



SCHOOL OF MEDICINE

CASE WESTERN RESERVE
UNIVERSITY

Physician Assistant Program

CWRU PA ALUMNI NEWS

March 16, 2022

Change to the PA Program...

Jensen Lewis, Director of Didactic Curriculum, was appointed as Interim Program Director in early March. He is excited to lead the talented team and continue providing innovation and excellence in PA education. We thank Professor Lord for all of her time and effort in starting the PA program at CWRU.

**Donate to the new
PA Student Emergency Fund**

Thank you to our inaugural donor, Patricia Chambers Moore, treasured grandmother to Hollis Moore, Class of 2021. Through her kindness, we will be able to begin to support students who do not have someone to borrow from if unexpected expenses arise. #kindnessmatters

Please reach out to
Jennifer.capretta@case.edu to
donate today.



Kramer Kamp ('20) moved to Denver and started working for SimonMed Imaging in May 2021, got engaged in September 2021, and promoted to Lead PA in November 2021! Congratulations Kramer!



Curious about precepting?

Thanks to Casey Helms' ('20) for sharing his experience:

Describe the best thing about precepting PA students:

The best thing about precepting PA students is seeing the progress that students make over the short four-week rotation. Coming into the emergency room for the first time can be intimidating. To be able to help students become more comfortable and learn how to apply all the knowledge and clinical skills gained through didactic year is extremely rewarding.

Describe a challenge with PA students:

It is a challenge to keep students engaged who already knows what discipline they want to work in. Even if a student has already chosen a path, it is important to emphasize that every rotation can lead to job opportunities. Students should remain enthusiastic and proactive because it may help them gain future opportunities in their fields of interest.

What one or two things do you wish for each student to take away from your rotation?

From a clinical perspective, one thing I wish for students to take away from my rotation is that it's essential to be able to formulate a broad

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Jennifer.capretta@case.edu

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differential diagnosis when considering a patient's chief complaint. In the emergency room, it is the provider's job to rule out life-threatening conditions. For example, even if it appears obvious that a patient is experiencing chest discomfort due to previously diagnosed acid reflux, it is vital to consider the rest of the patient's risk factors, and clinical picture to ensure that they are not having other causes of chest discomfort such as a heart attack, aortic dissection, and so forth.

Early in a clinician's career, it is not uncommon to think of only one or two conditions or systems that can be causing a patient's symptoms. It's important to think of the body as a whole and a sum of all its' symptoms, so thinking outside of just the most obvious possible system is a fundamental skill students should continuously work on improving. In addition, another takeaway for students from my rotation is that while some individuals may have already chosen their future specialties, students will still gain many things from an emergency medicine rotation that will be applicable to the fields of their choice-whether it's improving on clinical skills, communication, histories, and physical exams, notes, etc.

Reach out to Craig Myers (craig.myers@case.edu) if you are interested in precepting CWRU PA students. We have many resources to share and will partner with you as you help us educate the next generation of PA's.

Wellness Matters

How to Protect Yourself from Overload:

1. **Be Organized Enough to Know Your Load** - sometimes we overcommit because we have multiple lists and calendars with our schedules. We can't be efficient if we don't have a clear picture.
2. **Just Say No** - practice this if you have not before. It is OK to say no when we are too busy or when you need down time. Life is a marathon not a race. We can't be best for others when we are exhausted.
3. **Finish to Done** - don't be that person that starts 10 things and finishes nothing. Checking off things from the list is oddly satisfying.
4. **Don't Do Everything Yourself** - delegate when you can, even grocery shopping! Feel free to treat yourself once in a while in order to carve out time for something that helps you recharge.
5. **Set Clear Expectations** - make sure when you commit to something that you have set clear expectations, so you are not doing something that has already been done by someone else.
6. **Defend Your Time** - it is important to block time for yourself...for exercise, sleep, a hike, lunch with a friend. Take control over your free time.

*theme came from <https://timemanagementninja.com>