



KERN NATIONAL NETWORK
FOR FLOURISHING IN MEDICINE
Character. Caring. Practical Wisdom.

KNN Connection | March 14, 2024



Reflecting on the 2024 KNN Student Conference

"If we want to feel an undying passion for our work, if we want to feel we are contributing to something bigger than ourselves, we all need to know our WHY." – Simon Sinek



Earlier this month, KNN students gathered at Dell Medical School at the University of Texas at Austin for the second annual **KNN Student Conference**. Developed for and by KNN students, over 80 medical students from across 29 institutions were in attendance. The event began with a quote by author Simon Sinek that emphasized the conference theme, "Fostering Flourishing: Integrating Your *Why* into Your World." The conference served as a space for learners to reflect on their purpose in medicine and identify what motivates them to aid in shaping a better future for medicine as aspiring physicians.



Throughout the three-day convening, student leaders spoke to the importance of concepts such as practical wisdom and authenticity in medicine. Sessions and activities also focused on the innovative ways student chapter sites are implementing initiatives and future directions for their work with the KNN Student Network.

The [KNN Framework for Flourishing](#) concepts of character, caring, practical wisdom and flourishing set the foundation for the agenda. For **character**, conference participants explored identity through personal and professional core values and shared stories of that concept in motion through meaningful experiences in medicine. Learners also discussed critical aspects of authentic care and patient connections while placing a strong emphasis on going the extra mile. Within the discussion, students explored the concept of **caring** through the lens of “love languages” and discussed the importance of developing skills to confidently provide care in challenging clinical situations.

For **practical wisdom**, a presentation introduced the idea of *phronesis* as a metavirtue that helps one calibrate and apply aspects of character and caring in practical action. Students recognized areas in their lives and medical training where practical wisdom can and should be applied, and it ultimately served as a reminder that cultivating practical wisdom will help strengthen individuals and bridge communities.

Dell Medical School student Aquiel Warner led a workshop titled, “Espressoyourself” where she brewed coffee and distributed mindful reminders and reflective prompts to learners in Dell’s KNN Student Flourishing area, a flexible multipurpose space for students.

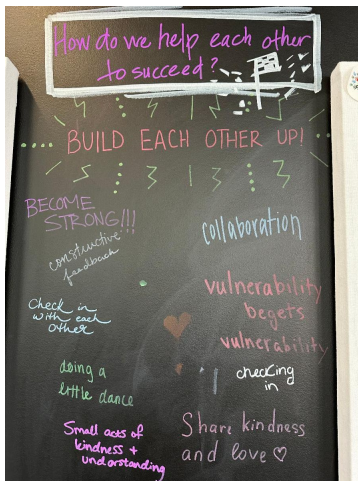


One of the most difficult times in a medical student’s journey is when learners enter their clinical years. Through a session titled “Flourishing and the CLE,” students explored the importance of adjustment, balance and being flexible. With an interactive and modified game of *Twister*, conference attendees participated with a purpose to represent navigating different scenarios in clinical settings.

Additionally, prioritizing balance was a key reminder for medical students. Learners had a chance to creatively express themselves through reflecting on what brings them joy. From positive childhood memories to hobbies and music, learners used the school’s designated flourishing space to draw and share what has helped them to prioritize and impact their personal and professional flourishing.

essential so that we can be our best mental and physical selves. This then allows us to come to clinic and be the most mindful and present when engaging with patients."

- Trevor Milan Marshall, M1
Kaiser Permanente Bernard J. Tyson School of Medicine



Lastly, students also used the flourishing space to share how they can help each other succeed on their journey in medicine. Answers varied and further highlighted the importance of caring, collaboration and community. KNN program office team members Joëlle Worm, Tara Fikejs and Jessica Cunningham attended to support the student-led event. All observed the devoted effort that students invested into achieving a fruitful second conference.

We extend a huge congratulations to all KNN student leaders and the conference planning team on hosting another outstanding event! We commend the essential work being done in and outside of clinical learning environments and look forward to further supporting learners' journey as changemakers toward flourishing in the field of medicine.

[More on the KNN Student Network](#)

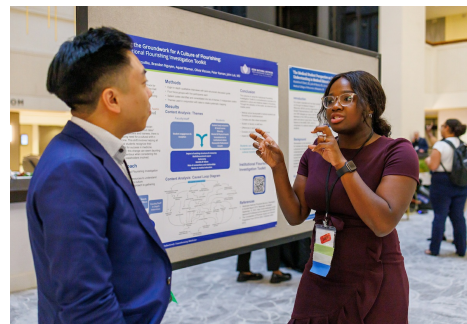
2024 ANNUAL KNN CONFERENCE CALL FOR SUBMISSIONS

2024 Annual KNN Conference – Submit Your Work by April 12

Are you working to advance character, caring, practical wisdom and/or flourishing in medicine?
Do you have a promising program, research project or innovative practice to share?

We are accepting submissions for the 2024 KNN Conference in the form of:

- Workshops
- Sessions
- Catalyzing conversations
- Poster symposium



Submit your work by **Friday, April 12, 2024**, and share the call with colleagues and learners working in spaces encompassed by the [KNN Framework for Flourishing](#).

UPDATES, EVENTS & RESOURCES

Updates

Welcome to the KNN!

Michaela Sarenac has joined the KNN as the Program Coordinator for Partnership Development and Relations. She will provide support to event coordination and developing and maintaining strong relationships with KNN partners.



Join the KNN team

The KNN program office is seeking to add an [Academic Writer](#) to the team. We welcome applications through the link provided.

Have an update to share? Please [email us](#).

Upcoming Events

May 6, 5-6:15 pm CT | KNN Foundations for Flourishing

The KNN's *Foundations for Flourishing* is a four-part virtual series aiming to increase awareness and understanding of the four fundamental KNN framework elements: character, caring, practical wisdom and flourishing. Join us for the final session on flourishing with Tyler VanderWeele, PhD, of Harvard University, Matthew T. Lee, PhD, of Baylor University and William G. Pearson, PhD, of Edward Via College of Osteopathic Medicine at Auburn. Following the event, there will be an exclusive 30-minute Q&A for [members of the movement](#).

[REGISTER HERE >](#)



Resources

- [Flourishing in Medicine: From Surviving to Thriving \(Audio\)](#) | Delve into this podcast featuring KNN colleague Adi Haramati, PhD, of Georgetown University Medical Center on his unique academic journey, the evolving landscape of medical education and the importance of self-care and flourishing.
- [Take 5: Telling the Patient's Story \(Video\)](#) | Watch Paul Scanlon, MD, of Mayo Clinic discuss the importance of active listening in healthcare and provide five strategies on the principles of good storytelling for clinical case presentations.
- [Intellectual Humility: Foundations and Key Concepts](#) | Check out this annotated bibliography by psychologist Elizabeth Krumrei-Mancuso on research findings regarding intellectual humility.



About the Kern National Network

The **Kern National Network for Flourishing in Medicine (KNN)** is a national movement focused on integrating four foundational elements within the profession of medicine: character, caring, practical wisdom and flourishing. We advance this work by connecting and convening stakeholders across the health ecosystem, catalyzing transformative initiatives, and influencing policy and systems change.



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