

January 17, 2020

Hi Everyone,

Innovation is a key component of an academic mission.

I have always been proud of the degree of innovation in all sectors of our Department. This week's DA goes to **Stephen Liben** for his innovation in the classroom and his innovative efforts at Knowledge Dissemination.

Stephen, together with longtime colleague Tom Hutchinson of the Department of Medicine, created a while back a course for pre-clerkship medical students on mindful medical practice and its potential transformational impact on the student. Emphasizing a paradigm of whole person care, the course seeks to integrate contemplative efforts such as being 'present' in the moment to improve the effectiveness and impact of the healer's role to achieve better health for patients. Leveraging on the success of this course, Stephen and Tom recently published a book entitled **MD Aware: A Mindful Medical Practice Course Guide** that provides practical guidance in giving their course at other centres. Full of examples and templates, summarizing both the process of the course and the way forward based on its contents, the book provides an invaluable practical guide. All this in the absence of any slides, lectures, and even a prohibition on any devices such as laptops, tablets or cellphones in class (how positively pre-millennium).



Congratulations to Stephen and Tom for their innovation and for 'mindfully' leading the way forward at McGill and now elsewhere.

Have a great weekend everyone!

Michael

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