

## 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/>



**MedEd Chat** @MedEdChat9 hours ago

Welcome to the [#mededchat](#) (US) I am your moderator for the next hour [@alliance4clined](#) [#meded](#)



**MedEd Chat** @MedEdChat9 hours ago

The [#mededchat](#) topic & questions will be announced in a moment...for now, please introduce yourselves [#meded](#)



**Kristina Dzara, PhD, MMSc** @kristinadzara9 hours ago

Kristina here, checking in for [#MedEdChat](#)! And supporting our [#MedEd](#) Twitter community. [@GLBDallaghan](#) [@myheroistrane](#) [@hur2buzy](#) [@debsimpson3](#) [@MedEdChat](#) <https://t.co/PlbTC954jn>



**Kristina Dzara, PhD, MMSc** @kristinadzara9 hours ago

RT [@MedEdChat](#): The [#mededchat](#) topic & questions will be announced in a moment...for now, please introduce yourselves [#meded](#)



**Kristina Dzara, PhD, MMSc** @kristinadzara9 hours ago

RT [@MedEdChat](#): Welcome to the [#mededchat](#) (US) I am your moderator for the next hour [@alliance4clined](#) [#meded](#)



**Gary Beck Dallaghan** @GLBDallaghan9 hours ago

[@MedEdChat](#) Gary here in North Carolina [#mededchat](#)



**MedEd Chat** @MedEdChat9 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** @MedEdChat9 hours ago

Nice to see you! [#mededchat](#)



**Stephanie Starr, MD** @StephRStarr9 hours ago

[@MedEdChat](#) Steph, from fabulous downtown Rochester MN [#MedEd](#) [#MedEdChat](#)



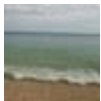
**Alliance4ClinEd** @Alliance4ClinEd9 hours ago  
[@StephRStarr](#) [@MedEdChat](#) Nice to see you! Thanks for joining! [#mededchat](#)



**MedEd Chat** @MedEdChat9 hours ago  
We will assume that all of your tweets during [#mededchat](#) are your own during this hour unless otherwise stated [#meded](#)



**MedEd Chat** @MedEdChat9 hours ago  
T1 about to come up in a few moments [#meded](#) [#mededchat](#)



**Kathy Kreutzer** @kokanekreutzer9 hours ago  
[@MedEdChat](#) Kathy Kreutzer, Virginia Commonwealth University [#mededchat](#)



**MedEd Chat** @MedEdChat9 hours ago  
Topic 1: With medical school curriculum reform, what topics were a must in the new curriculum? [#mededchat](#) [#meded](#)



**Lise McCoy** @Lmccoy779 hours ago  
[#mededchat](#) Lise McCoy here from ATSU-SOMA in Arizona.



**Gary Beck Dallaghan** @GLBDallaghan9 hours ago  
[@MedEdChat](#) T1 At my previous institution a must was inclusion of health systems science [#mededchat](#) [#meded](#)



**Kristina Dzara, PhD, MMSc** @kristinadzara9 hours ago  
RT [@MedEdChat](#): Topic 1: With medical school curriculum reform, what topics were a must in the new curriculum? [#mededchat](#) [#meded](#)



**Stephanie Starr, MD** @StephRStarr9 hours ago  
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](#)



**MedEd Chat** @MedEdChat9 hours ago  
RT [@StephRStarr](#): T1: Concepts and skills that correlate to societal needs and relevant to all specialties - HC financing, social determin...



**Stephanie Starr, MD** @StephRStarr9 hours ago  
RT [@GLBDallaghan](#): [@MedEdChat](#) T1 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 @ttuhscmed #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



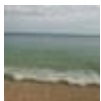
**MedEd Chat** @MedEdChat9 hours ago

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** @Alliance4ClinEd9 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** @MedEdChat9 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** @kokanekreutzer9 hours ago

@BJBRoman @MedEdChat I'd like to hear more about how you approach this [#mededchat](#)



**Brenda Roman** @BJBRoman8 hours ago

@Alliance4ClinEd T1 Agreed. Encourage [#servicelearning](#) opportunities so students also connect with their communities [#mededchat](#)



**Stephanie Starr, MD** @StephRStarr8 hours ago

Yes! Integration is they key to leveraging limited time for maximum impact. [#MedEdChat](#)



**Alliance4ClinEd** @Alliance4ClinEd8 hours ago

Great idea. [#mededchat](#)



**Larry Hurtubise** @hur2buzy8 hours ago

@MedEdChat I recommend meditation ala Dan Harris <https://t.co/KGzEm3k1Lp> to encourage a growth mindset [#mededchat](#)



**MedEd Chat** @MedEdChat8 hours ago

Topic 2: What topics have gone sour? What did you do with them? [#mededchat](#) [#meded](#)



**Gary Beck Dallaghan** @GLBDallaghan8 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** @BJBRoman8 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** @StephRStarr8 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** [@kristinadzara8 hours ago](#)

RT [@MedEdChat](#): Topic 2: What topics have gone sour? What did you do with them? [#mededchat](#) [#meded](#)



**Lonika Sood, MD, MHPE** [@sood lonika8 hours ago](#)

[@MedEdChat](#) A1: chiming in late..SDH,HSS [#mededchat](#)



**MedEd Chat** [@MedEdChat8 hours ago](#)

RT [@BJBRoman](#): [@kokanekreutzer](#) [@MedEdChat](#) T1 [#PeerInstruction](#) is an engaged learning strategy. Students answer questions using clickers-if...



**Stephanie Starr, MD** [@StephRStarr8 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, [#healthsystemscience](#) [#MedEdChat](#)



**Brenda Roman** [@BJBRoman8 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** [@GLBDallaghan8 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** [@MedEdChat8 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** [@DerekMonetteMD8 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** [@StephRStarr8 hours ago](#)

I always agree with you, [@GLBDallaghan](#) [#MedEdChat](#)



**MedEd Chat** [@MedEdChat8 hours ago](#)

RT Lonika Sood, MD, MHPE [@sood\\_lonika](#) A2: stereotyping diseases and patients/ reminder that we need to move forward [#mededchat](#)



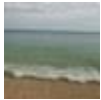
**MedEd Chat** [@MedEdChat8 hours ago](#)

RT [@DerekMonetteMD](#): [@MedEdChat](#) T1: 1. Impact of social determinants of health on access & adherence to care plans; [@m\\_e\\_s\\_k](#) 2. Importanc...



**Alliance4ClinEd** [@Alliance4ClinEd8 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...



**Kathy Kreutzer** [@kokanekreutzer8 hours ago](#)

[@GLBDallaghan](#) [@StephRStarr](#) two barriers I have experienced: "this is the only time they will learn this" and USMLE [#mededchat](#)



**Lonika Sood, MD, MHPE** [@sood\\_lonika8 hours ago](#)

A2: also that doctors don't know anything about economics ... situate leadership principles in the curriculum [#mededchat](#)



**Alliance4ClinEd** [@Alliance4ClinEd8 hours ago](#)

[@BJBRoman](#) [@MedEdChat](#) T2 So did you figure out other ways to address [#medstudent](#) wellness? [#mededchat](#)



**Brenda Roman** [@BJBRoman8 hours ago](#)

[@GLBDallaghan](#) We really tried to focus on clinical relevance so was able to reduce content like histology-did not eliminate-just reduced the memorization in areas that doctors never use clinically [#mededchat](#)



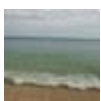
**Derek Monette, MD** [@DerekMonetteMD8 hours ago](#)

[@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** [@StephRStarr8 hours ago](#)

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** [@BJBRoman8 hours ago](#)

[@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](#)



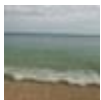
**Gary Beck Dallaghan** [@GLBDallaghan8 hours ago](#)

[@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** [@StephRStarr8 hours ago](#)

[@GLBDallaghan](#) And to maintain& express their humanity in service to patients [#MedEdChat](#)



**Kathy Kreutzer** [@kokanekreutzer8 hours ago](#)

[@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** [@MedEdChat8 hours ago](#)

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** [@MedEdChat8 hours ago](#)

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](#)



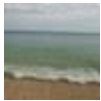
**Brenda Roman** [@BJBRoman8 hours ago](#)

[@kokanekreutzer](#) [@GLBDallaghan](#) T2. Yes, we added biochemistry as a pre-requisite. [#MedEdchat](#)



**Gary Beck Dallaghan** [@GLBDallaghan8 hours ago](#)

[@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](#)



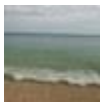
**Kathy Kreutzer** @kokanekreutzer8 hours ago  
[@MedEdChat](#) [@dschattemd](#) I like the idea of offering facilitated choices. [#mededchat](#)



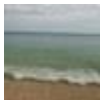
**Gary Beck Dallaghan** @GLBDallaghan8 hours ago  
T3 My old boss always used to ask "What problem are we trying to solve?" when asked about including more content into the curriculum. Didn't really stop it, but made people think! [#mededchat](#)



**Brenda Roman** @BJBRoman8 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** @kokanekreutzer8 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** @kokanekreutzer8 hours ago  
[@MedEdChat](#) T3 emerging technologies or treatment approaches and the underlying basic science [#mededchat](#)



**Alliance4ClinEd** @Alliance4ClinEd8 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](#)



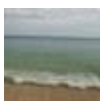
**Gary Beck Dallaghan** @GLBDallaghan8 hours ago  
[@kokanekreutzer](#) [@MedEdChat](#) If you add those did you take something away? [#mededchat](#)



**Brenda Roman** @BJBRoman8 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** @Alliance4ClinEd8 hours ago  
[@BJBRoman](#) By doing that will you have to displace other content? Or add this on? [#mededchat](#)



**Kathy Kreutzer** @kokanekreutzer8 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** @MedEdChat8 hours ago

RT @kokanekreutzer: @Alliance4ClinEd We are working on it. It is a good interprofessional topic but logistically difficult to pull together...



**Brenda Roman** @BJBRoman8 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** @MedEdChat8 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** @GLBDallaghan8 hours ago

Final Thoughts: Curriculum overhaul and complexities involved require serious change management and diplomacy skills. #mededchat



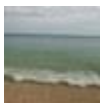
**Brenda Roman** @BJBRoman8 hours ago

@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** @MedEdChat8 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 Kreutzer** @kokanekreutzer8 hours ago

@GLBDallaghan absolutely! #mededchat



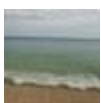
**MedEd Chat** @MedEdChat8 hours ago

Join us again next week at 9 pm Thursday. Don't forget to suggest topics by DM or email #meded #mededchat



**MedEd Chat** @MedEdChat8 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 Kreutzer** @kokanekreutzer8 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> on the Resources page. Tha...



**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...



**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



**Dr. Anna L** @AnnLien 24 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...



**india first** @bhadresh614 14 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...



**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



[@MedEdChat](#) 36



[@GLBDallaghan](#) 10



[@BJBRoman](#) 9



[@kokanekreutzer](#) 8



[@Alliance4ClinEd](#) 8



[@StephRStarr](#) 7

[@m\\_e\\_s\\_k](#) 4

[@JCPalaganas](#) 4



[@GavinPrestonMD](#) 3



[@TChanMD](#) 3

## Top 10 by Tweets



[@MedEdChat](#) 24



[@kokanekreutzer](#) 13



[@BJBRoman](#) 12



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[@StephRStarr](#) 9



[@Alliance4ClinEd](#) 7



[@kristinadzara](#) 6



[@MedEdBot](#) 3



[@DerekMonetteMD](#) 2



[@sood Ionika](#) 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