

2020-06-11: Optimizing Resilience & Wellbeing for Healthcare Professions During a Pandemic Hosted by Dr. Hedy Wald

The following links were shared during the chat:

- Optimizing Resilience and Wellbeing for Healthcare Professions Trainees and Healthcare Professionals During Public Health Crises - Practical Tips for an 'Integrative Resilience' Approach <https://www.tandfonline.com/doi/full/10.1080/0142159X.2020.1768230>
- What Is Box Breathing? <https://www.medicalnewstoday.com/articles/321805>
- Kick Anxiety's Ass <https://www.duffthepsych.com/stopanxiety/>
- Mental Health for Healthcare Providers in the COVID-19 Pandemic: Self-compassion https://www.youtube.com/watch?v=n6Zamc8Fgi0&list=PL_R6s7O7BzUczX7wugFW1vbFaJf8f0MWR
- 5-Minute Meditation You Can Do Anywhere <https://www.youtube.com/watch?v=inpok4MKVLM>
- Building a Culture of Wellness in an Orthopaedic Group: Experiences at OrthoCarolina <https://www.pubfacts.com/detail/32502070/Building-a-Culture-of-Wellness-in-an-Orthopaedic-Group-Experiences-at-OrthoCarolina>
- Understanding and Addressing Sources of Anxiety Among Health Care Professionals During the COVID-19 Pandemic <https://jamanetwork.com/journals/jama/fullarticle/2764380#mededchat>
- How Boards Can Help Address Systemic Racism in America https://blog.nacdonline.org/posts/boards-address-systemic-racism?utm_medium=email&utm_source=noms&utm_campaign=Recruitment&mkt_tok=eyJpIjoiTUxwU1XSTVPRFk0TXpNMiIsInQiOiJKc01YaTVyUUtMSkVYdDVlbXhyN2VyMUM3SUN5ZyR0MDJGVkpVSkk2TUUYxeW1TY1ArMzB4QWJwdWxwbzY5a0JlZitSRTFnWGVWdDhxvUNvOW42TnZWUXpUakdNTGw4MGhLenhvcjJEK05uYTc5ZHRFbmxHaDV6OW9RXC8rRiBoU3AifQ%3D%3D
- Excited, Scared, Ready: Medical Students Head Back to Clerkships <https://www.aamc.org/news-insights/excited-scared-ready-medical-students-head-back-clerkships>
- Coping with Stress: An Effective Guide to Stress Management <https://psychcentral.com/stress/>
- Doctor's Well-being: Self-care During the COVID-19 Pandemic <https://blogs.bmj.com/bmj/2020/03/16/self-care-during-the-covid-19-pandemic/>
- Being Mindful of Your Mental Health During the COVID-19 Outbreak <https://www.healthline.com/health-news/taking-care-of-your-mental-health-during-covid19-outbreak>
- Coping with Stress https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html
- Grappling With Complexity: Medical Students' Reflective Writings About Challenging Patient Encounters as a Window Into Professional Identity Formation <https://pubmed.ncbi.nlm.nih.gov/29944035/>
- 'The Loss of My Elderly Patient:' Interactive Reflective Writing to Support Medical Students' Rites of Passage <https://pubmed.ncbi.nlm.nih.gov/20353317/>
- The Holocaust, Medicine and Becoming a Physician: The Crucial Role of Education <https://link.springer.com/article/10.1186/s13584-019-0327-3>
- Expanding Clinical Empathy: An Activist Perspective <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2607518/>
- Helping My Husband Live and Die <https://pubmed.ncbi.nlm.nih.gov/30882877/>
- What Does Context Have To Do With Anything? A Study of Professional Identity Formation in Physician-Trainees Considered Underrepresented in Medicine <https://pubmed.ncbi.nlm.nih.gov/32079956/>
- Creating Sacred Space: Spirituality in the Medical Encounter – Part 1. <https://www.liebertpub.com/doi/full/10.1089/act.2015.29033.jlr?journalCode=act>

MedEd Chat @MedEdChat 9 hours ago



Topic 1: @hedy_wald (2020, Med Teacher) discusses optimizing "integrative #resilience" of individual, learning community, & organization/system for #wellbeing. What does this mean to you & how are you attending to these components? #MedEdChat



Susan Sawning-she/her/hers @SSawning9 hours ago

Susan here from Louisville KY [#mededchat](#)



Hedy Wald @hedy_wald9 hours ago

RT @MedEdChat: Topic 1: @hedy_wald (2020, Med Teacher) discusses optimizing "integrative [#resilience](#)" of individual, learning community, &...



Hedy Wald @hedy_wald9 hours ago

Thrilled to see u [@copenow1](#)



Alan Rozen, MD HMDCAAAHPM @RozenMDFAAHPM9 hours ago

Hi! Alan here...living in FL (but retaining a midwestern soul) w/ [#hpm](#) → [#hpc](#) career--plus, an avid interest in [#MedEd](#) [#Wellbeing](#) [#Resiliency](#) [#PalliCOVID](#)



Hedy Wald @hedy_wald9 hours ago

Welcome! [@mooneymed](#)



Hedy Wald @hedy_wald9 hours ago

Wonderful! [@SSawning](#)



Chris Mooney @mooneymed9 hours ago

[@MedEdChat](#) [@hedy_wald](#) Like the integrative notion a lot. Not sure sufficient attention is placed on the learning community piece. Love to hear examples. [#mededchat](#)



Chris Roberts @chriss20079 hours ago

[#mededchat](#) T1 view from [#downunder](#) where COVID19 hasn't really hit like elsewhere in the world ... concerned lessons about integrative [#resilience](#) might be lost because we feel lucky



Hedy Wald @hedy_wald9 hours ago

[#mededchat](#) Q1 Brief meditations/calming

GIFs: <https://t.co/IYAVVjmIJI> <https://t.co/WUUTm8Zs11> <https://t.co/f9D1UhUIOp> <https://t.co/w9cQy4SNJx> [#mededchat](#)



Kristina Dzara, PhD, MMSc @KristinaDzara9 hours ago

RT @MedEdChat: Topic 1: @hedy_wald (2020, Med Teacher) discusses optimizing "integrative [#resilience](#)" of individual, learning community, &...



Gary Beck Dallaghan @GLBDallaghan9 hours ago

[@mooneymed](#) [@MedEdChat](#) [@hedy_wald](#) T1 Agreed. I've read about the individual and the system, but not seen the third leg of this [#MedEdChat](#)



Kristina Dzara, PhD, MMSc @KristinaDzara9 hours ago

RT [@RozenMDFAAHPM](#): 🙌🙌🙌🙌[@hedy_wald](#) [@MedEdChat](#) A life-preserver for [#Wellbeing](#) of ALL stakeholders...Happening via [#MedEdChat](#) NOW↓ Comprehens...



Chris Roberts @chriss20079 hours ago

RT [@MedEdChat](#): Topic 1: [@hedy_wald](#) (2020, Med Teacher) discusses optimizing "integrative [#resilience](#)" of individual, learning community, &...



Briana Ruiz Christophers @BriChristophers9 hours ago

That's right there are *TWO* [#MedStudentChat](#) nights next week 🗨️Sunday: High-value care with [@bendralle](#) leading the discussion! 🗨️Tuesday: Anti-racism in [#MedEd](#) in collaboration with [@MedEdChat](#), co-moderated by [@NNkinsi](#) + [@BriChristophers](#) [#MedStudentTwitter](#) [#MedEdChat](#)



Hedy Wald @hedy_wald9 hours ago

Emphasizing individual resilience in a vacuum is ineffective esp if return to a toxic LE or orgn/system culture [#mededchat](#) [@mooneymd](#) Pls see the paper btw for a section on LE resilience



Harry (#BLM who disagrees??) Paul @ HarryPaul 9 hours ago

RT [@BriChristophers](#): That's right there are *TWO* [#MedStudentChat](#) nights next week 🗨️Sunday: High-value care with [@bendralle](#) leading the di...



Juliette Perzhinsky, MD @JPerzsky9 hours ago

I wish I could stay online, but I just finished a longer-than-normal shift today & need to decompress without [#PPE](#) - best wishes for a most awesome [#mededchat](#) [@hedy_wald](#) Hope to peruse over the weekend!



Susan Sawning-she/her/hers @SSawning9 hours ago

T1: In this current moment, trying to be sure I am helping students and faculty connect with their greater sense of meaning and purpose as to why they chose medicine/medicine chose them. [#mededchat](#)



Hedy Wald @hedy_wald9 hours ago

this integrative approach IMHO is needed fundamentally and should be "integrative competency" - whether a public health crisis or not [@chriss2007](#) [#mededchat](#)

copenow @copenow19 hours ago



@MedEdChat @hedy_wald #MedEdChat @hedy_wald with social distancing and remote classes we are concerned about building the learning community for our students, esp. the MS-1s...how are schools doing this?

Chris Mooney @mooneymed9 hours ago



@MedEdChat @hedy_wald T1: also, how important is it for the triad to align? Or is it just providing attention to each? #mededchat

MedEd Chat @MedEdChat9 hours ago



RT @hedy_wald: #mededchat Q1 Brief meditations/calming
GIFs: <https://t.co/IYAVVjmlJI> <https://t.co/WUUTm8Zs11> <https://t.co/f9D1UhUIOp> https...

Alan Rozen, MD HMDC FAAHPM @RozenMDFAAHPM9 hours ago



#MedEdChat 🗨️♂️

Hedy Wald @hedy_wald9 hours ago



Lovely example of self care for wellbeing - we appreciate all you do @JPerzsky #mededchat

Chris Roberts @chriss20079 hours ago



RT @hedy_wald: this integrative approach IMHO is needed fundamentally and should be "integrative competency" - whether a public health crisis...

MedEd Chat @MedEdChat9 hours ago



RT @mooneymed: @MedEdChat @hedy_wald T1: also, how important is it for the triad to align? Or is it just providing attention to each? #mede...

Hedy Wald @hedy_wald9 hours ago



I would think a culture of wellness or resilience would help align the three. Attitudes/beliefs/values also within the organization. Moral energy throughout that way for more than a ripple effect, a wave @mooneymd #mededchat

Gary Beck Dallaghan @GLBDallaghan9 hours ago



@mooneymed @MedEdChat @hedy_wald T1 Align maybe not so much, intersect in a Venn diagram most likely. I see all three needing to have overlap #MedEdChat

Vanessa @VanIsAwesome178 hours ago



@MedEdChat @hedy_wald Vanessa, a 4th yr med student joining in for my first #MedEdChat. T1: My med school GHHS had a reflective writing zoom session moderated by our school psychologist that I found to be very meaningful and effective. Wish more people had actually signed up for it.



Alliance4ClinEd @Alliance4ClinEd 8 hours ago

RT @hedy_wald: #mededchat Q1 Brief meditations/calming

GIFs: <https://t.co/IYAVVjmIJI> <https://t.co/WUUTm8Zs11> <https://t.co/f9D1UhUIOp> https...



Hedy Wald @hedy_wald 8 hours ago

Yes I had 3 intersecting circles but broken (dashed lines) circles bec it is dynamic when I presented plenary on this for [@AMEE Online](#) [#mededchat](#)



MedEd Chat @MedEdChat 8 hours ago

RT @VanIsAwesome17: @MedEdChat @hedy_wald Vanessa, a 4th yr med student joining in for my first [#MedEdChat](#). T1: My med school GHHS had a re...



MedEdBot @MedEdBot 8 hours ago

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



Hedy Wald @hedy_wald 8 hours ago

Individual:Q1 Writing manuscripts&poetry, connecting w conversation&support groups, listening2&sharing music, facetime&zoom w family, exercise incl biking, acknowledging feelings of loss&sadness, gratitude each day&fostering hope4 a better tomorrow [#mededchat](#)



MedEdBot @MedEdBot 8 hours ago

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



MedEdBot @MedEdBot 8 hours ago

RT @BriChristophers: That's right there are *TWO* [#MedStudentChat](#) nights next week 🗨️Sunday: High-value care with [@bendralle](#) leading the di...



Hedy Wald @hedy_wald 8 hours ago

Q1Hot off press paper:Casey&Schenk J Pediatr Ortho2020 Blding Culture of Wellness in Orthopaedic Grp: Orgnl culture as key determinant, need interpersonal connection, supportive mentoring programs&organized activities outside wrk amplify sense of connection&community, [#mededchat](#)



Chris Mooney @mooneymed 8 hours ago

This resonates with me. [#mededchat](#)



Daniela Albors @dmalbors8 hours ago

RT @MedStudentChat: Join us for a special ed. #MedStudentChat in collab w @MedEdChat. The goal is to get med students & educators to discuss...



Chris Roberts @chrisr20078 hours ago

@hedy_wald #mededchat #meded last really changed with flexner report in 2010 -two world wars in between- talking about same issues. Need to make sure momentum for change generated by COVID is lasting



Gary Beck Dallaghan @GLBDallaghan8 hours ago

T1 What are strategies to help systems be engaged in integrative resilience? #MedEdChat



Hedy Wald @hedy_wald8 hours ago

wow! near and dear to my heart pls be in touch! @VanIsAwesome17 welcome! great to see you here. I have references on this will tweet out #mededchat



Michelle Caunca @michelle_caunca8 hours ago

RT @BriChristophers: That's right there are *TWO* #MedStudentChat nights next week 📍Sunday: High-value care with @bendralle leading the di...



Alliance4ClinEd @Alliance4ClinEd8 hours ago

Here is the article @hedy_wald just noted: <https://t.co/hkkmRQEGFt> #MedEdChat



Kristina Dzara, PhD, MMSc @KristinaDzara8 hours ago

RT @GLBDallaghan: T1 What are strategies to help systems be engaged in integrative resilience? #MedEdChat



Hedy Wald @hedy_wald8 hours ago

Participatory leadership w hearing what practitioners need esp with challenging stress of a pandemic -resilience means adapting2adversity, much be agile #mededchat see <https://t.co/GEaESS6tC6>



MedEd Chat @MedEdChat8 hours ago

RT @Alliance4ClinEd: Here is the article @hedy_wald just noted: <https://t.co/hkkmRQEGFt> #MedEdChat



MedEd Chat @MedEdChat8 hours ago

RT @hedy_wald: Participatory leadership w hearing what practitioners need esp with challenging stress of a pandemic -resilience means adapt...

MedEd Chat @MedEdChat8 hours ago



Topic 2: "Crises create an imperative 4 #meded 2 support #wellbeing thru adaptive flexibility 4 curric innovation & culturally sensitive #resilience interventions" How can u support trainees' resilience/wellbeing? #MedEdChat



Hedy Wald @hedy_wald8 hours ago

Please remember resilience incl moral resilience: Q1 re: moral resilience – boards can address systemic racism - <https://t.co/BzciJFLRnv> #mededchat



Hedy Wald @hedy_wald8 hours ago

RT @MedEdChat: Topic 2: "Crises create an imperative 4 #meded 2 support #wellbeing thru adaptive flexibility 4 curric innovation & cultural...



Vanessa @VanIsAwesome178 hours ago

RT @hedy_wald: Please remember resilience incl moral resilience: Q1 re: moral resilience – boards can address systemic racism - <https://t.c...>



Hedy Wald @hedy_wald8 hours ago

This one's for u @VanIsAwesome17 Q1 What's our mindset? Some positive lens! Med students heading back2pt care: Hope it's going to help mold us into resilient&courageous physicians&will equip us for any challenges ahead" <https://t.co/PYQefvflPV> #mededchat



Susan Sawning-she/her/hers @SSawning8 hours ago

@GLBDallaghan T1: Often we think of resilience as being positive in crises or getting up when knocked down, but resilience has to have more than an indiv approach...organizing for change & community engagement also meaningful ways to foster resilience #mededchat



Hedy Wald @hedy_wald8 hours ago

Q2Start w being a role model for wellness as best possible - pls attend to yr personal health - mental. physical, spiritual at challenging time4educators - tiring zoom, isolation, anxiety #mededchat



Hedy Wald @hedy_wald8 hours ago

And resilience is not either or or a straight line - can ebb and increase at various times, be vigilant and refuel as needed. #mededchat @SSawning



Gary Beck Dallaghan @GLBDallaghan 8 hours ago

T2 A [#medstudent](#) who is working on projects with me shared how the George Floyd protests have impacted him. Just offering an ear and understanding went a long way to help [#MedEdChat](#)



Hedy Wald @hedy_wald 8 hours ago

Q2 Evidbased approaches2stress resilience (in Wald, 2020 [@MedTeachJournal](#))
eg. <https://t.co/GrPx2YUuf5> <https://t.co/Utgfurteou> <https://t.co/1JO7YsEHTH> <https://t.co/UcYPdg4Nn4> [#mededchat](#)



Vanessa @VanIsAwesome178 hours ago

RT [@hedy_wald](#): This one's for u [@VanIsAwesome17](#) Q1 What's our mindset? Some positive lens!
Med students heading back2pt care: Hope it's goi...



Gary Beck Dallaghan @GLBDallaghan 8 hours ago

[@hedy_wald](#) T2 I totally agree. I got out of work early today so I could workout and still be awake for the chat! ;) [#MedEdChat](#)



Hedy Wald @hedy_wald 8 hours ago

Q2 It's not only abt the programs we provide but HOW we facilitate,how we connect.Can we provide some unstructured space4reflection &being heard? Many emotions &incd stress being experienced –there is an emotl process of being a physician [#compassion](#) [#selfcompassion](#) [#mededchat](#)



Hedy Wald @hedy_wald 8 hours ago

you rock [@GLBDallaghan](#) [#medchat](#) Wish I could say the same ;-)



MedEd Chat @MedEdChat 8 hours ago

RT [@hedy_wald](#): Q2 Evidbased approaches2stress resilience (in Wald, 2020 [@MedTeachJournal](#))
eg. <https://t.co/GrPx2YUuf5> <https://t.co/Utgfurt...>



Hedy Wald @hedy_wald 8 hours ago

HUGE and thank u [@GLBDallaghan](#) We need to bring intentional presence and need to be well to do so - students appreciate this [#mededchat](#) Paper Hineni on intentional presence <https://t.co/wyQbQ1aK9a>



MedEd Chat @MedEdChat 8 hours ago

Topic 3: How does the current [#COVID19](#) public health crisis impact your views on fostering resilience, [#wellbeing](#) & flourishing in the learning environment? How do you take care of you? What support do [#mededucators](#) need? [#MedEdChat](#)

Hedy Wald @hedy_wald8 hours ago



Q2 We must be nimble as educators in such times, no choice. I direct RW curric4our FamMed clerkship, I now offer an optional writing prompt about impact of COVID-19 on them personally &/or professionally [#mededchat](#)

MedEd Chat @MedEdChat8 hours ago



RT Chris Mooney @mooneymed Replying to @MedEdChat T2: the past few months have shown me how much flexibility can help our. trainees. Sure .. take a few more days for the assignment. [#MedEdChat](#)

Hedy Wald @hedy_wald8 hours ago



Q2 Some refs on using interactiv reflectiv writing supporting PIF&resilience/wellbeing – “grappling w complexity” <https://t.co/8uy5LF0HD3> & rites of passage: <https://t.co/IKJpXPIUyz> [#mededchat](#)

Hedy Wald @hedy_wald8 hours ago



Q2 Within crisis tapping in2 moral distress,how get back2basics wfundamentals4moral integrity/courage/resilience-how do we think abt human dignity? Using hx of medicine in Holocaust4cultivating moral resilience-how hold onto moral principles? [#mededchat](#) <https://t.co/JXa3A9yzPE>

Hedy Wald @hedy_wald8 hours ago



RT @MedEdChat: Topic 3: How does the current [#COVID19](#) public health crisis impact your views on fostering resilience, [#wellbeing](#) & flourish...

Susan Sawning-she/her/hers @SSawning8 hours ago



[@MedEdChat](#) T2: I have show up for my black students and fight for system change at every level. We are grieving here in Louisville. I teach meditation classes and create space there, but without showing up for them and advocating for systemic change my classes do not mean much [#mededchat](#)

Alan Rozen, MD HMDC FAAHPM @RozenMDFAAHPM8 hours ago



👏👏👏 @SSawning *YES* - we must organize for change! Personally, part of what also needs to evolve is our collective initiative to be more intentional, inclusive & proactive. ...all of which, r outlined w/in tonite's comprehensive article by [@hedy_wald!](#) [#MedEdChat](#) [#MedEd](#)

Hedy Wald @hedy_wald8 hours ago



Q3 How are we doing w confronting stigma of accessing mental health services? [#mededchat](#)



Hedy Wald @hedy_wald8 hours ago

RT @RozenMDFAAHPM: 🙏🙏🙏 @SSawning *YES* - we must organize for change! Personally, part of what also needs to evolve is our collective i...



MedEd Chat @MedEdChat8 hours ago

RT @hedy_wald: Q2 Within crisis tapping in2 moral distress,how get back2basics wfundamentals4moral integrity/courage/resilience-how do we t...



MedEd Chat @MedEdChat8 hours ago

RT @hedy_wald: Q2 Some refs on using interactiv reflectiv writing supporting PIF&resilience/wellbeing – “grappling w complexity” <https://t...>



Hedy Wald @hedy_wald8 hours ago

RT @SSawning: @MedEdChat T2: I have show up for my black students and fight for system change at every level. We are grieving here in Loui...



Hedy Wald @hedy_wald8 hours ago

Q3Ironic2continually have breathing exercises4 calming2start sessions when med student anxiety may be&likely is related2 academic concerns,testing residency apps, etc-R we meeting acad needs within so much uncertainty? That can help calm&address justifiable distress [#mededchat](#)



Gary Beck Dallaghan @GLBDallaghan8 hours ago

T3 In response to what [#mededucators](#) need....the same for providers and admin....people to listen to their concerns, fears, anxieties [#MedEdChat](#)



Shana Zucker @ShanaInMedicine8 hours ago

RT @BriChristophers: That's right there are *TWO* [#MedStudentChat](#) nights next week 🗨️Sunday: High-value care with [@bendralle](#) leading the di...



Hedy Wald @hedy_wald8 hours ago

U r receiving [#meded](#) during a historic moment&we R here by yr side, it is challenging 4us too. It will impact profl identity formation&we want2learn more abt this&hope2support resilience&wellbeing within this [#mededchat](#) [@VanIsAwesome17](#)



Gary Beck Dallaghan @GLBDallaghan8 hours ago

[@hedy_wald](#) I still think it's an issue...but as an ed psychologist I may be biased [#MedEdChat](#)

Sateesh Arja, M.B.B.S., MHPE, MSPH [@ArjaSateesh8 hours ago](#)



[@MedEdChat](#) [#mededchat](#) T3 I felt like that we are not prepared for this including medical schools. Medical schools should develop back-up supporting systems to help especially in crisis situations like this. Not only helping the students even helping faculty and staff members [#meded](#)

Hedy Wald [@hedy_wald8 hours ago](#)



And empathy has an action component (RGarden) not just clinical empathy <https://t.co/V8MrgjXxd> so we need action after listening [#mededchat](#) [@GLBDallaghan](#)

Nicolas Thibodeau [@nthibodeaujarry8 hours ago](#)



T3: [#Flexibility](#) is the key. We all have to be flexible as individuals, as physicians and as [#educators](#) to face the [#COVID19](#) pandemic [#MedEdChat](#)

MedEd Chat [@MedEdChat8 hours ago](#)



RT [@hedy_wald](#): And empathy has an action component (RGarden) not just clinical empathy <https://t.co/V8MrgjXxd> so we need action after list...

MedEd Chat [@MedEdChat8 hours ago](#)



RT [@nthibodeaujarry](#): T3: [#Flexibility](#) is the key. We all have to be flexible as individuals, as physicians and as [#educators](#) to face the [#C...](#)

Hedy Wald [@hedy_wald8 hours ago](#)



Indeed this is resilience - adaptability and it can be learned, it is dynamic, it is biospsychosocialspiritual [#mededchat](#) [@nthibodeaujarry](#)

MedEd Chat [@MedEdChat8 hours ago](#)



RT [@hedy_wald](#): U r receiving [#meded](#) during a historic moment&we R here by yr side, it is challenging 4us too. It will impact profl identity...

MedEd Chat [@MedEdChat8 hours ago](#)



Topic 4: Given stress of educational disruption/need for agility & clinician distress due to [#COVID19](#) superimposed on preexisting issues of burnout in the field, how do we optimize [#resilience](#) & [#wellbeing](#) for future healthcare professionals? [#MedEdChat](#)

Susan Sawning-she/her/hers [@SSawning8 hours ago](#)



[@MedEdChat](#) T3: Childcare. Need emergency childcare when systems fail for all [#mededucators](#), students and faculty. System support, that is what I need. [#mededchat](#)

Hedy Wald [@hedy_wald8 hours ago](#)



Underpreparedness seems to be a key theme nationally as well -Horton called COVID-19 a reckoning [@TheLancet](#) Maybe it is a time of reckoning for the medical profession [@ArjaSateesh](#) [#mededchat](#)

Kristina Dzara, PhD, MMSc [@KristinaDzara8 hours ago](#)



RT [@MedEdChat](#): Topic 3: How does the current [#COVID19](#) public health crisis impact your views on fostering resilience, [#wellbeing](#) & flourish...

Nicolas Thibodeau [@nthibodeaujarry8 hours ago](#)



T3: What has helped me was the possibility to develop connections with other healthcare professionals from different fields. I had the chance to collaborate with [@AmeDoherty](#), a wonderful nurse educator, and an anesthesiologist to develop [#COVID19](#) [#simulations](#) [#MedEdChat](#)

Hedy Wald [@hedy_wald8 hours ago](#)



RT [@MedEdChat](#): Topic 4: Given stress of educational disruption/need for agility & clinician distress due to [#COVID19](#) superimposed on preexi...

Hedy Wald [@hedy_wald8 hours ago](#)



Q3 For nurturing moral resilience in the LE, need vigilance on how2reduce moral distress-this has been noted in med students' reflective writings (Camp&Sadler, 2019 AJOB Empir Bioeth) [#mededchat](#)

@DSchatteMD [@dschattemd8 hours ago](#)



[@hedy_wald](#) T3 - our first course of med school has a "caring for self" component. The students learn anxiety & stress reduction & develop a wellness plan with a psychologist from Student Health. We had big ↑ use of service after we did this last year [#Mededchat](#)

Hedy Wald [@hedy_wald8 hours ago](#)



Q3 Re: cultivating moral resilience. Confronting longstanding healthcare inequities/disparities now amplified by COVID19 – what can be done? How impacts yr being&becoming a physician? Neg emotions abt moral distress may B adaptive&guide action [#mededchat](#)

MedEd Chat [@MedEdChat8 hours ago](#)



RT [@dschattemd](#): [@hedy_wald](#) T3 - our first course of med school has a "caring for self" component. The students learn anxiety & stress reduc...



Hedy Wald [@hedy_wald8 hours ago](#)

A beautiful eg of interprofessional identity being strengthened during such a tough time [@nthibodeaujarry](#) [#mededchat](#) [@AmeDoherty](#)



Gary Beck Dallaghan [@GLBDallaghan8 hours ago](#)

T4 We really need to learn from the experiences we're having right now to apply to build more resilience [#mededchat](#)



Chris Mooney [@mooneymed8 hours ago](#)

RT [@GLBDallaghan](#): T4 We really need to learn from the experiences we're having right now to apply to build more resilience [#mededchat](#)



Nicolas Thibodeau [@nthibodeaujarry8 hours ago](#)

T4: I think that helping our learners deal with uncertainty is key in times of crisis. We have to admit that we are unsure about the next steps, and that it is OK [#meded](#) [#MedEdChat](#)



Hedy Wald [@hedy_wald8 hours ago](#)

Zoom life in [#meded](#) has opened our eyes to the fact that people have a life narrative (what a surprise) including children...childcare - what a concept [@SSawning](#) [#mededchat](#) Also elderly parents or ill relatives2care for - &risk of [#Covid19](#) 4practitioners!



Naomi Tweyo Nkinsi [@NNkinsi8 hours ago](#)

RT [@BriChristophers](#): That's right there are *TWO* [#MedStudentChat](#) nights next week 🌙Sunday: High-value care with [@bendralle](#) leading the di...



Hedy Wald [@hedy_wald8 hours ago](#)

Q4 IMHO we need2B done w "bandaid" approaches –what is our program's pre-emptive approach2bldg/sustaining resilience/wellbeing, facdev4humanistic mentoring? Coaching within PIF curric? Diff needs4 different cultural grps? Thinking abt resilience as a component of PIF [#mededchat](#)



MedEd Chat [@MedEdChat8 hours ago](#)

RT [@hedy_wald](#): Q4 IMHO we need2B done w "bandaid" approaches –what is our program's pre-emptive approach2bldg/sustaining resilience/wellb...



Nicolas Thibodeau [@nthibodeaujarry8 hours ago](#)

[@dschattemd](#) [@hedy_wald](#) Great initiative! It is never too early to learn about [#wellness](#) [#meded](#) [#MedEdchat](#)



Hedy Wald [@hedy_wald8 hours ago](#)

Re: "reckoning" Q4 Time?? Activism/advocacy on behalf of the profession to regain agency?? [#mededchat](#)



Nicolas Thibodeau [@nthibodeaujarry8 hours ago](#)

[@hedy_wald](#) [@SSawning](#) This is very true. It was so refreshing to get the chance to see colleagues in their "natural environment". It helped to create bonds and to flatten the hierarchy between teachers and learners [#meded](#) [#MedEdchat](#)



Hedy Wald [@hedy_wald8 hours ago](#)

This they need2learn is a moral imperative as it not only impacts them but impacts patient safety - need this in place BEFORE a pandemic [@dschattemd](#) [#mededchat](#)



Susan Sawning-she/her/hers [@SSawning8 hours ago](#)

[@hedy_wald](#) [@univlouisville](#) and we loved having you here [#mededchat](#)



Chris Mooney [@mooneymed8 hours ago](#)

[@hedy_wald](#) [@MedEdChat](#) The tailored approach is intriguing. Different needs 4 different grps. I can imagine some would be opposed. [#mededchat](#)



Hedy Wald [@hedy_wald8 hours ago](#)

Need integrative approach for peer support and help with concrete interventions from the organization - supporting educators w training & humane schedules etc...Childcare as [@SSawning](#) mentioned - we can't do it alone [#mededchat](#) [@GLBDallaghan](#)



@DSchatteMD [@dschattemd8 hours ago](#)

[@nthibodeaujarry](#) [@AmeDoherty](#) The OT students in our [#SHP](#) are going to teach our incoming medical students how to stay healthy & avoid injury with all of the sitting they will be doing to study & ZOOM virtual class [#IPE](#) [#MedEdchat](#)



Hedy Wald [@hedy_wald8 hours ago](#)

Mutual lovefest - this brings wellbeing/resilience [@SSawning](#) [#mededchat](#)



Hannah Turbeville, PhD [@HannahRTurb8 hours ago](#)

RT [@MedStudentChat](#): Join us for a special ed. [#MedStudentChat](#) in collab w [@MedEdChat](#). The goal is to get med students & educators to discuss...



Hedy Wald @hedy_wald8 hours ago

RT @nthibodeaujarry: @hedy_wald @SSawning This is very true. It was so refreshing to get the chance to see colleagues in their "natural env..."



Gary Beck Dallaghan @GLBDallaghan8 hours ago

@mooneymed @hedy_wald @MedEdChat T4 Most likely due to the time and resources needed to implement. Does that mean it shouldn't happen? No. Is it a barrier? Absolutely. #MedEdChat



Hedy Wald @hedy_wald8 hours ago

Q4 Let's bring even more kindness to the workplace & be sensitive to hearing each other's narrative(s), we all have burdens to bear. The words "how can I help?" may be the culture change we're looking for! <https://t.co/umYDp3oMoM> #mededchat



MedEd Chat @MedEdChat8 hours ago

RT @hedy_wald: Q4 Let's bring even more kindness to the workplace & be sensitive to hearing each other's narrative(s), we all have burdens to bear...



@DSchatteMD @dschattemd8 hours ago

@hedy_wald Yes! We teach them explicitly that two drowning people can't save each other. #MedEdchat



Ian Pereira @IanJPereira8 hours ago

@dschattemd @hedy_wald Curious, how much #wellness taught in #medschool makes it to the realities of residency (and practice). I believe in #PhysicianWellness, but it does seem counter to practice expectations, and evaluations. #MedEd #MedEdChat T3 #sryimlate



Hedy Wald @hedy_wald8 hours ago

Creativity is linked to resilience and vice versa. Get with the program I would say to organization/systems. "Heroes" need more than free coffee - they need support in the organization #mededchat See Ripp et al 2020 JAMA more on interventions



Susan Sawning-she/her/hers @SSawning8 hours ago

@hedy_wald T4: I absolutely think we have to have a tailored approach. Needs are so different for URM students...see article from @DrTashaWyatt <https://t.co/003yvs5GZD> Need to translate this paper into our learning environment #MedEdchat



Hedy Wald @hedy_wald8 hours ago

Q4 We need scholarship in this field. Of note, the paper has 134 references! There's a reason for this - it's emphasizing a scholarly approach & that this is not "soft skills" #mededchat Pls read it - I spent a lot of time on it ;-) <https://t.co/WqQF6nar1>



Chris Mooney @mooneymed8 hours ago

@SSawning @hedy_wald @DrTashaWyatt Thanks for sharing a great article from a great thinker. @DrTashaWyatt #mededchat



Alan Rozen, MD HMDc FAAHPM @RozenMDFAAHPM8 hours ago

T4: Agree #MedEdChat - we DO need to plan & adapt supporting #MedEd for future HC ppl. Yet, our CURRENT trajectories are far from finished: We *MUST* proactively & purposefully support present trainees, faculty, colleagues + community on a PERSISTENT basis NOW...and ongoing!



Hedy Wald @hedy_wald8 hours ago

AMAZING Love.This. @dschattemd #MedEdchat Practical resilience/wellbeing



Hedy Wald @hedy_wald8 hours ago

RT @dschattemd: @hedy_wald Yes! We teach them explicitly that two drowning people can't save each other. #MedEdchat



MedEd Chat @MedEdChat8 hours ago

RT @SSawning: @hedy_wald T4: I absolutely think we have to have a tailored approach. Needs are so different for URM students...see article...



MedEd Chat @MedEdChat8 hours ago

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



Chris Roberts @chrir20078 hours ago

@GLBDallaghan #mededchat T4 @hedy_wald some of the kindest changes for #meded students have been changes towards enlightened #assessment practice



MedEd Chat @MedEdChat8 hours ago

RT @chrir2007: @GLBDallaghan #mededchat T4 @hedy_wald some of the kindest changes for #meded students have been changes towards enlight...



Nicolas Thibodeau @nthibodeaujarry8 hours ago

@IanJPereira @dschattemd @hedy_wald I think that #wellness training must be integrated into the curriculum at every training level, and not just "sprinkled" on the curriculum (isolated wellness day) #meded #MedEdchat



Hedy Wald @hedy_wald8 hours ago

I would think it does survive the transitions plus we have booster shots in residencies now as is required by @acgme #mededchat @IanJPereira I present resident retreats on a resilience/wellbeing "professional toolkit" & coaching 4peronsal&profl wellness can help as well



Ian Pereira @IanJPereira8 hours ago

@VanIsAwesome17 @SSawning @MedEdChat Same here - great show of volunteer support, but had its limitations & worried about expectation creep for #MedStudents. We need organizational (& governmental/societal) mechanisms to make it sustainable, and perhaps its value made clear. T3 #MedEdChat



Ian Pereira @IanJPereira8 hours ago

RT @SSawning: @GLBDallaghan T1: Often we think of resilience as being positive in crises or getting up when knocked down, but resilience ha...



Nicolas Thibodeau @nthibodeaujarry8 hours ago

Thank you for the great discussion! It was my first ever #MedEdChat and I enjoyed the experience. Hope to be able to join next week!



Chris Mooney @mooneymed8 hours ago

@chrisr2007 @GLBDallaghan @hedy_wald Enlighten us about these assessments. Please. #mededchat



Hedy Wald @hedy_wald8 hours ago

I tell med students no guilt.If u need to study&can't volunteer so much that is FINE There's no COVID19 volunteer competition&no gold medals. We r trying2 survive&if lucky thrive during challenging times. Pls be compassionate2learners whose #meded turned upside down #mededchat



Chris Roberts @chrisr20078 hours ago

@GLBDallaghan @hedy_wald #mededchat T4 for #meded students assessment was being done to them instead of assessment being done with them



Hedy Wald @hedy_wald8 hours ago

absolutely not an afterthought - see the paper for references -bring scholarship to the curriculum dean and get this done #mededchat @nthibodeaujarry <https://t.co/WqQF6nar1>



MedEd Chat @MedEdChat8 hours ago

That's a wrap...I will post the #mededchat transcript tomorrow morning on <https://t.co/mJivoKroXx> on the Resources page. Thanks everyone for participating! #meded



MedEd Chat @MedEdChat8 hours ago

Huge thanks to @hedy_wald for hosting tonight! Join us again next week at 9 pm Thursday. Don't forget to suggest topics by DM or email [#meded](#) [#mededchat](#)



Ian Pereira @IanJPereira8 hours ago

@SSawning @GLBDallaghan Much too often I feel [#resilience](#) is used as either selection criteria and/or (lack thereof) a reason for opposition to some stressors of practice. It needs to be valued as a set of tools that can be used for training, not only discipline. [#MedEdChat](#) T1



Susan Sawning-she/her/hers @SSawning8 hours ago

@hedy_wald I will add, I do love that you bring the reflection, fostering meaning, and importance of relationships into your wellness/resilience framework...these are often overlooked in my opinion [#MedEdchat](#)



Hedy Wald @hedy_wald8 hours ago

My pleasure, Thanks all for participating on this vital topic -thanks for the invitation to host @GLBDallaghan - stay safe and healthy and thank u for all you do! [#mededchat](#)



Vanessa @VanIsAwesome178 hours ago

@MedEdChat Thank you for all the great insight and wonderful articles to dive into! Systemic changes and plans are needed, but will take time. @hedy_wald your article has a lot of great tips to get us started! [#MedEdChat](#)



Hedy Wald @hedy_wald8 hours ago

thank you SO much @SSawning [#mededchat](#)



Hedy Wald @hedy_wald8 hours ago

and safety needs [#GETUSPPE](#) @CarolynFahm [#mededchat](#)



Alan Rozen, MD HMDCA FAAHPM @RozenMDFAAHPM8 hours ago

@hedy_wald @SSawning @GLBDallaghan As an FYI: In this environment & other situations, we've used [#Palliative](#) svcs to add ad hoc support sessions for RNs, Residents, Staff, etc as another [#MedEdChat](#) strategy across various settings + disciplines [#HPM](#)/[#HaPC](#) [#PalliCOVID](#)



Hedy Wald @hedy_wald8 hours ago

TY @VanIsAwesome17 4 being here - with students like u we WILL get this done! [#MedEd](#) [#MedEdchat](#)



Susan Sawning-she/her/hers @SSawning8 hours ago

@hedy_wald Ending w/ the hashtag #relationshipsmatter Goodnight to all #MedEdchat TY @hedy_wald



Hedy Wald @hedy_wald8 hours ago

I would think it depends. When require students2attend after they've been on call&they r tired U R likely defeating the purpose -B judicious as best possible w scheduling& content - use evid based approach w caring to earn buy-in #mededchat



Hedy Wald @hedy_wald8 hours ago

appreciate hearing about this @RozenMDFAAHPM &appreciate yr quote in the paper! "we will have to find ways to fortify our organizations, our networks, our systems, and most definitely...ourselves" #mededchat



Peruvian Med Student, MS @Student DOctorD8 hours ago

RT @BriChristophers: That's right there are *TWO* #MedStudentChat nights next week 🗨️Sunday: High-value care with @bendralle leading the di...



Alan Rozen, MD HMDc FAAHPM @RozenMDFAAHPM8 hours ago

RT @hedy_wald: appreciate hearing about this @RozenMDFAAHPM &appreciate yr quote in the paper! "we will have to find ways to fortify our or..."



Hedy Wald @hedy_wald8 hours ago

Beautiful - @SSawning It is a gift to know u #mededchat Your work is so meaningful and @UofLMedicine is lucky to have you #meded



Hedy Wald @hedy_wald8 hours ago

TY for discussing this @IanJPereira Must check ourselves&B vigilant as educators - NO competition in this arena (volunteerism) during a pandemic - give benefit of the doubt - learners doing the best they can. Within so much anxiety&disruption let's support each other #mededchat



Michelle Schmude @michelleschmude8 hours ago

@hedy_wald sorry I missed the #mededchat with you tonight. Got caught in traffic going to OCMD and couldn't tweet and drive. I'm sure it was excellent!



Michelle Schmude @michelleschmude8 hours ago

RT @hedy_wald: TY for discussing this @IanJPereira Must check ourselves&B vigilant as educators - NO competition in this arena (volunteeris...



MedEdBot @MedEdBot7 hours ago

RT @MedEdChat: That's a wrap...I will post the #mededchat transcript tomorrow morning on <https://t.co/mJivoKroXx> on the Resources page. Tha...



MedEdBot @MedEdBot7 hours ago

RT @MedEdChat: Huge thanks to @hedy_wald for hosting tonight! Join us again next week at 9 pm Thursday. Don't forget to suggest topics by...



MedEdBot @MedEdBot7 hours ago

RT @hedy_wald: TY @VanIsAwesome17 4 being here - with students like u we WILL get this done! #MedEd #MedEdchat <https://t.co/V0GB5Gxe0C>



MedEdBot @MedEdBot7 hours ago

RT @hedy_wald: Beautiful - @SSawning It is a gift to know u #mededchat Your work is so meaningful and @UofLMedicine is lucky to have you #m...



Hedy Wald @hedy_wald7 hours ago

Superwoman couldn't tweet and drive?!? Really?!? Check out the transcript then when available! Missed u @michelleschmude



Hedy Wald @hedy_wald7 hours ago

RT @chrisr2007: @hedy_wald #mededchat #meded last really changed with flexner report in 2010 - two world wars in between- talking about sam...



Kelsey Carman, MPH @KelseyMPH7 hours ago

RT @MedStudentChat: Join us for a special ed. #MedStudentChat in collab w @MedEdChat. The goal is to get med students & educators to discuss...



Hedy Wald @hedy_wald7 hours ago

Thank u so much @CarolynFahm we need to be sensitive to each other's narratives #mededchat <https://t.co/umYDp3oMoM>



Hedy Wald @hedy_wald7 hours ago

RT @chrisr2007: @GLBDallaghan #mededchat T4 @hedy_wald some of the kindest changes for #meded students have been changes towards enlight...



Regina Russell @reginastream7 hours ago

RT @hedy_wald: AMAZING Love.This. @dschattemd #MedEdchat Practical resilience/wellbeing <https://t.co/DOT5hhUzRo>



Ian Pereira @IanJPereira7 hours ago

@SSawning @hedy_wald @DrTashaWyatt It is hard when professional identity support comes only from outside one's profession and raises the bigger questions - what is our profession's identity and is it open to change? 1/2 #MedEdChat #MedEd T4



Ian Pereira @IanJPereira7 hours ago

@SSawning @hedy_wald @DrTashaWyatt I often wonder if it would be easier at every level if we were clear and genuine about our profession's identity and how "URMs" or anyone "different" may fit. It may save perpetuating generations of conflict all around. #MedEdChat #MedEd CT



Hedy Wald @hedy_wald7 hours ago

I think some tough questions need to be asked in the wake of losing so many health profls globally to COVID-19, inadequate PPE, & pay cuts in many hospitals now after so much sacrifice & threat2personal health -what is our identity now? Agency?



Rose Webster @GetMyGist6 hours ago

@CDCDirector @theNCI Pretty idiotic for such a mild virus that lives a few hrs & is killed by ☀. #Zika is FAR more pathogenic. ADE = HUGE risk #MedEdchat #MedEd #AcademicTwitter But since @CDCgov gave #Florida \$4.1 M for #Wolbachia & advises a mere 1-min water boil, I guess #ethics are gone. <https://t.co/bwcvNoMMO8>



Rose Webster @GetMyGist6 hours ago

RT @GetMyGist: @CDCDirector @theNCI Pretty idiotic for such a mild virus that lives a few hrs & is killed by ☀. #Zika is FAR more pathoge...



Frank Cacace MD FACP @GIMaPreceptor6 hours ago

@IanJPereira @SSawning @hedy_wald @DrTashaWyatt 1/ Pretty interesting - read every word of this #mededchat, having met @hedy_wald recently. When our lofty &morally woven 'professional identity' doesn't always align w our 'profession's identity' - that's a mixed up bad place for my own resilience ->



Hedy Wald @hedy_wald6 hours ago

TY @GIMaPreceptor "identity dissonance" can be troubling. But dedicated practitioners like u who get it right will continue to make a difference-we hope not only in medical practice but also in moral leadership within orgns-tx for ALL u do & stay strong #mededchat



Hedy Wald @hedy_wald 6 hours ago

Well said&appreciated. This is truth @GIMaPreceptor Let's just do it #mededchat <https://t.co/WqQF6ns2zz>



Janet de Groot @JanetdeGroot16 16 hours ago

Anti-Racism in Medical Education @MedStudentChat @MedEdChat June 16



Jason Yip @maggini 196 hours ago

RT @GetMyGist: @CDCDirector @theNCI Pretty idiotic for such a mild virus that lives a few hrs & is killed by ☀. #Zika is FAR more pathoge...



NaoB @BishopNaomi5 5 hours ago

RT @MedStudentChat: Join us for a special ed. #MedStudentChat in collab w @MedEdChat. The goal is to get med students & educators to discus...



Rose Webster @GetMyGist4 4 hours ago

□ I would think if the TRUE sentiment is "serve the husband" that ~50% of us (ppl mostly to 100% ♀) would be somewhat offended, no? Am I the ONLY one going to report it? #MedEd #MedEdchat #medcovid #AcademicTwitter #WomenInSTEM #WomenInScience #WomenWhoCode #womeninleadership <https://t.co/P7JpAHf37U> <https://t.co/9hyhO2ub1w>



Women Coders Bot @WomenCodersBot4 4 hours ago

RT @GetMyGist: □ I would think if the TRUE sentiment is "serve the husband" that ~50% of us (ppl mostly to 100% ♀) would be somewhat offen...



FemTech_ @femtech 4 hours ago

RT @GetMyGist: □ I would think if the TRUE sentiment is "serve the husband" that ~50% of us (ppl mostly to 100% ♀) would be somewhat offen...



NaoB @BishopNaomi4 4 hours ago

RT @BriChristophers: That's right there are *TWO* #MedStudentChat nights next week 📍Sunday: High-value care with @bendralle leading the di...



Dr Thomas Dale MacLaine @DrTADM2 2 hours ago

Is anyone interested in #MedEd ? <https://t.co/0t7OEkNkol> We're recruiting for an Academic Technology Officer to support with developing online educational resources. #MedStudentTwitter #MedEdChat



MedEdBot @MedEdBotan hour ago

RT @DrTADM: Is anyone interested in #MedEd ? <https://t.co/0t7OEKkNkoI> We're recruiting for an Academic Technology Officer to support with de...



Rose Webster @GetMyGistan hour ago

Dr Day's lecture sent chills up my spine since I didn't know about it until this year. And just so ppl know, Edward Snowden is DEFINITELY a hero #Whistleblower. I know many ppl in the IT world. Other #Whistleblowers? Well, I feel some have been killed or threatened. #MedEdchat <https://t.co/yXoFMfc4SL>



Rose Webster @GetMyGistan hour ago

RT @GetMyGist: Dr Day's lecture sent chills up my spine since I didn't know about it until this year. And just so ppl know, Edward Snowden...



Deeban Ratneswaran @deeban ran hour ago

Patient was crying in ED, young girl, we asked what was wrong. She said she had never seen a dead body before. We had no dead bodies so asked her where. She pointed to this. It's a manikin ☐ - poor girl. #EmergencyMedicine #MedEdchat #MedStudentTwitter #medhumour #medstories <https://t.co/W9pj2I3opZ>



AnnalsAfricanSurgery @AfricanSurgeryan hour ago

@KenyaSurgical in association @GSKUS invites you to a Zoom meeting today 12th June 2020 at 1800hrs EAT. Don't be left out! Register #now for this meeting: <https://t.co/1xfMJDQDIA>. #MedTwitter #MedEdchat #MedEd <https://t.co/j1sM3LThTg>



AnnalsAfricanSurgery @AfricanSurgeryan hour ago

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MerciehDaniels. @merciehdanielsan hour ago

RT @AfricanSurgery: @KenyaSurgical in association with @GSKUS invites you to a Zoom meeting today 12th June 2020 at 1800hrs EAT. Don't be...



Joseph Weigel @joeweigel38 minutes ago

If I can instill these 4 qualities, we will have succeeded as a Teaching Program...#MedEdchat JGW

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 [@MedEdChat](#) 91

 [@SSawning](#) 88

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