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Sending an email to a Permanent Kaiser Doctor requires a Kaiser Permanente account and login information. Once logged in, sending an email to the doctor is done through the message centre. Sign in to the KaiserThe account of the homepage kp.org has a login screen where the username and password must be entered. Going to My Health Manager Title My Health Manager, there are five options, including My Message Center. Going to My Message Center I clicked, there is a list of e-mail options on the left, including My Doctor's Email. Going to My Doctor's Email My Doctor clicked, another page appears where My Doctor's Email will be clicked again. Proceed to my Email DoctorOne more pages come asking to make sure that your doctor's email is the right choice. Click on the button that reads Continue sending an email to My Doctor. Choose a doctor and write a messageThere is the drop-down menu at the bottom of the page where all personal doctors are listed. Select one, then write the subject in the subject box, and consist of e-mail in the box below it. Attach an image if necessary by clicking the browse button. Then click Send when done with e-mail. Imagine the brain, its various pieces highlighted like a Technicolor thread ball. Now imagine you can pluck pieces, front lobs, cerebellum, thalamus. From the middle you grab a basal ganglia. There, in front of your eyes, two small conches. You raised them, turned it on. This is what you can do when a human body is made digital. Using virtual cadaver is one way that Kaiser Permanente School of Medicine that has not yet opened plans to reinvent how to teach medicine. In the last decade, many questions have arisen about how America should grow its healthcare system into less expensive and more caring. The likeable solution consists of changing how we pay for health services to think more holistically about what keeps people from staying healthy. As part of the discussion, medical schools have gone under the microscope. Few are already making changes to the curriculum to reflect the challenge of treating patients today. But one school has the opportunity to build a new framework for medical students from the ground up. Kaiser Permanente medical school will open in the summer of 2020. Schools will take a technological forward approach that teaches students how to treat with compassion. Carrying cadavers onlineRather from teaching anatomy through slicing medical cadavers, Kaiser Permanente's School of Medicine will have a large touchscreen featuring body parts in 3D, ready for digital surgery. Students will also learn to navigate the human body through virtual reality headsets and mannequin. With a sonogram stick flick, students can withdraw muscles and tissues, or inspect cross-organ parts. Jose Barral, chairman of biomedical sciences at Kaiser Permanente's School of Medicine, says that students learn just like through digital presentations as they do through physical cadaver. Retention is about the same as the traditional cadaver dissection, he said. The difference is efficiency. They do it faster and it allows for prolonged and frequent exposure. Students will not only have access to touch screens in anatomy labs, but schools will also give them tablets so they can access the same software at home. The school will still have a plastinated cadaver, which is the human body that has been erected and preserved. The reason for having these real human parts is primarily to show students how human bodies vary. We're more different on the inside than we were outside, barral said. We're more different on the inside than we were outside. Jose BarralBut for both learning about body architecture and practicing making cuts, schools prefer virtual versions. The founding dean at Kaiser Permanente Medical School, Mark Schuster, says that first-time medical students are often surprised at how different human bodies are in vivo from the cadavers they learn. Cadaveric muscles, for example, exist in similar circumstances between states that are not flexed or relaxed. They can also decay and often smell like embalming fluids. For a number of reasons, including financial expenses, cadavers have been on their way out for more than 20 years. Back in 1996, schools introduced virtual discs on the desktop that crashed through the CD-ROM. By 2018, doctors were considering whether cadaveric disquencions were needed altogether. In polls, 58% of doctors, including surgeons, feel that cadaver surgery can be replaced. Technology has also advanced so much that students can not only turn body parts in the air, witnessing various folds and their shapes, but they can work with digital humans who can behave like sick bodies. Through virtual reality headsets paired with dummy bodies, students can practice treating patients in various distress states. We can change their heart rate, we can give them a heart attack, we can deliver a baby, schuster said. Students can inject, can learn how to put in an IV and draw blood. Redesigning the school's PermanentKaiser school makeover is not just about technology, although that is a piece of how it intends to teach medicine differently. The school tried to reinvent medical schools from top to bottom. It will escalate the lecture-style classes in favor of small groups. There will be a nutritional kitchen where students will learn to cook food for themselves and how to share healthy recipes with patients. Students will also be to consider mental and physical health. This program integrates biomedical sciences (physiology, anatomy, and biochemistry) with diagnosis and treatment. Schuster also wants students to understand not only how to practice medicine, but how to navigate a larger system—an area called health system science. They will learn health policies, how billing works, and obstacles faced by individuals in seeking care. To see how all these disciplines operate together, students will work in community health centers that meet the needs of Medicare and Medicaid recipients. When you tell patients they need to exercise more, do you find out if they live in a neighborhood where they can go out to run at night or is it too dangerous? Are there gardens under dark blocks at night, but if there are lights put in, everyone will use it, including your patients? Schuster said. He believes teachers should help students understand how they can solve barrier problems to healthy lives for their patients. If your patients can't call Parks and Recreation and get them to put in light because they're just a citizen, can you as a doctor with an MD at the end of your name and the confidence that comes from keeping many patients in the call of the Gardens and Recreation community and showing them the value of putting in light? It soon became apparent [students] didn't even know the basics of Medicare or Medicaid. Rusha ModiMedical schools have traditionally been more medically focused and treatment than environmental factors. In recent years, doctors have ruined how under-capable medical students have to operate in the healthcare system. In January 2018, Dr. Rusha Modi, a faculty member at the Gehr University of Southern California Center for Science Implementation, wrote op-ed complaining about the letters of medical students on public health. Through chatting with medical residents at a round at the district hospital where he worked in 2017, he found out little about the important healthcare bill being considered at the time. The bill, put in place by Republican senators Lindsay Graham and Bill Cassidy, will repeal the Affordable Care Act. The students did not know what this bill contained, he wrote. Their lack of knowledge extends beyond fights over repealing the Affordable Care Act. It soon became clear they didn't know the basics of Medicare or Medicaid. The medical school, she concluded, failed to provide doctors tomorrow for the world they are heading to. Beyond biologiststhis calls for changes in med schools comes as the healthcare system generally rethinks the health of patients. Healthcare centers think more broadly about how to incorporate mental health care into physical healthcare, or how factors in various external aspects about patients, such as where they live, into the treatment plan. Some medical schools are already shifting the curriculum to give doctors a stronger foundation to practice medicine in this new world. In 2011, the American Medical Association gave 11 schools \$1 million to re-elaw their programs with a larger health system in mind. That has led to the science of the health system becoming the core part of the curriculum in at least three schools: Mayo Clinic School of Medicine, Pennsylvania State College of and A.T. Still University School of Osteopathic Medicine. The AMA has called on all medical schools to incorporate more health systems to learn into their programs. At Kaiser Permanente school, the focus on the health system will also mean looking at the sustainability of doctors, which not only leads to high suicide rates among doctors but also to keep substandard for patients. Students will be taught endurance tactics. We will have two psychologists on staff, and students will be expected to see them at least three times in the first few months of school, Schuster said, adding that it is harder to feel stigmatic when everyone sees a therapist. We're really trying to spend time thinking about what's most useful for students—what's going to help them learn how to be a brilliant doctor.

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