

2018-10-11: 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 <https://catalyst.nejm.org/physician-well-being-efficiency-wellness-resilience/>
- Controlled Interventions to Reduce Burnout in Physicians: A Systematic Review and Meta-Analysis <https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2588814>
- The Case for Transitioning to Pass/Fail Grading on Psychiatry Clerkships <https://www.ncbi.nlm.nih.gov/m/pubmed/29058225/>
- The Dark Side of Resilience <https://hbr.org/2017/08/the-dark-side-of-resilience>



MedEd Chat @MedEdChat9 hours ago

Welcome to the [#mededchat](#) (US) I am your moderator for the next hour, [@alliance4clined](#) [#meded](#)



MedEd Chat @MedEdChat9 hours ago

The [#mededchat](#) topic & questions will be announced in a moment...for now, please introduce yourselves [#meded](#)



MedEd Chat @MedEdChat9 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 @MedEdChat9 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 @mmteacherdoc9 hours ago

Hey [#mededchat](#) - Marty from [@MedicalCollege](#) of Wisconsin in Milwaukee.



MedEd Chat @MedEdChat9 hours ago

We will assume that all of your tweets are your own during this hour unless otherwise stated [#meded](#) [#mededchat](#)



Marty Muntz @mmteacherdoc9 hours ago

[@MedEdChat](#) Yikes- stay safe everyone! [#mededchat](#)



MedEd Chat @MedEdChat9 hours ago

T1 about to come up in a few moments [#meded](#) [#mededchat](#)



MedEd Chat @MedEdChat9 hours ago

Topic 1: What factors are at play that undermine efforts to foster resilience in medical

education? [#mededchat](#) [#meded](#)



Larry Hurtubise [@hur2buzy9](#) 9 hours ago
[#mededchat](#) Hi from CBus <https://t.co/quFESeR1PR>



Marty Muntz [@mmteacherdoc9](#) 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 [@DrJenChen4kids8](#) 8 hours ago
[@MedEdChat](#) Wow, that's dedication (scheduling advance tweets)! Hope you get power restored quickly [#mededchat](#)



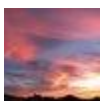
Ian Pereira [@IanJPereira8](#) 8 hours ago
[@MedEdChat](#) I like the model by Vries et al suggesting that a culture (of unwellness) and (in)efficiencies of practice may negatively affect resilience for physician [#wellbeing](#). <https://t.co/9kq9M8iQMX> v [@StanfordWellIMD](#). [#MedEdChat](#) [#MedEd](#) T1 <https://t.co/oaz7YBgJYe>



Larry Hurtubise [@hur2buzy8](#) 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 [@IanJPereira8](#) 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 [@myheroistrane8](#) 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 [@DrJenChen4kids8](#) 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 [@MedEdChat8](#) 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 builder 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 u 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 [@COMSEPpediatrics8 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 [@DrJenChen4kids8 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". [#meded](#) [#mededchat](#)



MedEd Chat [@MedEdChat8 hours ago](#)

Topic 3: How much buy in is there by the trainees to participate in these sessions? [#mededchat](#) [#meded](#)



Dr. Sateesh Arja [@ArjaSateesh8 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 [@kristinadzara8 hours ago](#)

RT [@MedEdChat](#): Topic 1: What factors are at play that undermine efforts to foster resilience in medical education? [#mededchat](#) [#meded](#)



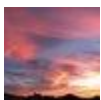
Dr. Meadow Maze Good [@MeadowGood8 hours ago](#)

[@laxswamy](#) [@MedEdChat](#) This is so true. It can be overwhelming for all involved. [#teamworkmakesthedreamwork](#) [#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. [#meded](#) [#mededchat](#)



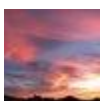
Paul Haidet [@myheroistrane8 hours ago](#)

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 [@mmteacherdoc8 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. [#mededchat](#)



Paul Haidet [@myheroistrane8 hours ago](#)

T3 none if the residents don't perceive authenticity in intent and real effort to understand their

issues. [#mededchat](#)



John Lowry [@DrJohn58858](#) 8 hours ago

My [#facdev](#) office is starting a wellness initiative for clinical faculty. What can we offer for can't-miss wellness programming? [#mededchat](#)



Lakshman Swamy [@laxswamy8](#) 8 hours ago

[@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](#)



Jennifer K. Chen, MD FAAP [@DrJenChen4kids](#) 8 hours ago

[@MedEdChat](#) 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](#)



Dr. Sateesh Arja [@ArjaSateesh8](#) 8 hours ago

[@MedEdChat](#) [#meded](#) 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 [#mededchat](#)



Jennifer K. Chen, MD FAAP [@DrJenChen4kids](#) 8 hours ago

[@ArjaSateesh](#) [@MedEdChat](#) 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](#)



Adam Hoverman DO [@ahoverman8](#) 8 hours ago

RT [@myheroistrane](#): I once heard about a residency where the residents started a page chain... whenever a resident had a patient die, all of...



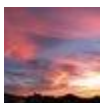
Marty Muntz [@mmteacherdoc8](#) 8 hours ago

Alignment of hidden curriculum with the formal curriculum would likely help. [#mededchat](#) <https://t.co/VXkvSVnpr4>



MedEd Chat [@MedEdChat8](#) 8 hours ago

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



Paul Haidet [@myheroistrane8](#) 8 hours ago

The case can be made for going pass/fail in clerkship, too: <https://t.co/fx4SwabnFt> [#mededchat](#) [#MakeUSMLEPassFail](#)



Paul Haidet [@myheroistrane8 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 [@MedEdChat8 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 [@MedEdChat8 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 [@IanJPereira8 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 [@IanJPereira8 hours ago](#)

CT (to raise some additional questions) - is too much [#resilience](#) a bad thing? <https://t.co/U6g1i2KtgN> [#balance](#) [#mededchat](#) [#MedEd](#)



Paul Haidet [@myheroistrane8 hours ago](#)

[@aapljanu](#) How about letting the patients weigh in? [#mededchat](#)



Dr. Sateesh Arja [@ArjaSateesh8 hours ago](#)

RT [@ArjaSateesh](#): [@MedEdChat](#) I believe one way we can foster resilience and wellness among medical students by encouraging collaborative att...



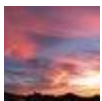
Dr. Sateesh Arja [@ArjaSateesh8 hours ago](#)

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Dr. Sateesh Arja [@ArjaSateesh8 hours ago](#)

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Paul Haidet [@myheroistrane8 hours ago](#)

[#Mededchat](#)



Marty Muntz [@mmteacherdoc](#) 8 hours ago

RT [@myheroistrane](#): Final thought: want trainees that are more resilient? Understand the experience from their perspective. Care about them...