FACULTY AFFAIRS

Dr. Gharib Co-author of Orthopaedic Rehabilitation Editorial Accepted for Press

Dr. Mahmood Gharib (PM&R) is a co-author of the invited guest editorial, What’s New in Orthopaedic Rehabilitation. The editorial was recently accepted for publication to the Journal of Bone & Joint Surgery (JBJS). Congratulations, Dr. Gharib!

CLINICAL

Dr. Ludewig’s Physical Therapy Clinical Care Featured

Dr. Paula Ludewig (PT) and her clinical work treating shoulder injuries is featured in an article on our website and Twitter account. In addition, the article discusses the benefits of seeing a physical therapist to help the patient strengthen and prepare for surgery. Click here to read the story.

REGISTER TODAY FOR GRAND ROUNDS “VASCULAR ENDOTHELIUM & TISSUE REGENERATION”

Join the Department of Rehabilitation Medicine as we welcome Ifeolu Akinnola, BS, for a virtual Grand Rounds titled, Vascular Endothelium and Tissue Regeneration. Ifeolu Akinnola, BS, is currently a Graduate Candidate in the Integrative Biology & Physiology Graduate Program and a student in the Medical Science Training Program here at the University of Minnesota. 1 CME credit is available.

Friday, August 13: 12-1 pm
Click Here to Register and Learn More
DIVERSITY, EQUITY, & INCLUSION

MEDICAL SCHOOL DEAN’S LECTURE SERIES, AUGUST 11, FEATURING DR. BATTAGLINO

The next Medical School Dean’s Lecture Series is Wednesday, August 11, 9-10 am. Building Communities/Repairing Harm: Restorative Practices in Academic Medicine will be presented by Dr. Melissa Brunsvold (Surgery), Dr. Austin Calhoun, (Med. Ed.), Dr. Cathy McCarty (Family Med./BioBehavioral Health), Michele Morrissey (Med. School HR), Associate Dean Termuhlen (OFA), and our own, Dr. Ricardo Battaglino (PM&R). Click here for additional information and to register.

DEI Articles of Interest

This week, we invite you to peruse these DEI-related articles/sites:

- They are Olympians. They are Mothers. And they no Longer have to Choose, The Washington Post
- Advocate for Black Mental Health, Anti-Racism Daily
- It’s Time to Expand the Definition of ‘Women’s Health’, Nature
- Career Moves: Ways to Bridge the Gender Gap in Medical Science, AAMC

WELLNESS TIPS & RESOURCES

AUGUST IS NATIONAL WELLNESS MONTH

August is National Wellness Month. Throughout the month of August, and everyday, be sure to take time to focus on self-care. Research shows that self-care helps promote happiness and manage stress. Even a small change can make a positive difference!

Wellness articles of interest that we invite you to read:

- 7 Steps to Manage Stress and Build Resilience, NIH
- Dimensions of Wellness: Change your Habits, Change your Life, D. Stoewen

UMN/UMP Tips & Resources

- Tolar Thoughts: Take Care of Yourself
- UofM Enhance Your Wellbeing; M Physicians Wellbeing Resources; Fairview Wellbeing resources
- UofM Employee Assistance Program, UMP Employee Assistance Program, & M Health Fairview Employee Resources
- Bright Horizons Backup Care (clinical faculty): Employer Username - UMP | Password: care4you
- AiRCare Health (clinical faculty)
- Trainee Health & Support Resources
- Student Mental Health Resources
Story Ideas? Send stories/publications/events to Jennifer Murphy by Wednesdays at 5pm. Be sure to include any photos and applicable links.