DEVELOPING, IMPLEMENTING, AND EVALUATING A WELL-BEING INITIATIVE – THREE EXAMPLES

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Icahn School of Medicine at Mount Sinai
New York
No Conflicts of interest to report
OUTLINE

- Emergency Medicine (EM) Organizations
- Resources
- All EM Organization Meeting
- EM Physician Wellness and Resilience Summit
- Future Steps
Established Resources

- ACGME Requirements
  - Duty Hour Limits
  - Fatigue Education

- Institutional
  - Mental Health Resources
  - Confidential Counseling
  - Ombudsman
Program
- Residency Leadership
- Chief Residents
- Faculty
- Peers
EMERGENCY MEDICINE: WHAT DO WE NEED?

- Mental Health Resources
- Wellness Resources
- Curriculum
- Assessment Tools
Emergency Medicine Organizations—What are they doing?
Resilience Committee

Committees/Academy
Current Chair: Arlene Chung, MD
Vice Chair: Ramin Tabatabai, MD & Daniel Lakoff, MD
Board Liaison: Mike Epter, DO & Christopher Doty, MD

For inquiries, questions, or comments about the committee, please send an e-mail to CORD staff.

Committee members may send an e-mail to all members of this committee via the listserv at resilience@listserv.cordem.org
Objectives

- Promote a culture of wellness among residents and educators
- Provide curricular resources for residency educators
- Establish a network for physicians and residents interested in advancing wellness in emergency medicine
- Promote research and scholarship in wellness
• Task Forces
  ▪ Mental Health
  ▪ Wellness Resources
  ▪ Assessment Tools
EM HEADS TO Nashville MUSIC CITY

Academic Assembly
March 6-9, 2016
CORD Partners for World Suicide Prevention Day

SUBMITTED BY LOICE A SWISHER, MD
CHAIR OF THE CORD MENTAL HEALTH TASK FORCE, RESILIENCE COMMITTEE
DREXEL UNIVERSITY COLLEGE OF MEDICINE
“TAKING CARE OF OUR LEARNERS, OURSELVES AND EACH OTHER.”
Registration Now Open!
CORD Academic Assembly
April 27-30, 2017 | Fort Lauderdale, FL

Register today for the 2017 CORD Academic Assembly to be held at the Marriott Fort Lauderdale Harbor Beach Resort & Spa, April 27-30, 2017, in Fort Lauderdale, FL.
Wellness Committee

Committee Focus

**Mission:** Study root causes of burnout and promote wellness and career longevity for AAEM members.

**Objectives:**

1. Examine the current state of EM physician wellness and burnout. Publish and disseminate this information.

2. Continue to monitor EM physician wellness and burnout and provide regular updates to the Academy.

3. Explore and examine possible causes degrading wellness and causing burnout.
President’s Message

Physician Burnout or Physician Resiliency?

Kevin Rodgers, MD FAAEM
AAEM President

“Almost 7,000 physicians completed surveys in the Mayo study [...] 54% of the physicians reported at least one symptom of burnout in 2014.”
Committees

Apply to join an AAEM/RSA committee and work with other residents and students to help AAEM/RSA provide value to our members. We currently have committees dealing with advocacy, education, international medicine, membership and social media. Members interested in serving on a particular committee should click on the committee application below. You will be prompted to login to your member's only account and will then be redirected to the committee application.

Questions? Contact info@aaemrsa.org

*NEW* Wellness Committee:

Committee members will focus on resident and student wellness initiatives including taking on new initiatives like creating a wellness curriculum and identifying the unwell resident and/or student. Committee members will act as liaisons to the AAEM Wellness Committee in helping to plan activities for the annual Scientific Assembly that enhance their vision of making Scientific Assembly a rejuvenating wellness experience for EM physicians, residents, and students.
Resources on Physician Wellness Throughout the Various Stages of Their Career and Life
Created by members of ACEPs Well-being Committee, June 2015

Categories
- Early career – residency to attending
- Mid career – transition from junior faculty to senior faculty/midlife
- Late career – attending to retired
- Parenting
- Voluntary Career Changes
- Involuntary Career Changes

Early career – residency to attending

1. The White Coat Investor Plethora of information about financial, investing, insurance, contracts, etc.
2. EMRA Career Planning: EMRA.org has valuable information easing the transition from resident to attending.
3. Emergency Medicine: Reviews and Perspectives (EM:RAP) One of the best and most popular Emergency Medicine educational sites


5. The Transition from Resident to Attending Physician. KevinMD.com blog, December 2012

Mid career – transition from junior faculty to senior faculty/midlife

Executive Development Seminar for Interim and Aspiring Leaders AAMC. Targeted at emerging leaders in academic medical centers.

AAMC Mid-Career Women Faculty Professional Development Seminar Physicians and PhD scientists holding medical school appointments and leadership positions within their discipline, department or institutions.
3. Exercise:
   - *7-Minute Workout app for your phone, tablet or other device*
   - *How to Get Your Spouse to Exercise*. NY Times. 2015.
   - *Exercise to Age Well, Whatever Your Age*. NY Times. 2014.

4. Diet:
     1. Stop eating junk and hyperprocessed food. This eliminates probably 80 percent of the stuff that is being sold as “food.”
     2. Eat more plants than you did yesterday, or last year.

   In sum: Sugar is not the enemy, or not the only enemy. The enemy is hyperprocessed food, including sugar.

5. Sleep:
Welcome to the Wellness Committee Page! (wellness@emra.org)

Chair
Lara Vanyo, MD
Icahn SOM at Mount Sinai

Vice Chair
Randy Sorge, MD
Icahn SOM at Mount Sinai

Staff Liaison
Valerie Hunt
vhunt@emra.org

Board Liaison
Alicia Kurtz, MD

The Winner of Our Wellness Survey! Congratulations, University of Maryland School of Medicine - you earned $1,000 for taking this important survey! Thank You for participating!
EMRA Wellness Committee

RESOURCE LIST

Lara Vanyo, MD; Chair
Randy Sorge, MD; Vice Chair

SEARCH by MEDIA
- Websites
- Videos
- Magazine & News Articles
- Books
- Lectures
- Free Write Topics

SEARCH Articles by TOPIC
- Well Being
- Burnout
- Mental Health
- Empathy
- Substance Abuse
- Mindfulness
- Sleep Deprivation
Wellness THINK TANK
Emergency Medicine

Improving physician wellness and resiliency in Emergency Medicine, from the ground up
<table>
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COMMON GOAL:

Physician Burnout/Wellness
Physician Wellness and Resilience Summit

SAVE THE DATE - FEBRUARY 9-10, 2017
Wednesday, August 17, 2016

Good Afternoon,

ACEP and CORD are proud to co-host a summit on physician wellness and resilience at the ACEP office in Dallas, TX on February 9-10, 2017. We will be inviting your organization to send 2-3 participants to be involved in this important summit.

Emergency medicine as a specialty is taking the lead on this critical issue, with the goal of developing resources and innovative methods to disperse information to the EM community (from medical students to practicing clinicians), as well as to other specialty organizations.

We would like to know what YOUR ask from such a meeting would be. What outcomes would your organization like to see from this event? Please share any resources you can contribute in terms of materials or perhaps a facilitator who could assist with knowledge translation. Also, use the form linked below to submit information, including who will be attending, for your organization by Wednesday, August 31.

Please note travel and lodging expenses will be the responsibility of the individual or their sponsoring organization. As host organizations, ACEP and CORD will provide meals onsite during the summit meeting. A housing block with preferred pricing will be arranged at a nearby hotel.

We look forward to your participation in this important dialogue. Additional materials and a full agenda will be provided in the coming weeks.

Kind regards,

Saadia Akhtar, MD
President, Council of Emergency Medicine Residency Directors

and

Jay Kaplan, MD, FACEP
President, American College of Emergency Physicians
Major EM Organizations represented
Small group discussions
Writing group

Identify barriers
Identify resources
Establish a toolkit
Establish a mechanism to disseminate information
Proceedings manuscript
FUTURE STEPS...
Questions?
Sakhtar@chpnet.org