

Developing Resiliency
GME Faculty Development Workshop
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Promoting Wellness and Resiliency Summary:

- Burnout is common in students, residents and practicing physicians
- Burnout can negatively affect physicians' clinical work and personal life
- Resilience is responding to stress and adversity in a healthy way
- Developing resilience involves incorporating new strategies to maintain wellness
- Developing resilience helps ourselves and our colleagues and learners
- Wellness strategies include both "in the moment" and long-term strategies
 - "In the Moment" strategies include mediation and taking a "time out"
 - Long-term Wellness strategies include:
 - Physical, such as exercising, eating healthy, and getting your own medical care
 - Intellectual, such as establishing healthy work hours and using reflective writing
 - Emotional, such as cultivating sources of satisfaction and gratitude
 - Relational, such as protecting time away and cultivating connections with others
 - Spiritual, such as contributing to the greater good and practicing meditation
- Using an Individualized Wellness Plan can help you to develop resiliency
- In addition to improving your own wellness, you can advocate for institutional policies that promote wellness and resiliency
 - Existing institutional resources include: EAP, RISE, and the Resident/Fellow and Faculty Wellness Committee
 - You can enhance resiliency and wellness in your own program and department
 - Promote events that develop community
 - Encourage the arts, humor, outdoor events & meetings

Additional on-line resources:

ACGME Tools and Resources for Resident and Faculty Member Well-Being:

<https://www.acgme.org/What-We-Do/Initiatives/Physician-Well-Being/Resources>

Resident and Faculty Wellness Program at OHSU: <https://www.ohsu.edu/school-of-medicine/graduate-medical-education/wellness-resources> (including Resilience Building Plan)

AMA Preventing Physician Burnout: <https://edhub.ama-assn.org/steps-forward/module/2702509>

American College of Emergency Physicians: Reframing Wellness: It's not a personal issue anymore: <https://www.acep.org/globalassets/sites/bed/bed-documents/presentations-2019/>

Mindfulness and meditation applications: www.headspace.com, www.calm.com