

# Cultivating a Shared Community Across Health Care Professions through One Book One Campus

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## Background

The University of Colorado Center for Interprofessional Practice and Education (CU CIPE) envisioned a program that would engage the Anschutz Medical Campus (AMC) in meaningful discussions and cultivate a shared community across all professions. The program was piloted in collaboration with The National Mental Health Innovation Center and AMC Student Affairs, and resulted in the inaugural One Book One Campus program at AMC. This campus-wide book-reading program was open to students, faculty, staff and all interested campus community members. The One Book One Campus program was launched during the 2017 fall semester, along with several events related to the selected theme: mental health. The featured book, *An Unquiet Mind: A Memoir of Moods and Madness*, by Kay Redfield Jamison, is a first-hand account of bipolar illness by a psychologist.

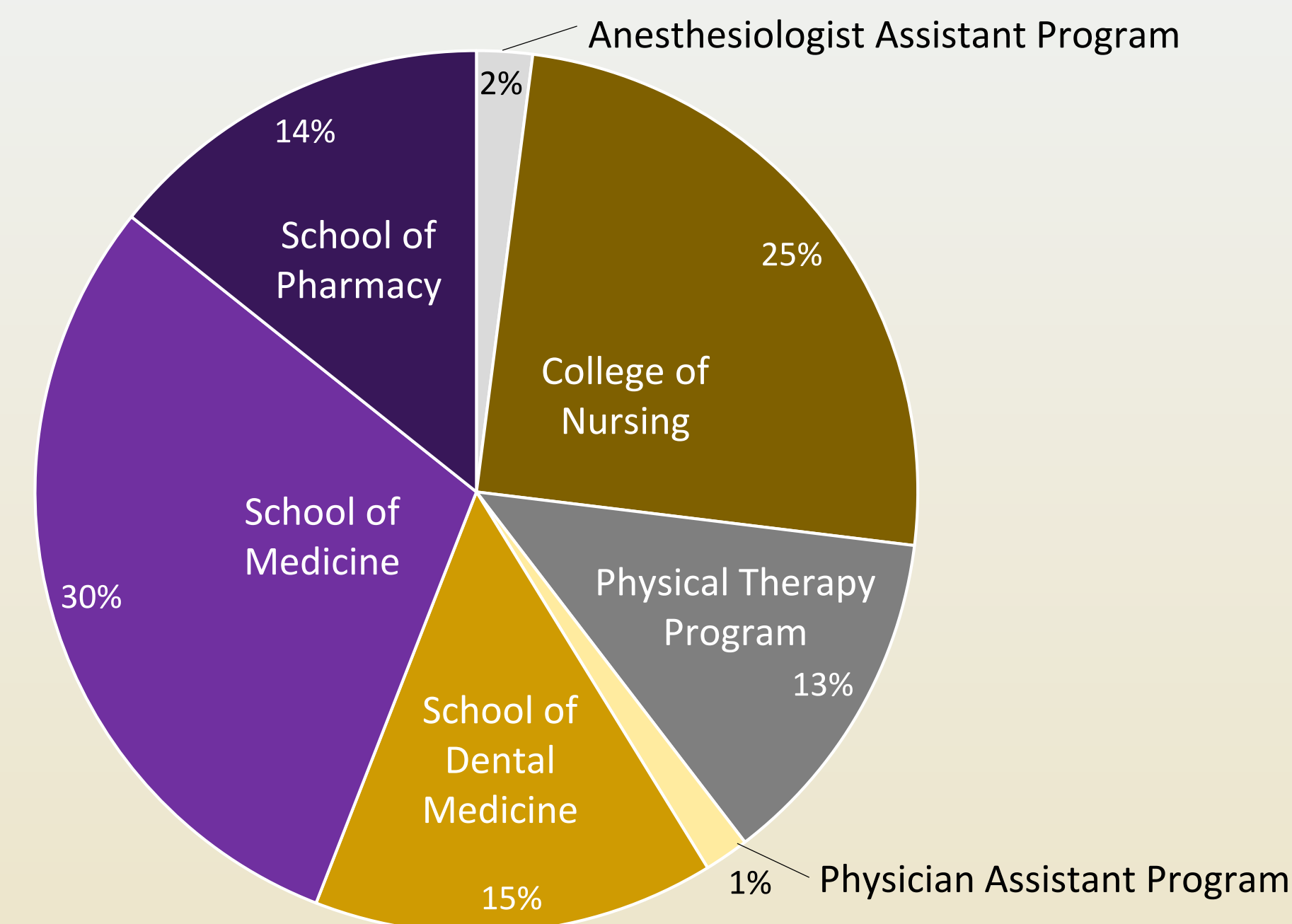
## Design

- Students were encouraged to read the book, and faculty were invited to incorporate themes from the book into didactic and co-curricular programming.
- Complementary programming centering on the mental health theme included a resiliency workshop, virtual reality experience, film screening and discussion, anti-stigma panel discussions, suicide prevention training, and book clubs.
- Students evaluated their participation in the related programming via electronic surveys aligned with CU CIPE outcomes.

## Results

### Student and Program Engagement

- 245 students participated in One Book One Campus-related programming, distributed across 7 programs.
- 92% of participants recommended the activity to their peers
- 94% of participants indicated the activity contributed to their development as a collaborative health care professional.



### Qualitative Data



Analysis of participants' comments regarding outcomes revealed the following significant themes:

- increased empathy
- increased confidence to care for patients with mental illness
- identification of unique contributions and of commonalities among health care professions
- collaboration with other health care professions

### Representative Comments

*"I thought it was very unifying to understand how people from different schools on the campus have experienced mental health struggles and persevered through difficulty. The student panel format was great, because it gave a personal touch that otherwise would not have been possible."*

*"I believe that students from multiple health fields participating together in this kind of training will better prepare us to communicate with one another. I will be able to draw upon this knowledge and work collaboratively with my future colleagues to provide the right resources and hopefully get patients to the help they need."*

*"Although behavior health practitioners directly contribute to the care of those with mental health issues, I saw future health care providers across the spectrum interested in understanding how to best contribute to their care also. From specialties that I would not have expected. Because of the baffling nature of mental health, and that it carries a stigma for many, it is helpful to see representation from all walks of life in the community of healthcare who are interested in contributing to the understanding of and care for this population."*

*"It showed me that I must always understand views from a patient's point of view instead of just my own. It is important to know a person, and not just a disorder."*

## Collaborators Engaged in Programming

- AMC Division of Student Affairs
- The AMC Health Sciences Library
- The CU Center for Bioethics and Humanities
- CU Child Health Associate Physician Assistant Program
- CU College of Nursing
- The CU National Mental Health Innovation Center
- CU Physical Therapy Program
- CU School of Dental Medicine
- CU School of Medicine
- CU Skaggs School of Pharmacy and Pharmaceutical Sciences

## Conclusion and Implications

- One Book One Campus programs are common in undergraduate settings, and the success of CU CIPE's One Book One Campus program pilot illustrates the potential for campus-wide engagement with an interprofessional focus for members of a health care professions education community.
- The mental health theme resonated with students and created partnership opportunities between many campus entities.
- The book and theme were both accessible and relatable across health care professions programs.
- CU CIPE will continue to sponsor One Book One Campus annually at AMC, exploring new themes that are applicable to a wide range of health care professionals and students.