From Dr. Rebecca Smith-Coggins
Chair, Stanford Committee for Professional Satisfaction and Support (SCPSS)

WELLNESS INITIATIVES FOR TRAINEES

Across the country, residents and fellows are at a significant risk for developing symptoms of burnout. At Stanford we have a multifaceted approach to this problem, including trainee-initiated wellness research and a variety of interventions offered through our Office of Graduate Medical Education.

Two examples of research projects completed by trainees are listed here. Both benefited from guidance by Dr. Mickey Trockel, Research Director of our new Center for Wellness and Professional Fulfillment.

- Dr. Lindsay Borg, Anesthesia resident, examined the barriers and protective factors to housestaff wellness and analyzed which groups are most vulnerable.
- Dr. Caroline Okorie, Pediatric Pulmonary Medicine fellow, surveyed fellows to determine wellness needs and the impact of sleep parameters on individuals. Fellows make up a smaller group than residents and have more diverse funding sources, which can add challenges for accessing resources.

Additionally, under the direction of Dr. Laurence Katznelson, Associate Dean of GME, and Ann Dohn, GME Director, various initiatives address a wide range of housestaff wellness issues. These initiatives include ClickWell Clinic - a virtual medical care clinic with extended night and weekend hours and free personal wellness coaching, increased access to dental care, mindfulness training options, 24/7 confidential mental health support with 12 free psychiatric visits, financial support for health insurance for family members, a housing stipend and access to Stanford athletic facilities.

The GME office, the Dean’s office, the individual residency programs and our committee are all working to promote self-care for our trainees, which sets them on a healthy path throughout their medical careers.

Calendar:

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

3/1 Film: I Am Able
3/2 Barriers to Women in the Workplace
3/2 Sax Ensemble Concert
3/3 Grief Support Group
3/3 Impact of Insufficient Sleep
3/5 Befriending Fear of Failure
3/5 Stanford Saplingathon
3/6 Stanford Treathlon
3/8 Maternal and Newborn Survival in India
3/9 Empathy in Animals and Humans
3/9 McCormick Lecture with Jennifer Doudna
3/9 Healthy Kitchen: The Mediterranean Way
3/9 Stanford Early Music Singers
3/9 Discoveries of Narrative Medicine
3/9 Boundary-Crossings of Minds in Medicine: The Role of Creativity
3/10 Why Psychiatry Needs the Humanities
3/10 Happy Hour at the Bing
3/16 Perspectives on Compassion
3/16 Revolutionizing Work through Compassion
3/17 San Francisco: The Harlem of the West
3/24 The Person Behind the White Coat
3/25 St. Lawrence String Quartet
3/29 Caregiver Seminar: Guardianships
3/31 Stanford, I Screwed Up

News:

Anticipating the new hospitals? Take a virtual tour of the completed adult hospital or children’s hospital, view construction cameras, or sign up for an in-person tour.

Meet Stanford University’s 11th President, neuroscientist Marc Tessier-Lavigne.

Research:


“Burnout can undermine trainees' professional development, place patients at risk, and contribute to a variety of personal consequences, including suicidal ideation. Factors within the learning and work environment, rather than individual attributes, are the major drivers of burnout.”