



The Department of Spiritual Care and Education is available to you and your patients

By Shiva Sharma, MD, MPH

Are you having difficulty building rapport with a current patient? Have you had difficulty processing an adverse outcome with a patient? Have you ever considered consulting the Department of Spiritual Care and Education for help?

The UNMH Department of Spiritual Care and Education provides confidential, emotional and spiritual support for patients and providers regardless of faith, background, and belief system. Having had many interactions, I can personally attest that the chaplains meet an individual wherever he/she is currently without judgment. Dr. Michelle Tatlock, BCC and the other Board Certified Chaplains recognize that the clinical care setting is challenging for patients and providers alike. They would like to offer support as you strive to deliver the highest quality of care so please consider the Department of Spiritual Care as a possible wellness resource for you (or your patient).

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Office: (505) 272-1382

On-Call Pager 380-9955

Calling all resident moms and resident dads:

By Liz Lawrence, MD, FACP

Are you interested in forming a "Parents in Medicine" group? Dr. Fair, Dr. Barrett and I were thinking interns, residents, and fellows who have kids and/or who are expecting might enjoy getting together for a brown bag lunch every month to discuss such topics as time management, childcare, schools, and career decisions. The group also provides an opportunity to bond with other parents, to hear from physician parents further along in their careers, and to participate in clothing/book/toy exchanges.

I am happy to help organize and provide logistical support. I am looking for two residents to take on leadership of the group. Please contact me if you are interested in leading and/or participating in such a group: <mailto:elawrence@salud.unm.edu>

UNM observes the first annual Thank a Resident Day

February 22nd was the Gold Humanism Honor Society's Annual Thank a Resident Day, and this year UNM observed this for our first time. Approximately 30 residents were able to attend a late morning doughnut and coffee break courtesy of GME. Next year we are hoping to expand this to more.

Financial Literacy and Life Hacks

GME and GME Wellness are offering a series of free workshops to help prepare you for your career – register for as many as you are interested in by emailing Lisa Sundvall: lsundvall@salud.unm.edu

Protection Planning/Insurances – Tuesday **May 21st** and Thursday **May 23rd** from 5:30-7:00PM, Domenici NW 2706

Pro-tip for efficiency

Spending time on hold with the hospital operator? Add commonly called numbers to your phone to save time and frustration! Here are some basics in the Hospital:

| | | | |
|---------|----------|---------------------------|----------|
| 3 East | 925-4667 | MICU | 272-2607 |
| 3 North | 272-2709 | NSICU | 272-2715 |
| 3 South | 925-7700 | OB Special Care | 272-2518 |
| 4 East | 272-2172 | Pediatric Emergency Room | xxxxx |
| 4 South | 272-2621 | Operating Room | 272-2626 |
| 4 West | 272-2571 | Inpatient pharmacy (main) | 272-2033 |
| 5 East | 272-2770 | ED Clerk | 925-7224 |
| 5 South | 272-9086 | ED Observation Unit | 925-7246 |
| 5 West | 272-2622 | Phone interpreter | 272-8255 |
| 6 South | 272-2711 | Lab (main) | 272-2441 |
| 7 South | 272-1022 | Admissions | 272-2418 |

What's in your contract?

In addition to meal money for use in the cafeteria that's on your badge, on call food is available at:

- 4W conference room
- 6 Middle resident lounge
- Labor and Delivery
- TSI work room
- Tully Conference room (6th floor BBRP)
- ER Call rooms (next to the service elevator)
- Anesthesia resident work room
- 4W conference room
- 6 Middle resident lounge
- Labor and Delivery
- TSI work room

Experiencing muscle aches after a long day in clinic or the hospital?

It is estimated that the effort your thumbs use all day on a keyboard is as much work as it takes to push a car – so it is not surprising that physicians and other healthcare workers may experience shoulder and neck pain when workstations aren't appropriate for their body type. Contact Employee Safety to get a free ergonomic evaluation:

<https://srs.unm.edu/employee-safety/ergonomics/evaluation-request.html>

Discounted acupuncture and massage therapy

Residents and fellows are eligible to access certain services on at the UNM Student Health and Counseling Center, including acupuncture and massage. Find out more here:

- Student Health and Counseling acupuncture clinic:
<https://shac.unm.edu/medical-services/acupuncture.html>
- Student Health and Counseling massage clinic:
<https://shac.unm.edu/wellness/massage.html>

Suggestions for a great day off

- Download **AllTrails** – “Whether at home or on the road, find your perfect hike, bike ride, or trail run. Filter by length, rating, and difficulty level. Easily find dog or kid-friendly trails. Great views are a few taps away.”
- Watch Albuquerque Isotopes Baseball:
<https://www.milb.com/albuquerque/schedule/2019-05.com>
- Check out to see if your favorite artist is coming to town:
<https://www.ticketmaster.com/discover/concerts/albuquerque>

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

All resources are confidential and none are reported to your program or documented in PowerChart.

- **Jeff Dunn, MD**, (Psychiatrist) is available to see residents and fellows generally within 3-5 days, including after hours: 505-272-6130 or JeDunn@salud.unm.edu
- **Agora Crisis Center** <http://www.agoracares.org/> 505-277-3013 or 866-HELP-1-NM provides phone-based counseling
- **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

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 Resident 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

For additional information on wellness programming, please contact:

Dr. Eileen Barrett, Director, GME Wellness EBarrett@salud.unm.edu

Dr. Elizabeth Lawrence, Office of Physician and Student Wellness
ELawrence@salud.unm.edu

Thank you to our contributors and to Angelica Lujan for her work on design and layout.