



Resident Nutrition - Do More Than Just Get the Peanut M&M's

By Julianna Diddle, MD, PGY-1

Last week during sign-out rounds in the PICU, one of my co-residents was spouting off labs and numbers for the night team to follow-up on. She said, "This patient hasn't had any urine output since 9:00 am. I haven't had time to follow-up but that's not good." A few minutes later, as I was leaving the unit for the day, I realized, "Hmm, I haven't peed since 9:00 am either."

Isn't it ironic that we become so consumed with taking care of our patients that taking care of ourselves often gets forgotten? We're optimizing the management and nutrition of our patients; we shouldn't forget to do the same for ourselves. One way to do that is by planning to make long-term, sustainable, practical choices about our nutrition and hydration that will serve us well in the short- and long-term as physicians. Simple, sustainable choices for functional and nutritionally dense food will get us farther than a few bags of peanut M&M's and three Red Bulls at 2:00 am.

Not every meal has to be perfect, but if 70-80% of the time you're making good food choices your body will thank you. Breakfast is always the hardest meal of the day for me. I'm always running out the door and never have time to sit down for a meal. Overnight oats have saved me over the past couple of years. They are the easiest and fastest thing to prep the night before, just throw some nut butter on top in the morning for a quick breakfast that will get you through until you have time to eat again. Recipe: 1/3 cup oats, 1 tbsp. chia seeds, 2/3 cup milk of your choice (almond is my favorite but whatever you have will work), and an optional tbsp. of collagen peptides and/or tbsp. of cacao power if you're a chocolate fan like me for some extra protein and flavor. Let it sit overnight, throw some toppings of your choice on and, boom, there you go. If you don't like oats, whip up a giant batch of scrambled eggs on your day off and have them ready to heat and go in the mornings.

And, remember, we don't have to reinvent the wheel -- even if it feels like it (new interns, I see you). People have done this before and, as bad of a rap as social media gets, there are a ton of great suggestions and recommendations about how to streamline your food choices. It doesn't have to be pretty, but getting a well-balanced meal and a giant glass of water a couple times a day will make you feel better and feel more able to tackle your actual life when you finally get to leave the hospital.

Practical tips:

- Invest in a reusable water bottle, fill it up every morning and try to at least drink the whole thing before you get home.

- Always have snacks - Clif Bars, Quest bars, apples, grapes, bananas, almonds, string cheese, protein balls, etc. and go for those instead of the sugary snacks.
- Find people to follow on Instagram to get some meal inspiration. My personal recommendations are: [@foodfitnessfaith](#), [@dr.majestic.md](#), [@theveggiemd](#), [@deliciouslyella](#)

How has the union helped you?

By Joe Freeman, DO, PharmD, PGY-2

Over the last three months the union has offered great support as residents and fellows attended all negotiation meetings. This allowed us some real leverage in contract negotiations. In previous years, we had as few as one or two residents at meetings – but, this year, we had up to 20 residents per session. And the results are something we can all celebrate:

- 3% wage increase for all housestaff that goes into effect on Aug 1, 2019. This is a significant change versus previous increases of 0, 1, or 2%.
- \$150 yearly increase to the medical education reimbursement fund.
- No increase to parking fees.
- Housestaff can now schedule Sick/Health Leave in advance for medical, dental, and mental health appointments. The new policy is in the updated house officer handbook and applies to all of us. If your Department is unaware of this update, ask GME to let your Program Director know about this important change. We also get to keep our Wellness Leave days!
- There are expanded locations for meal card use.
- The Employee Assistance Program (EAP) may now be utilized by spouse/domestic partner and dependents of housestaff. Our EAP is called *Outcomes* and it is available 24 hours a day via phone at 505-243-2551.

CIR - our union - represents all housestaff in negotiations. This helped tremendously and made the process easy to navigate. Please consider signing up at [CIRSEIU.org](#) if you aren't a member yet. This will allow you a seat at the bargaining table next year. As our membership increases so will our leverage for further negotiations.

Imposter Syndrome is Real – and Surmountable

Have you ever felt like a play-actor or pretender on the job and one-step away from being exposed? If so, you are not alone in suffering from *imposter syndrome* – a pattern of behavior named in 1978 by clinical psychologists Pauline Clance and Suzanne Imes.

In her *New York Times* article titled "[How to Overcome 'Imposter Syndrome'](#)," writer Jessica Bennett notes "the nagging feeling that you don't belong" can affect anyone but tends to impact "females and minority groups disproportionately." She cites educator Valerie Young's book *The Secret Thoughts of Successful Women* in spotlighting that the commonality amongst "high achievers, creative people and students."

There are effective ways to counter imposter syndrome. Here are researched methods Bennett recommends for elevating your self-assuredness:

1. Compile 10 or more reasons that justify your qualifications for a sought-after role or job.
2. Speak your name loudly as part of a positive affirmation (e.g., "Mary is a talented doctor.").

3. Take ownership of your achievements, and avoid past excuses like “I was just lucky” for life successes.
4. Envision success before it occurs. For example, clearly imagine giving a powerful presentation in detail, down to the enthusiastic applause at its conclusion.

For more information, visit the [American Psychological Association website](#).

Remembering Our Patients and Supporting Each Other through a Patient Memorial Service

By Zach Pek, MD, PGY-1 and Jessica Zimmerberg-Helms, MD, PGY-3

Internal Medicine held its first Patient Memorial Service to have a conference dedicated to reflecting on the subjective, humanistic side of our year’s many clinical experiences, and to honor the patients at the center of those experiences. The conference opened with a non-denominational prayer relating to the experience of being sick, and to the experience of caring for those who are sick. This was followed by an open discussion, where clinicians were encouraged to share their stories of patient care, and how they were affected by the death of a patient. A moment of silence was held for reflection on the stories that were told, and for members of the audience to reflect on similar stories they have had over the past year. Approximately 45 clinicians participated, including residents, students, attendings, chaplains, and nurses, and we are planning on doing it again next year.

If you are interested in creating a Patient Memorial Service in your program, please feel welcome to contact Jessica Zimmerberg-Helms JZimmerberg-Helms@salud.unm.edu, Zach Pek ZPek@salud.unm.edu, or Eileen Barrett EBarrett@salud.unm.edu.

What’s in your contract?

Exhausted after your 24-hour shift? You can be reimbursed if you take a taxi, Lyft, or Uber home

Houseofficers who feel they are not able to safely drive themselves home after 24 hours or more of service may elect to take a taxi or other professional ride sharing services to their designated home. Reimbursement includes round-trip fares up to \$50 if you notify the Program Director or your attending physician.

Have you saved money using LoboPerks yet?

The UNM LoboPerks program is a partnership between the LoboCard Office and vendors around Albuquerque (and beyond!) designed to bring discounted goods and services to the campus community. You can find lots of discounts on health, fitness, electronics equipment, restaurants, and more at <https://loboperks.unm.edu/>

Suggestions for a restorative day off

Native American Feast Day Observations

Native American feast days allow tribal members to come together in a renewal of their language, culture, and religion. Respectful visitors are welcome for many of these, and some upcoming events in August include:

Gallup Inter-Tribal Indian Ceremonial. Held annually in August (check website for dates) at Red Rock State Park near Gallup. Parades, rodeo, arts and crafts, dances, food, golf tourney,

auctions, more. Parking and admission fees at Red Rock State Park. For information, visit <http://gallupceremonial.com/> or call 505-863-3896.

Santo Domingo Pueblo Saint Dominic Annual Feast Day and Corn Dance. For information, call 505-465-2214.

Zuni Cultural Arts Expo, Zuni NM, For Information, visit www.zunitourism.com or call the visitor center at 505-782-7238.

Feast days schedule available at <https://www.newmexico.org/events/native-american/feast-days/>

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.
- **Elizabeth 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 Initiatives EBarrett@salud.unm.edu

Dr. Elizabeth Lawrence, Office of Physician and Student Wellness

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