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ROBUST SUPPORT FOR MEDICAL STUDENTS

The Office of Medical Student Wellness (OMSW) at Stanford School of Medicine was one of the first of its kind when our doors opened in 2013. It has been active in creating, implementing and maintaining programs for medical students that offer one-on-one counseling, wellness interventions, initiatives to safeguard students against mistreatment, and assessment and feedback through administering an annual student wellness questionnaire.

Confidential counseling is set up for students to be able to discuss non-academic issues of a sensitive nature with a professional who can give them nonjudgmental guidance, support and a referral if necessary. Common topics for which students seek input include problems with romantic relationships; roommate, family, and workplace conflicts; situations causing anxiety, grief or feelings of inadequacy; or simply a general lack of a sense of belonging.

A wide variety of wellness programs have been created, including a three day orientation camping trip for entering students (SWEAT), our Big Sib, Lil Sib program, Ears for Peers (trained peer counselors), a self-care curriculum including yoga and an on-line evidence-based sleep improvement course, the SMS Cup (a field day of friendly competition among learning communities), study week massages and therapy dogs, and a Transition to Clerkship Retreat.

Our learning environment initiative against mistreatment incorporates individual interventions with trained coaches, and educational sessions with videotaped scenarios written from real events at Stanford. These components raise awareness of mistreatment, encourage reporting, and hopefully enhance an optimal learning environment for medical students. A recent grant has also allowed us to study patient mistreatment of healthcare professionals.

Importantly, we have a leadership team of students to help bring the student voice to our programming. In response to students, we have collaborated on several social justice issues such as White Coats for Black Lives, DACA, and anti-gun violence. Student input has been essential in creating a multidimensional, robust and supportive program.

Calendar:

See WellMD Calendar for more events & classes, or CME wellness courses

4/7 Asha Stanford Holi
4/11 Understand Professional Stress Through Physician Perspectives
4/12 Harassment in the Lab
4/14 Cardinalpaloza
4/17 Human & Artificial Intelligence in Medicine Symposium
4/18 Stanford Cool Product Expo
4/18 Medicine & the Muse Symposium
4/19 Careers in Global Health
4/19 An Evening with Rebecca Skloot and Henrietta Lacks Family Members
4/19 Celebrating Sustainability 2018 Fair
4/20 Health Humanities Consortium Conf.
4/21 National Theatre Live’s Frankenstein with Benedict Cumberbatch
4/25 Dr. Howard Koh, Health Policy
4/26 Engaging Kids and Youth in Service
4/27 Reflections on Mentees, Mentors, and Mentoring
4/27 The Art of Snacking

News and Articles of Interest:

• New NAM Clinician Well-Being Knowledge Hub & associated Webinar
• Ways to Appreciate Significant Others - even bring them to Health Matters Day
• Why Frankenstein Matters
• The Workplace is Killing People
• Women Leaders in Global Health 2017 Conference Highlights (2:35 min.)
• Stanford Refugee Research Project
• Access Heirloom Seed Library

Research:

Zero Tolerance: Implementation and Evaluation of the Stanford Medical Student Mistreatment Prevention Program.

Description of policy, procedures, metrics, and institution-wide framework for decreasing Stanford student mistreatment.

Addressing Student Burnout: What Medical Schools Can Learn From Business Schools.

Authors with both business and medical school experience outline three business school practices—fostering creative thinking, providing stress management training, and offering career counseling—that may help alleviate student burnout.