

Sue's News

June 2018



#crazysocks4docs Grey Nuns OR

Hello everyone,

Welcome to the **Good Enough** short and sweet edition of the newsletter!

I am just off to the UK to celebrate 30 years of wedded bliss ... so unlike the usual perfectly curated editions, this is the best I can do. A bit like those 30 years

On June 1 #crazysocks4docs was supported across the globe and as you can see, we did our bit at the Nuns. Special commendation to Dr Kropelin with the Fox in Socks book!

I plan to make this even bigger and better next year, hopefully involving a local sock business and the media to highlight mental health within health care.

Dr Eric Levi wrote about the campaign and What Next? [here](#)

Through the Crazy Socks project and Twitter I have connected with other physicians in the wellness area, some of whom I will meet in person later this year at the International Conference for Physician health in Toronto.

Although I identify with the statement below, Dr Klinck tells me there was lots of interest on Facebook too and suggests we may host a Facebook Live session in the future.

**"Facebook is stuff you don't care about from people you do know,
while Twitter is stuff you DO care about from people you don't know"**

Sara Hudson.

here are a few pieces I found interesting:

Dr Karen Breeck, Past President of the Federation of Medical Women of Canada wrote a personal account "Is it Medicine's #MeToo or #TimesUp Moment Yet?" [HERE](#)

Dr Gigi Osler CMA President Elect said,
"What if we all took the #MeToo movement as an opportunity to pause & reflect:
How can we make it a better experience to be in medicine for ALL people – students and staff, male and female, young and old?"

Dr Atul Gawande's commencement address to the UCLA medical class [HERE](#)

Dr Backlin and **Dr Eliasson** both referred me to the website www.civilitysaveslives.com [HERE](#)

INCIVILITY
THE FACTS

WHAT HAPPENS WHEN SOMEONE IS RUDE?

- 80%** of recipients lose time worrying about the rudeness
- 38%** reduce the quality of their work
- 48%** reduce their time at work
- 25%** take it out on service users

Less effective clinicians provide poorer care

WITNESSES

- 20%** decrease in performance
- 50%** decrease in willingness to help others

SERVICE USERS

- 75%** less enthusiasm for the organisation

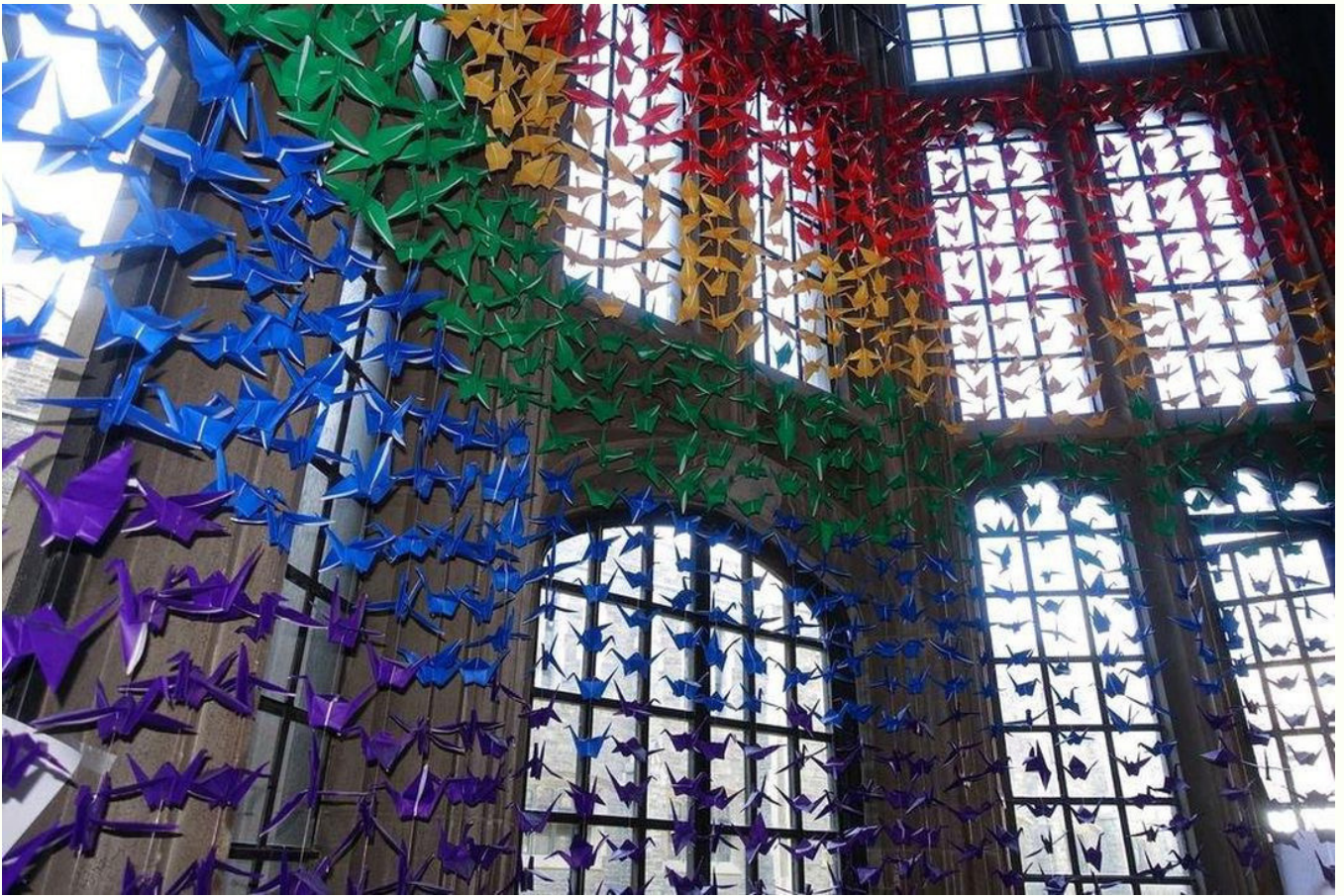
**Incivility affects more than just the recipient
IT AFFECTS EVERYONE**

CIVILITY SAVES LIVES

The price of incivility. Porath C, Pearson G. Harv Bus Rev. 2013 Jan-Feb;91(1-2):114-21, 146.



And a little bit of truth and humor from Gomerblog [HERE!](#)

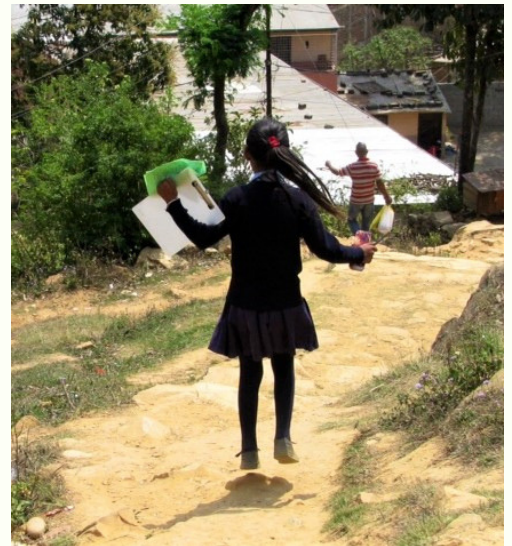


It's Pride Month
and I couldn't be more proud!



Thank you for reading,
Back to themed content next month,

All good things,
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School's Out
Next GAS Café is August 28