

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

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***Program Director-Emergency Medicine
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***Icahn School of Medicine at Mount Sinai
New York***

DISCLOSURE

- 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

ESTABLISHED RESOURCES

- 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?*



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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

CORD RESILIENCE COMMITTEE

■ 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



CORD RESILIENCE COMMITTEE

- **Task Forces**
 - Mental Health
 - Wellness Resources
 - Assessment Tools

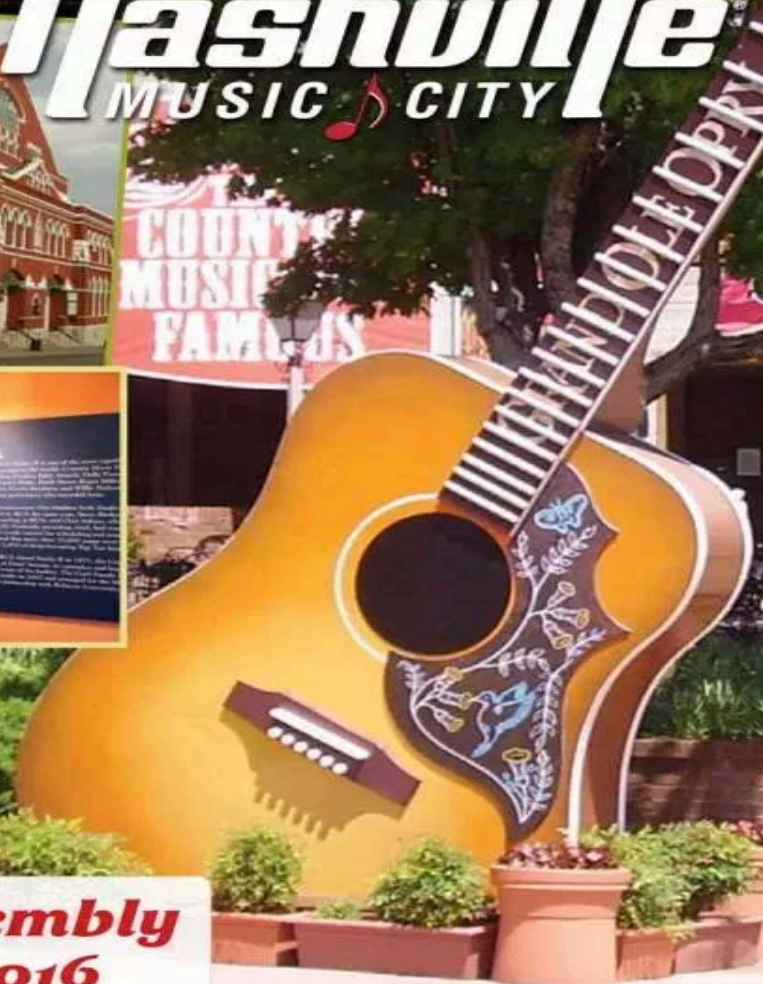




CORD

HEADS TO

Nashville
MUSIC CITY



Academic Assembly
March 6-9, 2016



Council of
Emergency Medicine
Residency Directors

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SEPTEMBER 6, 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.”***



Council of
Emergency Medicine
Residency Directors



Academic Assembly

April 27 - 30 | Fort Lauderdale, FL

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.



American Academy of Emergency Medicine

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About AAEM

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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.



AAEM
American Academy
of Emergency Medicine

PRESIDENT'S MESSAGE



President's Message

Physician Burnout or Physician Resiliency?

Kevin Rodgers, MD FAEM
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.”



Leadership

AAEM/RSA Board of Directors

VP Council

Medical Student Council

Opportunities for Involvement

Committees

Resident Elections

Student Elections

VP Council

Site Coordinators

Medical Student Ambassador

Congressional Elective

WestJEM Section Editor

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.



Apply Today!

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.

EMERGENCY MEDICINE

wellness weekTM

JANUARY 24 - 30, 2016

acep.org/EMWellnessWeek

Physical Health

Diet, Exercise,
Sleep

Connections

Community, Family,
Friends, Spiritual

Career Engagement

Reducing Burnout,
Mindfulness Training

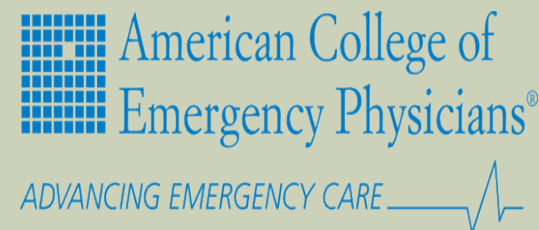


Resources on Physician Wellness Throughout the Various Stages of Their Career and Life

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
4. [You Can! A Guide for Women Emergency Physicians](#). -topics include being single, married, married without children, pregnancy in medical school and residency, life after residency as a new attending, single mothers, adoption and childcare
5. [The Transition from Resident to Attending Physician](#). KevinMD.com blog, December 2012

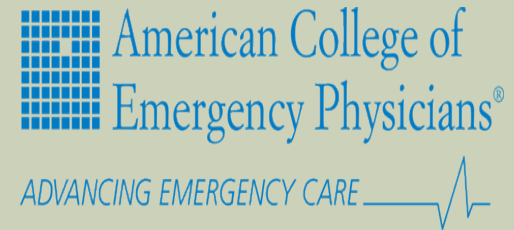
Mid career – transition from junior faculty to senior faculty/midlife

[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:

- [The Scientific 7-Minute Workout](#). NY Times. 2013.
- [7-Minute Workout app for your phone, tablet or other device](#)
- [The Right Dose of Exercise for a Longer Life](#). NY Times. 2015.
- [How to Get Your Spouse to Exercise](#). NY Times. 2015.
- [Exercise to Age Well, Whatever Your Age](#). NY Times. 2014.



4. Diet:

- [Healthy, Meet Delicious](#). NY Times. 2013.
- [\(Only\) Two Rules for a Good Diet](#). NY Times. 2014.
 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.
- [The Empty-Diet-Claim Season](#). NY Times. 2014.
- [Dieting vs. Exercise for Weight Loss](#). NY Times. 2012.
- [What Causes Weight Gain](#). NY Times. 2014

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

5. Sleep:

- [How to Sleep Well as You Age](#). HelpGuide.org. 2015.
- [50+: Live Better, Longer](#). WebMD. 2014.
- [10 Ways to Get a Good Night's Sleep](#). US News & World Report. 2013.



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Wellness Committee



EMRA
WELLNESS

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!



**Emergency Medicine Residents'
(and Students') Association**

EMRA Wellness Committee

RESOURCE LIST

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

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Wellness

THINK TANK

Emergency Medicine

Improving physician wellness and resiliency in Emergency Medicine, from the
ground up

**ALL EM ORGANIZATION MEETING
MAY 12, 2016 AT
SOCIETY FOR ACADEMIC EMERGENCY MEDICINE (SAEM)**

■ AAEM

■ AAEM-RSA

■ AACEM

■ ABEM

■ ACEP

■ CORD

■ EMRA

■ SAEM

COMMON GOAL:

**Physician
Burnout/Wellness**



Council of
Emergency Medicine
Residency Directors

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



**Emergency Medicine Residents'
(and Students') Association**



ACGME



EM PHYSICIAN WELLNESS AND RESILIENCE SUMMIT

FEBRUARY 9-10, 2017

- 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