



EVENT CALENDAR

What's Happening at The University of Vermont Medical Center

Monday, January 30 – Friday, February 10, 2017

Monday, January 30

“Gestational Diabetes for Primary Care”

Ingrid Van Swearingen, MD, Family Medicine Grand Rounds, 8-9 am, Davis Auditorium

Tuesday, January 31

Ob/Gyn Department Business Meeting

Attendance limited to Department of Ob/Gyn attendings, fellows, residents, certified nurse midwives, physician assistants and nurse practitioners, 7:30-8:30 am, Davis Auditorium

Wednesday, February 1

“Active Learning Transformation at the Robert Lerner, MD, College of Medicine William Jeffries III, PhD, FAHA, Pediatrics Grand Rounds, 8-9 am, Davis Auditorium

Board Review

Sree Garapati, MD, Endocrine Grand Rounds, 12 noon-1 pm, Cardiology downstairs conference room

Palliative Care Journal Club

We will critique latest evidence around delirium management and review latest evidence for palliative delirium management. Discuss if, how and why this evidence is utilized. Ann Laramee, NP. And Maj Eisinger, MD, Palliative Care Case Conference, 12 noon-1 pm, McClure 1311

“Down with Disease->NICU->Sleeping Monkey->Jam->Zika, reprise”

David O'Connor, PhD, University of Wisconsin, Pathology and Laboratory Medicine Grand Rounds, 1-2 pm, Davis Auditorium

Happy Hour at the Garden Atrium

TBA - 3-4 pm

Thursday, February 2

“Gait Abnormalities in CP”

Scott Benjamin, MD, Orthopedics & Rehabilitation Grand Rounds, 7-8 am, 101 Stafford

“Surgical Options for the Anterior Skull Base”

William Curry, MD, Harvard Medical School, Massachusetts General Hospital, Surgery Grand Rounds, 7:30-8:30 am, Davis Auditorium

“Joint Commission 2017 – What to Expect in 2017 & Total Joint Commission Focus Points” – Carol Muzzy, director, Accreditations and Regulatory Affairs;

“Medical Management” – Maria Airoidi, Pharmacist Clinician, Anesthesiology Grand Rounds, 7-8 am, Medical Education Center, Sullivan Classroom #200

Case Conference

Case discussion where we will recognize and identify presence of ethical and/or legal dilemmas in a medical case as well as identify applicable bioethics principle and/or state law, and apply appropriate action to resolve the issue. Clinical Ethics Case Conference, 12 noon-1 pm, McClure 1311

Indoor Farmers’ Market

Come support your local farmers and get some fresh local product! 2:30-5 pm, Davis Concourse

Friday, February 3

‘Medication-assisted Treatment of Opiate Use Disorders’

John Brooklyn, MD, Medicine Grand Rounds, 8-9 am, Davis Auditorium

“False Recollection of Events That Were Not Experienced”

Jason Arndt, PhD, Middlebury College, Psychiatry Grand Rounds, 10:30-11:45 am, Davis Auditorium

Monday, February 6 – Tuesday, February 14

Gift Shop Heart Health Month Celebration

Stop by the Gift Shop and receive 25% off *Eating Well* cookbooks

Monday, February 6

“Burned Out? Tools for Promoting Wellness in Medical Education”

Laura McCray, MD, MSCE, Family Medicine Grand Rounds, 8-9 am, Davis Auditorium

Tuesday, February 7

“Who, What, Where, and Why: An Update on Intrauterine Devices”

Lauren MacAfee, MD, Obstetrics, Gynecology & Reproductive Sciences Grand Rounds, 7:30-8:30 am, Davis Auditorium

Denim Day

Please join us in this day of fun, comfort and giving back! Your donation of \$5 or more will support [The Big](#)

[Change Roundup for Kids](#), raising funds for the [UVM Children's Hospital](#). Your funds will go far in helping our pediatric patients and their families.

To make your donation, click [here](#).

Wednesday, February 8

“Pediatric Cardiac Transplant Overview: In Pursuit of Stable Matching”

Jonathan Flyer, MD, Pediatrics Grand Rounds, 8-9 am, Davis Auditorium

Case Conference: Thyroid Nodules, Part 2

Amanda Fernandes, MD, Endocrine Grand Rounds, 12 noon-1 pm, Cardiology downstairs conference room

“Targeting Glutathione Biochemistry in the Treatment of Pulmonary Fibrosis”

Yvonne Janssen-Heininger, PhD, and Kelly Butnor, MD, Pathology and Laboratory Medicine Grand Rounds, 1-2 pm, Davis Auditorium

“A Lecture for Life: Dealing with Expected Sudden and Sudden Unexpected Death

Frane Whitney Nelson, EdT, CSDS, Grief Educator and Sudden Death Trauma Specialist, Nursing Grand Rounds, 4-6 pm, Davis Auditorium

“Mentorship in Orthopedics”

Lecture by Christopher Harner, MD, The University of Texas Medical School, Houston, TX, 5:30-6:30 pm, 410 Stafford

Happy Hour at the Garden Atrium

Warm peach cobbler – served with your choice of ice cream, 3-4 pm

Thursday, February 9 – Sunday, February 12

Gift Shop Special

Stop by the Gift Shop to receive 20% off jewelry and hair accessories.

Thursday, February 9

“PCL Injuries: Science to Surgery”

Christopher Harner, MD, The University of Texas Medical School, Houston, TX, Orthopedics & Rehabilitation Grand Rounds, 7-8 am, 101 Stafford

“Infection Prevention” - Carolyn Terhune, manager, Infection Prevention; **“Environment of Care”** – Lindsey Waterhouse, Safety Specialist, Anesthesiology Grand Rounds, 7-8 am, Medical Education Center, Sullivan Classroom #200

“Broken Bones and Broken Medicine: Ketamine Only Works for One - Is Evidence-based Medicine a House of Cards”

Kyle DeWitt, PharmD, BCPS, Surgery Grand Rounds, 7:30-8:30 am, Davis Auditorium

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Indoor Farmers' Market

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Friday, February 10

“Mechanisms of Atrial Fibrillation and Their Implications for Its Treatment”

Peter Spector, MD, Medicine Grand Rounds, 8-9 am, Davis Auditorium

“Gifted Kids All Grown Up: Findings From a 40-Year Longitudinal Study”

Harrison Kell, PhD, Center for Academic & Workforce Readiness & Success (CASRS) and Educational Testing Service (ETS), Princeton, NJ, Psychiatry Grand Rounds, 10:30-11:45 am, Davis Auditorium

Upcoming Events / Programs

Flu Immunization

To schedule a flu shot, contact Employee Health, (802) 847-1300.

New Voices Series – February 18 & April 8

Join us for the upcoming Flynn Space “New Voices” concert series performances, sponsored by The University of Vermont Medical Center.

- February 18 '17 – Didgeridoo and Vermont Hindu Temple
- April 8 '17 – Migmar Tsering (Tibet) and Walinja (Somali Bantu)

Tickets \$15, 8 pm, Flynn Space, 153 Main St., Burlington. To learn more or to purchase tickets, click [here](#).

Lung Force Expo! – May 9, 2017 – Registration Now Open

This special one-day educational program brings together patients, caregivers and health care professionals with leading lung health experts to learn about cutting-edge treatments, medications, resources and research to fight lung cancer and other lung diseases. Two great programs – (1) Patient Education, 9 am-2 pm and (2) Professional Education, 8 am-4 pm. Doubletree by Hilton, Burlington. To register click [here](#) or contact Alex Crimmin at alex.crimmin@lung.org or (802) 876-6861.

Healthy Volunteers for Vaccine Study

Healthy Adults aged 18 - 50 needed for Dengue Fever Vaccine research. During the one-year study, participants attend vaccinations and brief follow-up visits at The University of Vermont Medical Center. Volunteers receive up to \$2,430 in financial compensation. For more information and to schedule a screening, contact us at (802) 656-0013, UVMVTC@UVM.edu or visit [UVM Vaccine Testing Center](#).

Wellness Offerings

Make a Commitment to Winter Safety

Join Employee Wellness and Environmental Safety from January 23 – March 10, 2017, to make a commitment to winter safety. For a limited time only, Employee Wellness will be selling YakTrax™ at the tabling events listed below. YakTrax™ are anti-slip devices and will be available at a discounted rate of \$10 cash or check with a limit of one per employee while supplies last. In addition to wearing anti-slip devices, visit us to receive a free reflective arm band and either a flashlight or ice scraper for your car. All donations received will benefit the LeRoyer Employee Emergency Assistance Program fund. Questions? Email wellness@uvmhealth.org.

Snow Days in February

Join BlueCross and BlueShield of Vermont for free outdoor fun days for the whole community. Events include free snowshoe and cross country ski rentals; free access to trails; campfire; healthy snacks; and free fleece hats for the first 50 participants. No registration is required. For more information, call (802) 371-3205 or email events@bcbsvt.com.

- February 4, 11 am–3 pm, Grafton Ponds Outdoor Center (783 Townshend Road, Grafton) – snowshoeing, cross country skiing, tubing
- February 11, 11 am–3 pm, Mountain Top Inn and Resort (195 Mountain Top Rd, Chittenden) – snowshoeing, cross country skiing
- February 18, 11 am–3 pm, Lyndon Outing Club (1580 Lily Pond Rd, Lyndonville) – snowshoeing and sledding
- February 25, 11 am-3 pm, Bolton Valley Nordic Center (4302 Bolton Valley Access Rd, Richmond) – snowshoeing and cross country skiing

Free Income Tax Preparation for Eligible Employees During February and March

Would you like your taxes done FREE and FAST? Was your family income less than \$54,000 in 2016? Internal Revenue Service-certified tax preparers will be here during the month of February and March to prepare basic tax returns for eligible employees. To schedule an appointment, contact Lisa Jensen, United Way Resource Coordinator, 802-922-6297 or email lisaj@unitedwaynwvt.org Dates & locations:

- February 7 - 10, 17; 9 am-4 pm, Frymoyer Community Health Resource Center, Medical Center Campus
- February 15 - 9 am-5 pm, Technology Park
- February 21 - 8 am-2:30 pm, Frymoyer Community Health Resource Center, Medical Center Campus
- March 6 - 9 am-3 pm, Holly Court
- March 7, 10, 24, 28 - 9 am–4 pm; Frymoyer Community Health Resource Center, Medical Center Campus
- March 9, 15, 22 - 4-8 pm; Frymoyer Community Health Resource Center, Medical Center Campus
- March 21 - 9 am–5 pm; Technology Park

If you are over the \$54,000 income level, MyFreeTaxes, sponsored by United Way Worldwide and H&R Block, is a FREE, self-file site available to households who estimate their gross annual income will be

\$64,000 or less. A toll-free helpline connects you with an IRS-certified tax volunteer should you need assistance. Visit [MyFreeTaxes](#) to get started.

2017 Employee Wellness Incentives Are Now Available

Be sure to log in to the [Employee Wellness website](#) on HR Central and claim your incentives between now and 12/31/17. All employees of the University of Vermont Medical Center are eligible for up to \$185 for completing the following incentives:

- Online Health Assessment - \$25
- Preventive Care Visit - \$35
- Advanced Directive - \$50
- Dimension of Wellbeing Activity - \$50
- Participate in a Biometric Screening - \$25 Instant Gift Card

For helpful videos on how to register or claim your incentives, please visit our [info page](#) or email wellness@uvmhealth.org.

The University of Vermont Medical Center Resolution Generator

Looking to make a change in 2017? Participate in our online [Resolution Generator](#) to find a small way to improve your Wellbeing this year. Simply generate a resolution as many times as you would like and click on your favorite to commit. Enter your email address to be reminded of your goal and be entered in a drawing for a \$100 Visa Gift Card.

Calling Wellbeing Ambassadors!

Employee Wellness is looking for Wellbeing Ambassadors who are interested, engaged and motivated in creating wellness opportunities and promoting healthy choices throughout the work week. The Ambassadors will serve as key communicators for Employee Wellness in wellness programming and will help spread the word of wellness initiatives and campaigns throughout the year. Participation in this program will require between 10 minutes to one hour a month, depending on your departments choice of engagement. All Ambassadors are encouraged to work with their leaders to seek their support in promoting a culture of health and wellbeing in the workplace. If you are interested in becoming a Wellbeing Ambassador or would like to recommend someone from your team or department, please email wellness@uvmhealth.org today.

University of Vermont Weight Loss Research Study

If you are overweight, 18 years old or older, can walk for exercise, have internet access and a smartphone, you may qualify for the UVM iReach behavioral weight management research study that examines whether financial incentives will enhance weight loss. The study is an 18-month educational program designed to help you change diet and exercise habits. The program is provided at no cost to volunteers who qualify. For more information, click [here](#) or call (802) 656-1960.

Join the Employee Wellness Facebook Group

Get connected to Employee Wellness and [join the Facebook Group](#) today! By joining you will learn about events taking place across the organization, tips and resources to focus on your wellbeing at work and at

home and more. This is also a great resource get connected with your coworkers, ask questions, post photos and start conversation. Is there a group that walks every day? When is the next fitness campaign? What is for lunch today? Find this out and more by joining today.

Workplace Challenges Presentation

Employee and Family Assistance Program has designed a 30-minute presentation on the interactions between depression, substance abuse and suicidality. The goal of this presentation is to increase awareness about how these factors influence each of us and the importance of knowing how to intervene. The focus is to build a healthy workforce through activating self-care and wellness principles and practices. This presentation is available to be delivered at one of your staff meetings by the Employee and Family Assistance Program. Please call (802) 847-2827 or email EFAP@UVMHealth.org to schedule a time.

Employee Tobacco Cessation Program

Most tobacco users quit several times before they are successful. Here at The University of Vermont Medical Center, we believe that every try counts! The employee tobacco cessation program offers a supportive approach to help you and your household family members become tobacco-free for life. If you are ready to try again, contact (802) 847-2827, or email wellness@uvmhealth.org to register. You will receive coaching and a one-month supply of free patches, gum or lozenges.

Community Tobacco Cessation Program

Free five-week quit groups available. Receive FREE 10-week supply of gum, patches or lozenges when you participate. Classes are held at various locations around Chittenden County. Call for upcoming dates and times, (802) 847-7333, or QuitTobaccoClass@UVMHealth.org

Educational Offerings

Champlain College Online and truEd Webinars

Employees are invited to attend the following upcoming webinars offered by Champlain College:

- **January 27-31** – Get in-depth information about our master's degrees in Business Administration (MBA), Executive Leadership, Digital Forensic Science, Health Care Administration or Information Security Operations.
- **February 15, March 2 & April 6** - Get an [Overview of truED](#) and how to save 50% or more off standard tuition for bachelor's degrees, master's degrees and certificates .
- **March 28** - [Jumpstart Your Application!](#) Get helpful tips on applying to Champlain College Online from our admission outreach manager. A brief overview of truED is included in the presentation, and there is plenty of time for questions!

For more information and to register, click [here](#).

Cardiovascular Research Institute of Vermont Science Jam – February 15

The Cardiovascular Research Institute of Vermont (CVRI) will host a Science Jam from 5:30-6:30 pm in the Atrium at the Colchester Research Facility. This is a networking event for basic and clinical

scientists. Drinks and appetizers will be provided. For more information, contact Becky at 656-8955 or CVRI-VT@med.uvm.edu.

Surgical Nursing Conference – March 11

Join us for our one-day Perioperative Nursing Conference. Our format will include both lectures and Q&A time. Breakfast, snacks and lunch will be provided; free parking voucher for participants who stay for the whole conference, 7:30 am-4:15 pm, Davis Auditorium. For questions, contact Darcie Renzulli at darcie.renzuli@uvmhealth.org.

Difference Paths to Success through UVM Continuing and Distance Education

At UVM Continuing and Distance Education, we understand that students come from all walks of life, with varying educational backgrounds and career goals.

That's why we offer over 40 programs and 400 courses to help you reach those goals, whether you're a high school student, a potential medical school applicant, or future business mogul.

Check out some of the exciting programs offered through UVM Continuing & Distance Education:

- [Pre-College](#) – Experience college and earn credits while still in high school. Take courses on campus or online, during the school year or while you're on summer vacation.
- [Certificate of Graduate Study in Epidemiology](#) – Gain a scientific framework for analyzing health-related conditions, disease outbreak investigation, prevention and control, and research in public health with our 6-course online graduate program.
- [Professional Business Programs](#) – Enhance your business skills with our [Professional Certificate in Leadership](#), and our other short intensive online programs like [Digital Marketing Fundamentals](#), [Project Management](#), and [Healthcare Administration](#).
- UVM's [Master of Public Health](#) – **Learn** at your own pace from faculty with a broad range of expertise in healthcare sciences in this 42-credit, online graduate program focused on public health and policy issues, with a strong foundation in health sciences.
- [Certificate of Graduate Study in Healthcare Management & Policy](#) – Get a solid understanding of a range of policy, finance, and management issues impacting healthcare and public health in today's changing and challenging environment in this 6-course, 18-credit online graduate program.
- [Post-Baccalaureate Premedical Program](#) – Emerge well-prepared for professional programs in this rigorous and customized 24-credit, 1- or 2-year program designed for students with a strong academic record but lacking the science courses required for admission to medical or other health-professional schools.
- [Summer Medical School Prep Program](#) – If you're to planning to apply to medical school, this 4-week program helps you prepare for the revised MCAT, practice and receive feedback on essential interviewing skills, experience formal shadowing and medical simulation center activities, all under the direction of our exceptional Medical School Teaching Academy faculty.
- [Master of Medical Science](#) – Enhance your academic credentials and strengthen your application to medical or other health-professional schools through this intensive 12-month program with a core curriculum that includes UVM College of Medicine courses.

Don't forget to join us for our series of fascinating webinars hosted by the College of Medicine that promote entrepreneurship in biomedical research and help facilitate the transition from innovative ideas to actual products in the marketplace. Click [here](#) to register.

UVM's Health Care Administration Professional Certificate

From effective strategic planning to creating a culture of employee engagement, this online certificate explores the dynamics of healthcare management through the lens of health care reform. [Learn more.](#)

Professional Certificate in Leadership and Management

UVM Continuing and Distance Education offers a Professional Certificate in Leadership and Management, which teaches the latest in leadership best practices taught by business experts. Our eight seminars minimize your time away from work and family while providing tools to help you become a more effective leader. [Learn more.](#)

Project Management Professional Certificate

Project Management is one of the most important skills needed in today's fast-paced business environment. UVM Continuing and Distance Education offers the Project Management Professional Certificate designed for busy professionals. [Learn more.](#)

Earn Your Certificate of Graduate Study in Epidemiology

The University of Vermont's online Certificate of Graduate Study in Epidemiology graduate certificate program is a concise, six-course program that gives students a scientific framework for problem solving and critical thinking in analyzing disease and health-related conditions; disease outbreak investigation, prevention and control; and applied research methods in public health. [Learn more.](#)

Digital Marketing Fundamentals Professional Certificate

Advance your career in marketing and learn the latest innovative digital marketing strategies from industry experts. Today, digital marketing is the most important part of the marketing ecosystem. What worked a few years ago may not work now, or even a few months from now. [Learn more.](#)

Professional Certificate in Cannabis Science and Medicine

The full certificate program is an eight-week online program comprised of seven modules covering Cannabis History, Law and Policy, Plant Biology, Biological Effects on Humans, Social Impacts, Safety & Analytic Chemistry, and Clinical Research. [Learn more.](#)

Professional Certificate in Cannabis Science and Medicine

The University of Vermont's College of Nursing and Health Sciences is pleased to offer University of Vermont Medical Center full- and part-time employees a 20% scholarship to our online RN to BS in Nursing and BS in Health Sciences Programs. Both programs offer flexible options to earn an advanced degree at your own pace.

Registered Nurse to Bachelor of Science in Nursing (RN to BS) Program

[UVM's RN to BS Program](#) offers a path to an advanced nursing degree designed for working registered nurses. Contact sara.m.white@med.uvm.edu for more information.

Health Sciences Degree Completion Program

UVM's online [Health Sciences Degree Completion Program](#) prepares students with college experience who have not completed a bachelor's degree for roles in areas that include health care administration, patient and family advocacy, and community health. Contact paula.deming@med.uvm.edu or more information.

Allied Health Scholarships Available

The UVM Medical Center is offering scholarships to a number of Allied Health Programs. For further information, click [here](#) or call (802) 847-9800.

UVM Health Sciences Online Program

UVM's Health Sciences Online Degree Completion Program is for undergraduates and working adults who have earned college credit but have not completed their bachelor's degree. The program prepares you for non-clinical careers in various health care disciplines. Choose a concentration in Public Health Sciences or Interdisciplinary Health Sciences. Tailor the program to your goals, and gain valuable experience through internships, research and local or global service.

Clinical and Translational Research Courses

Join our classes to learn and improve your research skills. Small group settings provide individual attention and opportunity to share your research ideas and projects. Classes include "Designing Clinical & Translational Research" and "Cell to Society – Cardiovascular Disease." Contact Sylvie.Frisbie@uvm.edu or call (802) 656-4560 for information.

Walden University Partners with The University of Vermont Health Network

Walden University is pleased to partner with UVM Health Network to help working adults continue their education so they can make even greater contributions in their health care organizations. As part of that commitment, there is a \$3,000 grant for BSN Completion Program students who enroll as a new Walden student starting August 29, 2016. Walden is also offering substantial incentives for the new competency-based [Tempo Learning platform](#) for the MHA and MBA/Project Management. To review and to request information, [click here](#), or contact Julie Westcot at Julie.westcot@walendu.edu to start your journey.

Upcoming Conferences and Workshops – CME

Eastern Winter Dermatology – February 3-6

Stowe Mountain Lodge, Stowe, VT

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Stowe Mountain Lodge, Stowe, VT

Eastern International Imaging Conference – February 10-12

Stowe Mountain Lodge, Stowe, VT

Hospital Medicine Conference – February 12-14

Stowe Mountain Lodge, Stowe, VT

Vermont Perspectives in Anesthesia Conference – March 8-12

MOCA 2.0 Credits offered, Stowe Mountain Lodge, Stowe, VT

Cardiovascular/Vascular Forum – March 11

Vermont National Country Club, South Burlington

Vermont Geriatrics Conference – April 5

Capitol Plaza, Montpelier

Blueprint for Health – April 11

Sheraton Conference Center, Burlington

Child Psychiatry in Primary Care – May 5

Hampton Inn, Colchester

Family Medicine Review Course – June 6-9

Sheraton Conference Center, Burlington

Transforming Primary Care and Behavioral Health Conference–September 14-15

The Essex, Essex Jct.

Primary Care Sports Medicine Conference – September 27-29

DoubleTree Hotel, South Burlington

VITL Summit 2017 – October 4-5

Sheraton Conference Center, Burlington

Women’s Health & Cancer Conference – October 6

Sheraton Conference Center, Burlington

15th Annual Northern New England Critical Care Conference – October 12-14

Stoweflake Conference Center, Stowe

UVM Medical Group (First) Health Symposium “Physician Integration: Lessons Learned” – October 15-17

Hilton Hotel, Burlington

For information, call Continuing Medical Education Office at (802) 656-2292 or click [here](#).