

Let's Talk from the Faculty Lounge

Date: Aug 31st, 2020

Guest: Una Markis, M.D.

Title: Associate Professor of Internal Medicine/Population and Data Sciences

Picture: <https://profiles.utsouthwestern.edu/profile/132023/una-makris.html>

Can you tell us a little about your journey?

- Una arrived at UTSW in 2011, and currently works at the VA and UTSW. She states that her passion has been taking care of veterans and her research focuses on the interface of rheumatic disease specifically musculoskeletal pain and aging.

Where and how did you find a "home" here at UTSW?

- Currently, Una spends two half days in the clinic at the VA and the rest of her time is spent doing research. She explains that early on at UTSW she had to find a group or home to be part of and acknowledges that this could be overwhelming in a large institution like UTSW for anyone who is just starting. She felt like once she found her group of people with similar interest it made her transition to UTSW a lot better.
- Una later applied for the clinical scholars program and stated that was her "home" She would apply for more grants and acknowledges that the constant trials and tribulations took a ton of resiliency from her. Una would ultimately succeed was funded with a five year career development award.
- Later, Una was nominated and would serve on the faculty senate. She stated that she loved the aspect of meeting new people on campus and the chance of engaging other likeminded leaders for widespread positive impact amongst her peers.

Una: How do others find their home while working remotely? *question to the group

- Dr. Michael Rubin: stated their group has changed their meeting times, stating his group has begun to log in a bit early or stay a bit late to connect with his fellow colleagues.
- Showing up to campus also helps when you get a chance now to get participate in campus events or have to attend in person meetings with your teams.

Una: How do you get the junior faculty to open up and speak in meetings? *to the group

- Placing individuals on the agenda helps people speak and actively engage in the meetings
- Keep in mind that individual typically have something to say and engaging/prompting junior faculty is seen as positive engagement.

Una: One thing I have really began to reflect on his how we make decisions as a family as opposed to how the community outside of our home makes decisions.

- We have to consider all the risks and benefits of par taking in community or neighborhood events. This includes whether our children should go out and play with the neighborhood kids. Yes, my children may be missing out on some fun, but we always consider what it is best for our family at the moment, especially as a parent in healthcare.
- It's always important to try and explain what is going on to your children to help them understand these COVID times. Our children will begin to become very aware of their surroundings and remember the points you have made with them in conversation in regards to what is safe at this moment in time.

