## Physicianship I Course

## Introduction to Physicianship block

**SUMMER ASSIGNMENTS**

**AY 2024-2025**

Dear Entering Class of 2028,

Welcome to Rutgers Robert Wood Johnson Medical School!

*Physicianship I* is a course that addresses the art and science of Medicine. We look forward to working with you as you develop your professional identity as a Physician! The major themes of this course include Professionalism and Personal Development, Doctoring skills (including interviewing and physical exam skills), Diverse, Underserved, and Vulnerable Populations, Health Systems Science (HSS), Evidence Based Medicine, and Health Equity.

The Summer Assignment was created to get you in the spirit of doctoring and to prepare you for lively and engaging class discussions. Please read the following assignments carefully. All of the following, including the Reflection and AMA Modules, must be completed *before the first class on 7/29/24 at 8:30am*.

Take your time and enjoy them!

We look forward to meeting and working with everyone over the coming academic year. Please don’t hesitate to contact us with any questions.

Sincerely,

***Dr. Paul Weber***

Physicianship Course Director

Health Systems Science Curriculum Thread Director

***Dr. Betsy Mathew***

Physicianship Course Director

**Summer Assignment Details**

**The summer assignment consists of the following 5 components:**

1. **Read the book “The First Year Experience: Reflections from Students of RWJMS.”**
2. **Read the book “Medical Apartheid: The Dark History of Medical Experimentation on Black Americans from Colonial Times to the Present”**
3. **Read/Watch an additional “My Choice” book/film. These books/films are related to Humanism, Health Systems Science, or Health Equity**
4. **Write a Reflection (Summer Essay)**
5. **Complete the American Medical Association (AMA) Health System Science (HSS) Modules**

**Please find details below on each of these requirements.**

1. ***The First Year Experience:* *Reflections from Students of Rutgers Robert Wood Johnson Medical School (3nd edition)***

PDF copy of this book is on the Canvas Page that led to this document.

1. ***Read Medical Apartheid***

Book: “Medical Apartheid: The Dark History of Medical Experimentation on Black Americans from Colonial Times to the Present”, by Harriet A. Washington

This book may be referenced at various times during the Pre-clerkship curriculum. Please consider buying this book (about $12 on Amazon). A few copies are available through the Rutgers Library.

Link to Rutgers University Library: <https://rutgers.primo.exlibrisgroup.com/discovery/fulldisplay?docid=alma991031521849204646&context=L&vid=01RUT_INST:01RUT&isFrbr=true&tab=Everything&lang=en>

Key chapters that will be discussed during Health Equity week (Aug 20-23) are **Chapters 1, 4, 12, and 13**. Please start reading these chapters early as it is a dense and sometimes emotionally difficult book to read.

1. ***Read/Watch an additional “My Choice” book/film. These books/films are related to Humanism, Health Systems Science, or Health Equity*** (Choose any additional Book/Graphic Novel from the lists below, OR Watch one of the listed Films)

**Books on Humanism and Professionalism in Medicine and Clinical Practice**

* The Soul of a Doctor: Harvard Medical Students Face Life and Death, edited by Susan Pories, Sachin Jain, and Gordon Harper
* A Not Entirely Benign Procedure, Revised Edition – Four Years as a Medical Student, by Perri Klass
* Treatment Kind and Fair: Letters to a Young Doctor, by Perri Klass
* What Doctors Feel: How Emotions Affect the Practice of Medicine, by Danielle Ofri
* Singular Intimacies: Becoming a Doctor at Bellevue, by Danielle Ofri
* Incidental Findings: Lessons from My Patients in the Art of Medicine, by Danielle Ofri
* In Shock: My Journey from Death to Recovery and the Redemptive Power of Hope, by Rana Awdish
* When Breath Becomes Air, by Paul Kalanithi
* That Good Night: Life and Medicine in the Eleventh Hour, by Sunita Puri
* Patients and Doctors: Life-Changing Stories from Primary Care, edited by Jeffrey M. Borkan, Shmuel Reis, Jack H. Medalie, and Dov Steinmetz
* A History of the Present Illness: Stories, by Louise Aronson
* Internal Medicine – A Doctor’s Stories, by Terrence Holt
* The Lonely Patient How We Experience Illness, by Michael Stein
* Narrative Medicine: Honoring the Stories of Illness, by Rita Charon
* How Healing Works, by Wayne Jonas
* Attending: Medicine, Mindfulness, and Humanity, by Ronald Epstein
* Kitchen Table Wisdom, by Rachel Naomi Remen
* Re-humanizing Medicine: A Holistic Framework for Transforming Your Self, Your Practice and the Culture of Medicine, By David R. Kopacz
* Twelve Steps to a Compassionate Life, by Karen Armstrong
* Middlemarch, by George Eliot
* Body of Work, by Christine Montross
* Cutting for Stone, by Abraham Verghese
* Laughing at My Nightmare, by Shane Burcaw
* The Shock of the Fall, by Nathan Filer
* Stations: An AIDS Memoir, by Winfried Weiss; In conjunction with film: *We Were Here,* directed by David Weissman
* Crashing Through: The Extraordinary True Story of the Man Who Dared to See, by Robert Kurson
* Losing My Mind: An Intimate Look at Life with Alzheimer's, by Thomas DeBaggio
* When It Gets Dark: An Enlightened Reflection on Life with Alzheimer's, by Thomas DeBaggio
* Death of Ivan Ilyich, by Leo Tolstoy
* As Nature Made Him: The Boy Who Was Raised as a Girl, by John Colapinto
* Arrowsmith, by Sinclair Lewis

**Books on Health Systems Science. High Reliability Organizations, and Increasing Patient Safety and Quality of Care**

* The Laws of Medicine: Field Notes from an Uncertain Science, by Siddhartha Mukherjee
* Being Mortal, by Atul Gawande
* Checklist Manifesto, by Atul Gawande
* The Healing Connection: A Partnership for Your Health by Drew Remignanti, MD
* Why Hospitals Should Fly: The Ultimate Flight Plan to Patient Safety and Quality Care, by John J. Nance
* The Health Care Handbook: A Clear and Concise Guide to the United States Health Care System, 3rd edition, ​by Elisabeth Askin and Nathan Moore
* Better: A Surgeon’s Notes on Performance, by Atul Gawande
* Complications: A Surgeon’s Notes on an Imperfect Science, by Atul Gawande
* Forgive and Remember: Managing Medical Failure, by Charles L. Bosk
* High-Reliability Healthcare: Improving Patient Safety and Outcomes with Six Sigma, 2nd Edition, by Robert Barry, Amy C. Smith, and Clifford E. Brubaker
* High Reliability Organizations: A Healthcare Handbook for Patient Safety & Quality, by Cynthia A. Oster and Jane S. Braaten
* The Safety Playbook: A Healthcare Leader's Guide to Building a High-Reliability Organization 1st Edition, by John Byrnes, Susan Teman, and CPPS
* McLaughlin and Kaluzny's Continuous Quality Improvement in Health Care, 4th edition, by William A. Sollecito and Julie A. Johnson
* Achieving STEEEP Health Care: Baylor Health Care System's Quality Improvement Journey, by David J. Ballard
* Money-Driven Medicine: The Real Reason Health Care Costs So Much, by Maggie Mahar

**Books on Health Equity, Cross-Cultural Medicine, and Improving Community and Population Health**

* Mountains Beyond Mountains: The Quest of Dr. Paul Farmer, A Man Who Would Cure the World, by Tracy Kidder
* The Spirit Catches You and You Fall Down, by Ann Fadiman
* Medicine in Translation: Journeys with My Patients, by Danielle Ofri
* An Intoxicating Error: Mistranslation, Medical Malpractice, and Prejudice, by Gail Price-Wise
* The Immortal Life of Henrietta Lacks, by Rebecca Skloot
* Seeing Patients: Unconscious Bias in Health Care, by Augustus White
* Small Great Things, by Jodi Picoult
* Black Man in a White Coat: A Doctor's Reflections on Race and Medicine, by Damon Tweedy
* The New Jim Crow: Mass Incarceration in the Age of Colorblindness
* Just Medicine: A Cure for Racial Inequity in American Health Care, by Dayna Bowen Matthew
* The Emperor of all Maladies: A Biography of Cancer, by Siddhartha Mukherjee
* The Great Influenza, by John Barry
* Death of the Good Doctor: Lessons from the Heart of the AIDS Epidemic, by Dr. Kate Scannell
* AIDS Doctors: Voices from the Epidemic: An Oral History, by Ronald Bayer and Gerald M. Oppenheimer
* Dreamland: The True Tale of America’s Opioid Epidemic, by Sam Quinones
* Chasing the Scream, by Johann Hari
* In the Realm of Hungry Ghosts, by Gabor Maté (M.D.)
* High Price: A Neuroscientists’ Journey of Self Discovery That Challenges Everything You Know About Drugs and Society, by Dr. Carl Hart
* Reproductive injustice: Racism, pregnancy, and premature birth, by Dana-Ain Davis

**Graphic Novels**

* The Bad Doctor: The Troubled Life and Times of Dr. Iwan James, by Ian Williams
* Stitches: A Memoir, by David Small
* Mom’s Cancer, by Brian Fie
* Cancer Vixen: A True Story, by Marisa Acocella Marchetto
* Lisa’s Story: The Other Shoe, by Tom Batiuk
* The Story of My Tits, by Jennifer Hayden
* Relatively Indolent But Relentless: A Cancer Treatment Journal, by Matt Freedman
* Taking Turns: Stories from HIV/AIDS Care Unit 371, byMK Czerwiec
* The Hospital Suite, by John Porcellino
* One Lump or Two: Things That Suck About Being Diabetic (Volume 1), by Haidee Soule Merritt
* FingerPricks™: small, quick, and only slightly painful (One Lump or Two) (Volume 2), by Haidee Soule Merritt
* Things to Do in a Retirement Home Trailer Park: . . . When You’re 29 and
* Unemployed, by Aneurin Wright
* Hole in the Heart: Bringing Up Beth, by Henny Beaumont
* Imagine Wanting Only This, by Kristen Radtke
* Skinny Leg, by Jenny Lin
* The Facts of Life, by Paula Knight
* Spooky Womb, by Paula Knight
* Pregnant Butch, by A.K. Summers
* Good Eggs: A Memoir, by Phoebe Pott
* Graphic Reproduction: A Comics Anthology, Edited by Jenell Johnson, and Afterword by Susan Merrill Squier
* Epileptic, by David B
* My Degeneration: A Journey Through Parkinson’s, by Peter Dunlap-Shohl
* Aliceheimer’s: Alzheimer’s Through the Looking Glass, by Dana Walrath
* Tangles: Alzheimer’s, My Mother, and Me, by Sarah Leavitt
* Take Care Son: The Story of My Dad and His Dementia, by Tony Husband
* Psychiatric Tales: Eleven Graphic Stories About Mental Illness, by Darryl Cunningham
* Bitter Medicine: A Graphic Memoir of Mental Illness Paperback, by Olivier Martini and Clem Martini
* Living with a Black Dog: His Name Is Depression, by Matthew Johnstone
* My Depression: A Picture Book by Elizabeth Swados
* Marbles: Mania, Depression, Michelangelo, and Me, by Ellen Fomey
* The Nao of Brown, by Glyn Dillon
* Swallow Me Whole Paperback, by Nate Powell
* I Lighter Than My Shadow Paperback, by Katie Gree
* Ink in Water: An Illustrated Memoir (Or, How I Kicked Anorexia’s Ass and Embraced
* Body Positivity), by Lucy J. Davis and Jim Kettner
* Something Terrible, by Dean Trippe

**Films**

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| * Angels in America * August: Osage County * Awakenings * Boys Don’t Cry * Code Black * Crash * Dallas Buyers Club * Extraordinary Measures * Girl Inside * Ikiru * John Q * Juno * Longtime Companion * Lorenzo’s Oil * Milk * My Left Foot * My Life * Patch Adams | * Philadelphia * Revolutionary Road * Sicko * Something the Lord Made * Southern Comfort * Still Alice * The Big Sick * The Cider House Rules * The Physician * What’s Eating Gilbert Grape * Wit * Yesterday |

1. **Write a Reflection (Summer Essay)**

As part of this course, you will be writing and submitting several reflections throughout the year. As the philosopher John Dewey said, “We do not learn from experience… we learn from reflecting on experience.”

After completing the above readings, please write and save your summer essay as a Word document on your computer. We will give you further instructions on how to upload this to the Physicianship Canvas page on the first day of class.

Your Small Group Facilitator will read this essay and provide you feedback. Many of these reflection questions will also be discussed in your first small group session on **7/31/24** (Wednesday).

**Please address ALL of these Reflection Prompts in a cohesive essay that is at least 500 words in length.**

* ***Personal Reflection: Describe a personal experience with the health care system. How were you/your friend/your family treated? Is this the health care system you expected? Why or why not?***
* ***How have major health related events over the past several years (such as the COVID pandemic, medical social justice issues etc) impacted your thoughts about your chosen profession?***
* ***Describe your feelings in anticipation of meeting your RWJMS classmates, faculty and staff, seeing patients, and working in teams with health care professionals from different disciplines.***
* ***Regarding the Readings/Films: Reflect on the meaning, implications, and relevance of the ones that you selected. Do you think these readings/films will impact the way you learn and practice medicine?***
* ***Considering what you have read and heard so far about the Physicianship I course, what are you most excited to learn more about?***

1. **Complete the American Medical Association (AMA) Health System Science (HSS) Modules**

Medical Education is undergoing a major revolution as we advance through the third decade of the twenty-first century. A current medical school graduate will find it increasingly difficult to practice in isolation without constant interaction with a rapidly changing health care system where you will be expected to become “systems citizens”.

The core Health Systems Science (HSS) curriculum for the first year predominantly resides within the Physicianship I course but also appears in many other courses. HSS content is also increasingly incorporated into the National Board of Medical Examiners USMLE Step and Shelf examinations on topics relating to *Patient Safety, Quality Improvement, Leadership & Professionalism, Systems Thinking, Change Agency, Teamwork, Patient Communication, Ethics & Law, Clinical Informatics & Technology, Health Economics, Healthcare Policy, Healthcare Delivery Systems, Evidence-Based Medicine, the Structural & Socioeconomic Determinants of Health, and Population Health.*

Beginning with this summer assignment and during the school year, you will be completing online modules through the AMA HSS Series.

**American Medical Association (AMA) HSS modules**

**Instructions to access AMA modules:**

Go to the **AMA Education Hub** using this link: <https://edhub.ama-assn.org/health-systems-science/by-topic>

* Click “**Sign Up”** on the top middle of the page.
* Click **“Create Free Account”**
* **Students must register with their rwjms.rutgers.edu email address. (If you register using a different personal email address, you may not get credit for this module).**
* For the "**Profession**" drop down menu and select: **“Student, Pre Med and Other*”***
* In the "**Specialty**" drop down menu select:   **"Other Specialty"**
* In the "**Practice**" drop down menu select:  **"Other"**

Once your account is active, return to the [AMA Education Hub](https://edhub.ama-assn.org/health-systems-science/by-topic) to complete the following required three (3) modules.

1. What is Health Systems Science? <https://edhub.ama-assn.org/health-systems-science/interactive/18748594>
2. Establishing Essential Leadership Behaviors: <https://edhub.ama-assn.org/health-systems-science/interactive/18028219>
3. What Makes Team-Based Care Effective? <https://edhub.ama-assn.org/health-systems-science/interactive/18028227>

After successfully completing the short quiz at the end of each module, download a pdf of your *Certificate of Completion* and submit it through Canvas. See details about the upload below.Please do NOT send these certificates to us via email.

**The entire Summer Assignment including the Reflection and the AMA Modules is due *by the start of the first Physicianship session* (7/29/24 at 8:30am). *During the summer*, please keep a folder on your computer with the completed Summer Essay and AMA Certificates (3) so that you can easily upload these certificates to Canvas on 7/29/24 during class. On that day, in class, you will be shown exactly how to upload your summer essay and AMA certificates of completion to the Physicianship I Canvas site under Assignments.**