

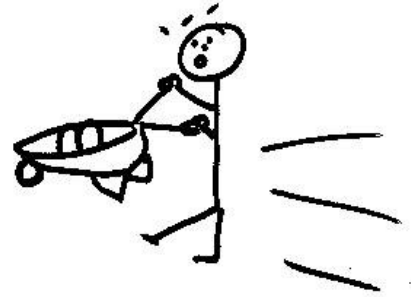
Rx For Sanity: Triage, Love, & Laughter

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Medical Coding: *Does it Make Your "Ears Wiggle"?*

"To each one of you, the practice of medicine will be very much as you make it...to one a worry, a care, a perpetual annoyance; to another, a daily joy and a life of as much happiness and usefulness as can well fall to the lot of man."
~Sir William Osler



Learners Agreement:

My intention in this class is _____.

We agree to the following values:

- | | |
|-----------------------|--|
| _____ Confidentiality | I will keep anything that is said strictly confidential. |
| _____ Acceptance. | We accept each other unconditionally. We are not here to "fix" each other. |
| _____ Feelings | We respect each other's feelings |
| _____ OK to pass | No one is required to share |
| _____ OK to disagree | I accept that others may not hold the same view. |
| _____ Participation | I will share only about my own experiences, and will I listen to others attentively. |
| _____ Balance | We seek balance in our share times. Everyone is welcome to share and no one dominates. |

I, _____, intend to uphold the above agreement to the best of my ability.

If we don't change, we don't grow.
If we don't grow, we are not really living.
Growth demands a temporary surrender of security.
~ Gail Sheehy

Ergometrics

<http://www.ncsu.edu/ehs/www99/right/handsMan/office/ergonomic.html>

ERGONOMIC CHAIR CHECKLIST

- | | | |
|---|-----|----|
| 1. Chair has wheels or castors suitable for the floor surface | Yes | No |
| 2. Chair swivels | Yes | No |
| 3. Backrest is adjustable for both height and angle | Yes | No |
| 4. Backrest supports the inward curve of the lower back | Yes | No |
| 5. Chair height is appropriate for the individual and the work surface height | Yes | No |
| 6. Chair is adjusted so there is no pressure on the backs of the legs, and feet are flat on the floor or on a foot rest | Yes | No |
| 7. Chair is adjustable from the sitting position | Yes | No |
| 8. Chair upholstery is a breathable fabric | Yes | No |
| 9. Footrests are used if feet do not rest flat on the floor | Yes | No |

MONITOR CHECKLIST

- | | | |
|---|-----|----|
| 1. Top surface of the keyboard space bar is no higher than 2.5 inches above the work surface | Yes | No |
| 2. During keyboard use, the elbow forms an angle of 90-100 with the upper arm almost vertical, the wrist is relaxed and not bent, wrist rests are available | Yes | No |
| 3. If used primarily for text entry, keyboard is directly in front of the operator | Yes | No |
| 4. If used primarily for data entry, keyboard is directly in front of the keying hand | Yes | No |
| 5. Top of screen is at eye level or slightly lower | Yes | No |
| 6. Viewing distance is 18-24 inches | Yes | No |
| 7. Screen is free of glare or shadows | Yes | No |
| 8. Images on the screen are sharp, easy to read and do not flicker | Yes | No |

From <http://www.ncsu.edu/ehs/www99/right/handsMan/office/ergonomic.html>

Keyboard tray adjustment:

http://www.ncsu.edu/ehs/www99/right/handsMan/office/Keyboard_Tray_Adjustment.pdf

Love

Most patients believe
 Dying is something they do,
 Not their physician,
 That white-coated sage,
 Never to be imagined
 Naked or married.

~ The Art of Healing, W.H. Auden

What I heard:

What I'll do:

Divorce 10 to 20% higher rates than general population Financial Debt Will Medical Power of Attorney Living Will 2/3 of caregivers don't have a will Fee-Only Financial Advisor Substance Abuse	Work ____ 1. 2. 3. 4. 5. 6.	People ____ 1. 2. 3. 4. 5. 6.
	Food ____ 1. 2. 3. 4. 5. 6.	Clothing ____ 1. 2. 3. 4. 5. 6.
Suicide Most common cause of premature death in Caregivers Story: Bryan Dyson, CEO of Coca Cola/Juggling Focus Points Exercise Work, People, Food, Clothing, Shelter, Money, Fun	Shelter ____ 1. 2. 3. 4. 5. 6.	Money ____ 1. 2. 3. 4. 5. 6.
	Fun ____ 1. 2. 3. 4. 5. 6.	

Laughter

What I heard:	What I'll do:
Your Own Health What are YOU waiting for...a second opinion?	<i>Rx</i> This is my personal prescription for sanity. I will review this list daily and take a dose.
Stop smoking	<i>My Focus Points</i>
Moderate your eating habits	_____
Exercise 30 minutes daily	1.
Sleep 8 hours a night 13% less happy per each hour sleep less than eight per night	2.
See a physician Only 1/3 of us have a "Regular Source of Care"	3.
Seek the spiritual	_____
Exercise: Make a "Happiness List" <i>"A happy heart doith good like a medicine"</i>	4.
Sex The Caerphilly Study; Smith, Frankel, Yarnell; BMJ 1997	5.
Reassess quarterly	_____
	6.
	7.
	8.

	9.
	10.
	11.
	12.

	13.
	14.
	15.

	16.
	17.
	18.

	19.
	20.
	21.
	<i>My Happiness List</i>
	1
	2
	3
	4
	5
	6
	7
	8
	9
	10
	I resolve to evolve:



Virginia gastroenterologist **Patricia L. Raymond M.D.** speaks for hospital systems and medical conventions. Through her company **Rx For Sanity** (www.RxForSanity.com), she humorously leads nurses and physicians to play nicely in the sandbox of medicine. Her books, **Don't Jettison Medicine: Resuscitate Your Passion For the Career You Loved!**, **Fifty Things to Do at Fifty**, & **Colonoscopy: It'll Crack u Up** are available at Amazon.com or RxForSanity.com, where you should join your colleagues & sign up for your complimentary subscription to the re-invigorating newsletter **Passionate HealthCare**. PHC is bursting with medical humor and practical tactics to enhance your joy in healthcare.

Dr. Raymond is now working on **Your Health Choice** (www.YourHealthChoice.net), where we make the healthy choice the easy choice.

Suggested Resources

You will find a more extensive resource library with links at RxForSanity.com.

The Complete Idiots Guide to Organizing Your Life. Georgene Lockwood ©1998 Alpha Books

Managing Patient Expectations. The Art of Finding and Keeping Loyal Patients. Susan Keane Baker ©1998 Josey-Bass.

Reclaiming the Fire. How Successful People Overcome Burnout. Dr. Steven Berglas ©2001 Random House

Stress in Health Professional. Psychological and Organizational Causes and Interventions. J Firth-Cozens, R. Payne ©1999 John Wiley and Sons LTD

The Successful Physician. Marshall O. Zaslove MD □ Aspen Publishers

When Dreams Don't Work. Professional Caregivers and Burnout. RF Jevne, DR Williams ©1998 Baywood Publishing

Why Zebras Don't Get Ulcers. An Updated Guide to Stress, Stress-Related Diseases, and Coping. Robert M. Sapolsky ©1998 Barnes and Nobles Books

Zapping Conflict in the Health Care Workplace. Dr. Judith Briles ©2003 Mile High Press