

Providing Flexibility in Format: NIEF's "Guide for the Perplexed" Interactive CME

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History

2011 – Dr. Virginia Newman started the Enigma Series, a continuing medical education program in which physicians discuss medical cases with their peers to combat what she saw as a dip in physician morale among her colleagues at Franciscan Alliance Michigan City, Indiana.

She decided that they needed to find a way to remind one another of why they got into medicine, reaffirm the talent of our colleagues and help break down barriers between physicians.



ENIGMA Series



- ❖ Interactive type of learning, making the education process much more gratifying.
- ❖ Events were held at a restaurant with tables set in a horseshoe shape to promote conversation.
- ❖ Each session has between 25 and 35 physicians and a moderator who gives a short review of the case and explains current treatments.
- ❖ The cases are presented in a way that helps the group arrive at a diagnosis together.
- ❖ Started with four programs a year and due to popularity increased to five a year.

ENIGMA Series



Goals and Objectives:

- ❖ Apply analytical skills gained from the case presentations to his/her current medical practice.
- ❖ Model the behaviors used by the presenters to systematically make a difficult diagnosis.
- ❖ Appreciate the value of collegial interactions and multidisciplinary patient care.

THE ENIGMA SERIES

PHYSICIANS & ADVANCED PRACTICE PROVIDERS

Have some **fun** with your colleagues...

Why? TO REMIND US WHY WE DO WHAT WE DO!

Tuesday, August 8, 2023 • 5:30PM
Northern Indiana Education Foundation
402 Franklin Street • Michigan City

*Enjoy sharpening your clinical acumen
with good company, food and wine.*

RSVP to Info@niefonline.org

MEDICAL EDUCATION COMMITTEE
Franciscan Health Michigan City
Virginia Newman, MD - Enigma Founding Member, Former Chairman
Suzella Durr, MD - Chairman

Case presentations organized and presented by
your colleagues in multiple formats.
CME credit will be offered.

ENIGMA Series



Outcomes:

The program's successes were far-reaching:

- helping physicians beat burnout
- strengthening communication between physicians and hospital administration
- change in physician morale and a dissolution of barriers and biases between specialties

- Dr. Newman Article:

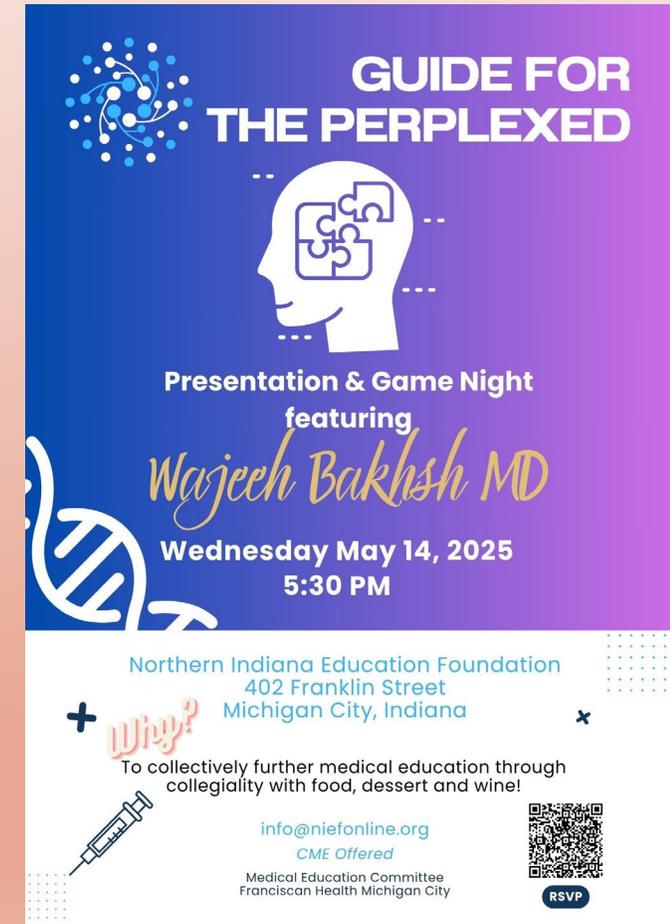
<https://healthtrustpg.com/wp-content/uploads/2019/11/The-Source-First-Quarter-2017.pdf>

ENIGMA Series Transitions to Guide for the Perplexed

- **Virginia Newman, MD Retired. Last Enigma program was on December 12, 2023. There were 59 Enigma programs.**
- **Sumedha Dhar, MD becomes new Chair of Medical Education Committee and several new members join.**
- **Committee recognized success of Enigma but wanted to change it up.**
- **Name changed to Guide for the Perplexed.**
- **Case Presentation format will still be the focus with the addition of “Educational Game Night”**

Guide For The Perplexed

- **First Program was on May 8, 2024.**
- **Games can include the following: Medical Trivia, Wheel of Fortune, or Jeopardy.**
- **The games content will be developed by physician committee members with emphasis on case topic, when possible.**
- **Teams will be formed randomly and numbered or named.**
- **Designate a host and support staff to monitor and keep score.**



The poster is divided into two main color sections: a top blue section and a bottom white section. The blue section features a network of blue dots and lines in the top left, a white silhouette of a head with puzzle pieces inside, and a white DNA double helix on the left. The text in the blue section includes the title 'GUIDE FOR THE PERPLEXED', the event name 'Presentation & Game Night featuring Wajeesh Bakhsh MD', and the date and time 'Wednesday May 14, 2025 5:30 PM'. The white section contains the address 'Northern Indiana Education Foundation 402 Franklin Street Michigan City, Indiana', a logo with a plus sign and the word 'Why?' in red, the tagline 'To collectively further medical education through collegiality with food, dessert and wine!', contact information 'info@niefonline.org CME Offered', the organizing body 'Medical Education Committee Franciscan Health Michigan City', a QR code, and an 'RSVP' button.

GUIDE FOR THE PERPLEXED

Presentation & Game Night
featuring
Wajeesh Bakhsh MD

Wednesday May 14, 2025
5:30 PM

Northern Indiana Education Foundation
402 Franklin Street
Michigan City, Indiana

+ *Why?*

To collectively further medical education through
collegiality with food, dessert and wine!

info@niefonline.org
CME Offered

Medical Education Committee
Franciscan Health Michigan City

RSVP

Room Set-Up



Medical Trivia



Medical Trivia

- Teams were given a sheet of paper to record answers to questions.
- Three rounds were played.
- Round 1 - 5 questions worth 5 points each
Round 2 - 5 questions worth 10 each
Round 3 - 5 questions worth 100 points
- Host read question and gave them 2 minutes to record answer.
- Teams' totals were tallied and \$10.00 Starbucks gift cards were given to each member of winning team.

Medical Trivia - Question

Marketed as a children's fever medicine with the slogan "For little hotheads," which over-the-counter pain reliever was introduced in 1955?

Medical Trivia - Answer

Tylenol

Wheel of Fortune

- We use [Wheel of Fortune for PowerPoint - Games by Tim](#)



Wheel of Fortune

- Design Puzzles based on committee input

The image shows a Wheel of Fortune game board with 12 puzzles arranged in a 4x3 grid. Each puzzle is numbered and contains a grid of letters. The puzzles are:

1. PSEUDO-
PSEUDO-
HYPOPARA-
THYROIDISM
CONDITION (MEDICAL)
2. TIBIOTALO-
CALCANEAL
PSEUDO-
ARTHROSIS
CONDITION (MEDICAL)
3. DIFFUSE
IDIOPATHIC
SKELETAL
HYPEROSTOSIS
CONDITION (MEDICAL)
4. MUNCHAUSEN
SYNDROME
CONDITION (MEDICAL)
5. HERMANSKI-
PUDLAK
SYNDROME
CONDITION (MEDICAL)
6. PRIMUM
NON
NOCERE
PHRASE
7. AFRICAN
SLEEPING
SICKNESS
CONDITION (MEDICAL)
8. LIVING
THE DREAM
PHRASE
9. ROCKY
MOUNTAIN
SPOTTED
FEVER
CONDITION (MEDICAL)
10. ANOTHER
DAY IN
PARADISE
PHRASE
11. PSEUDO-
HYPONATREMIA
CONDITION (MEDICAL)
12. BORBORYGMI
CONDITION (MEDICAL)

At the bottom center, there is a blue button with a right-pointing arrow and the text "Go Back".

Wheel of Fortune

- Design **Bonus** Puzzle based on committee input



Wheel of Fortune

- Design Bonus Puzzle based on committee input



Wheel of Fortune

- Words and description/definition of word is given to host.

Wheel of fortune Puzzle Answers

Puzzle #1 - Pseudopseudohypoparathyroidism - The term is used to describe a condition where the individual has the phenotypic appearance of pseudohypoparathyroidism type 1a, but has normal labs, including calcium and PTH. Pseudohypoparathyroidism is a rare autosomal dominant genetic condition associated primarily with resistance to the parathyroid hormone. Those with the condition have a low serum calcium and high phosphate, but the parathyroid hormone level is inappropriately high. Its pathogenesis has been linked to dysfunctional G proteins.

Puzzle #2 - Tibiotalocalcaneal pseudoarthrosis is a condition characterized by an abnormal, false joint (pseudoarthrosis) between the tibia (shin bone), talus (ankle bone), and calcaneus (heel bone). This occurs due to a failure of proper bone healing, typically following trauma, surgery, or infection, leading to an unstable, non-functional connection at the tibiotalocalcaneal region. The resulting pseudoarthrosis may cause pain, instability, and impaired function in the affected joint, often necessitating surgical intervention to restore stability and proper alignment.

Puzzle #3 - Diffuse idiopathic skeletal hyperostosis (DISH) is a disorder characterized by abnormal calcification and ossification of ligaments and entheses (the sites where ligaments and tendons attach to bone) along the spine and other areas of the skeleton. The condition primarily affects the spine, where it leads to the formation of large, flowing bony growths, typically along the right side of the vertebral bodies. While it may be asymptomatic, DISH can cause stiffness, reduced range of motion, and pain in the spine and affected joints. Unlike other spinal conditions, it does not involve the discs or vertebral joints directly, and the exact cause is unknown, though it may be associated with metabolic factors such as diabetes or obesity. Treatment focuses on symptom management and maintaining mobility.

Puzzle #4 - Munchausen syndrome - 1950s: named after the character Baron Munchausen (see [Munchausen, Baron](#)), a mental condition in which a person repeatedly seeks medical attention for falsified, exaggerated, or self-inflicted physical symptoms.

Puzzle #5 - Hermanski pudlak syndrome - Heřmanský–Pudlák syndrome is an extremely rare autosomal recessive disorder which results in oculocutaneous albinism, bleeding problems due to a platelet abnormality, and storage of an abnormal fat-protein compound. It is thought to affect around 1 in 500,000 people worldwide, with a significantly higher occurrence in Puerto Ricans, with a prevalence of 1 in 1800. [Many of the](#) clinical research studies on the disease have been conducted in Puerto Rico.

Puzzle #6 - Primum non Nocere - Primum non nocere is a Latin phrase that means "first, do no harm".

Puzzle #7 - African sleeping sickness - African trypanosomiasis is an insect-borne parasitic infection of humans and other animals. Human African trypanosomiasis, also known as African sleeping sickness or simply sleeping sickness, is caused by the species *Trypanosoma brucei*. Humans are infected by two types, *Trypanosoma brucei gambiense* and *Trypanosoma brucei rhodesiense*. [TbG](#) causes over 92% of reported cases. Both are usually transmitted by the bite of an infected tsetse fly and are most common in rural areas.

Wheel of Fortune

How to Use – Gameplay

Click letters in the **Letter Selector** to see if they're in the puzzle.

The **Value Panel** holds the scored amount based on letters found and the spun wheel value.

Click the player's round score to add the amount shown on the **Value Panel**.

Manually adjust score if needed with the player's dollar sign.

Click here if the player buys a vowel.

Click the blue tiles that appear to reveal the letter.

Toggle who has the Wild Card/Gift Tag.

The image shows a screenshot of the Wheel of Fortune game interface. At the top, a title bar reads "How to Use – Gameplay". Below it, a "Letter Selector" displays a grid of letters: B, C, G, J, K, L, N in the top row and P, Q, S, V, X, Y, Z in the bottom row. The letters I and U are highlighted in red. A "Wheel" is shown with a score of $\$650 * 2 = \$1,300$. The puzzle board is a 4x10 grid of green tiles. The word "WHEEL" is spelled across the top row, and "WHEEL" is spelled across the bottom row. A blue tile is visible in the second row, second column. Below the puzzle board, a "FUN & GAMES" section shows three players: Jake with a score of \$1,000, Carissa with \$950, and Jamie with \$600. Each player's score is displayed with a dollar sign and a red 'x' icon. At the bottom, there are navigation buttons: "Prev.", "Set Up Puzzles", "Puzzle Board", and "Next".

Jeopardy

- We use [Jeopardy. Free PPT & Google Slides Template — SlidesCarnival](#)



Jeopardy – Game Board

Pediatric	Medical History	Medical Staff	Ailments of rich and famous	General Medicine
<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>
<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>
<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>
<u>400</u>	<u>400</u>	<u>400</u>	<u>400</u>	<u>400</u>
<u>500</u>	<u>500</u>	<u>500</u>	<u>500</u>	<u>500</u>

Jeopardy - Question

This is the most common cause
of glomerulonephritis in children.

Jeopardy - Answer

What is Group A Beta Hemolytic
Strep



Jeopardy – Score Keeping

- Support staff kept score on sheet of paper attached to wall at front of the room.
- Winning team announced at end of game.
- \$10.00 Starbucks gift cards given to each member of team.

Lessons Learned

- All committee members must be engaged in the process of designing the game content.
- Designated host must commit to keeping the game going and engaging audience in lively discussion on medical pieces of the game.
- Learners need to be divided up and placed in teams.
- Games need to be practiced before night of event by host and support staff.

Conclusion

Using the required ISMA components when designing your CME event...do not be afraid to think outside the box by applying flexible formats to help you engage the learners.



"I've discovered why our flow of ideas has stopped."