A Chat with the Chair: Lessons Learned

BY BRITTANY BARROS, M.D.

1. There is an art to leadership. First and foremost, this is a practiced skill that is improved over time, and may never be mastered or perfected. The keystone of this art is communication. Over the years, he has realized that it is impossible to over-communicate. Integrating Advanced Practice Clinicians (APCs), like nurse practitioners, into our care teams in our clinics required listening to faculty’s concerns and communicating the wins of this change, namely in the outcome of improved access to dermatology services. Also, every year, Jeff asks his team for feedback so he can improve his service to the team as the Chair.

2. His pride for his team grows every day. Initially, learning to trust can be difficult, as “there is a certain threshold of letting go” that is required as a leader. This lesson has been extremely gratifying. Seeing faculty’s careers go in new directions is one of the most satisfying parts of his job. With a high degree of trust, Jeff knows that the team will accomplish more than he could ever do by himself. For example, Dr. Bryan Anderson has led the Dermatology Department’s venture of Teledermatology, which enables referred patients to get an evaluation in less than 24 hours. Penn State Hershey Dermatology is the first in the state of Pennsylvania to have a contract with another health system to deliver dermatologic care through telemedicine. Jeff also takes pride in the department’s commitment to its missions, as this is a truly unique aspect to the department of dermatology. “With a mission-based culture, we achieve mission-based results”, he declares. Patient care, Education, Research, and Community Health are at the core of every decision, and this central message translates into everyone’s work day.

3. Most importantly, one must maintain balance in life. This appointment of Chair has taught Jeff to care for all of the loves in his life - from dermatology to his family, from sports to reading an engaging book. He recognizes that having this balance makes himself much more effective in the work place. In his second year as Chair, he realized he was slowly becoming consumed by the demands of the job and took a step back to gain perspective. "You know… You are never as important as you think you are", he humbly remarks. Learning to appreciate this balance enables the demands of the job and took a step back to gain perspective. "You know… You are never as important as you think you are", he humbly remarks. Learning to appreciate this balance enables this balance allows him to "go to work, and you return home happy.”

Jeffrey J. Miller, MD, MBA, Chair of Dermatology.

Our Cover

Joseph Gascho, MD, is a Cardiologist and artist at our Medical Center. His photographs of people displayed throughout our hospital hallways remind all of us to treat each other with respect and dignity.

A special thanks to Dr. Gascho for taking the portrait of Tony Buglio with his significant other: Bunta Martinez, one of our inspiring patients, whose portrait graces the cover of our Annual Report.

Tony Buglio participated in a 4 year Clinical Trial for treatment of his Hidradenitis Suppurativa. Tony was a part of a Clinical Trial that lead to FDA approval for the treatment of HS. Bunta has been a solid tool of support during the study administering Tony’s scheduled injections and making time to join him at his visits.

Jeffrey J. Miller, MD, MBA, Chair of Dermatology.
Dermatology Accomplishments 2016

- Our most important asset – our patients!
- Our other most important asset – our team of healthcare professionals!
- Our clinical research leads the nation in value based dermatology care and quality.
- Our research studies are funded by diverse sources including the National Institute of Health and Agency for Healthcare Research.
- Our faculty and residents are invited to give national and international presentations.
- Our community service provides sun protection against skin cancer.

INSPIRED INNOVATION

Teledermatology: An Innovative Tool Increasing Access to Dermatology Clinics

BY AMI KHULSA, M.D.

Teledermatology is a rapidly evolving tool which uses high resolution communication technology to link patients with dermatologists without requiring an in person visit to the office. Not only is it useful for patients, it also has provided an avenue of communication between primary care physicians and dermatologists. As dermatologists continue to be in high demand with average wait times of several months, teledermatology is an innovative way to triage conditions and assess acuity.

Penn State Hershey Department of Dermatology began utilizing Teledermatology in 2016. Dr. Bryan Anderson is leading this new program and he is working with Physicians’ Alliance, Ltd, a group composed of 120 primary care physicians in the local area. When the primary care physician has a question regarding a certain dermatologic condition, he/she sends a consult, including high resolution images, to Dr. Anderson who then evaluates the photos and develops a working diagnosis as well as first line of therapy. If there is concern for an acute condition or a malignancy requiring a specialized visit, arrangement for a visit/biopsy is expedited. As one can imagine, there are many mimickers of serious dermatologic conditions, a main one being melanoma. Through teledermatology, lesions like angiomata and seborrheic keratosis, often mimickers of melanoma, can be triaged out and save the patient a trip to another physician as well as prevent backlog in the dermatology clinics.

Prior to instituting this program, primary care physicians were educated on the most appropriate way to photograph lesions—highlighting characteristics that would aid in the diagnosis of the condition. A digital camera with a minimum of 800 x 600 pixel (480,000 resolution is required per the American Academy of Dermatology.

As this consult service continues to grow, the hope is to encourage resident involvement. Incorporating telemedicine is integral to the training of future dermatologists, given that it provides excellent patient care and a dependent way to increase access to dermatology offices. In an era forever changing with new technology, telemedicine is our future—and it is an exciting one.
INSPIRED GIVING

Our Endowments Support Our Missions 2016

The Donald P. Lookingbill, M.D., Visiting Professor Lectureship enabled us to host two lectures in 2016:

May 6, 2016 - Harper N. Price, MD, FAAD, FAAP
Chief of Division of Dermatology
Pediatric Dermatology Fellowship Director
Phoenix Children’s Hospital
Presented: Moles in Children – When to Worry

November 4, 2016 - Insights Gained From Dermoscopy Difficult to Diagnose Melanomas
Ashfaq A. Marghoob, MD
Attending Physician, Dermatology Service
Memorial Sloan Kettering Cancer Center
Hauppauge, NY

The Alan Schragger Endowment Lecture enabled us to host one lecture in 2016:

April 1, 2016 – “Update on Biologic Therapy, Treatment of Palmoplantar Pustulosis”
Bruce Strober, MD, PhD
Associate Professor and Chair
Department of Dermatology
University of Connecticut Health Center

The James and Joyce Marks Endowment
This endowment supports the research efforts of our faculty. Over the past year, funds have supported the development of our ReVAMP (Research in Value-Added Principles and Methods) research team led by Joslyn Kirby, MD. Vinny Seiverling, MD, received funding to advance our understanding on the role of thanaka in acne. Thanaka, a powder from the bark of Naringi crenulata trees, is used by the Burmese people for over 2000 years.

The Mark Hassel Education Endowment Lecture provides financial support for educational activities, clerkships, core lectures, and residency programs focusing on dermatologic surgery.

The Professor in Dermatology Endowment
This endowment supports Diane Thiboutot, MD. She is internationally recognized for her research in acne. She is currently focusing her research efforts on developing improved ways to assess acne in international clinical trials for new medications to treat this common disease.

Research Endowment
This endowment supports the laboratory of Amanda Nelson, PhD. She is gaining national prominence for her research on skin cancer, acne, and hidradenitis suppurativa.

Miller Family Dermatology Endowment
This endowment supports outside speakers who demonstrate excellence in the humanities. Our family is passionate about integrating the humanities and medicine. A more holistic view helps us better understand ourselves and the people we serve.

DERMATOLOGY
State-of-the-Art Issues
A continuing education service of Penn State College of Medicine

FRIDAY & SATURDAY / JULY 28–29, 2017

For most residents, juggling residency and personal life is a demanding and almost impossible goal. While dermatology residency does not have the worst in-house hours, the amount of work I take home with me often leaves me feeling like I’ve never left. The time needed to study dozens of genodermatoses, porphyrias, and the 20 different types of benign adnexal neoplasms means I have to determine everyday how much time I want to devote to residency duties outside of the hospital. I’ve heard every generic tip for balancing work-life; find a hobby, sleep early, make time for friends. Here are my unique spins on these tips that help me stay sane throughout residency.

1. Find a hobby, and become passionate about it.
While investing your time in a hobby is a great way to escape work, the pursuit of excellence in that hobby is what I have found to be the true benefit. This means choosing a hobby with potential for improvement. Watching TV is not a hobby, though I would say playing video games is a healthy extent could be. I personally like to snowboard and play basketball, and if I’m not playing, I’m actively working on becoming better at these sports.

2. Sleep early, and with a clear mind.
When I was in medical school, I knew I was supposed to sleep early, so I did. My sleep was always poor though because I would fall asleep thinking about all the different tasks I still had to do. My mind was cluttered and my sleep reflected it. The worst was I had a dream (or nightmare) about the loop of henle. Since then, I’ve found that a few steps before going to bed help declutter my sleep.
First, I always clean my room and desk before I go to bed. Second, I plan and visualize the next morning’s tasks before heading to work. These two steps help me wake up and immediately enter autopilot, giving my foggy brain time to boot. Third, prior to sleeping, I reflect on the day’s completed tasks and the tasks to be completed. Most importantly, I process why the tasks to be completed can wait. I proceed to sleep like a baby.

3. Make time for friends, unconditionally and absolutely.
I moved to central Pennsylvania 6 months ago. I’m from Texas. My siblings are in California. This means most of my close friends are not in this area. Yet, I still make time for my close friends no matter how inconvenient. This may mean making plans to see my friends across the country or even more simple, calling them on your way home. Also, make time for friends in your residency program, your coworkers. We spent the majority of our week spending time with these people. Getting to know them more intimately can prevent burnout in the workplace.
Keeping in touch with friends is healthy not only because they will listen to you rant. More importantly to me, I find listening to a close friend’s problems to be just as stress relieving. When I am empathic, I process my own troubles more clearly. My problems tend to slip away.

4. Keep a positive attitude.
Dermatology residency has many tasks and obligations that can only be performed outside of clinic. This may lead to being totally consumed with dermatology at work and at home. This often means managing burnout and work-life balance is even more important.
While my intern year hours were long, I did not have the mountains of information I needed to study when I got home. These tips are my spin on generic recommendations for work-life balance. Depending on your own home and work situation though, you may need to adapt. Most important, have a positive attitude and enjoy the intense learning that occurs during residency. Oh, by the way, also enjoy your life outside dermatology.
Community service is an essential pillar of the Penn State Dermatology Department’s missions and purpose. One way that the Dermatology Department partners with neighbors in the community to improve skin health is through collaboration with Bethesda Mission. A missionary arm of the local church, Bethesda Mission first opened in 1914 and has functioned to provide a beacon of hope and healing to underserved people in the Harrisburg area and surrounding community since then. Core values of Bethesda Mission include a foundation based on Jesus Christ, relentless pursuit of excellence, integrity without compromise, and faithfulness in transforming lives. Rescue, redeem, and restore are the central components of Bethesda Mission’s vision. This vision is fulfilled through their services which provide poor and homeless with shelter, food, clothing, and health resources.

Through on-site clinics, Bethesda Mission helps to provide medical and dental care for uninsured, under-insured, and low-income community members. In 2015 alone, 5613 patient visits occurred through Bethesda Mission’s health outreach programs. Bethesda Mission’s medical services are supported by volunteer staff from the surrounding community, including physicians and medical students. All of the resident and attending physicians from Penn State’s Dermatology Department take turns teaming up each month with medical students to volunteer and provide care for Bethesda Mission patients. This dermatology specialty clinic is offered monthly as a part of LionCare, the Penn State College of Medicine student-run, non-profit, free clinic. As Bethesda Mission continues to strive to “Inspire Hope,” collaboration with this group demonstrates Penn State Dermatology Department’s commitment to embracing the concept of “Inspired Together.”

If interested in learning more, including how to become involved, visit Bethesda Mission’s website at www.bethesdamission.org.

“Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve . . . You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love.”

– Martin Luther King, Jr.
Three Reputable Internet Resources for the Dermatology Patient

It is common for patients to google their symptoms or diseases either before or after an appointment to a dermatologist. Occasionally this practice has led some to unnecessary anxiety or unrealistic expectations because of poor quality information, lack of context, or simply scary pictures. Healthcare practitioners and patients have all often expressed an interest in good quality health information available for patient health education especially in a narrow specialty like dermatology. This article will review three reputable resources that we would recommend for all dermatology patients seeking information on dermatologic disease.

1. Website: American Academy of Dermatology
   - www.aad.org/public
   - Ease of navigation: 7/10
   - Number of topics: 8/10
   - Pictures and Multimedia: 7/10

   The American Academy of Dermatology website is a valuable resource for patients searching for a broader understanding of common skin conditions. The academy as the official Dermatology-physician voice in the US should assure patients they will receive accurate information on this website. The website’s layout is modern, simple, and feels remarkably easy to navigate even for the cyberphobe, while a search bar is present on all webpages making this resource easy to search for diagnoses of interest. Additionally, the disease synopses are accessible in an A to Z listing, with many pictures and videos for the curious patient. Other beneficial features on this webpage include a colorful kid zone, a monthly newsletter, and links to free cancer screenings and dermatologists around the country. This website provides great information but limits the conditions to the most common skin diseases that dermatologists treat.

2. Website: UpToDate www.uptodate.com/home
   - Ease of navigation: 7/10
   - Number of topics: 3/10
   - Pictures and Multimedia: 4/10

   UpToDate is a resource mostly used as a subscription in healthcare settings that provides free patient information and articles. This resource prides itself in weighing and summarizing the latest medical evidence available on any particular medical topic. Additionally, patient information on certain topics may be available in both English and Spanish. A search bar is present on all webpages making this resource easy to navigate; however a patient will need to limit the results to the free patient topics using a tab on the left side bar. The articles link to other related articles on this website and outside reputable health resources creating a web of helpful information around any one topic. The website provides information on a broad range of healthcare disciplines and consequently the number of dermatology-specific patient resources tend to be selective. Advertisements to subscribe to this resource may also detract from the appeal of this resource. This resources is best suited for curious patients tracking the change in medical information over time or providers seeking patient handouts in English or Spanish.

3. Website: DermNet New Zealand www.dermnetnz.org
   - Ease of navigation: 6/10
   - Number of topics: 8/10
   - Pictures and Multimedia: 8/10

   DermNet New Zealand is an all-encompassing world renowned resource to provide authoritative information “all about the skin”. The major strength is the breadth and depth of dermatology and skin pathology topics available on this website. The website provides independent, high quality and updated information on over 3000 skin diseases, their pathology and their management for both the patient and the dermatologist with new articles added on a regular basis. The website is fairly easy to navigate with a search bar, an A to Z topic listing, and links within and as footnotes to articles, to pictures and related articles. The articles found are dermatologist reviewed and written in plain English to accommodate a variety of medical literacy levels. The broad audience however makes many articles technically worded and may prove difficult for the new patient to interpret. Furthermore many articles are written by dermatologist around the world that may not reflect practice patterns common in the US. Overall, the quality and breadth of the information available makes this resource invaluable and best suited for patients with a basic knowledge base seeking additional information on literally any dermatologic disease.

4. Other Resources

   With changing technology, the government and information technology companies like Google and YouTube recognize the importance of having vetted resources for patients. Symptoms checkers may become common in the future but need to be linked to high quality resources that accurately but simply discuss a disease process in a variety of contexts.

   Other resources that are also broad and reviewed by experts in their field include: https://medlineplus.gov/healthtopics.html hosted by the US National Library of Medicine and the Health Information Library hosted by Hershey medical center and available on our department’s home page www.pennstatehershey.org/web/dermatology/home.
Every summer, The American Academy of Dermatology (AAD) sponsors 6 week long camps for pediatric patients living with skin disorders. The camps are situated in five locations including Minnesota, Texas, Connecticut, and Pennsylvania. There is no cost to the campers to attend the camp. All costs are provided for by the AAD, supported by the generous donations from its members and industry alike.

Under the medical care of dermatologists and nurses at each location, campers have the opportunity to spend a week amongst other young people who have similar skin conditions. Soaks, wet wraps, and large applications of petroleum jelly are the norm for the week. Not only do counselors come face to face with the difficulties of daily care for many of their pediatric patients, but more importantly the campers get to spend a week just being a kid, with the added benefits of full service medical care. Getting to know kids with the same disorder proves invaluable for the campers, boosting their self-confidence through shared camp fun and the development of lasting friendships. One can see the joy on their faces as they are surrounded by peers in similar situations and being given the opportunity to participate in activities any “normal” camper would do.

Second year residents from Penn State Dermatology have the unique opportunity to volunteer a week at the Millville, PA camp as camp counselors. The week is spent helping campers with arts and crafts, campfires, and a day trip to Knoebels Amusement Park. The residents learn first-hand what is like to provide daily care for children with severe skin diseases, such as lamellar ichthyosis (severe total body scaling), recessive dystrophic epidermolysis bullosa (extensive all over blistering), or severe eczema. One counselor commented “I had a camper with severe eczema who was up multiple times during the night scratching. I can now relate to parents who are exhausted from being up with their child all night and recognize the toll it plays for parents and patients.”

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As seen above, Dr. Seiverling is very involved with the Penn State's Family and Community Medicine program. Her husband, Dr. Hadji Ahrns, is a Family Medicine physician, and when they both joined Penn State in 2013, they wanted to be a part of a practice using the “medical home model” where patients see both their primary care provider and specialists as the same site. They have been quite successful in their efforts. Dr. Seiverling started a dermatology clinic at the Palmyra Primary Care office working alongside primary care faculty and residents. Patients are happy with their improved access to dermatology as evidenced by a 99% patient satisfaction score.

Dr. Seiverling is our department’s expert on dermoscopy which is a tool that aids the physician in detecting skin cancer. You will find her with a dermoscope and laminated algorithm card in clinic, not only teaching and recognizing the toll it plays for parents and patients.”

One of the department’s greatest strengths is our faculty. What makes our faculty special is not only their expertise in different areas of dermatology, but also their interests and hobbies outside of medicine. Today, I have the pleasure of highlighting Dr. Vinny Seiverling’s teaching and tennis.

As an accomplished dermatologist and tennis player, Dr. Seiverling has excelled both off and on the court! She was All Conference in singles and doubles, and an Academic All American. Most recently, she won two national titles: the Women’s Doubles Nike Open and the United States National 30 and over singles hard court champion. She finished in the top 3 in the United States in Women 30 and over singles and doubles. And to top that off, she had two kids in the past three years. Congratulations to Dr. Seiverling for her accomplishments in dermatology and in tennis (both off and on the court)!

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The accolades won't stop there. In 2015, Dr. Seiverling was given the Davis Award for Excellence in Teaching. She is also the two-time recipient of the Golden Apple Award from Family Medicine Community Medicine in 2015 and 2016, which is awarded by the residents to the faculty at the institution who contributes most to their education.

We can’t talk about awards and Dr. Seiverling without mentioning her many tennis accomplishments. She is as impressive and deft with a tennis racquet as she is with a dermatoscope. If you don't see her in clinic with her dermatoscope, you will find her dominating on the tennis court. First a trip down memory lane: Dr. Seiverling was the youngest ever champion to win two Pennsylvania state high school singles titles. This undoubtedly led to a Division I full athletic scholarship at the University of Tennessee where she was a varsity starter at the young age of 16. The team was top 10 in the NCAA and she was All Conference in singles and doubles, and an Academic All American. Most recently, she won two national titles: the Women’s Doubles Nike Open and the United States National 30 and over singles hard court champion. She finished in the top 3 in the United States in Women 30 and over singles and doubles. And to top that off, she had two kids in the past three years. Congratulations to Dr. Seiverling for her accomplishments in dermatology and in tennis (both off and on the court)!

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Dr. Seiverling posing with her prized tennis racquet and dermoscope

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HIGHLIGHTS of the YEAR
The Fish! Philosophy: Keeping the Penn State Health Dermatology Work Place Afloat

BY ALLISON PAINE, M.D.

The story of the Fish! Philosophy began in the 1990's when documentary filmmaker John Christensen visited the World Famous Pike Place Fish market in Seattle, Washington. He observed that despite the fishmongers tedious work, they seemed to be having a wonderful time at their job which was ostensibly cold, hard, malodorous physical labor required of them. The workers were smiling, kind to customers and one another, and filled with energy and positivity. Christensen decided to film the fish market, and in watching his tape, noted four basic principles that the workers applied to their jobs to create such a positive environment for the employees and patrons alike. Thus, the Fish! Philosophy was born. Christensen eventually went on to create a four step philosophy which can be applied to almost any workplace. The philosophy today has been implemented in many workplaces and has been proven to increase employee retention, improve customer service, and improve employee engagement. The four tenets are as follows.

1. Be there
   Being emotionally present for others improves communication and strengthens relationships.

2. Play
   Encouraging people to bring a light hearted, creative spirit to work allows the curious, youthful mind in everyone to thrive.

3. Make their day
   When we find simple ways to serve or please others in a meaningful way we find joy ourselves in contributing to someone else's happiness.

4. Choose your attitude
   When we take responsibility for how we react to life's difficulties and daily struggles, we can purposefully influence others for the better with our positive outlook.

Former chair, Dr. James Marks has been a long-time proponent of the Fish! Philosophy. From early on in his leadership position, he initiated the idea and encouraged the department to adopt these principles into their daily lives at work. Jim continues to use this philosophy in his daily life. Regarding how he likes to use the four tenets he states, “Be a big fish and make your co-worker’s and patient’s day! Have a little fun with the music of the day—Latin, country and western, blues, classical, etc. Be positive. Choose a positive attitude even when you would like to be a little negative, and when your fellow physician—attending or resident—needs help, be there for them.”

The Fish! Philosophy is explained to all incoming residents and new employees, and business cards with the four tenets are given out throughout the year as a reminder. Dr. Jeffrey Miller has continued to keep the Fish! Philosophy as an influence in the department. Residents also use the Fish! Philosophy to overcome work place challenges and reduce feelings of burnout. Dr. Brittany Barros, “I’ve found that consciously taking steps to choose my attitude on busy, challenging days makes even the worst day go better. When we find time to play and be there for others, we lift ourselves outside of our own problems and don’t get as bogged down. I plan to use the Fish! Philosophy principles in my new role as an attending in the future.”

The Fish! Philosophy has been used across the globe to increase customer, patient, and employee satisfaction, and Penn State Health Dermatology is proud to continue on a great legacy using these important principles.
Our own Jim Marks, M.D., has managed to avoid burnout throughout his entire career, which spans forty years. After starting out in the US Air Force as a general medicine officer, Dr. Marks went on to complete a dermatology residency in 1975, and became a board-certified dermatologist in 1978. Since then, he has worked diligently to improve training, and access to dermatologic care. In the 1980s, along with Dr. Don Lookingbill, he started the dermatology residency program here at Penn State, which is still thriving today. Together, they even wrote a dermatology textbook, “Principles of Dermatology,” which is known nationwide as a great resource for medical students and professionals alike interested in dermatology. Many people have asked Dr. Marks, “How do you keep at it? How do you stay so joyful and happy throughout a long career? How have you avoided burnout?”

Dr. Marks tells us exactly how he avoids burnout, and perhaps many or all of these steps have been taken to reduce it throughout the years. Many surveys and research projects have been used to assess which medical professionals are burned out, and which rarely or never experience it. As it turns out, avoiding burnout can be achieved or at least reduced, and often times the cure for it is deeply personal and individualized.

On a large scale, burnout has been addressed by the medical community by reducing work weeks hours, having psychological support available, and even having rooms where tired residents can sleep if they are afforded a break during their busy days.

Burnout is, and has been, a hot topic in the medical field for quite some time, and steps have been taken to reduce it throughout the years. Many surveys and research projects have been used to assess which medical professionals are burned out, and which rarely or never experience it. As it turns out, avoiding burnout can be achieved or at least reduced, and often times the cure for it is deeply personal and individualized. On a large scale, burnout has been addressed by the medical community by reducing work weeks hours, having psychological support available, and even having rooms where tired residents can sleep if they are afforded a break during their busy days.

INSPIRED LIVING

Avoiding Burnout: The Five D’s with Dr. Jim Marks

BY CLAIRE HOLLINS, M.D.

Dr. Jim Marks, blowing bubbles off the coast of Bonaire in the Caribbean Sea

Burnout is, and has been, a hot topic in the medical field for quite some time, and steps have been taken to reduce it throughout the years. Many surveys and research projects have been used to assess which medical professionals are burned out, and which rarely or never experience it. As it turns out, avoiding burnout can be achieved or at least reduced, and often times the cure for it is deeply personal and individualized. On a large scale, burnout has been addressed by the medical community by reducing work weeks hours, having psychological support available, and even having rooms where tired residents can sleep if they are afforded a break during their busy days.

Dr. Marks states that he and his wife rarely cook at home. They rave about the restaurants right here in the Hershey environs, including Italian (Lazzaro), Mangia, Seprans), Thai (Bangkok 56), Ukrainian (Tatiana’s), and Indian (Khana). For a weekend getaway, he recommends The Inn at Leola Village and elegant dining at TE Restaurant, which he says, “is expensive, but it is worth it!”

As anyone can see, Dr. Marks knows how to enjoy his life, taking full advantage of all it has to offer, and following his passions both at work and at home. Adapting these Five D’s, or coming up with your own list of ways to prevent burnout, can help you have something to look forward to for fall back on, when life comes at you too fast. Dr. Marks personifies joy, and we can all learn from his approach.

1. Dancing
   “Dancing keeps you young in mind, spirit, and physically,” Dr. Marks told me as we spoke. Dr. Marks started dancing many years ago, first learning the cha cha at a youth center. While in college, he met his wife, and they would dance on dates. Joyce, his wife, had been dancing since she was in high school. About thirty years ago, he gave his wife a gift to take group ballroom dancing. They haven’t stopped since! In the past, they have participated in USA Dance, whose primary activity is going to nursing homes and performing dance demonstrations for seniors. They even used to compete! The pair continues to dance as a way to have fun, bond, and relieve stress.

2. Dining
   What goes better with a little dancing, than a little dining?! Dr. Marks states that he and his wife rarely cook at home. They rave about the restaurants right here in the Hershey environs, including Italian (Lazzaro), Mangia, Seprans), Thai (Bangkok 56), Ukrainian (Tatiana’s), and Indian (Khana). For a weekend getaway, he recommends The Inn at Leola Village and elegant dining at TE Restaurant, which he says, “is expensive, but it is worth it!”

3. Drinking
   What goes great with dinner? A drink! But Dr. Marks stays hydrated all day. In the mornings and throughout the day, he will drink water with lemon. This helps him stay hydrated, and it tastes great! In the evenings, Dr. Marks might consider himself a bit of a wine connoisseur. However, he is strict with his drinks, careful not to over indulge. He says he and his wife like a glass of wine with dinner. When asked if he likes a special kind, red, white, or sparkling, his reply was quite simply, “Yes!” In the past, Dr. Marks has taken trips to Napa and Sonoma in California, and he highly recommends tastings at the wineries. He says it is a great way to appreciate the wine, the culture of the winery, and spend time with friends and family.

4. Diving
   What a fun and carefree pastime. You can see why it would help avoid burnout! If you cannot make it to the Caribbean, a weekend trip boating on the Susquehanna River or maybe a quick drive to Delaware for their beautiful beaches could help you relax and recharge.

5. Dermatology
   While some people avoid burnout by avoiding work and work related issues, the practice of dermatology has always inspired Dr. Marks. Building relationships in the field has been one of the highlights of his life. He has one patient that he has seen almost monthly since the 1980s! His patients keep coming back for his care and kindness. Dr. Marks stays excited at work because, as he says, “There is always something new to learn and see, especially in an academic center. Taking care of patients has been my passion and continues to bring daily renewal and rewards.”
An Elegant Evening of Food and Wine Pairings

Saturday, April 14, 2018
Seven o’clock in the evening

Purcell Friendship Hall
William E. Dearden Alumni Campus
109 McCorkel Road, Hershey

Proceeds benefit Penn State Hershey Dermatology’s Community Health and Research Missions.

This elegant evening begins with a selection of hors d’oeuvres and a fine wine. The wine educator will then guide you through a selection of wines with the appropriate food pairing. The evening ends on a sweet note with a delicious dessert and a wine to match.

In addition, a silent auction featuring wines, vacation destinations, and other items is offered for guests’ consideration.

$175 per person includes wine tastings with an educator, hors d’oeuvres, food pairings, and dessert catered by John Moeller, the former chef of the White House.

Advance reservations required by Friday, April 6, 2018 • 717-531-6049.

Black tie optional.
Penn State Health Dermatology
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PennStateHealth.org/dermatology