ONE PRIME PROGRAM FOR RESIDENT WELLNESS

One of the greatest strengths of the residency program in the Department of Anesthesia, Pain and Perioperative Medicine, per its residents, is the Peer Support and Resiliency in Medicine (PRIME) initiative. Founded in 2010 by Stanford anesthesiologists Drs. Tara Cornaby and Emily Ratner, PRIME aims to cultivate a community amongst residents that fosters self-care, self-awareness, emotional literacy, and concern for others.

Major components of the program include:

- **Retreat** – this 2.5 day off-site experience for all first-year anesthesiology residents includes mindfulness practice, meditation, guided imagery and yoga. After each experiential exercise, trained faculty members facilitate "check-ins" during which mindful listening is practiced – there is no advice giving or problem solving – so that each participant is able to share his or her emotions in a safe and nonjudgmental space.

- **PRIME sessions** – held every 4-6 weeks during the entire 3 years of residency, these are led by a consistent pair of faculty facilitators during protected didactic time, and are comprised of an experiential mindfulness-based exercise and a check-in. Common themes discussed during the latter include challenging interpersonal dynamics, work-life balance, and physical and mental health.

- **Annual scholarship program** – each year residents propose and decide on wellness initiatives, which are funded by a philanthropic gift from the family of late Stanford anesthesia resident Dr. Amy Wang. Past projects have included establishment of a resident lounge, a nutrition program, and a “Wall of Fame” for trainees.

The effectiveness of this program has been consistently reinforced by very positive qualitative comments on evaluations from residents; quantitative analysis of surveys is currently in process. The success of the program has resulted in the development of a similar initiative for Anesthesia department fellows.

Calendar:

See [WellMD Calendar](#) for more events & classes, or [CME wellness courses](#)

- 10/4 3rd Annual Harvest Festival
- 10/4 Health Care in the Digital Era
- 10/4 Pegasus Stanford Physician Writers: Life After Medical School
- 10/5-6 Tibetan and Western Integrative Medicine Symposium
- 10/9 Jonathan King Lecture
- 10/9 Global Health Group Fall Kickoff
- 10/10 Stanford Medicine LGBTQ+ Forum
- 10/11 Using Mindfulness to Regulate Sleep
- 10/11 Climate Change: What You Can Do
- 10/12 Tending Your Fall Garden
- 10/15 Legends of Women in Science
- 10/18 International Documentary Film Fest
- 10/20 A Celebration of Mind: Math, Art, Magic
- 10/20 Finding/Evaluating Financial Advisors
- 10/20 Nature Writing at Jasper Ridge
- 10/24 Daniel Pearl World Music Days Concert
- 10/26 Problematic Media Use in Children
- 10/27 Silicon Valley Light the Night Walk
- 10/28 Theta Breakers Run for the Children
- 10/29 Sexual Harassment of Women in Academic Sciences and Medicine
- 10/30 Impact of Anticipatory Grief
- 10/31 Early AM Meditation at Med Center

News and Articles of Interest:

- New Voicemail System
- Location of free Bike Repair Stands
- State of Stanford Medicine
- Stanford Roadmap - EHR White Paper
- Sleep Better, Lead Better
- Doctors/Students Against Gun Violence
- Stanford Resident Reflects on 5150 Contemplation by Design Events!
  10/30 – 11/8

Research:


ED residents from across the world collaborated and convened to reach a consensus on high-yield-and potentially high-impact-lesson plans that programs can use to promote and improve resident wellness. [Free toolkits/lesson plans](#)