


**Resident Wellness
Development:
A Coordinator's Perspective**
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Learning Objectives:

- Upon completion, you will be able to
 - Define what wellness is in a residency setting
 - List steps for building and implementing a wellness program for residents
 - Incorporate small, inexpensive wellness activities into your program

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Hi – I'm Megan.



Oklahoma
Girl at Heart



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- Been a part of GME for 3 ½ years
- Started as an Assistant Program Coordinator
- Transitioned to Program Coordinator in April 2022

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University of Kansas SOM – Wichita
Anesthesiology Residency Program 

- 4 – year community-based program
- Work with Ascension Via Christi St. Francis Hospital and Wesley Medical Center (HCA)
- 20 Squirrels

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University of Kansas SOM – Wichita Anesthesiology Residency Program

- 4 – year community-based program
- Work with Ascension Via Christi St. Francis Hospital and Wesley Medical Center (HCA)
- 20 Residents



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University of Kansas SOM – Wichita Anesthesiology Residency Program

- 4 – year community-based program
- Work with Ascension Via Christi St. Francis Hospital and Wesley Medical Center (HCA)
- 20 Residents
- Located in the Air Capital of the World – Wichita, Kansas



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In the Beginning...

- 2019 – Wellness was starting to be the “buzz” word in GME
- Started asking questions like:
 - What is wellness?
 - As a program, what are we doing well?
 - Are there areas we could improve?

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Wellness is...

Thriving



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- Annual Resident Retreat (Social Wellness)
- Paperwork Day (Emotional Wellness)
- Chief Rounds (Social Wellness)
- Card for Major Life Events (Emotional Wellness)
- Protected Study Time in the Afternoon (Intellectual Wellness)

We could do more!!! But what??

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- Blasting Out Life Events
- Celebrating Birthdays
- Finding local speakers who discussed
 - Resilience
 - Stress Management
 - Financials as a Physician
- Faculty Involvement:
 - “The White Coat Investor” Book
 - Hot Yoga



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Wellness now...

- April 2022 – Wellness is a common discussion in GME
- Started looking into wellness again
- Asking some of the same questions:
 - What are we doing well?
 - Are there areas we could improve?

Are we providing our residents the wellness tools to succeed not only in residency, but in life after residency?

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Wellness Program:

- 3-year program
 - Completed during the CA years
- Focusing on 4 areas of wellness
- 2 lectures/activities for each of the 4-focus areas
 - For a total of 8 lectures/activities per CA year

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- **Emotional/Intellectual Wellness**
 - Resilience, Stress Management, Conflict Resolution, Communication Skills, Test/Board Prep Skills, Work/Life Balance, Time Management Skills, Etc.
- **Physical Wellness**
 - Creating Healthy Eating Habits, How to Create Your Own Workout Routine, Hot Yoga, Gym Access, 5k/Half Marathon Race Teams, Cooking Classes, Etc.
- **Social Wellness**
 - Volunteering in the Community, Family Events, Golf Tournament with Attendings, The Amazing Race – Resident Style, Etc.
- **Financial Wellness**
 - Finances as a Resident, Student Loan Management/Loan Repayment Strategies, Overall Money Management, Investment Opportunities, Etc.

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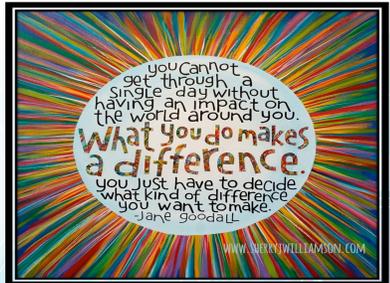
But what if....?

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- Be a Facilitator
- Be a Safe Place
- Find Easy/Inexpensive Ways to Highlight Residents
- Look for Resources Within Your Department and Community
- Survey Your Residents
- Have Fun

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