Evidence-based Approaches Fostering Wellness

The following links were shared during last night’s chat:

- Physician Well-Being: The Reciprocity of Practice Efficiency, Culture of Wellness, and Personal Resilience [Link]
- Controlled Interventions to Reduce Burnout in Physicians: A Systematic Review and Meta-Analysis [Link]
- The Case for Transitioning to Pass/Fail Grading on Psychiatry Clerkships [Link]
- The Dark Side of Resilience [Link]

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**MedEd Chat** @MedEdChat 9 hours ago
Welcome to the #mededchat (US) I am your moderator for the next hour, @alliance4clined #meded

**MedEd Chat** @MedEdChat 9 hours ago
The #mededchat topic & questions will be announced in a moment...for now, please introduce yourselves #meded

**MedEd Chat** @MedEdChat 9 hours ago
If you are tuning in to the #mededchat, remember to use the #meded AND #mededchat hashtag and try to answer with the Topic numbers (T1, T2, T3)

**MedEd Chat** @MedEdChat 9 hours ago
The #mededchat will be on autopilot tonight. Hurricane Michael wiped out power here. Questions will be coming soon so please chat away. #meded

**Marty Muntz** @mmteacherdoc 9 hours ago
Hey #mededchat - Marty from @MedicalCollege of Wisconsin in Milwaukee.

**MedEd Chat** @MedEdChat 9 hours ago
We will assume that all of your tweets are your own during this hour unless otherwise stated #meded #mededchat

**Marty Muntz** @mmteacherdoc 9 hours ago
@MedEdChat Yikes- stay safe everyone! #mededchat

**MedEd Chat** @MedEdChat 9 hours ago
T1 about to come up in a few moments #meded #mededchat

**MedEd Chat** @MedEdChat 9 hours ago
Topic 1: What factors are at play that undermine efforts to foster resilience in medical
education? #mededchat #meded

Larry Hurtubise @hur2buzy 9 hours ago
#mededchat Hi from CBus https://t.co/quFESeR1PR

Marty Muntz @mmteacherdoc 9 hours ago
T1- disconnect between what’s taught in the classroom & what’s modeled in the clinical learning environment re: professionalism. And ridiculous stakes of standardized test scores. #mededchat

Jennifer K. Chen, MD FAAP @DrJenChen4kids 8 hours ago
@MedEdChat Wow, that’s dedication (scheduling advance tweets)! Hope you get power restored quickly #mededchat

Ian Pereira @IanJPereira 8 hours ago
@MedEdChat I like the model by Vries et al suggesting that a culture (of unwellness) and (in)efficiencies of practice may negatively affect resilience for physician #wellbeing. https://t.co/9kq9M8iQMX v @StanfordWellMD. #MedEdChat #MedEd T1 https://t.co/oaz7YBgjYe

Larry Hurtubise @hur2buzy 8 hours ago
This is a bit off topic but does anyone have any literature or resources about wellness or anxiety in nursing education? #mededchat

Ian Pereira @IanJPereira 8 hours ago
@mmteacherdoc +1. And perhaps when what trainees are evaluated on differs from what is modeled in the learning environment. #confusion#CulturalConflict #MedEdChat T1

Paul Haidet @myheroistrane 8 hours ago
Made this tweet in February. My most impactful to date. Kinda relates to Topic 1, IMO. #mededchat

Jennifer K. Chen, MD FAAP @DrJenChen4kids 8 hours ago
@MedEdChat T1: There’s still a pervasive “suck it up” culture that doesn’t help foster good role modeling or people bringing up issues relating to resilience/#physicianwellness. I’ve also been hearing a lot of recent frustration with blanket “preventing burnout” lectures #mededchat

MedEd Chat @MedEdChat 8 hours ago
Topic 2: What approaches are proven to help trainees with wellness or resilience? #mededchat #meded
Dr. Meadow Maze Good @MeadowGood8 hours ago
@MedEdChat T1: Team approach is important. Trust but verify. Resilience is built by feeling you are part of a team and understanding the big picture. Faculty should help build that support net. And sleep. That is very importantly. #mededchat #MedEd

Dr. Sateesh Arja @ArjaSateesh8 hours ago
@MedEdChat I believe one way we can foster resilience and wellness among medical students by encouraging collaborative attitudes rather than competitive attitudes T2 #mededchat #meded

Paul Haidet @myheroistrane8 hours ago
@DrJenChen4kids @MedEdChat Agreed. This is not a problem you can slap a band aid on. Bottom line: unless leadership can truly understand what it’s like in the trenches and demonstrate this in their policies and practices, nothing changes. Corporate culture won’t fix this. #mededchat

Lakshman Swamy @laxswamy8 hours ago
@MeadowGood @MedEdChat I always struggle with "trust but verify." in the EMR era, there is SO MUCH to verify. The work sometimes feels like it is duplicated, then triplicated! #mededchat

Jennifer K. Chen, MD FAAP @DrJenChen4kids8 hours ago
@MedEdChat T2: Supportive peers and mentors are key, plus a safe space to bring up issues. My resident class had a wonderful SW (her background was PalliativeCare) who met with us monthly as a group but was also available for individual discussions #mededchat

Marty Muntz @mmteacherdoc8 hours ago
@DrJenChen4kids @MedEdChat Yes! And a “you knew what you were signing up for” culture. And an “I’ve been other places...you don’t know how good you have it” culture. Leadership is needed. #mededchat

Ian Pereira @IanJPereira8 hours ago
@MedEdChat Perhaps those that also help experienced physicians, or even better - the organization's wellbeing/resilience overall https://t.co/MahxnDQY1t v @MariaPanagiot83. #MedEdChat #MedEd T2

COMSEP @COMSEPediatrics8 hours ago
RT @MedEdChat: Topic 1: What factors are at play that undermine efforts to foster resilience in medical education? #mededchat #meded

Dr. Sateesh Arja @ArjaSateesh8 hours ago
I have seen some schools taking out grades in the first two years of the program and incorporated peer tutoring in the educational program. The results are impressive. Some of us might not agree with taking out grades, but peer tutoring can be encouraged. T2 #mededchat #meded
Jennifer K. Chen, MD FAAP @DrJenChen4kids 8 hours ago
@MedEdChat T2b: She also started a ceremony for those on #PedsICU and #Oncology rotations (both q4 28-hr call and emotionally tough) to come together and get some closure ourselves (eg for the patients we couldn’t save). I’ll never forget her kindness #mededchat

Melanie Fritz @melanie_fritz 8 hours ago
@MedEdChat Not sure about 'proven', but speaking from experience, a dramatic shift in how we view mental health care for medical students. It's easy to talk yourself out of seeking care because "I'm not depressed enough" or "I don't have *real* mental health issues". #med #mededchat

MedEd Chat @MedEdChat 8 hours ago
Topic 3: How much buy in is there by the trainees to participate in these sessions? #mededchat #meded

Dr. Sateesh Arja @ArjaSateesh 8 hours ago
RT @MedEdChat; Topic 1: What factors are at play that undermine efforts to foster resilience in medical education? #mededchat #meded

Kristina Dzara, PhD, MMSc @kristinadzara 8 hours ago
RT @MedEdChat; Topic 1: What factors are at play that undermine efforts to foster resilience in medical education? #mededchat #meded

Dr. Meadow Maze Good @MeadowGood 8 hours ago
@laxswamy @MedEdChat This is so true. It can be overwhelming for all involved. #teamworkmakestheblackwork #MedEdChat #meded#physiciantraining

Melanie Fritz @melanie_fritz 8 hours ago
@MedEdChat Med school is psychologically challenging at times. Messaging from administration that seeking therapy is good, valuable, not shameful, and may prevent the worsening of mental health issues could go a long way. #med #mededchat

Paul Haidet @myheroistrane 8 hours ago
I once heard about a residency where the residents started a page chain... whenever a resident had a patient die, all of the other residents sent pages of encouragement and solidarity. Brilliant community! #mededchat

Marty Muntz @mmteacherdoc 8 hours ago
@IanJPereira @MedEdChat @MariaPanagiot83 This is really important. Can’t just try to “fix” students. Or residents. Or practicing docs. It’s a complex system issue. #medchat

Paul Haidet @myheroistrane 8 hours ago
T3 none if the residents don’t perceive authenticity in intent and real effort to understand their
My #facdev office is starting a wellness initiative for clinical faculty. What can we offer for can’t-miss wellness programming? #mededchat

@MedEdChat we often ask what PDs or residents can do but the truth is so much of what is working against wellness is at the hospital level and above. Find ways to get residents #backtobedside. prioritize education. make residency rigorous but meaningful. #mededchat #meded

T3: Depends on the school/program culture. If trainees get protected time to go, have some input in the program agenda/structure, and see role models (ahem, attendings/professors) participating, you get more buy-in. Free food doesn’t hurt either! #mededchat

Lack of student support services including personal counseling or financial counseling or debt counseling, ineffective mentorship programs, or non adequate academic feedback system can be detrimental to resilience or wellness T1

Yes, I was much happier with preclinical pass/fail courses than friends at med schools that had grades (still had clerkship grades which is a whole separate discussion) #mededchat

The case can be made for going pass/fail in clerkship, too: https://t.co/fx4SwabnFt #mededchat #MakeUSMLEPassFail

We have about 5 more minutes left in our discussion. Please feel free to give some final thoughts #meded #mededchat

Alignment of hidden curriculum with the formal curriculum would likely help. #mededchat https://t.co/VXkvSVnpr4
Paul Haidet @myheroistrane 8 hours ago
Final thought: want trainees that are more resilient? Understand the experience from their perspective. Care about them as human beings. Stop giving lectures about burnout. Make real changes that improve their daily lives. #mededchat

MedEd Chat @MedChat 8 hours ago
Join us again next week at 9 pm Thursday. Don't forget to suggest topics by DM or email #meded #mededchat

MedEd Chat @MedChat 8 hours ago
That's a wrap...I will post the #mededchat transcript tomorrow morning on https://t.co/mJivoK9NyX on the Resources page. Thanks everyone for participating! #meded

Ian Pereira @IanJPereira 8 hours ago
@mmteacherdoc I like this position - bringing ethics & professionalism to the forefront of our culture for everyone (not just another checkbox to pass/fail a learner) #MedEdChat #MedEd T2 https://t.co/P39FJT1ejL

Ian Pereira @IanJPereira 8 hours ago
CT (to raise some additional questions) - is too much #resilience a bad thing? https://t.co/U6g1i2KtgN #balance #mededchat #MedEd

Paul Haidet @myheroistrane 8 hours ago
@aaplianu How about letting the patients weigh in? #mededchat

Dr. Sateesh Arja @ArjaSateesh 8 hours ago
RT @ArjaSateesh: @MedEdChat I believe one way we can foster resilience and wellness among medical students by encouraging collaborative att...

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