FEBRUARY 2014 UPDATE

From Bryan Bohman, MD
Chair, Physician Wellness Committee

PELLD RESIDENT SUPPORT PROGRAM

For the past three years the Department of Pediatrics has sponsored a resident program titled "Humanism and Professionalism" under the leadership of program director Dr. Laura Bachrach, with input from residents and involved faculty.

The 76 pediatric residents are divided into groups consisting of 18 residents from all training levels paired with three faculty members. Groups are maintained throughout the year, meeting for nine required monthly noontime discussions with food provided. Topics include such issues as work-life balance and maintaining relationships, conflict resolution, depression and burnout, medical errors, and death of a patient. The manual provided to faculty leaders presents a brief case and open ended questions to spark discussion of a given topic; however the sessions quickly become an open dialog as residents talk about personal similar cases and how their lives were impacted. Peers share advice on coping.

Dr. Bachrach points out that besides fulfilling ACGME mandates to address well-being and professionalism, these discussions validate the universal experience, build camaraderie, and enable peers and faculty to recognize struggling residents who might need additional support. In addition these discussions provide perspective, as newer residents recognize that senior residents have survived difficult experiences, and senior residents are reminded of how difficult early training can be.

This program exists thanks to the strong backing of the Pediatrics Department, yet another encouraging example of a culture shift toward helping our trainees become more resilient as they begin their lives in medicine.

Calendar:

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

2/1 – All Day Writing Workshop
2/3 – Partner Shiatsu
2/4 – Eating with Intent
2/4 – The George Gershwin Legacy
2/5 – Stress and Resiliency Skills
2/5 – Stanford’s Response to the Asiana Plane Crash Disaster
2/5 – “Perfect Strangers” film and panel on organ transplant
2/7 – Viennese Ball
2/7 – PTSD, Sleep and Exercise
2/8 – Buddhist Art on the Silk Road
2/10 – Revitalize You! (online course)
2/18 – Literature and Medicine at Life’s End
2/19 – Effective Non-Verbal Communication
2/19 – Stanford Jazz Orchestra
2/22 – Befriending Fear of Failure
2/24 – Get Moving!
2/24 – “No More Tears Sister” documentary
2/24 – Global Health
2/25 – All Hospital Schwartz Rounds
2/26 – Demystifying Organic & Fair Foods
2/26 – Involving Men in Advancing Gender Equity at Stanford
2/26 – University Singers
2/28 – Legal Aspects in Sleep Medicine

News Item:

New University HR Calendar, with information sessions, activities, events, holidays and deadlines.

Recent Research:


For 1225 junior faculty, quality of mentoring was strongly associated with career satisfaction. As this may become a factor in retention, authors advise mentor training.


From the National Walkers Health Study following over 40,000 adults for 10 years, exceeding the recommended 2008 guidelines of 2-2.5hr/wk of moderate exercise very significantly reduced mortality from all causes, including CVD, IHD, cerebrovascular disease, dysrhythmia and diabetes.


From UCLA Dept. of Neurology, review of present research available suggests that meditation “may slow, stall, or even reverse age-related brain degeneration.”