

# ANESTHESIOLOGY & PAIN MEDICINE

## EDI BRIEF DECEMBER 2025

### HUMAN RIGHTS DAY

Human Rights Day is observed annually around the world. It commemorates the anniversary of the Universal Declaration of Human Rights (UDHR) first declared on December 10, 1948 by the United Nations General Assembly. This landmark document enshrines the inalienable rights that everyone is entitled to as a human being - regardless of race, color, religion, sex, language, political or other opinion, national or social origin, property, birth or other status.” The UDHR is a global blueprint for international, national, and local laws or policies making it the central aim of the 2030 Agenda for sustainable development. It is also the most translated document in the world and available in 577 languages.

The theme for this year's [Human Rights Day 2025](#) is *Human Rights, Our Everyday Essentials*. There is a collective power in upholding universal principles of safety, dignity, and human welfare for all people. The United Nations High Commissioner reminds us, “*we must reconnect with human rights, remembering that they are about people – about their needs, wants, and fears, as well as their hopes and aspirations.*” While many of the issues facing people today will not be resolved overnight, small actions can help shift the climate. Getting to know one another just a little bit better can be an important step toward advocacy.

As we enter this holiday season, let’s take the time to understand and appreciate the rich diversity in our department/hospitals. Ask someone if they celebrate during this time of the year, and if so, what days are special for them and/or their family? What activities or events do they participate in. This simple gesture can go a long way towards helping us understand our unique perspectives and is integral to building a genuine sense of community.

**Learn more:**

- Explore resources from [United Nations Human Rights Everyday Essentials](#), [SAMHSA](#), [Human Rights Campaign](#), [National Grief Awareness Week](#), and [Awareness Days](#).

## Department Highlights

**Council for Community Building & Belonging Meeting Availability:**

- Please fill out this [POLL](#) to help us find a regular time for January and the monthly meetings that will follow. ALL department members are welcome to attend these council meetings.

**Call for Doctor For A Day (DFAD) Volunteers:**

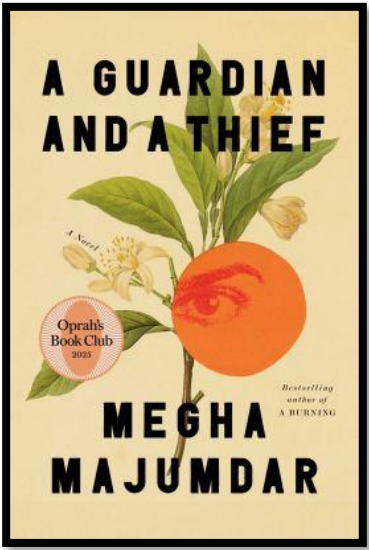
- We are looking for resident and faculty volunteers to lead a session on airways, breathing, and circulation on Saturday, December 13 (9am-2pm). If interested, please contact Jaelen Barnett (jb82@uw.edu).

**Call for Speakers:**

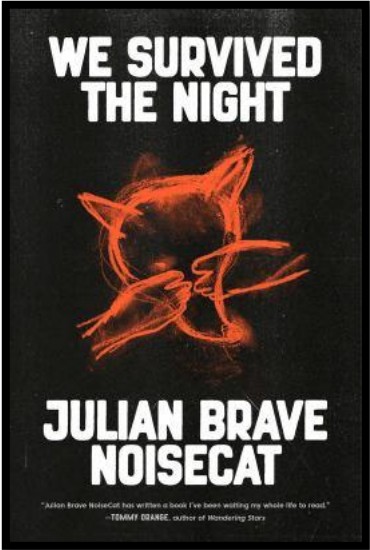
- The APM Postbaccalaureate Mentorship Program is looking for faculty guest speakers to connect with students in the Edmonds Postbaccalaureate Program. If interested, please contact Jaelen Barnett (jb82@uw.edu).

## Resources

**Recommended Reading:**



[\*A Guardian and A Thief\*](#), Megha Majumdar



[\*We Survived the Night\*](#), Julian Brave NoiseCat

**Visit [The Whole U](#) for events happening in the community and at UW:**

- December 13 (9-2pm): [The ABCs of Airway \(Airway, Breathing, & Circulation\)](#)
- December 19 (12-12:50pm): [Wellness Connection Series: Envisioning for 2026](#)