AADPRT Skills Fair

How to Promote Wellness in Trainees and Faculty

Susan Stagno, MD
Mindfulness

Strive to focus on the present

Wellness
Core Components in residency

Control
Curriculum
Positive Conversations
Concrete Resources

Concrete Resources

- Informational
  - Housing; Day Care, etc.

- Activities
  - Gym, Farmer’s Markets

- Mentor/“Buddy” programs
Conversations

“Wellness Check-in”
Sharing stories, poems
Narrative Medicine
Gratitude Rounds
Social Media
Curriculum

- Support Groups
- Retreats ("fun" and planning)
- Wellness presentations
- Narrative Medicine
- Electives in humanities, ethics, etc.
Control

- Input to changes in the program
- Committee involvement
- Support for pursuing individual interests
- Designing rotations/electives
“Step with care and great tact, and remember that life’s a balancing act.”

Dr. Suess
What do faculty want?
Elements

Control over work environment
Order in clinical setting
Meaning in clinical work

Some Programs

- Emotional Intelligence
- Appreciative Inquiry
- Mindful Practice (ala Epstein)
- Crucial Conversations
- Narrative Practice
- Use of journals/writing (personal or programmatic)
Culture Change
A new “Wellness Corner” is being created, so that we can share resources and ideas.

http://www.aacap.org/AACAP/Resources_for_Primary_Care/CAP_Resources_for_Medical_Student_Educators.aspx

• AACAP hosts this non-searchable link to provide teaching resources for medical educators
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