

Introduction to Physicianship
SUMMER ASSIGNMENTS
AY 2021-2022

Dear Entering Class of 2025,

Welcome to Rutgers Robert Wood Johnson Medical School!

We are excited to work with you in this new course and new curriculum! *Introduction to Physicianship* is a course that addresses the art and science of Medicine. The major themes 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 HSS Modules, must be completed *before the first class on 7/26/21 at 9am*.

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. Betsy Mathew Physicianship Course Director

Dr. Paul Weber Physicianship Course Director Health Systems Science Curriculum Thread Director
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Summer Assignment Details

The summer assignment consists of the following 5 components:

- A.** Read the book “The First Year Experience: Reflections from Students of RWJMS.”
- B.** Read the book “Medical Apartheid: The Dark History of Medical Experimentation on Black Americans from Colonial Times to the Present”
- C.** Read at least 1 additional Book or Graphic Novel from the list OR Watch at least 1 of the listed Films. These books/films are related to Humanism, Health Systems Science, or Health Equity
- D.** Write a Reflection (Summer Essay)
- E.** Complete the American Medical Association (AMA) Health System Science (HSS) Modules

Please find details below on each of these requirements.

A. *The First Year Experience: Reflections from Students of Rutgers Robert Wood Johnson Medical School*

This book can be found in pdf format at the RWJMS Orientation Website or by copy/pasting the following link:

http://docs.wixstatic.com/ugd/b409ae_785809d1cad446fc951f09f67eb8da6f.pdf

B. Read Medical Apartheid

This book will be referenced at various times during the Pre-clerkship curriculum. You can purchase a physical copy of this book or access it for free through the Rutgers Library.

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

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 23-27) are Chapters 1, 4, 12, and 13. Other chapters will be discussed at later points in the year. Please start reading this book early as it is a dense and sometimes emotionally difficult book to read.

C. Read at least 1 additional Book or Graphic Novel from the lists below, OR Watch at least 1 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
- 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
- Why Hospitals Should Fly: The Ultimate Flight Plan to Patient Safety and Quality Care, by John J. Nance
- 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
- Medical Apartheid: The Dark History of Medical Experimentation on Black Americans from Colonial Times to the Present, by Harriet A. Washington
- 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 Neuroscientist's Journey of Self Discovery That Challenges Everything You Know About Drugs and Society, by Dr. Carl Hart

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

<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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
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Write a Reflection (Summer Essay)

As part of this course, you will be keeping an **on-line portfolio** of your reflections and essays throughout the academic year. This summer reflection will be your first entry in your portfolio. For now, please save your summer essay as a Word document. Later on, you will receive a link to the course page on Canvas where you can upload this Word document.

Your Small Group Facilitator will read this essay and provide you feedback. Many of these reflection questions will be discussed in your first small group session on **7/26/21**.

Please address **ALL** of these Reflection Prompts in your summer essay. In addition, this essay should be **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 the coronavirus pandemic and the recent social justice movement impacted your thoughts about your chosen profession?***
- ***Describe your feelings in anticipation of meeting your RWJMS classmates, seeing patients, and working in teams with health care professionals from different disciplines.***
- ***Considering what you have read and heard so far about the Introduction to Physicianship course, what are you most excited to learn more about?***
- ***Regarding the Readings/Films:*** Reflect on the meaning, implications and relevance of the books and films you selected. Do you think these readings/films will impact the way you learn and practice medicine?

D. 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. They also will be expected to become “systems citizens”.

The core Health Systems Science (HSS) curriculum for the first year predominantly resides within *Introduction to Physicianship* and will appear in many other courses during medical school. In addition, HSS content continues to be further incorporated into the National Board of Medical Examiners USMLE Step 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. Over the coming years, you also will have required modules from the Institute for Healthcare Improvement (IHI).

American Medical Association (AMA) HSS modules

Instructions to access AMA modules:

- 1) Go to the **AMA Education Hub** using this link: <https://edhub.ama-assn.org/health-systems-science/by-topic>
- 2) Once on this landing page, you will see a **Sign Up** button in the top middle of the page.
- 3) **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, Medical*"

In the "**Specialty**" drop down menu select: "Other Specialty"

In the "**Practice**" drop down menu select: "Other"

Once your account is active, you can return to the [AMA Education Hub](#) to complete the following required three (3) modules. (All modules must be complete by 9am 7/26/21).

- a) What is Health Systems Science? <https://edhub.ama-assn.org/health-systems-science/interactive/18206554>
- b) Establishing Essential Leadership Behaviors: <https://edhub.ama-assn.org/health-systems-science/interactive/18028219>
- c) What Makes Team-Based Care Effective? <https://edhub.ama-assn.org/health-systems-science/interactive/18028227>

After successfully completing a short quiz at the end of each module, download a pdf of your *Certificate of Completion*. Save your file with the following title format: **Group #-First name Last name-AMA certificate title**. For example: **“Group 9-James Jones-Quality Improvement”**. This helps with tracking and filing.

Once you have Canvas access, these three certificates should be uploaded to **Canvas -> Assignments -> Other Assignments -> AMA Certificates** as proof of completion. Please do NOT send these to us via email.

*****Reminder: The entire Summer Assignment including the Reflection and the Health Systems Science (HSS) Modules are due *by the start of the first PCM 1 session (7/26/21 at 9am)*.**

A note from your Foundations In Medical Sciences Faculty:

The Foundations in Medical Sciences block will begin right after the Introduction to Physicianship course. Before the start of this block, it is recommended that you review key biochemistry concepts that will enable you to “hit the ground running” once the block begins. To this end, faculty have prepared a summer review course which consists of podcasts, ebooks and supporting material that can be accessed through Canvas using your NetID.

The link to the materials is: <https://rutgers.instructure.com/courses/96100>.

Within the Canvas site, you will also have access to two Self-assessment quizzes. It is recommended that you review Modules I and II before completing Self-assessment 1, and review Modules III and IV before completing Self-assessment 2. ***You are required to complete both Self-assessment 1 and Self-assessment 2 before the start of the Foundations in Medical Sciences Block on Aug 30th.*** Further details can be found on the course site.