

November Edition

By: Kayln Holloway, PGY-3



HarvestFest in Hillcrest

Check out the residents hanging out at the local HarvestFest in Hillcrest! They were able to enjoy live music, street food, and even a beer festival after the event.

Be sure to join us at the next off campus event and send you favorite photos to a member of the committee!

Click for more on: WELL-BEING AND DIVERSITY, EQUITY, AND INCLUSION

“

A veteran from LRVA called the patient advocate to report that his team was professional and nice, especially Dr. Morris.

”

~ Anonymous Patient for Dr. Morris and Team

November Celebrations!

Mu'nes Albadaineh 11/3
Pratheepa Ravikumar 11/8
Samuil Ivanovsky 11/14
Cordell Crisp 11/23
Ples Spradley 11/25
Rahul Sharma 11/26
Maham Bakhatar 11/28



“

Dr. Rao has done an excellent job on MICU and gone above and beyond for her ACD this month!

”

~ Anonymous Attending for Dr. Rao

RESIDENT RETREAT:

Its finally time to celebrate all of your hard work and dedication with three annual retreats all in one year! So come grab some food and share stories of the last 3 years!



Date: Nov 5th, 2022

Location: Hidden Chapel at Acadiana Acres

RSVP by Nov 2nd, 2022

RSVP

Program Wellness Events

Off-Campus



Come check out local vendors in one of Little Rock's historic neighborhoods and celebrate the season of fall! There will be drinks, live music, and local beer.

The UAMS IM group plans to meet up at 4p outside of Mylo coffee!

October 22nd, 2022

[Link](#)



Come celebrate Friendsgiving and the beautiful fall weather around the fireplace at Murray Park Pavillion. The celebration will be potluck style, so [break out your grandma's best recipes](#) and share with all of us!

Date TBA on Teams

[Link](#)



The 4.5 million lights will give you 4.5 million reasons to join us at the Winter Garden Festival at Garvan Gardens in Hot Springs, AR. Its just a quick hour drive away from LR!

Date TBA On Teams

[Link](#)

Check out the action from **Cultural Day - Brazil Edition** below and be sure to join us at the next event!

February 3rd, 2023 @12-1p ft. Dr. Tanya Savenka, Dr. Sam Ivanovsky, and Dr. Dmitry Nedosekin



The Whole Squad:
Residents engaged in learning about Brazil from Dr. Braga.



The Brazilian Expert:
Dr. Braga prior to presenting Brazilian cultural facts with the residents.



The Grub:
Residents and Chief Ples enjoying Brazilian food catered to accompany Dr. Braga's teaching!

Please rate your experience at Cultural Day - Brazil Edition!



“

As a team these residents did an excellent job implementing an interdisciplinary approach taking care of a young female with newly diagnosed malignancy.

”

~ Anonymous Attendings for Dr. Jake Smith and Dr. Moreaux

Program Wellness Events
On-Campus



EMR Tips and Tricks for Efficiency

Join us 12-1p on November 30th for for a presentation with Dr. Patel, PCCM Fellow, and Dr. Holloway, PGY-3 as they share tips and tricks to help you be more efficient in EMR use and hopefully alleviate some avenues of burnout!

Holiday "Dirty" Santa:

Make sure to mark your calendar for Dec 21st, 2022 12-1p for UAMS IM Dirty Santa Celebration! The limit for gifts is \$10 and wrapping is appreciated! There will be food, fun games, and class rivalry! You'll even go home with a gift that your classmates chose!



PUUUR-FECT PUPIL AWARDS!

Dr. Khrais and Dr. Harper were awarded the pur-fect pupil award for the highest amount of attendance in October!



Campus Wellness Events



Walk with a Doc ft. Dr. Phan

Please join Dr. Nhan Phan M.D. and future physician Nikhil Nair as they address socioeconomic disparities and access to healthcare with the general public of Central Arkansas. For the event, meet at the War Memorial Stadium North Lawn!

Event Dates

November 5th, 2022 @ 9am



Koru Mindfulness Courses

KORU Mindfulness meets online for 75min sessions once weekly for four weeks. The course aims to help participants reduced stress and increase self-compassion while finding a life balance!

Event Dates

November 9th, 2022

[Nov Link](#)

Clinical Reminders

Shots, Shots, Shots... **EVERYBODY!** Below is the campus schedule for flu shots!

Oct. 28	1-3 p.m.	Head Start 8901 Kanis Road
Oct. 31	6 a.m.-1 p.m.	Hospital Lobby Gallery WT F1030
Nov. 4	12-6 p.m.	Hospital Lobby Gallery WT F1030
Nov. 7	6 a.m.-1 p.m.	Hospital Lobby Gallery WT F1030
Nov. 8	11 a.m.-6 p.m.	Hospital Lobby Gallery WT F1031
Nov. 10	12-6 p.m.	ED II Building E2 G141 A/B
Nov. 14	6 a.m.-4:30 p.m.	Hospital Lobby Gallery WT F1031
Nov. 15	6-11 a.m.	Hospital Lobby Gallery WT F1031
Nov. 16	6 a.m.-4:30 p.m.	Hospital Lobby Gallery WT F1031

UAMS IM Wellness Committee Members 2022-2023

Husam Salah, Chief Resident
 Ples Spradley, Chief Resident
 Lana Abusalem, Chief Resident
 Morgan Tripod, PGY-3
 Tanya Savenka, PGY-3
 Kayln Holloway, PGY-3
 Collette Tilly, PGY-3
 Katie Moreaux, PGY-3
 Tanmay Gandhi, PGY-2
 Madison Morris, PGY-2
 Cordell Crisp, PGY-2
 Samuil Ivanovsky, PGY-1
 Merit Turner, PGY-1
 Jennifer Cushing, IM House staff
 Sarah Levart, IM House staff
 Brooke Reese, IM House staff

If you have any concerns, questions, or new ideas do not hesitate to reach out to a member. If you are interested in becoming a member, please contact one of the chief residents!

How would you rate the November edition?

