



## *We're All in this Together: Pritzker's Community-wide Efforts against COVID-19*

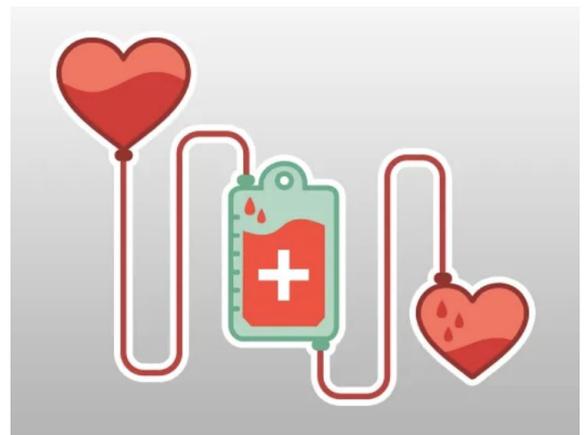
By the end of the Winter Quarter, it became very clear that the normal rhythm at Pritzker would be upended in preparation for remote learning, social distancing, and executing an effective community-wide COVID-19 response.

What makes the response of UChicago Medicine-Pritzker so remarkable is its many tiers of engagement. At UChicago Medicine, scores of doctors and nurses volunteered to care for COVID-19 patients. Meanwhile, house staff worked effortlessly to secure additional PPE and ventilators before the height of the pandemic, and construction workers built a dedicated space in our emergency department for COVID-19 treatment and care. Our response to the pandemic includes engagement with all members of our community, from healthcare workers, administrators, and faculty to students. Furthermore, additional initiatives have been taken on to encourage wellness practices during a time when we have to be creative about social interaction. As you read about the several student-led initiatives, we hope you are as proud as we are to be a part of this community with a strong commitment to advocacy, bridging gaps in disparity, and clinical excellence.

## **Volunteer Initiatives**

**Baby Formula Distribution** - Free infant formula and diapers were provided to families picking up meals at their local school to help minimize financial stress and excess trips to the store.

**Blood Drive and Blood Bank Team**- A single blood donation can save up to three lives. Efforts are being made to spread awareness of the need for blood to our patient population. The UChicago Medicine community has stepped up to the plate in encouraging participation and offering volunteer opportunities in which students can aid in the orientation of donors and transport of blood.



**Bridgeport Free Clinic Guide** - Pritzker student volunteers of Bridgeport Free Clinic, a clinic that serves a predominantly Asian and Asian-American population, saw a noticeable issue: a lack of credible or reliably translated information regarding COVID-19. Our phenomenal students collaborated to make an online guide in an effort to publish credible, resourceful information for non-English-speaking communities.



### **Community/Class Education & Outreach**

UChicago prides itself on its commitment to outreach, advocacy, education, and a chance to work alongside our community members. Some of these initiatives serve to spark discourse within our own community and also to reach out and engage with vulnerable populations and offer support:

**Share Network Chicago & Pritzker** - Older adults are being hit particularly hard by the pandemic. They are in need of support now more than ever! We have been working with the SHARE Network to develop a program to help combat social isolation and food insecurity among older adults on the South Side.

**NAMI/OCE & Pritzker** - Pritzker has partnered with National Alliance on Mental Illness (NAMI) and UChicago's Office of Civic Engagement (OCE) to develop a food delivery program for older adults and individuals suffering from mental illness on the South Side. Volunteers participate in "contactless" pick-up of meals from UChicago and delivery them throughout the South Side

**Community Discussions: Bowman Society Lectures** - Pritzker has planned several talks within our community to discuss the impact that COVID-19 is having on minority populations. We are looking forward to a Bowman Lecture series featuring our very own Drs. Monica Peek, Karen Kim, Arshiya Baig, and Doriane Miller to discuss disparities in COVID testing and outcomes in Chicago neighborhoods.

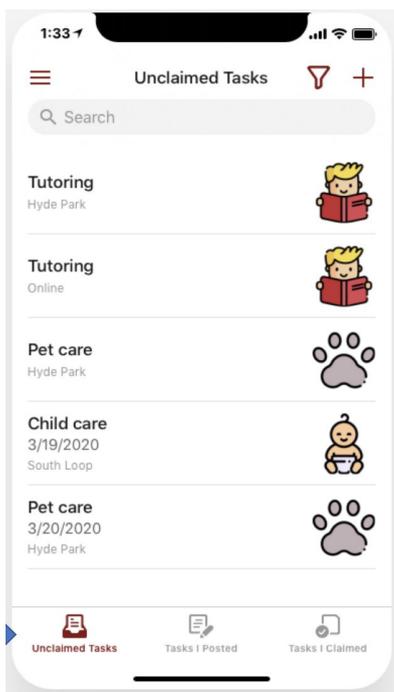
**COVID Hotline** - The COVID support line is the result of a UCMC Hospital initiative to provide a streamlined medium to provide attention to UCMC employees, UChicago members, and patients. Pritzker students volunteer for shifts to help with calling back patients to provide education and instructions on self-isolate, red flag symptoms, and risk. Overseen on a daily basis by some of our senior students, best practices for the support line are being updated in real-time as we learn more about the pandemic!



**Food Insecurity and Donation Initiatives**

Food security in a time when social distancing has become a serious obstacle for many. Through NowPow, a community-based platform, volunteers of CHC Free Clinic are able to establish linkage to food resources and shelters within a 10mi radius of their homes.

Pritzker students have also been on the ball organizing food drives in order to deliver food to low-income workers in Chicago, many of whom might have been laid off during the crisis.



**Pritzker Helps Out** - Our UCM faculty, nurses, and residents are busy people! They are working tirelessly on the frontlines. So this web app was created by our very own MS4 Mika Kachman for UChicago faculty and residents to post their child care, tutoring, and pet care needs in a centralized location. Student volunteers can log into the app and sign up for various services.

**Provider Wellness Support** - With this opportunity, Pritzker students have been able to assist the Disaster Response and Psychiatry teams at UCMC in monitoring compassion fatigue and coordinating wellness support for healthcare providers on the frontlines

**Infection Control Support, Observation, & Patient Callbacks**

This UCMC Hospital initiative allows volunteers to have a hands-on roles in various activities such as case report entry, daily analysis of COVID-19 demographics data, assistance with

the establishment of new COVID-19 units, and ensuring appropriate use of PPE as infection control observers. Medical students, particularly our MS3's and MS4's, take an active role in patient callbacks by conveying the results of their COVID-19 testing and providing over-the-phone follow-up, education, and home-isolation instructions.

### **PPE: Advocacy, Donations, and PPE-Making**

One of Pritzker's most robust initiatives has involved securing personal protective equipment [PPE] for our healthcare workers by partnering with state and national organizations, phone banking to advocate for the Frontline Health Care Workers Assistance Act and the Medical Supply Chain Emergency Act., and making durable PPE.

"From my parents' home in the west suburbs of Chicago, I couldn't help with our first Pritzker initiative, childcare support in Hyde Park. Then I saw a Facebook post by a friend from high school about MedSupplyDrive (MSD), a regional volunteer effort to coordinate PPE donations to healthcare workers in need. On March 20<sup>th</sup>, I became a regional coordinator for the state of Illinois. And now (as of April 26<sup>th</sup>, 2020), MSD-IL has distributed over 8,000 items of PPE, with more being allocated and delivered in the coming weeks. This was made possible by local and nationwide collaborations with organizations such as GetMePPE-Chi and NSRN, who share supplies, needs assessments, and volunteers." - Michael Sun, MS1

The PPE-making initiative came out of a UCMC Hospital initiative in order to bolster our own supply of PPE and also to provide donations to local community organizations, including senior homes!



# Pritzker Wellness Initiatives & Programming During COVID

Wellness is a journey and not a destination. Medical school is going to be a rewarding, yet complex chapter in this journey, and it's paramount that we start developing the healthy practices for a well-balanced career in medicine. At Pritzker, as you will soon find out, wellness is a lived practice and part of our culture of excellence! Now more than ever, we are coming together as a community to ensure healthy practices and creative outlets for support and social interaction. Our wellness initiatives, led by our wonderful Wellness Committee and Dr. Lee have made incredible efforts to further community engagement and fun. Below, you will find pictures and details about several previous and ongoing wellness efforts throughout our community.



**Wellness Slack:** Slack is a communication tool for big groups with a lot of nifty features. The Wellness Slack chat is the HUB of Pritzker wellness.

**Faith in Medicine Group:** Navigating spiritual life virtually has been an ongoing journey for Pritzkerites!

**Weekly Mindfulness & Meditation Sessions:** Every Thursday, we have the honor and delight of practicing mindfulness meditation with our beloved Dr. Oyola. "The goal is to gain greater compassion with ourselves when the mind has wandered off."

**Professional Responsibility vs. Personal Risk Panel:** We hosted a discussion on how physicians manage contrary feelings regarding caring for oneself in a pandemic vs. serving others. This tension between your professional responsibility to care for patients and personal concerns about your own health and safety will be present at many points in your medical career, and these concerns are undoubtedly heightened during times of crisis. We invited faculty panelists from emergency medicine, internal medicine, anesthesia, and pulmonary critical care who spoke to their experiences and shared their perspectives on these issues! Topics such as feelings of loss of control, guilt & anxiety, and pride & camaraderie; discussion of the "hero narrative;" and considerations for hazard pay were discussed!

**UChicago Medicine Zoom Wellness:**

Self-compassion, yoga, mindfulness, resilience, and more! Come for the wellness. Stay for the people!

**FitChicago:** Virtual fitness classes that UChicago is hosting [Barre, Bootcamp, HIT, Kickboxing, and more!] From a virtual 5k to a half marathon. Pritzker goes to *WEERK!*

**Fitzker:** With the support of Pritzker’s Wellness Initiative, Fitzker is the wellness class hosted by our one and only Suzette Guzman '24 where we stream live 1 hour workout sessions by Taryn Toomey. The Class is a transformative workout of the body and mind with the goal of building a strong and resilient body.

**Society Trivia Battle:** The biggest society event since Field Day. With the respect and bragging rights for their societies hanging in the balance, Pritzker students came together for a thrilling duel of trivia. Coggeshall. Delee. Huggins. Rowley. **Doc Films MD:** Think you’re a movie buff? Do you have a love for the art of the motion picture? Doc Films hosts a feature film and enjoys the delight of each other’s company. Previous movies have been Jordan Peele’s *Get Out* (2017) and *Joker* (2019).

**E-Sports:** Need a competitive outlet? Upset that Pritzker cannot dominate the UChicago Intramurals like we do without breaking a sweat? No need to fret! Now, we have E-Sports, offered by intramurals at the University of Chicago: Backgammon, chess, FIFA, League of Legends, Madden, Magic: The Gathering, Mahjong, NBA 2K, Rocket League, Scrabble, Super Smash Bros, etc.

**Pritzker Cookbook:** A compilation cookbook of all of the 5-star meals cheffed in the kitchens of Pritzkerites! Students submit their recipes to be included. Got a recipe for your auntie’s carrot cake? Or the reverse pan-seared ribeye? Add it to the cookbook!



**All-School Quarantine Challenges:** Everyday, we are met with challenges that force us to think critically about medicine and clinical practice. What is really tough are the weekly challenges that force us to think out the box to engage in endeavors ranging from culinary skills to visual arts. From Art challenges to movie recreations, Pritzker students have really shown their multi-talented sides in masterfully recreating some of the most iconic pieces of media throughout the ages. Everybody wins!

