

DIGITAL MD: A Novel Social Media and Digital Scholarship Elective

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BACKGROUND

75% of medical students use social media.

1 in 5 medical students create and use **online educational resources** and **connect with peers and mentors** through social networks.

Current medical curriculum **lacks coursework to support medical students in digital scholarship** and educate them about online professionalism.

METHODS

Digital MD is an **online curriculum** utilizing pre-existing materials, guest speakers, zoom discussions, and tiered assignments.

Students use Adobe Creative Cloud to create a **digital media capstone** at course completion.

MODULES

- 1 What is Social Media and Digital Scholarship?
- 2 Legal and Ethical Pitfalls of Online Citizenship
- 3 From Lurker to Contributor/Social Media Activism
- 4 Developing a Professional Identity/Personal Branding
- 5 Digital Scholarship Education Theory
- 6 Everyone is Creative: Adobe Creative Cloud (Guided Lab)
- 7 Capstone Presentations, Review, and Feedback

RESULTS

We enrolled 9 students over 3 course sessions.

100% of respondents agreed the course helped:

- Define concepts
- Understand online advocacy
- Make them more likely to use social media and digital scholarship in their education

CONCLUSIONS

Social media is an **important and increasingly critical part of physician communication and professionalism.**

Resources are **available, expanding, and proven to be feasible** within MedEd.

Digital MD has **meaningful impact** on students through the creation of capstone projects and **enhanced social media engagement with real-time, real-world influence.**

Join the #DigitalMD Conversation



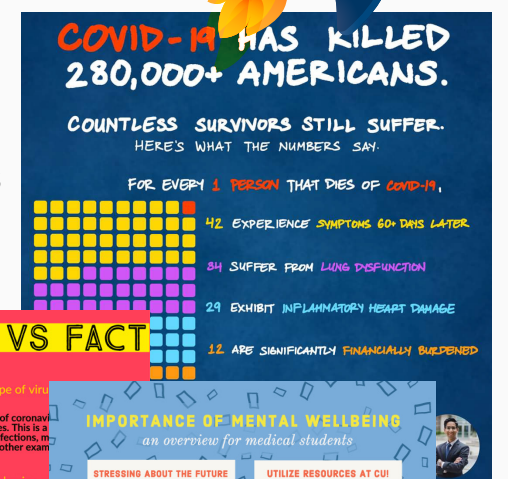
@vincefox8



@matthew608b

OUTCOMES

Student-made infographics generated **more than 20,000 online impressions** and **over 3,000 engagements.**



COVID-19: MYTH VS FACT

MYTH: "Coronavirus is a brand new type of virus we have never seen before."

FACT: We have seen many different types of coronavirus like different types of influenza viruses. This is a virus that can cause respiratory infections, mild like a common cold. SARS is another example of coronavirus.

MYTH: "Having Coronavirus is just like having a cold or the flu."

FACT: COVID-19 and the flu both have symptoms and fever. COVID-19 can also cause shortness of breath. Current data shows that COVID-19 is more severe than the flu. Each person with the Coronavirus has on average 2.5 other people on average versus the flu at about 1.3. The fatality rate of COVID-19 is estimated to be between 1-3.7%, whereas the seasonal flu is about 0.1%.

MYTH: "I don't need to socially distance myself, young and have no pre-existing health conditions."

FACT: Social distancing is a group effort- everyone has to do their part for it to be effective. Even if you are young and healthy, you may end up passing it to someone in contact with the elderly, immunocompromised, or someone with heart disease.

MYTH: "I can't pass Coronavirus if I don't feel sick."

FACT: Studies have shown that you can still be contagious with COVID-19 in the early stages of disease before you start to show symptoms. This is why it is important to practice social distancing, even if you don't think you are carrying the virus.

MYTH: "I should go get tested immediately if I think I have Coronavirus."

FACT: You should first call your primary care doctor. They will direct you on the best course of action. In about 80% of cases, symptoms of this virus are mild and can be taken care of at home. There is no medication to treat Corona virus. If you are sick, it is best to stay home and avoid public places so that you don't spread this virus to others. If you are experiencing trouble breathing, chest pain, or blue lips, seek medical care immediately.

IMPORTANCE OF MENTAL WELLBEING

an overview for medical students

STRESSING ABOUT THE FUTURE In a study of medical students, 41.2% had anxiety rating in clinically significant range. <small>Pickard, et al. 2020</small>	UTILIZE RESOURCES AT CU! From fitness to therapy, the Wellness Center has many services to promote well-being. Build a support system of peers, family, and faculty to share concerns and thoughts.
TIRED & UNMOTIVATED 49.6% of medical students in 7 U.S. medical schools had scores qualifying them for burnout. <small>Dybye, et al. 2008</small>	THINK LONG TERM Use the first semester of school to explore study strategies. Implement a planner to space out activities and goals & a mood tracker to track your feelings over time!
COMMUNITY IMPACT Student wellness & connectedness affect patient safety and quality of care. <small>Sibings & Wu, JAMA 2010</small>	EXPLORE YOUR COMMUNITY! Take time to go on a local hike or participate in community service events. Integrating yourself in a new environment can help you appreciate the people you are serving!

FOR MORE INFORMATION ON COVID-19: VISIT [HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/INDEX.HTML](https://www.cdc.gov/coronavirus/2019-ncov/index.html)