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**Sent:** Wednesday, June 10, 2020 12:19 PM

**Subject:** Wednesday's Weekly Wonders

### Wednesday Weekly Wonders

Dear Students,

We come to you this week with heavy hearts and busy minds. Heavy hearts for too many lives lost to the injustices of structural racism in this country made tragically evident last week with the death of George Floyd, and busy minds with reflections on what actions we can take, both individually and collectively, to work toward a more just and equitable society. In its tragic disproportionate impact on people of color, COVID-19 has also unveiled the stark disparities that exist in our current health care system. We, as health care providers and educators, must reckon with our own contributions to this injustice. So many of you have shared ideas with us on how we, as the Larner College of Medicine community, can improve our efforts to address prevailing injustices within our own system and we are grateful for your engagement as we work together to tackle them.

We hear and heed the call to action.

A #WhiteCoatsForBlackLives event was held on campus this past Friday and though not all students, faculty, and staff could attend in person, many had a moment of silence to honor George Floyd and vowed to commit to working toward improving the health and safety of people of color.

Many of you have asked for more widespread distribution of resources on actions individuals can take to learn more about combatting structural racism and we wanted to share upcoming events and a helpful Anti-Racism Resources Infographic with you. Thank-you to the students and faculty who helped compile these resources for our community.

[Anti-Racism Resources Infographic](#) with additional resources provided by the LCOM Wellness Committee [prepared by Krisandra Kneer (co2023) and additional resources provided by Isi Beach (co2022)]

**Black Affinity Space** – Processing, Grieving, Resource Sharing, and a Mindfulness Practice. Thursday, June 11<sup>th</sup> 3 pm – 5 pm. Co-facilitated by Keiba Bragg-Best, MS, NCC and Briana Martin, UVM alum. Email [Daniel.Tovar@uvm.edu](mailto:Daniel.Tovar@uvm.edu) to RSVP.

We also encourage you to view the [UVM Amazing Grace](#) event today at 2:00 pm to reflect, remember, and call the names of those who have recently lost their lives to racial injustices. This event will also be recorded for later viewing if you have scheduling conflicts.

Additional items in today's Weekly Wonders include LCOM highlights, general information, class specific information and some FAQs.

#### General Information

- **Clinical** (as of last week's UVM HN report)
  - o VT continues to have a few positive cases <5 but >0 every day
  - o UVMMC: No Hospitalized COVID Positive. No PUI.
  - o At 82% capacity for all beds

- Rising demand for mental health services in the ED
- Outpatient Services: 78.2% of pre-COVID visit volumes
- Dental Clinic opening to a limited number of patients for limited services
- **Education**
  - Association of American Medical Colleges has developed National Medical Student Clinical Re-Entry Working Groups which are looking at:
    - Student re-entry to the face to face clinical learning environment
    - Monitoring students in the face to face clinical learning environment
    - Removing students from the face to face clinical learning environment
    - Communications around the face to face clinical learning environment
- **Research**
  - Phase 2 (June 1 – June 15, 2020) Lab reopening in progress: additional nonessential research personnel including faculty, staff, and medical student, graduate and postdoctoral research trainees.

### **Class of 2021**

- We hope you are enjoying your return to patient care! Please provide ongoing feedback to [Emma Faustner](#) and [Dr. Shaden Eldakar-Hein](#) about how things are going.
- A reminder to only utilize one pair of scrubs daily only if in the operating room. Scrubs are not to leave the locker room for any reason and taking more than one is inappropriate and will lead to shortage for the team.
- The **Electronic Residency Application System (ERAS)** has opened for the 2021 Main Match. [ERAS Tools and Worksheets](#) are available on the website. Please bookmark the [MyERAS Residency User Guide](#) for future reference.
- Information about specialty specific guidelines, including the newly added [Family Medicine](#), [Orthopaedic Surgery](#), Thoracic Surgery ([visiting external medical student rotations](#) and [statement on research](#)) and [Plastic Surgery](#) guidelines, can be found on the [AAMC Specialty Response to COVID-19](#) webpage.
- **Telehealth:** Consider adding **MD-2002 Telemedicine: From Bed-side to Web-side** to your schedule. This 2-week online elective will help prepare you to participate in telemedicine visits during your 4<sup>th</sup> year and as you enter residency. If you have any questions, please contact the course director Cate Nicholas EdD, MS, PA [cate.nicholas@med.uvm.edu](mailto:cate.nicholas@med.uvm.edu) or you can request a ZOOM meeting.

### **Class of 2022**

- We continue to prepare for you to enter the clinical environment in July!
  - [Academic Calendar, Class of 2022, July 13 Start Date](#)
- Please [review the FAQs from Dr. Everett and the Clerkship team for additional information from questions received during a recent co2022 Town Hall.](#)

### **Class of 2023**

- 1 week until summer – what an accomplishment!

### **All students**

- **Quarantine update** – Vermont and Connecticut have updated their quarantine for out-of-state travelers. Vermont has lifted its 14-day quarantine limit for out-of-staters who travel to Vermont from a county in the Northeast with less than 400 cases per million (see Cross State

Travel Information). People from high-risk areas still must complete the 14-day quarantine when traveling to Vermont, but effective June 15<sup>th</sup>, travelers can do a 7-day quarantine if they test negative for COVID-19 per the guidelines.

- [Cross State Travel Information for Vermont](#)
- [COVID-19 Pop-up Testing FAQs](#)
- [UVM Medical Center PPE guidelines](#)
- Additional COVID-19 information is located on the [Medical Student COVID-19 Information](#) web site.
- **Access to LCOM** – As a reminder, doors to the LCOM building are locked and can only be accessed with your CatCard. Students should have their UVM (CatCard) ID on them when in the building.
- **Volunteer opportunities** are listed on the [LCOMCares Service Corps](#) web site including a link to UVM Student Volunteer Opportunities which is a Google document that lists volunteer opportunities and associated student leaders.
- [LCOM](#) and [UVM Health Network](#) **Wellness resources** are linked here for your convenience.
- [Current Activity In Vermont](#) - **Vermont Department of Health information** is linked here and updated frequently.

As always, please continue to take care of yourselves and stay connected to family and friends. We miss you and remain grateful to you for your patience and understanding during this stressful and challenging time. Wishing you a wonderful week!

With gratitude,

Christa Zehle and our amazing OMSE team!

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MEDICAL STUDENT EDUCATION OFFICE

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Pronouns: she/her [[Why include pronouns?](#)]