

## The Future of Health Care!

By Dr. Margaret Rea

Please reflect on the important words from Dr. Lubarsky,

You are lucky, as the saying goes, to live in interesting times. In the world of medicine and health care, these are definitely times of change. And change, it seems, is our new normal.

Even as you study and learn your role in health care, it's changing around you, evolving with new technologies and techniques and demands. Seemingly every day brings some amazing new treatment or tool that enables us to help even more people.

Just look at the consumer-oriented tech devices changing how we gather information from our patients. The Apple Watch takes ECG readings and has fall detection, and it's not alone. Apple faces competition from Fitbit, Garmin and others with capabilities to track sleep patterns, detect atrial fibrillation and more. Google's Verily division is developing a smart shoe to monitor your health and weight, while a startup called Butterfly iQ can turn your iPhone into an ultrasound unit.

Taking care of our patients is now, and forever, at the center of everything we do, and just imagine what these devices, the evolution in deep learning, the ever-increasing interconnectivity of society, and the advancements in stem therapies and genetics will mean for our patients and for those of us lucky enough to help deliver health care. It's possible you may enter specialties or fields of health care during your careers that don't even exist yet.

This pace of change makes these times more than interesting, it makes them fabulous. The possibilities of what we may achieve in medicine, the new ways we will help people, and the inventive ways we will organize ourselves to treat patients are exhilarating. I believe we'll soon move to much more care delivery by exception – meaning, instead of routine visits, we'll see patients only when they need us for health maintenance or preventive action before something goes wrong. As a physician, I believe it's so much better to prevent illness rather than try to repair damage that's been done.

All of this, though, will come at a price: Practicing health care will become more demanding.

That's where you come in. You're learning now not just about medicine and health, you're learning how to keep learning. What you achieve in your careers will be defined by how well you adapt as your world evolves around you. You'll be carried along by your values, your dedication, your compassion – and your willingness to keep learning.

Like no generation before you, you have the world's knowledge at your fingertips – knowledge that is growing exponentially, especially in health care. You'll likely have tools we haven't imagined yet to help you understand and solve new problems, to sort through all that information, and to find exactly the answers you need – when you need them. You'll have to keep adapting and learning to use these new tools without losing the focus that our first concern is always our patients. And you will have to keep adapting – simply enough – how you think.

At the same time, as you'll need to keep alive core skills and values of health care – your humanity and your ability to make compassionate, personal connections. You'll be employing all that new technology and new tools to reach everyone, rich and poor alike. Although we're getting blanketed by 5G, education and income disparities persist. Getting all your patients to use those tools effectively will require you to be more than a mere purveyor of technology, you'll need to rely as much as ever on the crucial personal skills of empathy, understanding and patience.

It used to be that practicing medicine was a lonely endeavor. In the future, you'll be working in teams, connected like never before, learning from each other, making each other better and, in the end, hopefully you'll be even better at helping patients and whole communities in ways we have not thought possible.

That is the future of health care – your future – and it is what can come from interesting times. I hope you'll embrace it now and throughout your career. I hope you'll keep your fire for learning alive every day you're in health care. And most importantly, I hope you will all go on to achieve the great things these interesting times show just might be possible.

Yours in Health  
David Lubarsky, M.D., M.B.A

## Wellness Events

### Work Life and Wellness Events

<http://www.ucdmc.ucdavis.edu/hr/wellness/index.html>

### UC Living Fit Forever

[http://intranet.ucdmc.ucdavis.edu/clinops/resources/living\\_fit\\_forever.shtml](http://intranet.ucdmc.ucdavis.edu/clinops/resources/living_fit_forever.shtml)

### The Schwartz Center Rounds

A multidisciplinary forum where clinical caregivers discuss social and emotional issues that arise in caring for patients. Occurs the 4th Tuesday of every month at the Cancer Center Auditorium:

<https://intranet.ucdmc.ucdavis.edu/palliativecare/schwartz.shtml>

### UC Davis Health Farmers Market is back!

Every Wednesdays 3-7pm  
Ed. Bldg. Outdoor Quad

# Wellness Tip: How to Support Your Well-being



The wellness tip for this month is asking you to take time to reflect on how you are doing with regard to your emotional and mental health. Please consider visiting the Each Aggie Matters site to review the signs and symptoms of different mental health concerns such as

anxiety and depression to identify if you might benefit from making some changes to protect your well-being.

<https://eachaggiematters.ucdavis.edu/about-each-aggie-matters>

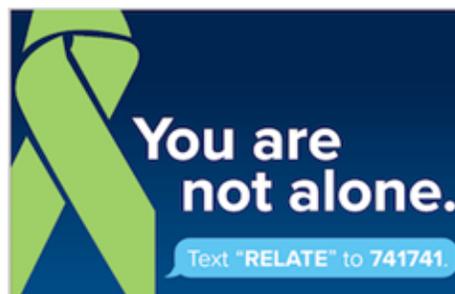
As a professional health sciences student, you are learning about ways to promote your patients' well-being. Some of those same resources can be helpful for you. Please take a moment to review the Healthy UC Davis Mental and Emotional Well-Being resource page that contain a myriad of apps, free podcasts, books and other materials to support your well-being as a student.

<https://healthy.ucdavis.edu/mental-emotional-wellbeing>

Reflect on whether you could benefit from support for your mental well-being. Medical students can access counseling services at [medschoolcounseling@ucdavis.edu](mailto:medschoolcounseling@ucdavis.edu) and nursing students at [hs-sonwellness@ucdavis.edu](mailto:hs-sonwellness@ucdavis.edu). Students can also contact Student Health Counseling Services on the Davis Campus at (530)752-2349 for appointments and for urgent issues 24/7.

If you are having thoughts of suicide or are concerned about a fellow student, please access crisis services:

- 911
- Suicide Prevention 1 800- 273-TALK (8255)
- Crisis Text Line Text RELATE to 741741
- Student Health Counseling Services 24/7 phone line (530) 752-2349
- Sutter Center for Psychiatry 24/7 Crisis Line (916) 386-3620
- UC Davis Police, Sacramento (916) 734-2555



## Monthly Recipe from the UC Davis Community

This month we have turned to our own UC Davis Health Executive chef Santana Diaz for our monthly recipe. His recipes for Spring were recently highlighted by the UC Davis Department of Integrative Medicine. "Chef Santana Diaz's recipe entitled The Davis Tower is a combination of 7 spectacular recipes: Beet Puree, Parsnip Puree, Yam Cake, Herb Polenta Cake, Mushroom Sauté, Pickled Fennel, and Persimmon Balsamic. When combined, they create an impressive dinner with an awe-inspiring presentation; you can also get creative in the kitchen and use them individually in a myriad of ways. Have fun exploring the different textures and flavors of this amazing dish!"

Take a moment to check out his recipe and others from the UC Davis Department of Integrative Medicine.

<https://ucdintegrativemedicine.com/2019/03/spring-recipes/#gs.5bhqum>  
<https://ucdintegrativemedicine.com/recipes/the-davis-tower/#gs.5bhp5a>

## Wellness App: SAM

SAM (Self-help for Anxiety Management) offers a range of self-help methods for people who are interested in learning to manage their anxiety. SAM has been developed by a university team of psychologists, computer scientists and student users. Established methods of self-help have been combined with high standards of usability to provide an engaging, flexible, and practical resource. The content of SAM is presented in various media formats in order to support users in learning about anxiety and practicing self-help.



<https://itunes.apple.com/app/sam/id666767947>