RESIDENT WELLNESS

The Physician Wellness Committee and the design firm Daylight are collaborating to develop strategies for helping medical trainees develop healthy personal and professional habits and coping skills.

Because Daylight’s involvement is based primarily at Johns Hopkins, we benefited from a glimpse into another leading institution struggling with many of the same challenges that we face.

Extensive interviews and observations of house officers at Hopkins and leaders at both institutions emphasized the overwhelming importance of meeting basic needs such as easy access to water and healthy food. There was also a clear need for more exercise opportunities, better role modeling and peer support, easier access to physical and mental health care, facilitation of domestic chores, and nurturing a sense of community that is inclusive of the trainees’ immediate families.

Daylight’s engagement culminated in an insightful and creative list of potential practical interventions and we will be considering those suggestions with house staff and leaders here, many of whom were at the recent Daylight presentation. We will continue to share learnings with our new collaborators at Daylight and Hopkins as we all continue to work toward our shared goals.

Calendar Events/Talks:

1/1 – Race to End World Hunger
1/9 – Human Trafficking
1/9 – Organ Concert
1/10 – Lisa Kristine, Humanitarian Photographer
1/12 – Bing Concert Hall Open House
1/15 – HIP Fitness Class Sampler
1/15 – Mindfulness Class begins
1/15 – Global Health Interest Group
1/17 – Ban Ki-moon, UN Secretary General
1/17 – Med Writers Forum
1/25 – Awaken Your Natural Voice
1/26 – How to Self-Publish a Book

For details of these and more events, plus CME wellness courses, see WellMD Calendar.

Recent Research:


In a literature review, medical trainees described positive role models as being excellent clinicians who were invested in the doctor-patient relationship, who inspired and taught while carrying out other tasks, and who were patient and had integrity. Appearance and scientific achievements were among the least important attributes.


For 5 healthy 28 year old males, adding 5 30-sec. all out intervals to a 25 min of cycling increased 24 hour calorie expenditure by 200 kcal.


For 28 meditation naive adults in a longitudinal randomized study looking at neuronal activity, mindfulness training for 10 minutes/day improved attention by increasing the efficient use of cognitive resources, such as an increase in focus and a reduction in recruitment of resources used during object recognition.