



### **What Are UNM Residency Programs Doing to Promote Resident Wellbeing?**

By Krystal Chan, MD

Internal Medicine Chief Resident

The Department of Internal Medicine Residency Program has been implementing small but lasting changes when it comes to promoting wellness for their residents. They recently had their bi-annual resident half day retreat during house staff appreciation day on 9/24/18 at Bullhead Park. The department provided food, snacks, adult coloring books, and outdoor games. The annual tug of war was a big hit. However, what the residents appreciated the most were the Thank You Cards they were able to create for other residents, faculty, and or staff. The chief residents disseminated these cards in their mailboxes the following week. Earlier this year during Resident Boot Camp (which are weekly half day sessions aimed at orienting new interns and new upper levels during the first 6 weeks of the academic year), we had two sessions dedicated to wellness. We covered topics such as “How to get a Better Sleep” by program alumnae and sleep medicine doctor, Missy Begay MD and “How to Stay Healthy during Residency” by current resident, Kate Erickson MD. In terms of increasing our EMR efficiency, the chiefs alongside hospitalist Dr. Seth Scott, have created an “EMR tip of the day” that is disseminated MWF prior to afternoon report. Furthermore, we have teamed up with the IT department to provide EMR efficiency training for all of our new interns after their first month on wards. The chief residents are looking into other ways to continue promoting wellness within their program and have further ideas for the rest of the year, including mid-year awards, team building activities, and offering protected time to fill out evaluations.

### **Managing Holiday Stress**

By Shiva Sharma, MD, MPH

The holiday season can be one of the most stressful times of the year. Trying to meet commitments to friends and family while balancing a busy schedule as a resident physician is a challenge. How are you coping with stress these days? The holidays offer forms of general life stress that may be either unique or be at a higher level than usual—traveling, gift-purchasing, adverse weather, lack of sleep and personal time, tight finances, poor eating patterns, etc. The holidays can lead to stress drinking for many, even those who consume very little alcohol during the rest of the year. Binge drinking, DUI/DWIs, and alcohol-related crashes all rise from Thanksgiving weekend to the weekend after New Year’s. We recently learned that “No level of alcohol consumption improves health” (Lancet – Sep 2018). This is not a plea for abstinence, but rather a friendly message to consider alternatives to alcohol when under stress this holiday

season. Exercise, meditate, Netflix/Hulu, volunteer (plenty of opportunities to volunteer during the holidays). While many find it easier to relax and fall asleep after consuming alcohol, it actually functions to increase cortisol, the famed “stress hormone” and to reduce sleep quality by decreasing rapid-eye movement sleep.

Remember as physicians we are at a baseline higher risk for problems with alcohol. Please be vigilant about stress drinking. Try to get into the holiday spirit with less spirits. We hope you enjoy a safe and happy holiday season with your loved ones!

### **Improving your Efficiency with the EMR**

By Matt Gerling, MD

For those who are still on the fence about signing up for the PowerChart training with the synergy team: I highly recommend it. Even if you are like me and think that you are a pro at PowerChart efficiency, you will find that there are still ways to decrease the amount of time you spend in front of a computer if you sign up for the training. I spent the hour with David Hedberg, Instructional Design Analyst II, here at UNM. First, he watched me perform workflows as I typically do while in the clinic and he wrote down notes on some of the steps I was taking. He then used these notes to explain to me ways that he thought I could alter my methods of working in PowerChart to improve my efficiency. Time was left at the end for me to ask any questions. Since my training, I spend less time in front of a computer screen and more time talking with my patients, which I believe leads to improved outcomes. The time you spend on the training will easily be returned to you through greater efficiency.

Email [Powerchartsynergy@salud.unm.edu](mailto:Powerchartsynergy@salud.unm.edu) to get individualized training.

### **Efficiency Tips: Getting the most out of Dragon Dictation**

Ninety percent of what you dictate using Dragon will be transcribed correctly, but this also means 1 in 10 times you will have to correct your work. Getting training in Dragon can help you increase your efficiency and satisfaction with it tremendously. You can get 1:1 training using Dragon if you email [powerchartsynergy@salud.unm.edu](mailto:powerchartsynergy@salud.unm.edu), and until you can, so these tips may help:

- Dictate in a quiet and secure environment away from distractions.
- Organize your thoughts before dictating. Avoid giving verbal instructions (i.e., move, copy, or delete text). Dictate in the order content should appear in the final report.
- Enter your unique dictation ID, correct work type and patient ID for each job.
- Dictate clearly in your normal speaking voice (pitch, rate, and volume) while holding the dictation device consistently 2-3 fingers width distance from your mouth. This will help avoid breath sounds distorting the dictation.
- Pronounce numerals in drug dosages, lab values and vital signs clearly. Avoid spelling common names, medications and procedures.

Adapted from <https://www.nuance.com/.../nuance/.../iq-dictation-best-practices-infographic-en-us.pdf>

## **Under stress? Sign up today for an Arts-in-Medicine Self Tuning Session**

An individual 45-minute 'tuning-in' session is available to residents and fellows:

- Includes pre- and post-self-reflections, music and sound, craniosacral touch/holds and the selection and treatment of specific acupuncture points using tuning forks (acutonics), essential oils (aroma acupoint therapy), and light touch.
- Approach is based on principles of Oriental Medicine and Craniosacral Therapy both of which are designed to support an individual's innate healing potential and process, balance the flow of energy in the body's pathways or meridians, regulate the nervous system, and restore a sense of connectedness and well-being.

Contact Dr. Patrice Repar with questions or if you'd like to schedule an appointment:

[repar@unm.edu](mailto:repar@unm.edu)

## **Ideas for a Great Day Off**

Suggested by Trintje Johansson, DO

One local resource that is really nice for a day off or using Wellness Leave is getting a discounted massage in the Student Clinic of the NM School of Natural Therapeutics. From their website: "In an effort to help recent graduates get their career jump started, we allow them to work in our student clinic for 6 months to build up their clientele. You can schedule a massage with a graduate by calling our clinic. Receive an inexpensive graduate or student massage in Nob Hill, Albuquerque, at the New Mexico School of Natural Therapeutics. We offer treatments in Swedish massage, Core Synchronism, reflexology, polarity, deep tissue, sports, trigger point, shiatsu, cranial/sacral, and other bodywork methods."

Located near Central and Lead Ave, at 202 Morningside, SE, in Albuquerque.

<https://nmsnt.org/massage-clinic/>

Student Treatment: \$33 (tax included)

Graduate Treatment: \$45 (tax included)

## **Are you or someone you know looking for more support managing stress or depression?**

All resources are confidential and are not reported to your program or documented in PowerChart.

- **Jeff Dunn, MD**, (Psychiatrist) is available to see residents and fellows: 505-272-6130 or [JeDunn@salud.unm.edu](mailto:JeDunn@salud.unm.edu)
- **Agora Crisis Center** <http://www.agoracares.org/> 505-277-3013 or 866-HELP-1-NM
- **Outcomes New Mexico** (Employee Assistance Program) including free personal, family, and relationship counseling with 24 hour crisis availability: <https://www.outcomesnm.org/contact-us/schedule-an-appointment/> 505-243-2551
- **Liz Lawrence, MD**, (Internist) is available to meet with residents and fellows: [elawrence@salud.unm.edu](mailto:elawrence@salud.unm.edu)

**Are physicians required to report mental and physical health diagnoses when applying for a medical license?**

Physicians with mental and physical health diagnoses can obtain a medical license in every state, but the process for doing so varies between states and states differ in how they ask about current versus historical diagnoses. How they handle this information also varies from state to state, and is listed on the application. Concerns about getting a medical license should *never* keep physicians or students from seeking treatment for a mental or physical health diagnosis.

The New Mexico license application asks: “Do you have or have you been diagnosed with an illness or condition which impairs your judgment or affects your ongoing ability to practice medicine in a competent ethical and professional manner?”

**Don't forget to take your Wellness Leave!**

The University provides a 1/2 day of paid leave each quarter to each resident and fellow for the purpose of attending to their personal health and well-being such as seeing the doctor, dentist, etc. A quarter's accrual may be saved up for a total of 1 full day every half-year. Talk with your chief or Program Director about scheduling this important benefit.

**Do You Have Feedback on the Newsletter or Want to Contribute?**

We welcome your suggestions and your submissions! Email [EBarrett@salud.unm.edu](mailto:EBarrett@salud.unm.edu)

**For additional information on wellness programming, please contact:**  
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