

Otolaryngology Program Coordinators' Newsletter



MAKE PLANS TO ATTEND!

SUO/AADO/OPDO/OPCO Combined Meeting

November 11-13, 2016
Grand Hyatt – Denver, CO

Plans are underway for an informative and stimulating Otolaryngology Program Coordinators (OPCO) meeting, November 12th in Denver, CO.

The OPCO planning committee is working hard to arrange for speakers/topics of interest that affect the busy everyday life of a residency program coordinator. This meeting is also a great opportunity for networking with fellow coordinators.

In addition to the OPCO meeting, coordinators are welcome to attend the Program Director's meeting (OPDO). The meeting program, hotel and registration information will be posted soon at www.suo-aado.org/.

MEET THE OPCO CHAIR

Becky Smith started her career in medical education in 1996 with the Department of Otolaryngology at the University of Kentucky assisting the residency coordinator with the program duties. In 1999 she was promoted to the coordinator position. In addition to her position as residency coordinator, in 2002 she took over the department's administrative staff officer position overseeing the administrative office and staff. In 2007 Becky was a founding member of the TAGME Otolaryngology task force charged with development of the TAGME Otolaryngology Assessment Exam. She received her TAGME certification in 2009.

In her spare time Becky loves spending time with family and friends on their 85 acres in the Daniel Boone National Forest enjoying wildlife, outdoor cooking with her grills and Dutch ovens, gardening and photography. She professionally decorated cakes for seven years before coming to the University of Kentucky. Becky is originally from Nonesuch, KY but calls Lexington her home.

2015-2016 OPCO OFFICERS

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Change is the law of life. And those who look only to the past or present are certain to miss the future.

John F. Kennedy

CHANGE

By Jane Adamson - Indiana University School of Medicine

Change. When you hear the word “change” does it bring up feelings of serenity, calm and peace, or anxiety, fear and resistance? If you are like most, probably the latter. However, the truth is, change is everywhere. For some, change comes in hills and valleys - for others, change is constant and an everyday friend or foe. Change occurs at work, home, with friends or family, globally or locally. Change can even occur at the most unsuspecting places - consider the grocery store. Everyone goes to the grocery store, but what happens when the aisles have been switched, turned around and moved? What was going to be a 15 minute trip turns into an hour of going up and down every aisle to find the products that have been shuffled around the store. How does this make you feel when you encounter changes at a place that is usually very consistent and seemingly innocuous? This brings to mind a change that I encountered on the road a couple of weeks ago. I was leaving my brother’s house on the north side of town and wanted to go south to the downtown area. The sign that lead south to downtown indicated that I would first have to go north to go south. What? I don’t want to go north to go south. I had just encountered my first Michigan left in Indianapolis.

Change can be big or small. Change can happen at any time and oftentimes when we are not expecting it. Change can set your world spinning or lead you to a place of great accomplishment and self-empowerment. Ultimately, change is constant and ongoing and is a vital component of our world and self-growth. How can we deal with change in a positive way? Let’s first look at the stages of change.

1. Resistance stage – What we are familiar with is ending and the tendency is to resist. A transition to something new is taking place. The hardest part of dealing with change is the transition itself. Remember during this time that everyone goes through change. Some change is created by you and some change is forced upon you. This won’t be the first or last time that you will have to go through change. Be in touch with your feelings and acknowledge them but don’t get lost in them.
2. Neutral stage – This is where the change happens and you feel the full impact of the change. Feelings of uncertainty and loss could be prevalent and you may question how you will get through the change. Take time to devise a plan to get through the change. Resistance, negativity and self-pity will not make the change go away. This will only keep you in the stage of confusion and uncertainty longer. Control what you can control. Be sure to take care of yourself. Exercise, eat healthy foods and get plenty of sleep.
3. New vision stage – The change is in place and as each day goes by you feel more comfortable with the new status quo. At this point usually the change has been accepted and – get this – will be the state that in the future you will be reluctant to let go of! Realize that you made it through and acknowledge the skills that you possess that got you through the change.

Here are steps to incorporate into your daily living that will help you navigate the waters of change:

1. Accept the change. Instead of dwelling on it, focus on making a plan to get through it and creating a positive future. Success in life depends upon realizing that there will always be change and remembering that change will help us grow.
2. Take time to think. This can be done through journaling, walks, talking to a therapist or friend to acknowledge the feelings that you are having. This can help you understand your strengths and weaknesses in regard to the change. This knowledge can help you to be mindful and intentional as you go forward through the change.

