

Below is a summary of wellness data discussed with the GMEC Wellness Subcommittee or submitted in Annual Program Evaluations. We encourage program directors, wellness champions, and resident leaders to look to similar programs for ideas to expand their own activities. If you would like a new activity added to your program's listing please let the GME office know, we'd be glad to publish anything our programs are doing. Residency/fellowship roster size is based on GME roster at the time of APE submission to better match wellness programs to the number of participants rather than maximum slots.

Program	Size
Allergy/Immunology	3
Anesthesia	10
Electrophysiology	1
Child Psych	4
Child Neurology	6
Critical Care	3
Dermatology	11
Emergency Memphis	20
Emergency Nashville	24
Family Medicine - Jackson	36
Family Medicine - Nashville	24
Family Medicine - Memphis	25
Sports Medicine -- Family	1
Forensic Pathology	2
Gastroenterology	8
Gynecologic Oncology	3
Hematology/Oncology	13
Hospice and Palliative Medicine	6
Internal Medicine - Memphis	115
Internal Medicine - Nashville	24
Internal Medicine/Pediatrics	49
Interventional Cardiology	2
Neonatology	6
Nephrology	6
Neurology	22
Neurophysiology	1
Neurosurgery	15
OB/GYN Memphis	34
OB/GYN Nashville	12
Ophthalmology	15
Ortho Fellowships	1-2
Orthopaedic Surgery	40
Otolaryngology	20
Pathology	14
Pediatric Cardiology	7
Pediatric Critical Care	9
Pediatric Emergency Medicine	9
Pediatric Endocrinology	2
Pediatric Gastroenterology	3

Pediatric Hospital Medicine	2
Pediatric Heme/Onc	18
Pediatric Infectious Disease	5
Pediatric Nephrology	3
Pediatric Otolaryngology	1
Pediatric Pulmonology	2
Pediatric Surgery	2
Pediatric Surgery Critical Care	1
Pediatric Urology	1
Pediatrics	77
Psychiatry	20
Pulmonary Critical Care	10
Radiation Oncology	2
Diagnostic Radiology	22
Rheumatology	4
Sleep Medicine	2
General Surgery -- Memphis	49
General Surgery -- Nashville	12
Surgery Critical Care	3
Complex Surgical Oncology	2
Urology	15
Vascular Neurology	3
Vascular Surgery	4

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Summary of Submissions to Wellness Subcommittee and APE Wellness Submissions

Holiday and graduation parties, socials, extra lunches during COVID, lectures
Faculty members will take residents food at work or take them out to dinner after lectures
Monthly meetings w/ fellow, quarterly dinners with whole family
Both fellow and faculty retreats from dept funds, protected biweekly meetings
Wellness lectures, meditation app reimbursement, participation in pediatric activities
Prior social gatherings/check-ins replaced with virtual during COVID, debriefs continue
Welcome/graduation parties, wellness chief, admin half days roughly weekly, resident meetings
Annual retreat, wellness lectures, residents play a part in departmental action
Friendly scheduling, retreat, frequent social events/meals, good parking/food options
Resident-led wellness committee, gym memberships, faculty retreat
Annual retreat, monthly events, close mentorship, resident leadership in wellness
Regular admin time, Balint rounds, annual retreat, frequent events, admin days
Frequent time of for family, wellness events
Mandatory therapy, schedule allowance for decompression and time off
Checking in on fellows frequently, focus on physical health and mindfulness
Annual retreat, close mentorship for first years, two personal days/month
Sports tickets, medicine events, welcome/graduation, APD tasked w/ new wellness program
Debriefing and focus on self-care, working on increasing informal social events
Resident-led wellness committee, in- and out-of-hospital events, strong PC/faculty support
2-3 major events per year including Field Day, lectures on coping with mistakes/shame
Medicine and Pediatric events as well as quarterly "switch parties", strong SASSI utilization
Monthly PD lunches and quarterly dinners hosted at PD's home. Family time encouraged.
Retreats, structured and informal out-of-hospital events, debriefs, counseling
Focus on fatigue management and call rooms, aspirational push for childcare resources
Chief happy hour and multiple standing large social events, PGY3-PGY2 mentorship, chief-curated wellness website
Dr. Rivas lectures, wellness/guided meditation activities
Return to in-person conferences has helped as many social events organized around resident-led night conferences
Resident-led committee with faculty support, events, ACOG-level participation, list of resident likes for support
Yearly retreat, weekly dinners, book club, kayaking
Lectures, resident retreat with faculty covering pagers
Participation in core ortho, no call and weekends off, sports-related wellness activities
Counseling, financial planning, personal assistants reimbursed, outings with faculty, intramurals, lectures
Multiple department-sponsored events, lectures, yoga/mindfulness, informal resident-led events, mentorship
Family-friendly social events, counselor utilization, flexible usage of personal leave time
Fellow participation in wider UTHSC wellness, quarterly off-campus activities, personal health and faculty mentorship
Annual Retreat
Debriefing, support, mentorship, and social events though limited by COVID
Departmental holiday and graduation party, JDRF gala, call rooms and rides home after call
Encourage wellness and looking to increase strength of program

Lectures, debriefing events, division-sponsored wellness events curbed due to COVID
Collaboration with UTHSC resources, SJ-specific employee programs, wellness incorporation into class meetings
Numerous UTHSC/SJ programs including on-site health fairs, spring/holiday receptions
Personnel support, social activities, gym membership
Participation in core ENT activities
Usage of SASSI and SAFER programs, increasing social activities planned by section
Usage of SAP/SASSI for counseling. Team-building social events including multidisciplinary team.
In-person social events limited by pandemic were able to have one nice event at the park
Wellness events planned periodically by wellness champion
Wellness morning reports, regular PD debriefs, especially for PGY-1, annual retreats, holiday party, welcome party
"Buddy system" with expectations to check in every 2-3 days and at-least-monthly out-of-hospital events.
Virtual check-ins and social events temporarily replacing old in-person events, debriefing
Ballgames, social events, and dinners with resident/faculty involvement, COVID-limited
Social chair plans events, flexible schedule for work-life balance
Links to UTHSC resources, lectures on wellness
Faculty/fellow social events, team-building exercises, debriefing, encouragement to use Resident Resource Center
Monthly wellness events directed by wellness APD
System-wide wellness with other Nashville programs, faculty/resident social events, Cigna wellness resources
Encouragement to use UTHSC resources and participation in core surgery activities
Participation in core surgery activities
Two social events per year with department, encouragement of informal activities, time away from duties if needed
Holiday and graduation parties, protected lecture time, PD check-ins for wellness
Social events and intramural sports, food and gym membership provided