

SPread Sheet

Volume 1, Issue 5, March 2006

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TRANSPPOSITIONS

Welcome to the first issue of the *SPread Sheet* published primarily by link invitation! There are few more forthcoming format changes of which we'd like to make you aware:

- **DIRECTOR'S PONDERINGS** is a new column that will allow the Program Director to communicate directly with the SP's and Recruits about upcoming initiatives and developments within the SP Program.
- Every so often, the facts will change after we go to print. Corrections to previous issues can be found in the new **MISPRINTS** column on page 4. Hopefully you won't be seeing this one around too often!
- The **STAYING PROFESSIONAL** column is expanding to include information about giving feedback, performing simulations, and opportunities for professional development.
- The **BY THE WAY** column is changing title to **SPIN AND AROUND**. Please continue to send us information regarding the events and/or accomplishments in your lives as we continue to make you aware of events and/or changes in and around the SP office.
- The **FUNNY BONE** inserts will now be entitled **HUMERUS PROSE**. Please continue to send your funniest stories and jokes so the paronomasiacal editor will stop including all those awful puns.

DIRECTOR'S PONDERINGS by SPP Director, Eunice Friesen

"Standard" - what does it mean to you? When I hear the word "standard" I think of a standard transmission on a car, or a light standard, or a standard dress size (as if!). The dictionary defines standard as ". . . a criterion for evaluating performance or a set of rules for ensuring quality."

We all know that we (SP's) are not "standard." We are unique, each one of us with our own set of skills and life experiences that we bring to the education of medical students. What does standardization mean for us? *To be brought into conformity with a standard; exchangeable - capable of replacing or changing places with something else.*

H.S. Barrows, the originator of SP's, defines an SP as ". . . a person who has been carefully coached to simulate an actual patient so accurately that the simulation cannot be detected by a skilled clinician. In performing the simulation, the SP presents the gestalt of the patient being simulated; not just the history, but the **body language**, the **physical findings**, and the **emotional**



(continued on page 2)

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DIRECTOR'S PONDERINGS (continued from page 1)

and personality characteristics as well.”

As you are all aware, it takes a great deal of practice and knowledge to be able to perform a role to the level described by Dr. Barrows. It takes a great deal of practice to accurately and repeatedly BE the same patient over multiple hours.

It also takes the SPC (SP Coordinator) a great deal of planning and training to ensure that all SP's playing any given role are presenting the exact same patient *exchangeably* with another SP playing the same role. The ability to be exchangeable requires SP's to be selected for similar physical attributes and requires mutual training so that SP's can coordinate their presentation of the role with each other.

In the 1990's when Gail Schnabl ran our program the average training involved 2-3 sessions of about 1-2 hours in length. Over time we have moved away from this ideal but we now want to move back to the vision of our founders and mentors. You will find that our SPC's will be asking you to participate in more training sessions. You will also find that they will be asking you to participate in sessions that involve multiple SP's training for the same role. I trust that you will embrace the opportunity to participate in the development of a SPP that exemplifies excellence in Medical Education.

SUBMISSIONS

The *SPread Sheet* is *your* newsletter; if you'd like to contribute any articles, opinions, thoughts, trivia, anecdotes, pictures, or jokes for the next issue, please do so by **May 31**. Contact information is provided in the sidebar to the left. We do, however, reserve the right to edit any and all submissions for length and content in collaboration with the contributor. Submissions that are not included in one issue may be included in subsequent issues.

**C= CLINICIANS
A= ASSESSMENT (and)
P= PROFESSIONAL
E= ENHANCEMENT**

CAPE is a multiphasic tool involving two types of written tests, an oral examination and an Objective Structured Clinical Examination (OSCE) with Standardized Patients. CAPE is administered over a period of 3 days by the Office of Continuing Medical Education (CME).

CAPE helps define the educational needs of both practicing physicians and International Medical Graduates. Failure to be successful at the CAPE examination has direct implications for an International Medical Graduate to obtain licensure in Manitoba.

It is a very high-stakes assessment, not unlike the LMCC.

MODERN DAY "HIPPIE"

SP Nancy Gajdosik had a double hip replacement on January 3rd at Concordia Hospital and after a few rather brutal days has been getting better and stronger with each passing day. She suffered for years with osteoarthritis in both hips and was told nineteen months ago she would need two new hips.

Nancy's orthopedic surgeon, Dr. Eric Bohm, recommended doing both hips at the same time because they were both in such bad shape - bone on bone - and in the past couple of

(continued on page 3)

MODERN DAY "HIPPIE" (continued from page 2)

years the pain had been getting very bad, particularly at night. She was unable to stand up straight and certainly couldn't walk without considerable effort.

In the hospital, she met a lot of people who were also experiencing joint replacements, but no one else had two joints replaced at the same time. It's still a relatively rare occurrence, and she's very glad she won't have to go back to have the second one done.

Following the surgery, she now stands - stands! - at a lofty height of about 5' 7" enjoying straightness . . . tallness . . . and the view of the world from such a great height. She still uses her walker around the house, but less and less often and has been using two canes quite a bit with good success. She's even starting to take "baby" steps totally on her own, grateful for the steady progress.

Even getting in and out of a car has become a snap with the nifty trick of sliding backwards onto the passenger seat of the car using a plastic garbage bag. She hasn't started driving on her own yet, but hopes to get that green light at her post-op check-up at the end of February.

She's had help at home since being discharged from the hospital on January 15th, but started flying solo February 8th. Nothing's quick, but she feels confident in her ability to manage and does call in help for such things as grocery shopping, taking out the garbage and recycling box etc., etc.

One of her goals was to be able to participate with her choir, Spirit's Call, in a fundraising concert held on February 5th. Not only did she make the show, but she even managed to show up, rather unexpectedly, for the final practices the Wednesday, Thursday, and Saturday previous. "It felt wonderful for so many reasons," she said, "not the least of which was getting into "real" clothes!"

A nineteen-month wait . . . two hips . . . eight weeks' recovery . . . and Nancy is ready to rock and roll, willing and able to get back to old roles or even learning new ones for the SP Program.

SPOTLIGHT ON . . .

Lezlie Brooks is the newest SPC to join the joint department, starting as a trainer in October 2005. Prior to that, however, she has worked in the Clinical Teaching Program - which trains second and fourth year medical students in clinical skills relating to the breast and pelvic examination - since 1988.

Born on the Air Force base in Trenton, ON, she considers Winnipeg to be her hometown, having lived here for most of her life. Lezlie graduated from the University of Winnipeg in 2001 with a Bachelor of Arts degree in conflict resolution and has been working towards a Master's degree in marriage and family therapy.

Until recently, Lezlie had been working in the call centre of the Benefits department for Great West Life and also at Child and Family Services. In February, though, she was hired as the Assistant

CAPE Coordinator by CME, and she is now responsible for the training and exam-day coordination / supervision of each and every CAPE.

Working as an SP has been a fun and rewarding experience for Lezlie, but seeing what happens on the administrative side of things as an SP Coordinator has added a new element of excitement for her. One of the best things about it, she says, is "interacting with the many people and different personalities involved in the program."

Her spare time - "What spare time?" she kids - revolves around her six-year-old daughter, experiencing life once again from a child's perspective. Her own father is originally from Halifax, and Lezlie has fond memories of a vacationing as a teenager to Prince Edward Island. She still loves the Maritimes and looks forward to traveling to the West Coast sometime.

RESPONSES

Reader response on the previous issue of the *SPread Sheet*:

“Legally Revised Season’s Greetings was *priceless!*” - Donna Mamott, Office Assistant

“*Good job . . . loved the jokes!*”
- Paula Comeau, Recruit

Please let us know what YOU think. If you have any questions, comments, concerns, suggestions, or feedback on this issue - positive or negative - we want to hear from you. Contact information is provided in the sidebar on page 2.

HUMERUS PROSE

A group of friars opened a florist shop to help with their belfry payments. Everyone liked to buy flowers from the clergymen, so their business flourished. A rival florist became upset that his business was suffering as a result, so he asked the friars to cut back their hours of operation. They refused, so the florist hired Hugh MacTaggart, the biggest, meanest thug in town to provide the friars with a little incentive. Hugh went to the friars’ shop, beat them up, destroyed their flowers, trashed their storefront, and warned them that if they didn't close, he’d be back. Thoroughly intimidated and terrified, the friars closed up shop and hid in their rooms. The moral of the story? *“Remember: only Hugh can prevent florist friars.”*

Source: Puns for Intellectuals

http://www.lighthousekeepers.com/cgi-bin/forums/cgi/ultimatebb.cgi?ubb=get_topic;f=10;t=001006;p=

UPCOMING SESSIONS

Clinical Interviewing - Information Sharing (cont'd): March 17, 28, 31 April 11, 18, 20, & 25	CPA: April 7, 12, 19, 26 May 5, 10
CAPE Exam: March 18	OSCE: April 8
CCPTA (cont'd): March 23 April 6, 20, 27 May 4, 11, 18, 29	CAPE Exam: April 22
PT Exam: March 21	Clinical Interviewing - Sharing Bad News: April 27 May 4, 11, 18
PT OSCE: March 23 & 24	Mini- OSCE: April 29
CTA: March 29 April 3, 6, 12, 26 May 4, 10, 15	CAPE Exam: May 13
	CCP: May 31
	CAPE Exam: June 10

NB: This listing is for informational purposes and not meant to be comprehensive. If there is a discrepancy between the dates listed here and a role to which you have been assigned, please check with your SPC.

MISPRINTS

Former SP’s **Bob** and **Linda Washington** now have a different address than was published in the last issue. If you’d like to remain in contact with them, please contact the office for more details.

DID YOU KNOW . . .

. . . that it takes 11 muscles to frown and 12 to smile? According to David H. Song, MD, FACS, plastic surgeon and assistant professor at the University of Chicago Hospitals, smiling takes less effort than frowning because people tend to smile more frequently, so the relevant muscles are in better shape.

Source: <http://www.straightdope.com/columns/040116.html>

STAYING PROFESSIONAL

Simulating abdominal tenderness, guarding, and rebound

These are signs seen with diseases involving organs in the abdominal cavity. When tenderness should be elicited by the examiner pressing on the appropriate area of the abdomen, the SP should react with verbal expressions, move in an attempt to tighten the abdominal muscles and, depending on the condition in the belly, quickly drawing up her legs bending the knees and hips.

Again, depending on the problem in the abdomen, the SP should draw up her legs a little bit while lying on the examining table in and attempt to relieve the pain, even when the abdomen is not being examined.

Guarding is a contraction or tightening of the abdominal muscles felt by the examiner when he presses lightly on the side of the belly where there is underlying inflammation or disease of an abdominal organ. The SP should offer resistance to

pressure—as if involuntarily guarding against the pushing down on the abdomen—when the trainer presses lightly over the abdomen where the guarding should be felt. A clinician will be helpful in tuning the degree that guarding is needed to be realistic and to demonstrate how examiners usually test for guarding.

Rebound tenderness occurs after the examiner has pressed his hand slowly and deeply into the abdomen (deep palpation) and then suddenly lets up. The pain felt on the sudden release is greater than the pain felt with the deep palpation. The key to this simulation is the painful reaction of the SP to the sudden and unexpected pain.

Adapted from Training Standardized Patients to Have Physical Findings, by Howard S. Barrows, M.D., Southern Illinois University, School of Medicine, Springfield Illinois, 1999, p.1

Feedback should be always be SPecific!

Use the D.E.S.C. Model

D - Describe behaviour: “When . . .”

E - Express feelings: “I (the patient) felt . . .”

S- Specify the desired change in behaviour:
“I’d prefer . . .”

C- Communicate consequences

Example:

D: “When you told me that I had cancer without any warning or preparation for the news . . .”

E: “. . . I was overwhelmed and felt abandoned.”
S: “I think that had you prepared me for the news . . .”
C: “. . . I could have been better prepared to cope with the situation.”

5 Main Characteristics of Feedback

Effective feedback is:

- Specific rather than general
- Based on observable behaviour
- Descriptive rather than evaluative
- Sharing information rather than giving advice
- Constructive rather than destructive

Workshop: Giving Effective Feedback

All SP’s participating in CAPE, CCE, OSCE – or any other role in which feedback is required – are invited to this one-day workshop.

Facilitators: **Ingrid Toews**, Ph.D. Post-Licensure Communication Skills Coordinator
Pam Wener, M.Ed. OTM, OT(C) Senior Instructor, Dept. of Occupational Therapy
Eunice Friesen, B.N., C.A.E. Standardized Patient Program Director

Date: June, 2006
Time: one evening, 5-8PM, one Saturday, 2 -5 PM
Place: Bannatyne Campus

SP’s who have successfully completed this workshop will receive first consideration when roles requiring feedback become available in the future. This will be a paid workshop. All SP’s will be paid at Level 1. Drinks and snacks will be provided.

Registration is limited to eighteen (18)SP’s. Please register before May 12 by contacting:

Jacqueline Crowther,
Administrative Assistant for the SPP
Email: crowthej@cc.umanitoba.ca
Phone: (204) 480-1308
Fax: (204)-977-5682

SPIN AND AROUND

- We extend “Get Well!” wishes to SP Nancy Gajdosik who is recovering from a successful double hip replacement surgery on January 3rd. See **MODERN DAY “HIPPIE”** on page 2 in this issue of the *SPread Sheet* for more details on Nancy’s surgery and recovery.
- SP Harold Stone is enjoying the Vancouver weather until April 3rd as his wife fulfills her position as Artist-in Residence for the Surrey Art Gallery.
- Look for SP Allan Perry in the multiple award-winning film, *Capote*, in the group-therapy scene.
- Sunday, January 15, SPC Tim Webster and SP Xiam Webster celebrated the birth of their third child, Ximon Timothy Alec - 8lb., 13oz. - a brother for Tegan and Taryn.  Congratulations on the “full house”!
- SPC Lezlie Brooks successfully applied for the Assistant CAPE Coordinator position and will now be responsible for the SPP portion of each and every CAPE from now on - training and exam day coordination and supervision. Congratulations, Lezlie! See the **SPOTLIGHT ON . . .** feature on page 3 in this issue of the *SPread Sheet* for more details on Lezlie’s new role.
- Jacqueline Crowther has been providing administrative assistance for the SP Program since February 27, 2006. You can reach her at 480-1308 or at crowthej@cc.umanitoba.ca. Please be sure to give her a warm welcome the next time you’re in the office . . . and provide her with any changes in your personal information at your earliest convenience!
- As employees, all SP’s (but not Recruits) are now included on several University mailing lists, and all that correspondence is directed to the SP office. In the past we have re-directed that mail, but not only has that now become a resource-and-time-consuming procedure, but many SP’s would prefer not even to receive all those bulletins and flyers! We have established a system of SP files in the office which is sorted according to last name. Anytime you are in the office, please pick up your University mail if you’d like to have it. If not, it will be recycled at the end of each month.
- We are compiling a catalogue of photos of all the SP’s and Recruits in the program; not all of the Coordinators know what each and every SP and Recruit looks like, and this will help us fill roles that much more easily. So, if you haven’t sent us one already, could you please forward an 8” x 10” picture of yourself - preferably in black or white - to the SP office at your earliest convenience? You can send your pictures electronically to friesen2@cc.umanitoba.ca or mail them by regular post to:

*Attn: Eunice Friesen, Director
Standardized Patient Program
T151A-770 Bannatyne Avenue
Winnipeg, MB R3E 0W3*

INSIGNIA, PLEASE

The Logo Contest is still accepting entries! All SP’s are invited to submit entries and will be able to vote on the final choice. The winning entry will appear on subsequent issues of the *SPread Sheet* and be featured on our webpage; the designer will receive a “Night On The Town” package, including accommodations at the Fort Garry Hotel, brunch for two, and entertainment. Deadline for submissions is **May 31, 2006**. Submissions may be e-mailed to friesen2@cc.umanitoba.ca, but must have a resolution of 300 d.p.i. or higher. Submissions may also be mailed to:

*SP Logo Contest
T151A - 770 Bannatyne Avenue
Winnipeg, MB R3E 0W3*

No faxes, please. We’re looking forward to receiving those entries - good luck!

A RAM SANG (contributed by SP Xiam Webster)

Someone out there either has too much spare time on their hands or is deadly at Scrabble™ . . . or both. When you rearrange the letters:

- A DECIMAL POINT becomes I'M A DOT IN PLACE
- ANIMOSITY becomes IS NO AMITY
- ASTRONOMER becomes MOON STARER
- CLINT EASTWOOD becomes OLD WEST ACTION
- CONVERSATION becomes VOICES RANT ON
- DAVID LETTERMAN becomes NERD AMID LATE T.V.
- DEBIT CARD becomes BAD CREDIT
- DESPERATION becomes A ROPE ENDS IT
- DORMITORY becomes DIRTY ROOM
- ELECTION RESULTS becomes LIES - LET'S RECOUNT
- ELEVEN PLUS TWO becomes TWELVE PLUS ONE
- ELVIS become LIVES
- GEORGE BUSH becomes HE BUGS GORE
- HEAVY RAIN becomes HIRE A NAVY

PRESIDENT CLINTON OF THE U.S.A. becomes TO COPULATE HE FINDS INTERNS

- PRESBYTERIAN becomes BEST IN PRAYER
- THE COUNTRYSIDE becomes NO CITY DUST HERE
- THE EARTHQUAKES becomes THAT QUEER SHAKE
- THE EYES becomes THEY SEE
- THE MORSE CODE becomes HERE COME DOTS
- TOM CRUISE becomes SO I'M CUTER
- SLOT MACHINES becomes CASH LOST IN ME
- SNOOZE ALARMS becomes ALAS! NO MORE Z'S

. . . and, now, for the grand finale . . . with no letters left over and using each letter only once:

STANDARDIZED PATIENT PROGRAM becomes PRO DRAMATIST DAZED A G.P. INTERN

Yep . . . someone out there has way too much time on their hands!

Source: www.AnagramSite.com

Used by permission

HUMERUS PROSE (contributed by SP Ron Clay)

One day a kindergarten teacher was helping one of her students put on his boots. He had asked for help and she could see why. Even with her pulling and him pushing, the little boots were difficult to put on. By the time the second boot was on she had worked up a real sweat, and she couldn't wait to relax in the teacher's lounge. Just then the little boy said:

"Teacher, they're on the wrong feet!"

She looked and sure enough, they were. It was just as difficult pulling the boots off as it was putting them on. She somehow managed to keep her cool as together they worked to get the boots back on - this time on the correct feet - but when she announced, "Now your boots are on the right feet," he countered:

"These aren't my boots!"

Impressively resisting the urge to scream, "Why didn't you say so?!" she once again struggled to help him pull the ill-fitting boots off his little feet. No sooner were they off than he said:

"They're my brother's boots! My Mom made me wear 'em today."

Torn between laughing and crying, the poor teacher mustered up what grace and courage she had left to wrestle the boots on his feet one more time. Finally, the boots were on! Helping him into his coat, she asked, "Now, where are your mittens?" to which the little boy replied:

"I stuffed 'em in the toes of my boots!"

EVENT LISTINGS

Cold Fusion Fest - Saturday, March 18

SP Dean Harder invites everyone to a new arts festival featuring workshops, an evening performance, and a networking party. Tickets are available by calling 783-4640. For more information, visit: www.coldfusionfest.com

Painting Wildlife - Saturdays, March 25 - May 6

SP Robert Halstead teaches a 6-week course at the Fort Whyte Centre (1961 McCreary Road) from 1:30 to 3:30PM - no class on April 15th. Call (204) 989-8364 or visit www.fortwhyte.org for more details.

The Grind: A Variety Night - Thursdays, March 30, April 13, & 27

SP Dean Harder hosts several evenings of multiple performances from several artistic disciplines at the Ellice Cafe & Theatre (585 Ellice Avenue) at 7PM. Tickets are \$4 per person. For more information, visit: <http://www.intervisceral.com/TheGrind/thegrind.html>

Five Who Were There - Friday, April 14 & Sunday, April 16

SP Dan Savchuk performs as "Simon Peter Bar Jonah" at the Meeting Place (139 Smith Street). Admission is free.

Harold's in the Kitchen - Friday, April 21

SP Steve Pennicook and Coordinator Tim Webster perform clean improvisational comedy with the Crosseyed Rascals at PTE's Colin Jackson Studio (3rd floor Portage Place) at 8PM. Tickets \$8, \$6 in advance. Call (204) 226-4446 or visit www.crosseyed.ca for more information.

Nepal-itan Ice Cream: the 2nd Scoop - Friday, June 2

SP Steve Pennicook and Coordinator Tim Webster perform clean improvisational comedy with the Crosseyed Rascals at the Winnipeg Centre Vineyard (782 Main Street) at 7:30PM in a fundraiser for a Nepalese church community. Tickets are \$7. Call (204) 226-4446 or visit www.crosseyed.ca for more information.

To advertise your event in the next *SPread Sheet*, please forward the pertinent information by **May 31** - contact information is provided in the sidebar on page 2. No phone calls, please. We will accept information about any and all events that occur *on or between June 17 and September 15*. Listings are free, but placement cannot be guaranteed.

OPPORTUNITIES KNOCK

- Performers of all disciplines are welcome to hone their skills and test their material at **The Grind**. Featuring scenes, sketches, monologues, spoken word, short films, stand-up and/or music, performers can even bring their scripts up on stage in order to test them out in front of an audience. To book a performance slot, call (204) 981-9022 or e-mail david@intervisceral.com.
- A new fun, hip, irreverent, sexy television show - sponsored in part by the folks who made the Dove Soap campaign, "Real Women, Real Beauty" - that will be attempting to debunk some of the myths around beauty, the tyranny of fashion, etc. is looking for candidates, resources, and/or references. For more information call (416) 964-8103 or (416) 821-8103.
- Do you need unique accommodations for visiting guests or colleagues this summer? Wondering where to hold workshops, receptions, meetings, and retreats? Look no further than the **Arthur V. Mauro Student Residence** (120 Dafoe Road at Maclean Crescent). Contact Ancillary Services by calling: (204) 474-7664 or faxing: (204) 474-7555 or e-mailing: m_elfenbaum@umanitoba.ca to learn about their many services and resources.