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M&M: Mindfulness in Medicine

The Great Unpleasantness

The response to the story below was written by Nancy Butler, associate professor of psychiatry and competency director for self-awareness, self-care and personal growth at Indiana University School of Medicine.

A student reports: *The Great Unpleasantness* is the title I gave to my first semester of medical school. Many difficult events contributed to my turmoil, not the least of which came around mid-semester when I learned both the definition of “suicidal ideation” and the reality of what it is like to experience these frightening and intrusive thoughts. The first time it happened seemed as if I were in a bad movie. Walking down an open stairwell, I was drawn to the edge, and as I gazed three stories below, contemplating how much it would hurt, the rational part of my mind thankfully yelled out “what are you doing?” ...”just back away!” This battle continued. Seemingly, mundane moments were suddenly being overtaken by thoughts of my own death.

When viewed clinically, as a sign of acute stress and need for my medications to be adjusted, these thoughts appear manageable and possibly anticipated symptoms of my medical disorder. However, in the midst of being overwhelmed trying to catch up on my studies, keep pace with daily life and prepare for exams, dealing with these thoughts was an amazingly frightening experience. Fortunately, I was and am surrounded by wonderful doctors, friends and acquaintances who knew how to help and were willing to support me through that trying time. Thanks to these individuals, I lived to see *The Passing of the Great Unpleasantness*.

Response: This is an affecting story with a fortunate outcome. It is not an uncommon one for medical students. Rates of depression can be predicted by levels of perceived stress and absence of social supports. Medical schools present many stresses for students, residents, fellows, faculty and staff. Medical students face potentially overwhelming prospects of dealing with death and disease, large work loads and concerns over competitive residency positions. Social supports can be limited with relocation and the isolation.

Depression has been shown to occur in the United States as much as 15 to 20 percent in the lifetime of its population. Studies examining rates of depression in medical students and other health-care professionals show varied results. Depression rates for medical professionals are at the very least that of the general population and perhaps higher. Woman physicians have often been found to show higher rates both of depressive illness and suicide.

In a recent study at the University of Pennsylvania, 15 percent of medical students experienced depression and 20 percent of these students reported suicidal ideation. And yet, only a fourth of these students sought help – a number less than half of some studies examining treatment sought in other populations.

The most common reason listed for not seeking help is reflected in the story above: perception of not enough time to do so. In this study most of the other leading causes were associated with the fear of stigma, either through public knowledge or in terms of visibility in the student's record, and this despite the fact that these students had off campus, independent counseling services available that were not in any way reported to the school.

The Indiana School of Medicine has adopted as part of its curriculum, the requirement that students demonstrate ability to monitor and provide for their own well-being. IUSM hopes that competence in self-awareness and self-care extends to its entire faculty, staff and students.

- Professional counseling and medical services are available for students, residents, and fellows through Suzanne Kunkle. She may be contacted confidentially for appointments at 278-4750. ***Services voluntarily requested from Dr. Kunkle are not reported to the School of Medicine in any way.*** Referrals to outside providers are possible as well.
- Student counseling services are also available on all regional campuses. At Indianapolis, services are available through Counseling and Psychological Services (CAPS), <http://www.life.iupui.edu/>.
- Services for Clarian faculty and staff are available through the Methodist Assistance Program (MAP). MAP is a confidential counseling service that focuses on solving personal problems that may affect an employee's work and/or life. MAP can be contacted at (317) 962-2110 or (800) 745-4838 .
- Services for physicians are also available through the Indiana State Medical Association Physician Assistance Program (PAP), 317-261-2060 or 800-257-4762.

The IUPUI Human Resources Administration provides preventative information and workshops on related topics through the Work/Life program accessed through <http://www.hra.iupui.edu/>.

M&M: Mindfulness in Medicine is an editorial collaboration among the Teacher-Learner Advocacy Committee, the Relationship-Centered Care Initiative and the Office for Medical Education and Curricular Affairs. Each column features true stories, letters, poetry or art from members of the IUSM campus community. Comments, questions, submissions or ideas for columns may be sent to meca@iupui.edu.

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Wishard garners diversity recognition

Wishard Health Services was presented with a prestigious Mayor's Celebration of Diversity Award during a program Jan. 31. Wishard was recognized with this honor for stellar performance in the area of workforce diversity.

Indianapolis Mayor Bart Peterson created the awards program to honor businesses and organizations that support four major aspects of promoting diversity in the work place, including workforce diversity, development of diversity education and communication within the organization, community activities encouraging diversity, and leadership in diversity strategies throughout the organization.

This year, a record 23 organizations were nominated. Other award recipients include the Fay Biccard Neighborhood Center for development of diversity education, the Indianapolis Children's Museum for community activities encouraging diversity, and Butler University for leadership in diversity strategies. WellPoint, Inc. was named the recipient of the Sam H. Jones Award, which recognizes a business or organization with the strongest performance in all four categories.

The Celebration of Diversity Awards are an outgrowth of the Mayor's January 2000 Summit on Race Relations, which brought together more than 900 Indianapolis residents to engage in dialogue and action to bridge the gap that sometimes exists between people of different races, religions and backgrounds.

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Hammoudeh to help steer cancer program

Fuad Hammoudeh, administrator of Clarian Cancer Programs, has accepted the position as hematology oncology division administrator.

His 30-year career in health care includes academic practice, CEO of a hospital, and oncology physician practice management. He joined Clarian in March 2005 to develop the cancer programs and the activation plan for the expansion of the IU Cancer Center.

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Conflict of interest reporting deadline Feb. 28

Conflict of interest reporting is among the top research compliance priorities for the IUPUI campus and new forms and processes have been developed.

IU policy requires that the new Financial Conflict of Interest Disclosure Forms be completed even if a

current disclosure form has been received within the last 12 months. Forms must be filled by:

- All full- or part-time tenured or tenure-track faculty
- Visiting faculty
- Principal investigators
- Research scientists/scholars
- Key personnel involved in research (paid or unpaid, postdocs, research associates, and staff engaged in the design, conduct, or reporting of university research or other sponsored programs).

The IU principal investigator on the project is responsible for ensuring that all necessary disclosures have been made.

Forms can be found on the Research and Sponsored Programs web site at <http://www.iupui.edu/~Eresgrad/spon/policiescontent.htm>. The completed forms should be returned by **Wednesday, Feb. 28**.

Anyone with questions or concerns about the process should contact Marcia Gonzales, the IUPUI interim associate director of research compliance, at 278-4891.

Deadline set for external award, fellowship applications

Each year the Indiana University School of Medicine Awards Committee serves to evaluate and select eligible candidates for external limited submission awards, fellowships and grants. These are external awards and fellowships that are available by invitation only. Potential candidates may NOT apply directly to the specific foundations for these awards; often only one candidate per school can be nominated.

IUSM is announcing a call to solicit applications for these limited submission awards. Although the foundation application deadlines span the entire year, the evaluation and selection process occurs only once during the spring.

In order for candidates to be considered in this selection process, the IUSM Awards Committee requests that a preliminary application for the program of interest, together with the candidate's CV and a short statement of rationale from the nominator, be submitted to the IUSM Dean's Office (Attn: Jan Walther) in electronic format no later than **Sunday, April 1**. The list of potential awards, with links to the sponsoring agency that can provide more detailed information about the award, can be found at medicine.iu.edu/body.cfm?id=1261&oTopID=211

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IUSM Library survey for the future

There have been a number of changes in medical libraries in the past decade and in planning for the IUSM Library of the Future, librarians would appreciate input from faculty, staff and students with their responses to a brief survey (4 questions). The survey takes no more than a couple of minutes to complete but will have a major impact on decisions as the project moves forward.

To participate in the survey, visit tinyurl.com/yolzks.

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UITs Survey: Help improve UITs services

Each year, UITs randomly surveys part of the IU community to assess how satisfied users are with UITs computing facilities and services, and with support for instruction, research, and administration, and to gauge satisfaction with telephone services.

This is an online survey. If you were one of those chosen to participate in the 2007 User Survey, you received instructions for accessing the survey with the invitation to participate. If you haven't yet completed the survey, please take a few moments to do so.

Your observations and opinions are critical in helping UITs evaluate its performance, identify where improvements are needed, and generate ideas for new services. User input in the past has helped UITs make many positive changes to the campus IT environment.

Previous UITs Survey findings are available at www.indiana.edu/~uitssur/.

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Life-Health Sciences Internships Program Project description deadline

The Life-Health Sciences Internships Program provides IUPUI undergraduates with a chance to gain experience and explore health-related careers through paid internships with on-campus and campus-affiliated locations. Interested groups and laboratories of the Indiana University School of Medicine are asked to provide descriptions of projects in which students could participate during the academic year. The interns are paid through the Life-Health Sciences Internships program.

The deadline for project and research descriptions is Friday, March 9. The student application process for fall semester openings will start in mid-March. Life-Health Sciences Internships will screen all student applicants before discussing their placement with the locations.

Please submit project and laboratory research descriptions or direct any questions to Brandi Gilbert, director of Life-Health Sciences Internships by phone at 278-3637 or email brgilber@iupui.edu.

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First Mondays launched at IUCC

The Indiana University Cancer Center CompleteLife Program has launched First Mondays, a monthly event for patients and families coping with cancer.

First Mondays is designed to create a community of healing support, education and enjoyment for participants. It is held on the first Monday of each month from 5 to 8 p.m. in the Indiana Cancer Pavilion. Each event begins with a buffet dinner and fellowship hour for cancer patients, family members and cancer center group leaders.

At 6 p.m., those in attendance will select one of three discussion groups. The group topics for the March 5 program are: Support for Newly Diagnosed Patients, Support for Cancer Survivors Redefining Life After Diagnosis and Treatment, and Coping Support for Multiple Myeloma Patients and Caregivers.

The First Mondays program is offered without charge but registration is required. Call (317) 278-6663

to register. First Mondays is a community-wide program open to anyone diagnosed with cancer and their families and caregivers; patients need not be in treatment at the IU Cancer Center to participate.

For more information about CompleteLife, see cancer.iu.edu/patients/support/complete_life/. For information about upcoming First Mondays, see the IUCC calendar of community events at cancer.iu.edu/news/comm_events.php.

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PubMed classes

PubMed classes will be offered from 3 to 4:30 p.m. Wednesday, Feb. 27, and Tuesday, April 24, in the IUSM Medical Library, room 318.

The hands-on workshop will present advanced features of PubMed including how to refine and expand searches, use specialized features for displaying, printing and saving, use medical subject headings and other features. This class is best for participants who have some experience with searching PubMed.

To register, contact Kellie Kaneshiro at kkaneshi@iupui.edu, or 274-1612.

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FEED: Presenting an effective lecture – Feb. 28

“Light the Fire: Don’t Fill the Bucket – How to give an Effective Lecture” will be the topic of discussion Wednesday, Feb. 28, at the Faculty Enrichment and Educational Development (FEED) workshop from 5 to 7 p.m. on the lower level auditorium of the Riley Outpatient Center.

Faculty often find themselves in a position in which they’ve been asked, or it’s easiest, to lecture. During this highly interactive session workshop, participants will discuss when a lecture format is most appropriate, how to structure a lecture for maximum effectiveness, and how to engage learners during a lecture.

Participants will:

- Discuss the appropriate use of the lecture approach to teaching.
- Outline various ways to engage learners during a lecture.
- Identify how they can enhance their lectures

If you are interested in attending, email Roberta Brown at <mailto:%20rabrown2@iupui.edu>, or call 630-6906.

FEED quarterly workshops are on key topics in clinical teaching. These workshops are designed to provide an opportunity for the department faculty to improve their teaching skills in a collegial and fun environment and as part of the Department of Medicine’s continuing commitment to provide the highest quality learning environment for medical students, residents and fellows.

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Madura to speak at JSB History of Medicine Society

The John Shaw Billings History of Medicine Society will host "Goethe S. Link, MD: A Hoosier Renaissance Surgeon," presented by James Madura, MD, from 4 to 5 p.m. Wednesday, Feb. 28, in room 301 of the Ruth Lilly Medical Library.

Dr. Link (1879-1981) was a noted Indianapolis surgeon who specialized in the treatment of goiter and thyroid problems, developing many innovative surgical techniques for these conditions. He was born in Pike County Indiana and went to high school in Petersburg. After two years at Wabash College he transferred to Indiana University and received the medical degree in 1902. He was one of the founders of the Indiana University School of Medicine and practiced in the Indianapolis area until well into his 80's.

Additional information about Dr. Link's life and accomplishments can be found in the July 1970 issue of the *Journal of the Indiana State Medical Association*, online at www.astro.indiana.edu/drlink.shtml.

Dr. Madura is the J. Stanley Battersby Professor of Surgery at IUSM.

To RSVP or for further information, contact Nancy Eckerman at the Ruth Lilly Medical Library, 274-2076.

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HITS to be dedicated March 7

Indianapolis Mayor Bart Peterson, IU President Adam Herbert, IUPUI Chancellor Charles R. Bantz, IUSM Dean Craig Brater, MD, Regenstrief Institute President Thomas Inui, MD, and bioethics graduate student Madeleine Kennedy will speak at the 11 a.m. Wednesday, March 7, dedication of the Health Information and Translational Sciences Building, 410 W. 10th St.

This is the first of two Indiana University buildings to be constructed at the head of the Indianapolis canal basin. The five-story, 166,000-gross-square-foot building will be home to preeminent medical data and computational researchers and sciences dedicated to advancing the life sciences mission of the state of Indiana.

The building has state-of-the-art fiber optics and other advanced technologies to facilitate collaborations. The \$42 million building was made possible by the Indiana General Assembly, which authorized \$15 million for the project and by private gifts, notably from Eli Lilly and Co. and the Eli Lilly and Company Foundation. The HITS building was built on land formerly owned by the city of Indianapolis on property occupied by the mounted patrol horse barn and given to IU in a land exchange.

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Combined Seminar Series for March

The IU Cancer Center Combined Seminar Series meets from 4 to 5 p.m. the first and third Wednesday of each month in the IU Cancer Research Institute auditorium. Speakers and topics for March include:

- March 7

Lajos Pusztai, MD, DPhil
Associate Professor of Medicine
Department of Breast Medical Oncology
MD Anderson Cancer Center
“Pharmacogenomic Predictors of Response and Prognosis in Breast Cancer: Breakthrough or Incremental Success”

- March 21
Alecia Malin Fair, DrPH
Assistant Professor of Surgery
Meharry Medical College
“Delay Of Abnormal Mammography Follow-Up In Medically Underserved Women”

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Getting Started with EndNote

Two of the hands-on Getting Started with EndNote workshops are scheduled for Wednesday, March 14 , from 2:30 to 4 p.m., and Friday, March 30 , from 10 to 11:30 a.m., in the VanNuys Medical Science basement computer lab, B016A, with IUSM Libraries’ instructors Carole Gall and Doug Bartlow. To register, contact cfgall@iupui.edu, or 274-1411.

EndNote is the software that keeps track of important literature citations including URLs and abstracts. While writing a grant or document in MS Word, EndNote will insert the citation and automatically place the reference at the bottom of the document.

Class objectives are to become familiar with EndNote; learn to import citations into EndNote from Ovid Medline and PubMed, learn to cite while you write in MS Word, and change style of references to journal requirements.

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Promotion, tenure and long-term appointment contract workshops

Four informational workshops on promotion, tenure and long-term appointment contracts are being offered to the IUSM faculty on the following dates:

1. Promotion & Tenure: General Overview
March 9 at noon to 1:30 p.m. in Fesler Hall 319
(Please feel free to bring a brown bag lunch)
2. Promotion & Tenure: Excellence In Teaching
March 26 at noon to 1:30 p.m. in Fesler Hall 319
(Please feel free to bring a brown bag lunch)
3. Promotion & Tenure: Excellence In Research
April 5 at 8 to 9:30 a.m. in Fesler Hall 319
4. Promotion & Tenure: Excellence In Service
April 9 at 4:30 to 6p.m. in Fesler Hall 319

Sample dossiers will be available for review, as well as other helpful information.

Contact Kelli Diener at kas1@iupui.edu to make reservations – seating is limited to 25.

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IADC hosts series commemorating centennial of Alzheimer’s research

The Indiana Alzheimer Disease Center is commemorating the 100th anniversary of Dr. Alois Alzheimer’s seminal study with a three-part lecture series from 1 to 4 p.m. on March 28, April 3 and April 11. There is no charge to attend the series which will be in Emerson Hall auditorium.

The presentations for the series entitled “Current Perspective on Caring for the Cognitively Impaired: 100 years after Auguste D.”:

- Caring for a Family and Person with Alzheimer’s Disease and Other Dementing Disorders: A Biopsychosocial, Spiritual Perspective
- What We Know About Developmental Disabilities and Dementia: An Overview of Alzheimer’s Disease in the person with Down Syndrome
- Loss and Grief: Care Partner and Affected Person

The presenter will be Clarissa Rentz, MSN, executive director of the Alzheimer’s Association of Greater Cincinnati Chapter, speaking on Wednesday, March 28.

Registration is requested since space is limited and may be made by contacting Francine Epperson at freppers@iupui.edu, or by fax to 274-0504, or by calling 274-1590.

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IUSM Faculty Teaching Awards

For the 15th consecutive year, IUSM will recognize outstanding teaching by faculty with the IUSM Faculty Teaching Awards. Two awards of \$1,000 each will be presented at the Spring Faculty Meeting in May.

The award is given in recognition of demonstrated excellence in teaching (approximately five years of service). All full-time and part-time faculty and librarians at IUSM within the statewide system for medical education are eligible.

Individuals may make nominations directly to the IUSM Faculty Teaching Awards Committee via e-mail at meca@iupui.edu, or through departmental chairs or directors. Nomination of previous recipients of the university-wide Teaching Awards or Campus Awards is discouraged. Serious consideration will be given to faculty who teach in the traditional lecture setting and to faculty who excel as leaders of small groups.

The deadline for dossier submissions is **Friday, April 6**, to allow the Committee on Faculty Teaching Awards time to consider nominees and make final selections.

Dossiers should be sent to Sandra Herrin, Dean’s Office for Medical Education and Curricular Affairs, EF 200, 714 N. Senate Avenue, Suite 200, Indianapolis, IN 46202. Additional information and submission criteria can be found at meca.iusm.iu.edu/Resources/FTAC2007.htm.

Nominations also are being accepted for the IUSM Trustee Teaching Awards (TTA) through **Wednesday, Feb. 28**. For more information on these awards, see meca.iusm.iu.edu/Resources/TTA.htm.

Please specify Faculty Teaching Awards or Trustee Teaching Awards on the nomination.

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Nominations sought for staff awards

Each year IUPUI Staff Council recognizes outstanding staff with the Gerald L. Bepko Staff Council Spirit Award and through the Staff Making A Difference Recognition Program. Nominations are sought of staff members who exemplify the characteristics detailed below.

Gerald L Bepko Staff Council Spirit Award Nominations (accepted Jan. 22 - March 2) – The "spirit" of IUPUI is demonstrated by one's attitude, acts of loyalty, teamwork, and contribution to the mission, goals, and strategic initiatives of the university. Nominations can be submitted at www.iupui.edu/~scouncil/Spirit/nomination.html.

Staff Making A Difference Recognition Nominations (accepted Jan. 22 - March 2) – IUPUI staff members will be recognized through the month of March for making a difference in their communities at work and/or home. If you would like to nominate someone for recognition through "Staff Making a Difference," see www.iupui.edu/~scouncil/Membership/make-difference.doc.

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AMA seeks nominations for minority scholarship award

The American Medical Association seeks nominations for the Minority Scholars Award, which is presented annually to 10 medical students from minority groups historically underrepresented in the medical profession.

The \$10,000 awards are offered with support from the Pfizer Medical Humanities Initiative. The award recognizes personal commitment to improving minority health status, scholastic achievement and financial need among minority students. Eligible candidates must be first- or second-year medical students and must be nominated by a medical school dean or dean's designate. Nominations are due **Monday, April 16**.

For more information, see www.ama-assn.org/ama/pub/category/14772.html.

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Health Care Heroes finalists named

Finalists for the 2007 Indianapolis Business Journal Health Care Heroes Awards include two IUSM students and three faculty members. The awards presentation will be Friday, March 9, at the Westin Indianapolis, 50 S. Capitol.

Reservations are being accepted for the event, which will be from 8 to 10 a.m., on the IBJ web site at

<http://ibj.com/html/hch2007.html>.

Health Care Heroes finalists from IUSM include:

Advancements in Health Care

Michael P. Murphy, MD, IUSM assistant professor of surgery, who is conducting a clinical trial using stem cell injections to treat patients with severe peripheral arterial disease

Physician

Larry D. Cripe, IUSM associate professor of medicine, who founded and directed the CompleteLife program at the IU Cancer Center and the Cancer Mosaic Collaborative for patients and their families

John E. Sidle, MD, IUSM assistant professor of medicine and co-field director of the IU-Kenya Partnership

Volunteer

Greg Berman and Joe Frank, IUSM students, who conceived and organized Rock for Riley, a fundraiser that has brought in more than \$450,000 for Riley Hospital in the past 3 years

Other finalists in the Volunteer category have Riley Hospital connections: Dorothy Burton, who has volunteered every Friday at Riley for the past 23 years, and Harry Steffy, who assists parents and staff as a two-day-a-week volunteer in the Riley Neonatal ICU for the past 11 years.

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This week on Sound Medicine

Tune in at 4 p.m. Sunday, Feb. 25, to *Sound Medicine*, the weekly radio program co-produced by IUSM and WFYI Public Radio (90.1 FM) in Indianapolis. The program is hosted by Barb Lewis. Co-hosts of this week's program are Stephen Bogdewic, PhD, and David Crabb, MD.

Lewis concludes her month-long series on AIDS in Kenya focusing on the mother to child transmission of the virus. Breast milk has always been known as the best source of food and nutrients for newborn children. However, for mothers infected with AIDS, this is another way to expose infants to the deadly disease. Karin Lane, field director of the Mother-To-Child-Transmission (MTCT) program in Kenya, discusses other possible options to offer mothers, such as powdered milk formula, to hopefully reduce the number infection rates.

Scientists recently have made discoveries about a rare genetic disorder causing individuals to not feel pain, and researchers are hoping to use the isolated gene to learn how to produce more effective medications. The disorder, congenital insensitivity to pain with anhidrosis, only affects approximately 100 people in the world, and it is especially dangerous for children who might bite their lips and fingers hard enough to do permanent damage but don't feel any associated pain. Theodore Cummins, PhD, assistant professor of pharmacology and toxicology at the IU School of Medicine, currently studies the gene associated with this rare disorder.

According to a recent study, people with schizophrenia are more likely to have other chronic health problems than people without mental illness. The study looked at inpatient and outpatient insurance claims from more than 700,000 adults between the ages of 18 and 64, and the findings highlight the necessity of coordinating medical and psychiatric care for mentally ill patients. The research study was led by Caroline Carney Doebbeling, MD, IU associate professor of psychiatry and medicine and a research scientist at the Regenstrief Institute.

David Shern, PhD, president of Mental Health America, continues the discussion about mentally ill patients, with his insights on how complex the challenges are when caring for those patients.

Archived editions of *Sound Medicine*, as well as other helpful health information, can be found at www.soundmedicine.iu.edu/.

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Continuing Medical Education at your fingertips

Online registration and a list of grand rounds, conferences and courses are available on the Continuing Medical Education website at cme.medicine.iu.edu.

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Scientific Calendar online

A comprehensive listing on IUSM seminars, lectures and Grand Rounds can be accessed at [the new Scientific Calendar website](#). To place items on the Scientific Calendar, please forward them to Iona Sewell at imsewell@iupui.edu.

To access calendars and information prior to 2003, visit the old site at www.medlib.iupui.edu/calendar.

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Scope submission guidelines

Scope wants your news items.

The deadline for submission is 8:30 a.m. on Thursdays. *Scope* is published electronically and sent to faculty, staff, students, and residents.

There are three easy ways to submit story ideas or information to *Scope*:

- e-mail the information to mhardin@iupui.edu
- mail the information to Mary Hardin, Z-7, Ste. 306, IUPUI
- fax your information to (317) 278-8722

Contributions submitted by e-mail should be forwarded in 12 point, plain text format.

In the interest of accuracy, please do NOT use:

- acronyms
- abbreviations
- campus building codes (use full, proper name of building and include the room number)
- Dr. as a preface before names (designate MD or PhD)

To keep the electronic version of *Scope* as streamlined as possible, only seminars and lectures of general or multidisciplinary interest will be included.

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