

THRIVE OR SURVIVE? - ORGANIZATIONAL TIPS TO ENHANCE RESIDENT WELLNESS

PRESENTED BY:

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RESIDENCY COORDINATOR**

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FELLOWSHIP COORDINATOR**

**APPD 2017 ANNUAL SPRING MEETING – Workshop Number CS3
ANAHEIM, CALIFORNIA
APRIL 5 - 8, 2017**



We have

nothing

to



Workshop Objectives

- Identify coordinators' and residents' professional responsibilities
- Develop templates to help track resident requirements
- Define individual wellness and summarize challenges
- Plan strategies to improve organization, reduce stress, & encourage wellness
- Recognize the impact coordinators have on residents' individual wellness

How do you define wellness?

MERRIAM-WEBSTER DEFINES WELLNESS AS:

wellness

noun well·ness \ 'wel-nəs \

Simple Definition of *wellness*

: the quality or state of being healthy

Medical Definition of *wellness*

: the quality or state of being in good health especially as an actively sought goal <*lifestyles that promote wellness*>

Source: Merriam-Webster's Learner's Dictionary

**WORLD HEALTH ORGANIZATION'S DEFINITION OF
HEALTH/WELLNESS IS:**

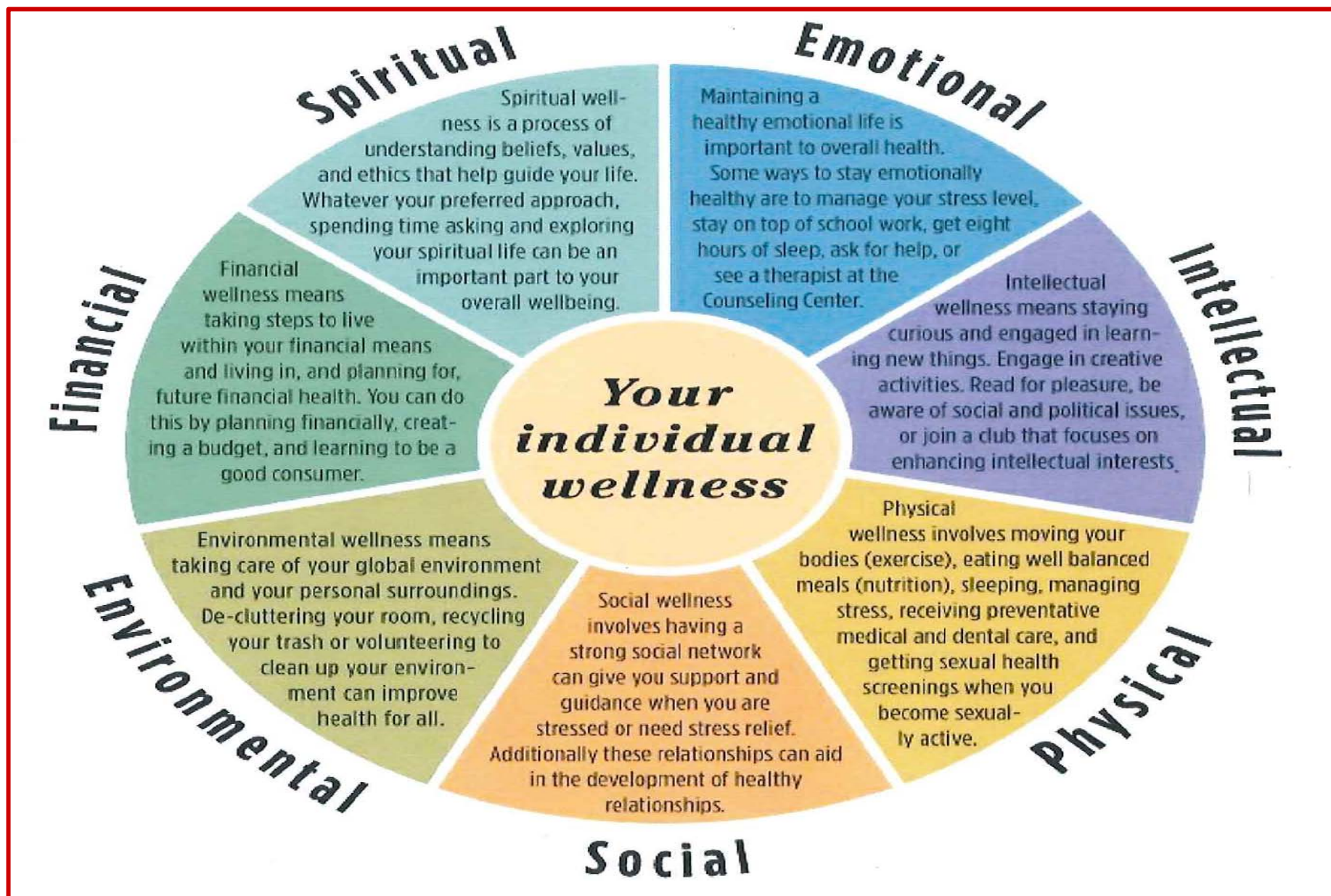
**A state of complete physical, mental,
and social well-being and not merely
the absence of disease or infirmity.**

ACGME REQUIREMENTS

NEW COMMON PROGRAM REQUIREMENTS:

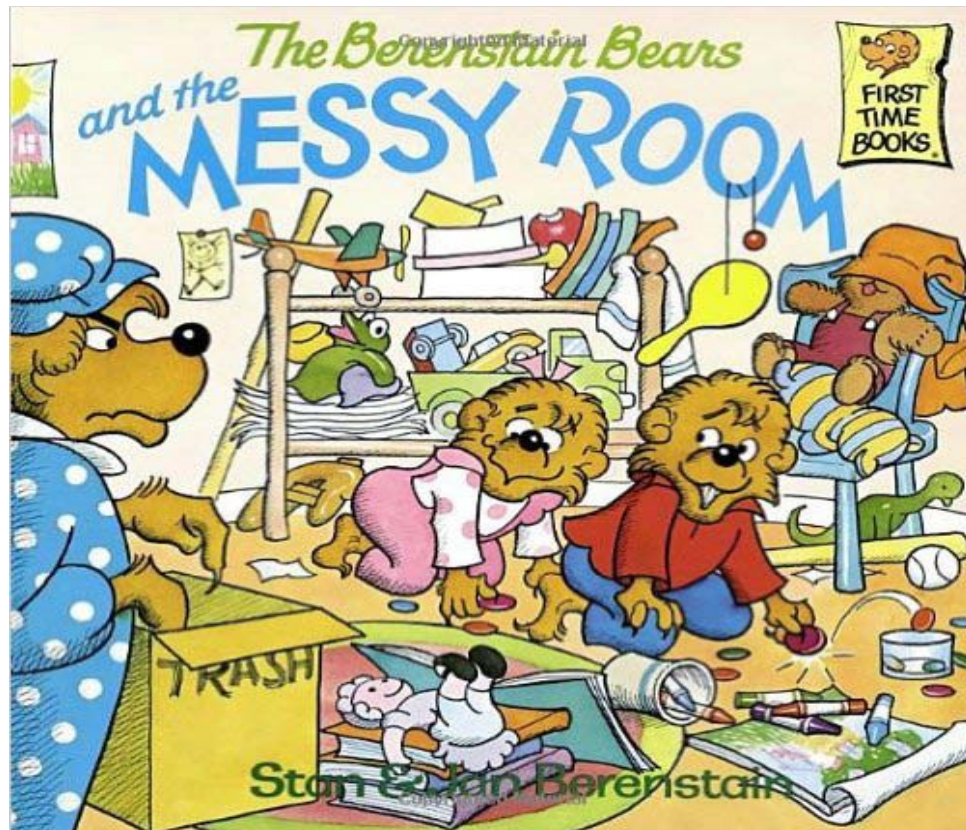
- Emphasis on prioritizing well-being
- Minimize non-physician responsibilities
- Enhance administrative support

DIMENSIONS OF WELLNESS



Environmental - Emotional

Cluttered - Stressed



Organized - Accomplished

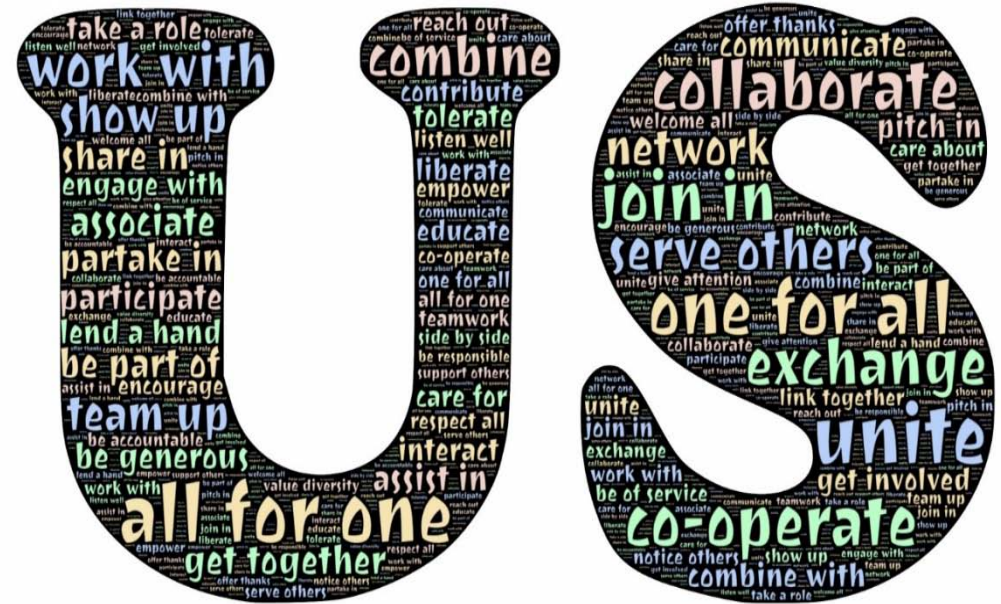


Physical - Social

Overworked - Fatigued



Camaraderie - Stimulated



SMALL GROUP ACTIVITY

HOW CAN COORDINATORS IMPACT ONE OR MORE OF THESE DIMENSIONS THROUGHOUT A RESIDENT'S TRAINING?

Thrive or Survive? – Organizational Tips to Enhance Resident Wellness
Jean Segall, BA, MLS and Corinne O'Day, BA
APPD Spring Meeting - April 2017

SMALL GROUP ACTIVITY

Take a minute to read the Dimensions of Wellness definitions. Break into small groups. Discuss ways your program currently addresses and/or come up with ideas to address each dimension. Note any barriers to the dimension.

DIMENSION	WAYS TO ADDRESS	BARRIERS
EMOTIONAL		
INTELLECTUAL		
PHYSICAL		
SOCIAL		
ENVIRONMENTAL		
FINANCIAL		
SPIRITUAL		

LARGE GROUP DISCUSSION

- **Emotional -**
- **Intellectual -**
- **Physical -**
- **Social -**
- **Environmental -**
- **Financial -**
- **Spiritual -**

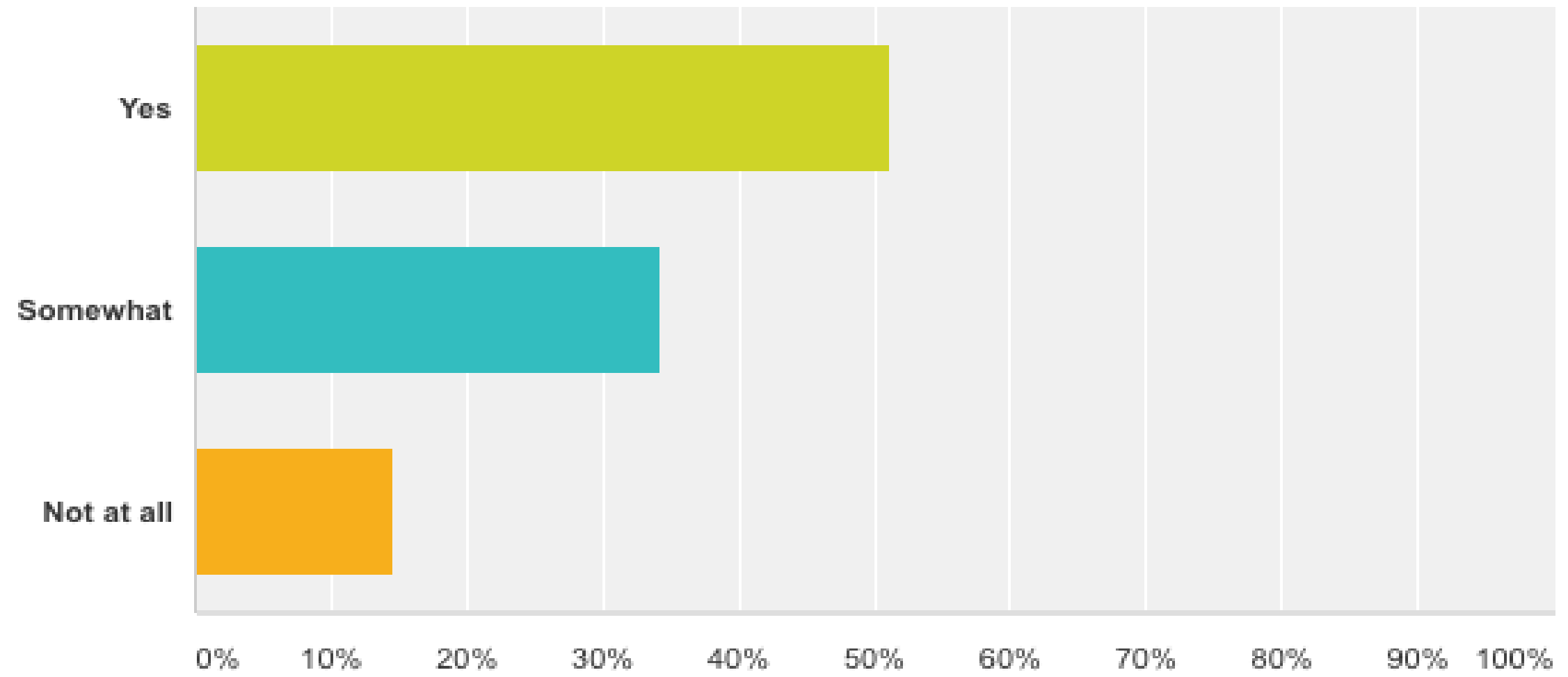
OUR IDEAS

- *Emotional* — F/T Psychiatrist; Employee Assistance Program; Candy
- *Intellectual* — Board Review; Book Club
- *Physical* — Nutritionist; Campus Gym; Resident Activity Calendar
- *Social* — Bowling; Volleyball; Baseball; Retreat; Ice Cream; Contests; Escape Room
- *Environmental* — Recycling; Resident/Fellow Office; Wellness Committee
- *Financial* — Investment Firms; Direct Deposit; Deferred Savings
- *Spiritual* — Non-Denominational Chapel; Meditation; Wellness Room

**RESIDENT
SURVEY:
COORDINATOR'S TOOL**

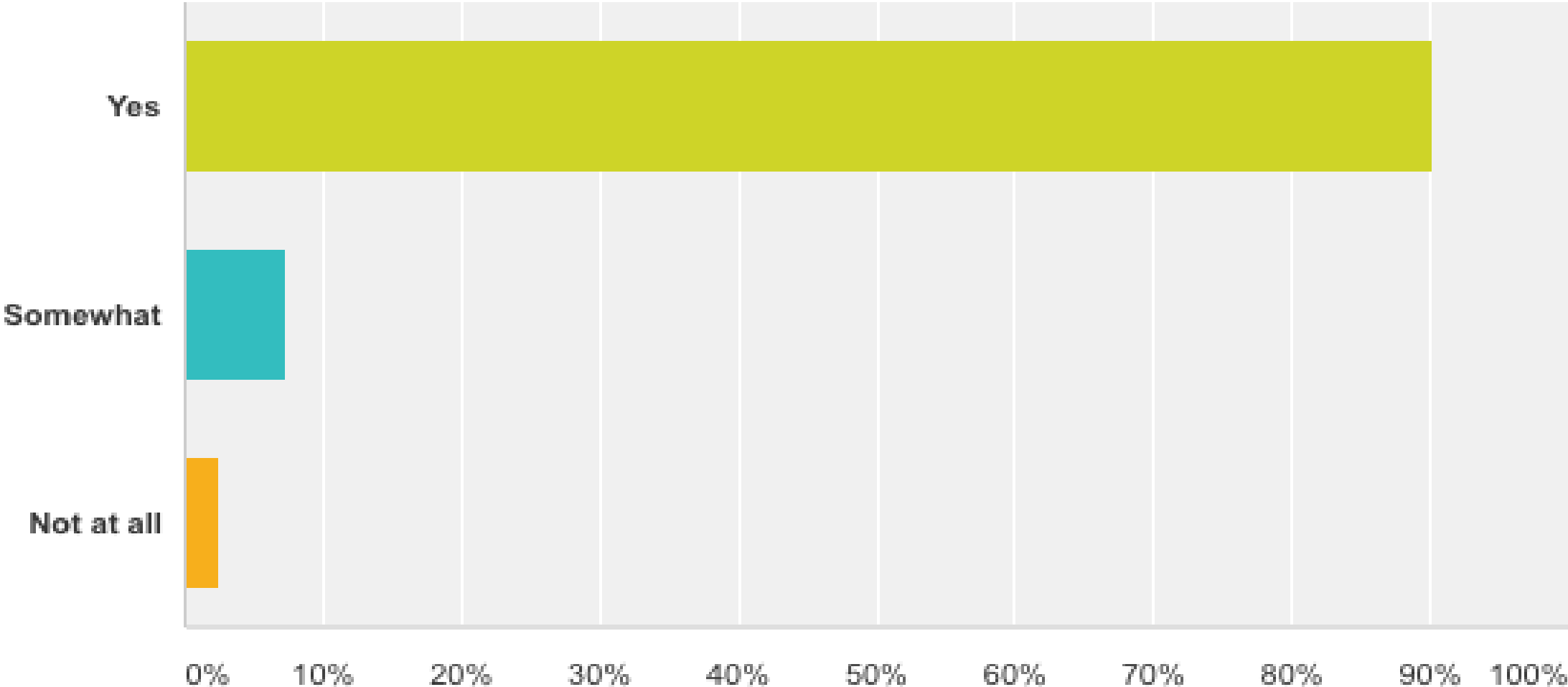
Do the administrative responsibilities of residency cause you stress (i.e.- forms, certifications, training requirements, etc.)?

Answered: 41 Skipped: 0



Is your program coordinator helpful in keeping you organized with your administrative tasks?

Answered: 41 Skipped: 0



QUARTERLY CLINIC REPORT

Resident	PGY	Clinic	ACGME Visits	Patient Keeper Visits	Total # of Visits (D+E)	Actual Weeks of Clinic	Pts Per Day Avg (F/G)	PVT Visits	Unique ACGME Visits	Unique Patient Keeper Visits	Unique Patients Total (J+K)	Continuity Patients (F-L)	
	1	Mor-T	0	48	48	10	5	0	0	46	46	2	
	1	Tech-F	0	35	35	10	4	0	0	33	33	2	
	1	Patch-Th	4	55	59	13	5	1	4	52	56	3	
	1	Patch-F	0	40	40	9	4	1	0	39	39	1	
	1	Mor-F	0	25	25	4	6	0	0	25	25	0	
	1	Tech-T	0	45	45	11	4	1	0	45	45	0	
	2	Mor- F	0	47	47	7	7	0	0	47	47	0	
	2	Mor- T	4	74	78	13	6	3	4	72	76	2	
	2	Mor- F	17	87	104	12	9	3	17	84	101	3	
	2	Tech- M	0	60	60	12	5	0	0	58	58	2	
	2	Tech- F	0	54	54	14	4	0	0	49	49	5	
	2	Islip- T	0	104	104	16	7	3	0	101	101	3	
	2	Mor- F	15	88	103	14	7	1	15	84	99	4	
	3	Tech- M	0	73	73	14	5	1	0	68	68	5	
	3	Patch - Th	0	39	39	9	4	0	0	39	39	0	
	3	Patch- M	10	109	119	17	7	1	10	103	113	6	
	3	Patch - F	0	59	59	11	5	0	0	58	58	1	
	3	Tech- M	0	105	105	18	6	2	0	98	98	7	
	3	Tech- T	5	74	79	15	5	1	5	73	78	1	
	3	Islip- Th	2	44	46	13	4	0	2	40	42	4	
	3	Islip- M	0	18	18	6	3	0	0	16	16	2	
	3	Islip- Th	0	37	37	14	3	0	0	34	34	3	
		Islip- Th	8	62	70	12	6	1	8	59	67	3	

COMPARATIVE DATA FOR THE PROGRAM DIRECTOR AND RESIDENT.

PROVIDES THE AVERAGE NUMBER OF PATIENTS BEING SEEN PER DAY.

ACGME REQUIREMENT FOR:

PGY1 = 3

PGY2 = 4

PGY3 = 5

EXPIRING ITEMS

Last Name	First Name	Status	Program	ACLS	Annual Health	Annual Recert	BLS	Workforce Conf.	NRP	PALS
		PGY-1	MP	1/31/2017	12/31/2016		1/31/2017	7/1/2017	6/27/2018	6/30/2018
		PGY-4	MP	3/31/2019	1/31/2018	3/3/2018	2/28/2017	9/12/2017	5/13/2017	5/31/2017
		PGY-3	MP	10/31/2018	7/31/2017	9/6/2017	3/31/2018	9/12/2017	6/5/2018	5/31/2018
		PGY-1	MP	5/31/2018	6/30/2017		5/31/2018	6/30/2017	6/27/2018	6/30/2018
		PGY-1	MP	9/18/2017	3/31/2017		9/30/2017	7/1/2017	6/27/2018	6/30/2018
		PGY-4	MP	11/29/2017	5/31/2017	9/26/2017	5/31/2017	2/3/2018	5/13/2017	5/31/2017
		PGY-2	MP	5/31/2017	6/17/2016	10/24/2017	5/31/2017	12/20/2017	6/24/2017	6/30/2017
		PGY-1	MP	2/28/2019	2/28/2017		5/31/2018	7/1/2017	6/27/2018	6/30/2018
		PGY-2	MP	5/31/2017	6/30/2017	9/30/2017	5/31/2017	1/5/2018	6/24/2017	6/30/2017
		PGY-3	MP	3/31/2017	10/31/2017	8/29/2017	6/30/2017	9/13/2017	6/5/2018	5/31/2018
Status	Program	ACLS	Annual Health	Annual Recert	BLS	Workforce Conf.	NRP	PALS		
PGY-1	P	5/31/2018	10/31/2017		5/31/2018	6/30/2017		6/27/2018	6/30/2018	
PGY-3	P	10/31/2017	12/19/2017	2/28/2019	12/19/2017	6/5/2018		5/31/2018		
PGY-3	P	6/30/2017	8/26/2017		8/31/2018	4/28/2018		5/31/2018		
PGY-1	P	5/31/2018	5/31/2017		5/31/2018	6/30/2017		6/27/2018	5/31/2018	
PGY-2	P	5/31/2017	4/30/2017	6/1/2017	5/31/2017	7/19/2017		6/24/2017	6/30/2017	
PGY-2	P	6/30/2017	8/31/2017	6/8/2017	6/30/2017	6/20/2017		6/24/2017	6/30/2017	
PGY-1	P	4/30/2018	8/31/2017		6/30/2018	7/1/2017		6/27/2018	6/30/2018	
PGY-1	P	4/30/2018	3/31/2018		4/30/2018	7/1/2017		6/27/2018	6/30/2018	
PGY-1	P	5/31/2018	3/31/2017		2/28/2017	6/30/2017		6/27/2018	6/30/2018	
PGY-3	P	9/1/2014	9/13/2017	12/13/2017	4/30/2018	12/29/2017		5/17/2018	5/31/2018	
PGY-2	P	5/31/2017	3/31/2017	5/27/2017	5/31/2017	6/1/2017		6/24/2017	6/30/2017	
PGY-2	P	6/30/2017	2/28/2018	1/24/2018	5/31/2017	1/25/2018		6/24/2017	6/30/2017	
PGY-1	P	4/30/2018	2/28/2018		6/30/2018	6/30/2017		6/27/2018	6/30/2018	
PGY-3	P	5/31/2018	2/28/2018	6/28/2017	5/31/2018	6/30/2017		6/5/2018	5/31/2018	
PGY-1	P	4/30/2018	10/31/2017		10/31/2017	6/30/2017		6/27/2018	6/30/2018	
PGY-1	P	5/31/2018	9/30/2017		1/31/2019	7/1/2017		6/27/2018	6/30/2018	
PGY-3	P	9/30/2018	7/30/2017	1/31/2018	8/31/2017	1/31/2018		6/5/2018	6/30/2018	
PGY-3	P	9/30/2018	7/31/2017	1/1/2018	3/31/2018	12/26/2017		5/31/2018	5/31/2018	
PGY-3	P	5/31/2017	8/31/2017	12/8/2017	5/31/2018	12/8/2017		6/5/2018	6/30/2018	
PGY-2	P	10/31/2018	12/31/2017	5/28/2017	7/31/2018	6/2/2017		6/25/2017	6/30/2017	
PGY-3	P	2/28/2017	11/1/2017		5/31/2018	5/3/2017		4/28/2018	5/31/2018	
PGY-1	P	5/31/2018	8/31/2017		6/30/2017	7/1/2017		6/27/2018	3/31/2018	
PGY-2	P	6/30/2017	1/31/2018	6/6/2017	1/31/2018	6/30/2017		6/25/2017	6/30/2017	
PGY-3	P	7/31/2018	10/31/2017	12/7/2017	3/30/2018	12/13/2017		4/28/2018	5/31/2018	
PGY-2	P	5/31/2017	4/30/2017	5/27/2017	5/31/2017	6/25/2017		6/25/2017	6/30/2017	
PGY-1	P	5/31/2017	2/28/2018		class 3-1	6/30/2017		6/30/2020	6/30/2018	
PGY-2	P	3/31/2017	6/29/2016	6/29/2017	3/31/2017	1/31/2018		6/25/2017	6/30/2017	
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PGY-3	P	4/30/2017	10/31/2017	1/5/2018	3/31/2018	4/28/2018		5/31/2018		
PGY-1	P	5/31/2018	2/28/2017		5/31/2018	6/30/2017		6/27/2018	6/30/2018	
PGY-2	P	6/30/2017	3/31/2017	10/27/2017	5/31/2017	3/31/2017		6/25/2017	6/30/2017	
PGY-2	P	6/30/2017	6/16/2016	5/25/2017	6/30/2017	7/15/2017		6/25/2017	6/30/2017	
PGY-1	P	5/31/2018	10/31/2017		5/31/2018	6/30/2017		6/27/2018	6/30/2018	
PGY-2	P	5/31/2017	9/30/2017	6/3/2017	5/31/2017	6/18/2017		6/25/2017	6/30/2017	
PGY-1	P	4/30/2018	5/31/2017		4/19/2018	6/30/2017		6/27/2018	6/30/2018	
PGY-3	P	5/31/2018	10/31/2017	3/3/2017	11/30/2017	6/2/2017		4/28/2018	5/31/2018	
PGY-2	P	6/30/2017	10/31/2017	6/1/2017	2/28/2018	6/24/2017		6/25/2017	6/30/2017	

Count: 47

Quickly check the status of residents' certifications, trainings, program requirements



Stony Brook Children's

QUESTIONS





SMALL GROUP ACTIVITY - CREATING A VISION BOARD

MERRIAM-WEBSTER DEFINES WELLNESS AS:

wellness

noun well·ness \ 'wel-nəs \

Simple Definition of *wellness*

: the quality or state of being healthy

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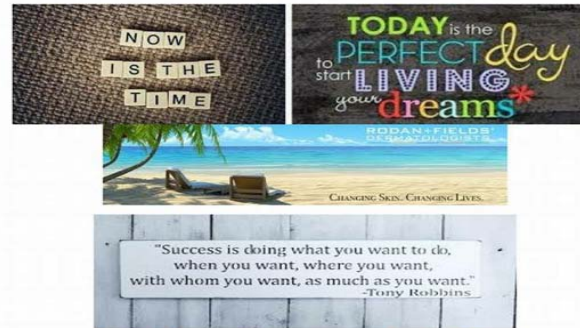
Source: Merriam-Webster's Learner's Dictionary

CREATE YOUR VISION BOARD

WHAT DO YOU HOPE TO ACHIEVE BY THE END OF THE YEAR?

INSPIRE YOURSELF TO ACHIEVE YOUR GOAL

ENCOURAGE YOURSELF TO STAY FOCUSED



Level 5 by August '16



PLANNING A VISION BOARD ACTIVITY

FUN GROUP ACTIVITY

EARLY IN THE YEAR

RELAXED ATMOSPHERE

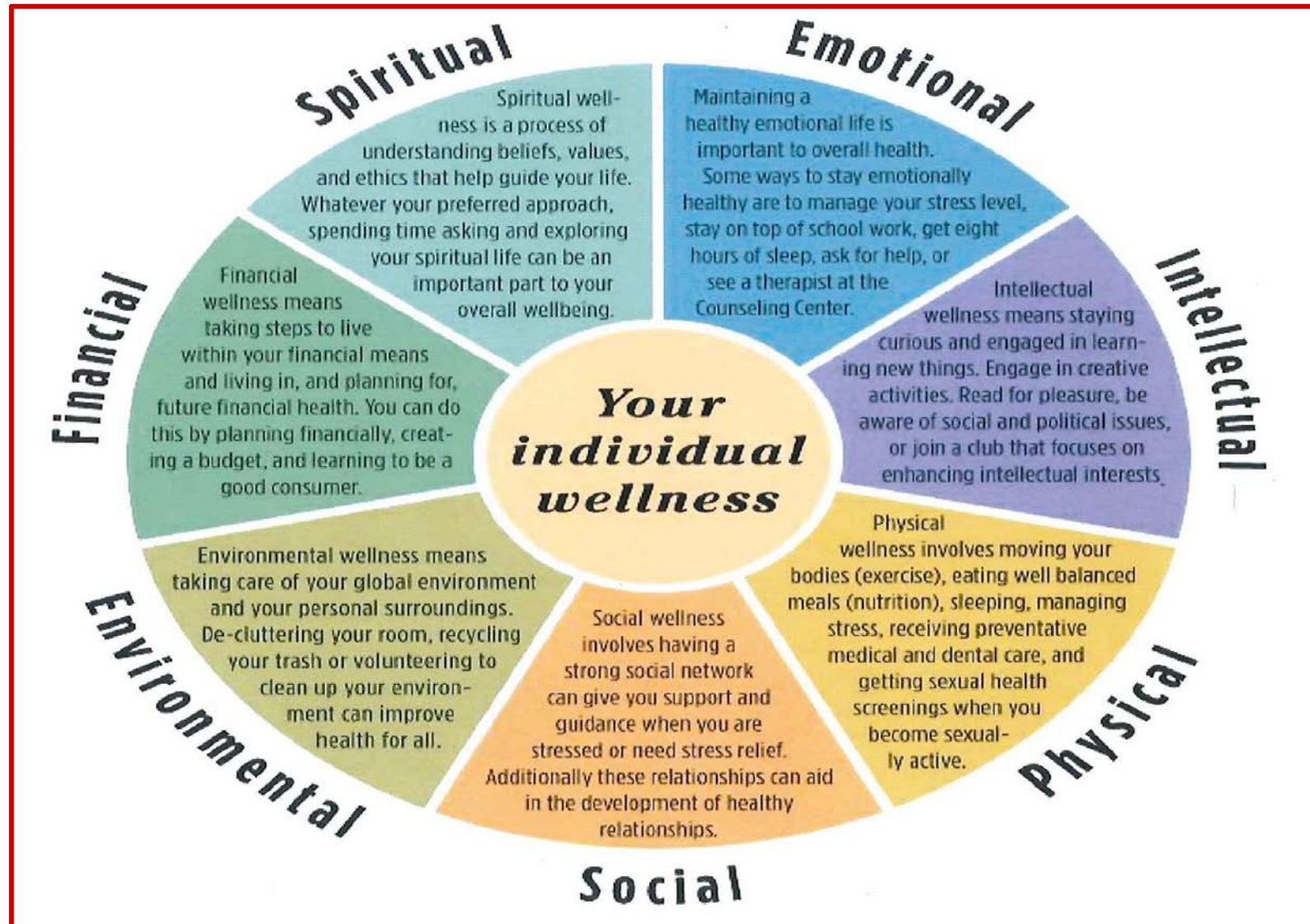
SNACKS

LEARN ABOUT YOUR RESIDENTS

SELF MOTIVATIONAL

ENCOURAGES PERSONAL ACHIEVEMENT

DIMENSIONS OF WELLNESS



QUESTIONS



THANK YOU FOR CHOOSING OUR WORKSHOP