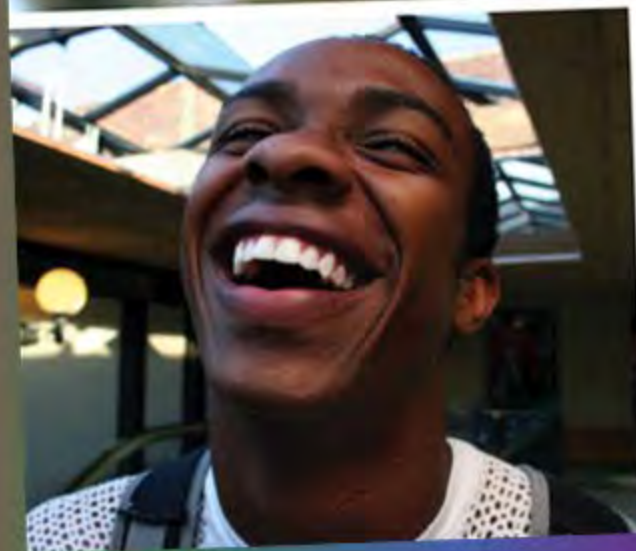




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**Juggling Work and Life in Midcareer:
Thriving Through the Support “Sandwich”
December 12, 2024**

Liwei Hua, Amy Kim, Scott Palyo, Neha Sharma

Networking | Discussion | Support | Community

Navigating Midcareer: Strategies for Success and Support Virtual Series

Session #1 Stepping up to More Leadership Challenges and Supports

Session #2 “How Do I?” Exploring and Preparing for New Opportunities

Session #3 Juggling Work and Life in Midcareer: Thriving Through the Support “Sandwich”

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Virtual Series Format

- Welcome/Introduction (10 min)
 - Housekeeping: Interactive (camera on); Confidentiality
 - Background/Context for MECAP at AACAP
- Breakout groups (25 min)
- Report out from groups (15 min)
- Wrap up (5 min)

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“Sandwich”

Caring for children and aging parents (traditional meaning)

Professional and Personal responsibilities

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Facilitator/Presenter Introductions and Brief Stories

Liwei Hua

Amy Kim

Scott Palyo

Neha Sharma

MECAP at AACAP Professional Life Career Stages



Why MECAP at AACAP: Grassroots Today

Midcareer (and Experienced Career) physicians

- Highest productivity years
- Coincides with the highest rate of emotional exhaustion and burnout
- Most likely to leave medicine for reasons other than retirement

AACAP has mentorship and peer support pathways for medical students, residents/fellows, ECPs, and distinguished life fellows, but not for MECAPs (yet...)

The MECAP virtual series intends to begin to address this gap organizationally and to provide information for possible future organizational supports

Breakout Groups (25 minutes)

Who's in the room?

- Major professional roles and/or personal responsibilities
- Assign a scribe/reporter

Major challenges/stressors?

In what ways are you feeling “sandwiched”?

What strategies/supports/resources have you found to be helpful?

How could AACAP be helpful?

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Group Report Out (15 minutes)

Major themes

Helpful Strategies

Resource sharing

Asks/requests from AACAP

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Discussion: AACAP-specific goals

What can AACAP create and reliably sustain?

- Peer Cohort/Community
- Informal/formal mentorship
- “Ask a colleague”
- Structured learning
- Form a committee

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Wrap Up

- MECAP @ AACAP
- Listserv: Mecap@aacap.org email Qbernhard@aacap.org to join if an AACAP member (if not an AACAP member, will be reviewed)

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