

PEDIATRIC RESIDENT WELLNESS CURRICULUM

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GOAL AND OBJECTIVES

- To focus on the domains that make up resident wellbeing: Spiritual, Social, Financial, Occupational, Physical, Intellectual, Environmental and Emotional
- Provide coping mechanism and support during the inherent stress of residency
- Provide residents with resources for help if it is needed

ACTION ITEMS

- Implement monthly activities to promote wellness through “Wellness Wednesdays”
- Didactics to provide a structured format to teach about skills and coping mechanisms to promote wellness
- Provide mental health services
- Scheduled debriefing sessions
- Mentorship program
- “Buddy” program

ACTION ITEMS

- New Resident Lounge with items in it help with stress management
- Resident Retreats
- Resident "Skip Day"

WELLNESS WEDNESDAYS

Discuss a specific skill to promote wellness or do a specific activity that directly promotes wellness

Protected time each month for residents to meet during 12-1 to do an activity that will promote wellness in one of the four domains of resident wellbeing

“Carving out time” talk about time management and carving pumpkins

“Communication in the workplace” and DiSC personality testing

“Cultivating gratitude in the workplace” with FP/Peds joint holiday feast



WELLNESS WEDNESDAYS



”Nutrition on the go” healthy eating during residency and prepped a meal

Guided meditation

Financial planning session

Community service project

After event survey done after all events so residents can give feedback and we can make improvements

DEBRIEFING SESSIONS

- Provide a safe and supportive space for residents to debrief about upsetting/traumatic events that have happened in the work environment.
- To have the sessions on regular basis to facilitate continued support and growth
- Have the sessions led by staff facilitators that provide support and direction during the sessions
- Held quarterly
- Staff facilitators lead small groups

MENTOR PROGRAM

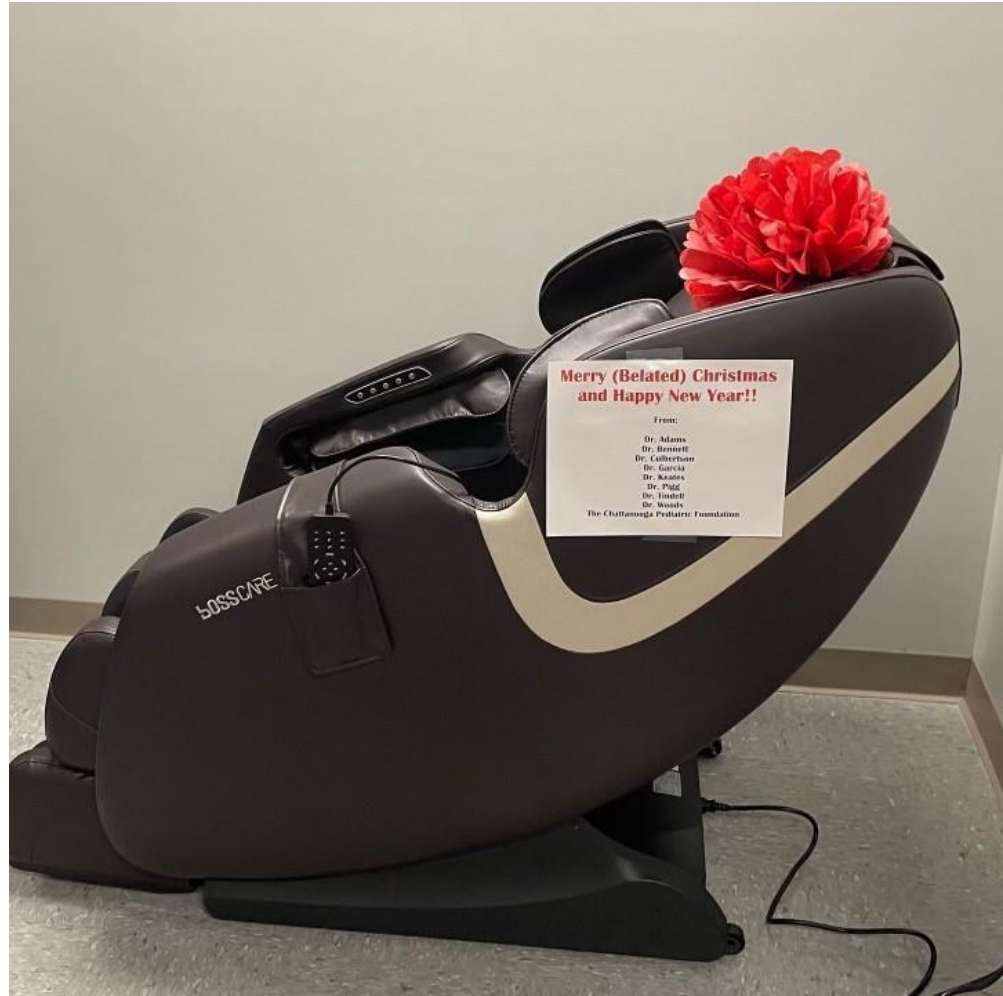
- Residents are paired with a staff before residency starts who will be their mentor throughout residency
- Mentorship training is provided to the staff mentors and accountability to make sure mentors are actively involved with mentees
- Formal meeting twice a year with mentees to discuss milestones and formal evaluations are placed into New Innovations
- More informal monthly mentor lunches

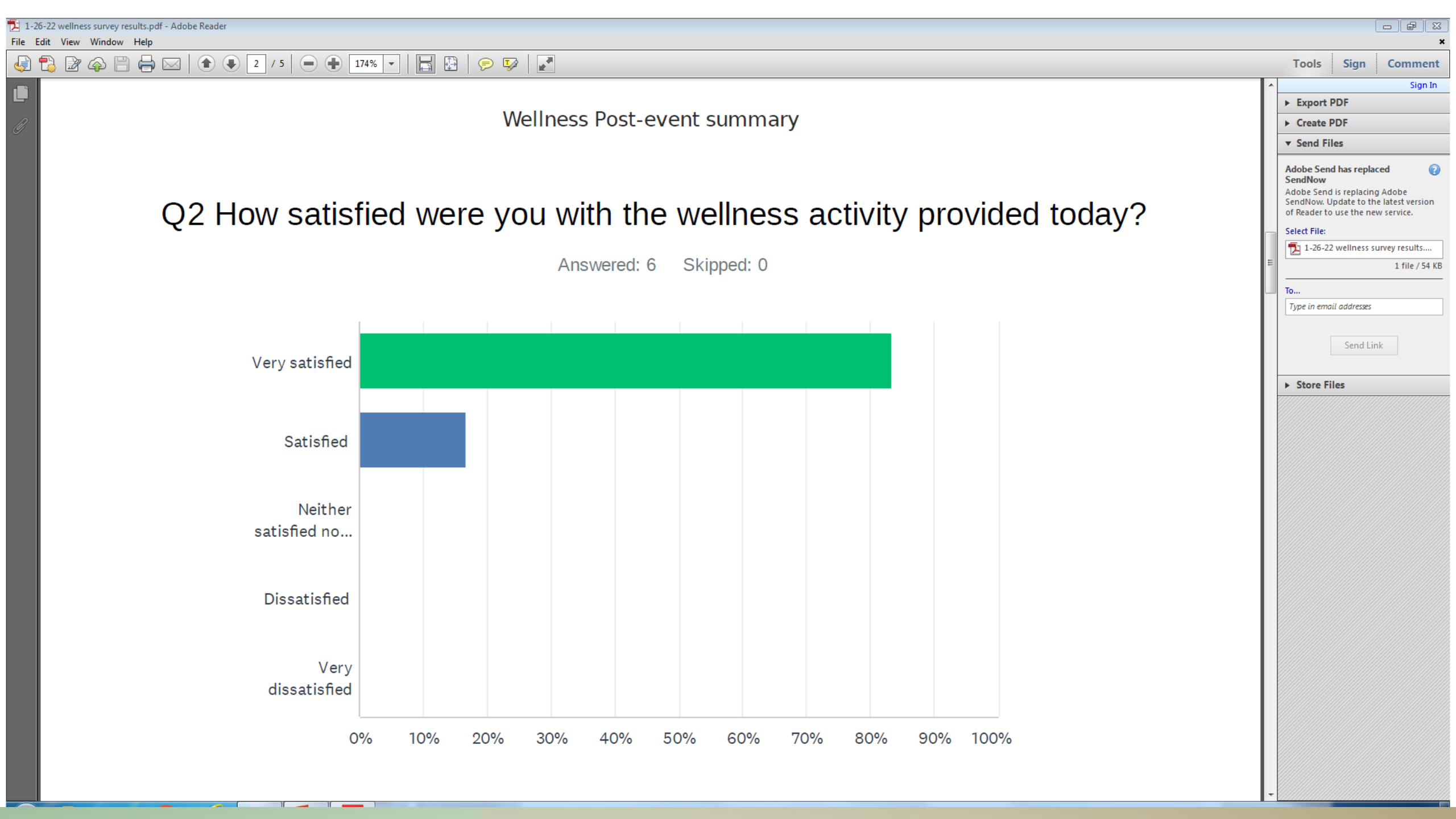
B U D D Y P R O G R A M

- Goal is to provide another support system to new interns
- Before residency starts interns are paired with an upper level resident
- Pairing well thought out with hopes that “buddies” will mesh well
- The upper level buddy reaches out to interns before starting residency

RESIDENT LOUNGE

- We stocked the pediatric resident lounge with a variety of items to help with stress management
- Items can be taken to call rooms, used in work room, etc.
- Yoga mats/videos, aromatherapy, adult coloring books, weighted blankets with washable covers....
- Faculty donated money to buy a very fancy massage chair for the lounge

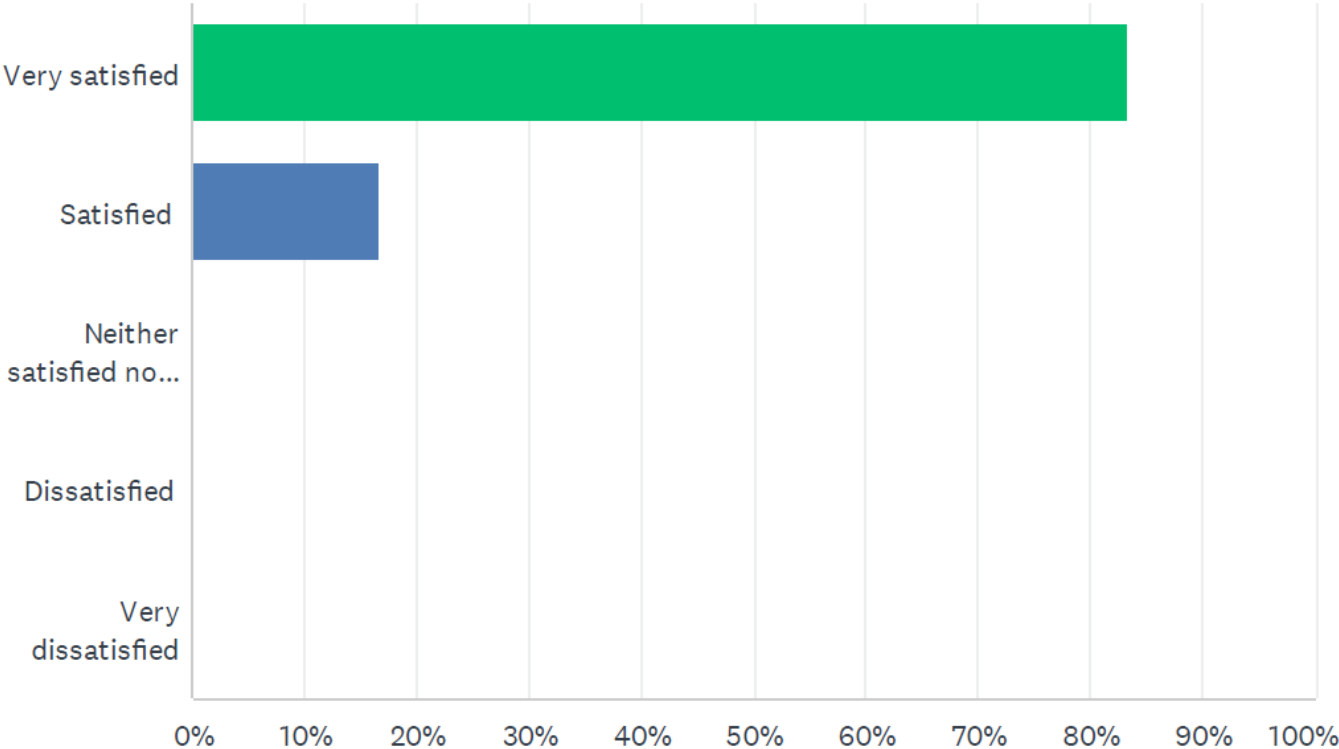




Wellness Post-event summary

Q2 How satisfied were you with the wellness activity provided today?

Answered: 6 Skipped: 0



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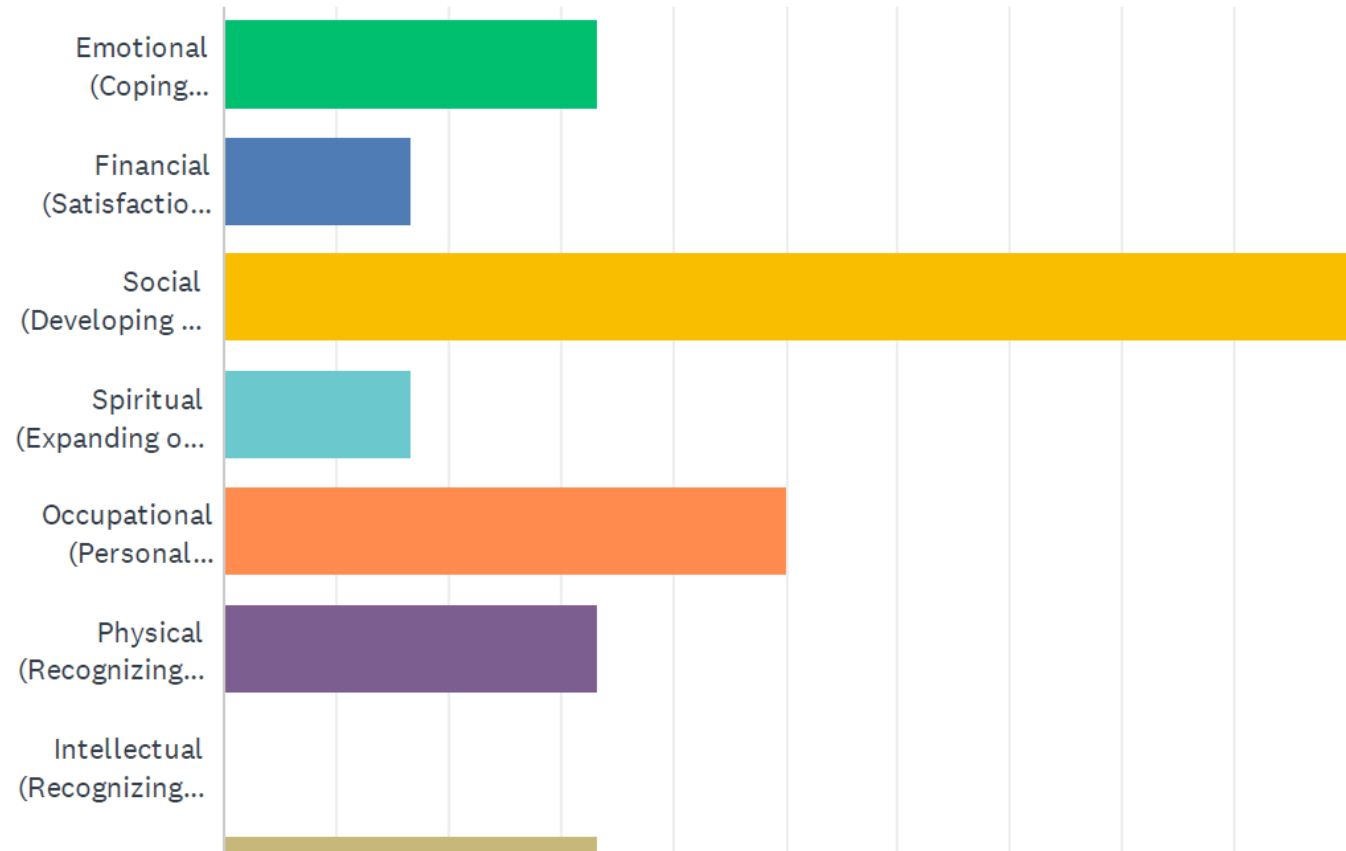
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Wellness Post-event summary

Q3 Select all the Well-being areas this event may have covered:

Answered: 6 Skipped: 0



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QUESTIONS?

