts and skills that correlate to societal needs and relevant to all specialties - HC financing, social determinants, interpersonal and structural bias, quality/safety/value, health coaching, shared decision-making #MedEdChat

RT @StephRStarr: T1: Concepts and skills that correlate to societal needs and relevant to all specialties - HC financing, social determin...

At my previous institution a must was inclusion of health systems science #mededchat #meded
Kathy Kreutzer @kokanekreutzer9 hours ago
@MedEdChat T1 Professionalism and how to navigate difficult situations as a student #mededchat

Michaela Jansen @ProfMJansen9 hours ago
@MedEdChat Michaela from @ttuhsmed #mededchat

MedEd Chat @MedEdChat9 hours ago
@kokanekreutzer T1 Would you mind explaining more of what you mean about navigating difficult situations? #mededchat

Brenda Roman @BJBRoman9 hours ago
@StephRStarr @MedEdChat T1 Clinical relevancy to basic science topics, greater attention to developing a #growth mindset #mededchat #meded

MedEd Chat @MedEdChat9 hours ago
T1 What strategies would you recommend to develop #growth #mindset? #mededchat

Kristina Dzara, PhD, MMSc @kristinadzara9 hours ago
RT @MedEdChat: T1 What strategies would you recommend to develop #growth #mindset? #mededchat https://t.co/i8oq2bpTVm

Kathy Kreutzer @kokanekreutzer9 hours ago
@MedEdChat Helping students understand that in clinical situations they may not be the center of attention - patients will be. Learning to advocate for themselves when needed. Recognizing unprofessional behavior. #mededchat

MedEd Chat @MedEdChat9 hours ago
RT @kokanekreutzer: @MedEdChat Helping students understand that in clinical situations they may not be the center of attention - patients w...

MedEdBot @MedEdBot9 hours ago
RT @MedEdChat: Topic 1: With medical school curriculum reform, what topics were a must in the new curriculum? #mededchat #meded

Brenda Roman @BJBRoman9 hours ago
@MedEdChat T1 Providing a safe environment in which to fail, using #PeerInstruction, showing we all learn from our mistakes #mededchat
**Alliance4ClinEd** @Alliance4ClinEd 9 hours ago
T1 Early clinical experiences is a must for medical school curriculum reform....helps #medstudents connect course work to patient care #mededchat

**MedEd Chat** @MedEdChat 9 hours ago
RT @BJBRoman: @MedEdChat T1 Providing a safe environment in which to fail, using #PeerInstruction, showing we all learn from our mistakes #...

**Kathy Kreutzer** @kokanekreutzer 9 hours ago
@BJBRoman @MedEdChat I'd like to hear more about how you approach this #mededchat

**Brenda Roman** @BJBRoman 8 hours ago
@Alliance4ClinEd T1 Agreed. Encourage #servicelearning opportunities so students also connect with their communities #mededchat

**Stephanie Starr, MD** @StephRStarr 8 hours ago
Yes! Integration is the key to leveraging limited time for maximum impact. #MedEdChat

**Alliance4ClinEd** @Alliance4ClinEd 8 hours ago
Great idea. #mededchat

**Larry Hurtubise** @hur2buzy 8 hours ago
@MedEdChat I recommend meditation ala Dan Harris https://t.co/KGzEm3k1Lp to encourage a growth mindset #mededchat

**MedEd Chat** @MedEdChat 8 hours ago
Topic 2: What topics have gone sour? What did you do with them? #mededchat #meded

**Gary Beck Dallaghan** @GLBDallaghan 8 hours ago
T2 This is the question I want to hear more about. We really didn't throw out anything but added more when I was doing this. Not a good educational approach. #mededchat

**Brenda Roman** @BJBRoman 8 hours ago
@kokanekreutzer @MedEdChat T1 #PeerInstruction is an engaged learning strategy. Students answer questions using clickers-if fewer than 80% get correct, they discuss with a peer then answer again. Faculty facilitate discussion, where students explain their reasoning. #MedEdchat

**Stephanie Starr, MD** @StephRStarr 8 hours ago
T2: Would venture to say ‘deep’ specialty-specific biomedical details, but reality is that decisions must be aligned with accreditation and high stakes national exams #MedEdChat
Kristina Dzara, PhD, MMSc @kristinadzara 8 hours ago
RT @MedEdChat: Topic 2: What topics have gone sour? What did you do with them? #mededchat #meded

Lonika Sood, MD, MHPE @sood_lonika 8 hours ago
@MedEdChat A1: chiming in late..SDH,HSS #mededchat

MedEd Chat @MedEdChat 8 hours ago
RT @BJBRoman: @kokanekreutzer @MedEdChat T1 PeerInstruction is an engaged learning strategy. Students answer questions using clickers-if...

Stephanie Starr, MD @StephRStarr 8 hours ago
Students know where the redundancy exists. Time spent on equivalent or inferior ‘content delivery’ in 2019 can be replaced by infusion of meaning, context, application across basic, clinical, #healthsystemsscience #MedEdChat

Brenda Roman @BJBRoman 8 hours ago
@MedEdChat T2 Topics related to wellness. We approached it with a one size fits all which ended up being like forced family fun. #mededchat

Gary Beck Dallaghan @GLBDallaghan 8 hours ago
@StephRStarr T2 If minutiae was minimized in favor of broader concepts in order to infer solutions, isn’t that more important than the trivial pursuit that occurs so much of the time? #mededchat

MedEd Chat @MedEdChat 8 hours ago
RT @StephRStarr: Students know where the redundancy exists. Time spent on equivalent or inferior ‘content delivery’ in 2019 can be replace...

Derek Monette, MD @DerekMonetteMD 8 hours ago
@MedEdChat T1: 1. Impact of social determinants of health on access & adherence to care plans: @m_e_s_k 2. Importance of learning how to lead & work as part of an interprofessional team; #IPE @JCPalaganas 3. How to appraise #FOAMed @TChanMD #mededchat #meded

Stephanie Starr, MD @StephRStarr 8 hours ago
I always agree with you. @GLBDallaghan #MedEdChat
**Lonika Sood, MD, MHPE** @sood_lonika A2: stereotyping diseases and patients/ reminder that we need to move forward #mededchat

**Derek Monette, MD** @DerekMonetteMD8 hours ago
@MedEdChat Derek in Boston - so happy to join #mededchat (& turn off the debate for a more positive, constructive conversation!) ;-) #MedEd

**Gary Beck Dallaghan** @GLBDallaghan8 hours ago
@BJBRoman How did the basic scientists take that? It seems that could be a threat to their professional identity by saying it's not important for clinicians. #mededchat

**Kathy Kreutzer** @kokanekreutzer8 hours ago
@sood_lonika how would you suggest doing this in a way that seems relevant to students? #mededchat
Stephanie Starr, MD @StephRStarr

Agree. The first explanation, to me, reflects the ‘fill their cup’ approach to teaching. And the information is constantly evolving. We need to teach them to see, think reflect, collaborate and effectively/efficiently obtain info. #MedEdChat

Brenda Roman @BJBRoman

@GLBDallaghan T2. Still plenty of work to do! The biochemists have been great in working with our clinical faculty to focus on clinical relevance. We do a lot of co-teaching in our #PeerInstruction and #TBL sessions. #MedEdChat

Gary Beck Dallaghan @GLBDallaghan

@StephRStarr And the other is to help #medstudents realize that medical school is there to help them become good doctors....not test takers. #MakeUSMLEPassFail #mededchat

Stephanie Starr, MD @StephRStarr

@GLBDallaghan And to maintain& express their humanity in service to patients #MedChat

Kathy Kreutzer @kokanekreutzer

@GLBDallaghan @BJBRoman Have any of your schools changed pre-requisites to include more basic science courses so less basic science content can be included in the curriculum? I have heard some schools have done this. #mededchat

MedEd Chat @MedEdChat

Topic 3: How do you decide to add new topics to the refrigerator when it’s already difficult to close the door? #mededchat #meded

MedEd Chat @MedEdChat

RT @DSchatteMD With our wellness for META course we did “grab bags.” Students had to do something but picked from a menu of items. We had cooking classes, meet at the dog park day, yoga, running club etc. The students liked it enough to start a student wellness club! #mededchat

Brenda Roman @BJBRoman

@kokanekreutzer @GLBDallaghan T2. Yes, we added biochemistry as a pre-requisite. #MedEdChat

Gary Beck Dallaghan @GLBDallaghan

@kokanekreutzer @BJBRoman There was some discussion about it, but many of the basic scientists felt that undergraduate course work was not rigorous enough for the needs of medical school. #mededchat
Kathy Kreutzer @kokanekreutzer 8 hours ago
@MedEdChat @dschattemd I like the idea of offering facilitated choices. #mededchat

Gary Beck Dallaghan @GLBDallaghan 8 hours ago
T3 My old boss always used to ask "What problem are we trying to solve?" when asked about including more content into the curriculum. Didn’t really stop it, but made people think! #mededchat

Brenda Roman @BJBRoman 8 hours ago
@Alliance4ClinEd @MedEdChat T2. Offer options, but not demand attendance. We have good participation and like @dschattemd found, our students have started a running club, cooking club, etc. #MedEdchat

Kathy Kreutzer @kokanekreutzer 8 hours ago
@MedEdChat LCME hot topics or topics that seem to be up and coming on the GQ, or from AAMC, for example. Any deficits we note on exams, boards, or student feedback during or at end of curriculum. Those most often get attention. #mededchat

Kathy Kreutzer @kokanekreutzer 8 hours ago
@MedEdChat T3 emerging technologies or treatment approaches and the underlying basic science #mededchat

Alliance4ClinEd @Alliance4ClinEd 8 hours ago
T3 The most recent curricular content nationally that seemed to be an edict was addressing opiates in medical school. How did any of you incorporate that? #mededchat

Gary Beck Dallaghan @GLBDallaghan 8 hours ago
@kokanekreutzer @MedEdChat If you add those did you take something away? #mededchat

Brenda Roman @BJBRoman 8 hours ago
@Alliance4ClinEd T3. We are adding an advanced Doctoring boot camp and will include more on opioid prescribing during that time and also do MAT training #MedEdchat

Alliance4ClinEd @Alliance4ClinEd 8 hours ago
@BJBRoman By doing that will you have to displace other content? Or add this on? #mededchat

Kathy Kreutzer @kokanekreutzer 8 hours ago
@Alliance4ClinEd We are working on it. It is a good interprofessional topic but logistically difficult to pull together. Science of addiction and helping students overcome misconceptions about "who can be addicts" by integrating in all clinical areas to some extent. #mededchat
**MedEd Chat @MedEdChat** 8 hours ago
RT @kokanekreutzer: @Alliance4ClinEd We are working on it. It is a good interprofessional topic but logistically difficult to pull together...

**Brenda Roman @BJBRoman** 8 hours ago
@Alliance4ClinEd T3 Since we shortened our preclinical curriculum and started core clerkship year earlier, we were able to capture the time #MedEdchat

**MedEd Chat @MedEdChat** 8 hours ago
We have about 5 more minutes left in our discussion. Please feel free to give some final thoughts #meded #mededchat

**Gary Beck Dallaghan @GLBDallaghan** 8 hours ago
Final Thoughts: Curriculum overhaul and complexities involved require serious change management and diplomacy skills. #mededchat

**Brenda Roman @BJBRoman** 8 hours ago
@MedEdChat As has been said before in the #meded community, the greatest challenge for content reform is #USMLE Step 1 hyper focus. We thus focused on going #lecturefree and using teaching strategies that are grounded in the #scienceoflearning #mededchat

**MedEd Chat @MedEdChat** 8 hours ago
RT @BJBRoman: @MedEdChat As has been said before in the #meded community, the greatest challenge for content reform is #USMLE Step 1 hyper...

**Kathy Kreuter @kokanekreutzer** 8 hours ago
@GLBDallaghan absolutely! #mededchat

**MedEd Chat @MedEdChat** 8 hours ago
Join us again next week at 9 pm Thursday. Don’t forget to suggest topics by DM or email #meded #mededchat

**MedEd Chat @MedEdChat** 8 hours ago
That’s a wrap...I will post the #mededchat transcript tomorrow morning on https://t.co/mJivoKroXx on the Resources page. Thanks everyone for participating! #meded

**Kathy Kreuter @kokanekreutzer** 8 hours ago
@MedEdChat great chat, good night everyone! Thank you, Gary! #mededchat
**MedEdBot @MedEdBot** 8 hours ago
RT @MedEdChat: That’s a wrap...I will post the #mededchat transcript tomorrow morning on [https://t.co/mJivoKroXx](https://t.co/mJivoKroXx) on the Resources page. Tha...

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**Teresa Chan @TChanMD** 5 hours ago
RT @DerekMonetteMD: @MedEdChat T1: 1. Impact of social determinants of health on access & adherence to care plans; @m_e_s_k 2. Importanc...

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**Gavin Preston, M.D. @GavinPrestonMD** 4 hours ago
With people urgently wanting things all around you, it comes down to keeping a laser focus on that one patient in front of you, on that one most important thing to do for them in this second. #Meded #MedEdchat

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**Dr. Anna L @AnnLien2** 4 hours ago
RT @GavinPrestonMD: With people urgently wanting things all around you, it comes down to keeping a laser focus on that one patient in front...

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**india first @bhadresh61** 4 hours ago
RT @GavinPrestonMD: With people urgently wanting things all around you, it comes down to keeping a laser focus on that one patient in front...

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**MedEdBot @MedEdBot** 4 hours ago
RT @GavinPrestonMD: With people urgently wanting things all around you, it comes down to keeping a laser focus on that one patient in front...
The #MedEdChat Influencers

Top 10 by Mentions

1. @MedEdChat 36
2. @GLBDallaghan 10
3. @BJBRoman 9
4. @kokanekreutzerg 8
5. @Alliance4ClinEd 8
6. @StephRStarr 7
7. @m_e_s_k 4
8. @JCPalaganas 4
9. @GavinPrestonMD 3
10. @TChanMD 3

Top 10 by Tweets

1. @MedEdChat 24
2. @kokanekreutzerg 13
3. @BJBRoman 12
4. @GLBDallaghan 10
5. @StephRStarr 9
6. @Alliance4ClinEd 7
@kristinadzara 6
@MedEdBot 3
@DerekMonetteMD 2
@sood_lonika 2

Top 10 by Impressions

@MedEdChat 174.8K
@GavinPrestonMD 63.3K
@kristinadzara 25.9K
@GLBDallaghan 12.4K
@TChanMD 11.2K
@StephRStarr 8.2K
@BJBRoman 4.8K
@MedEdBot 4.0K
@Alliance4ClinEd 2.9K
@DerekMonetteMD 1.9K