

GME Wellness Newsletter

What are other residency/fellowship programs doing to promote wellbeing and professional satisfaction?
By Steven V. Nguyen, MD

UNM Family Medicine Residency Program

In our attempt to promote a culture of wellness, we have started dedicating 5-10 minutes of resident school for "moments of intention." During this time, we do "shout outs" where we highlight each other's good work and deeds: "shout-out to Jane for completing their first senior call." We spend the rest of the brief time working on a wellness activity together. We have practiced meditation, breathing exercises, and brief HIIT workouts. We hope to build on these brief activities to demonstrate how to incorporate various resilience techniques into daily life. By performing these activities together, we intentionally create a space for residents to focus their minds, bond together, and build a culture of wellness.

UNMH's Department of Spiritual Care and Education is here to support you and your patients

The Department of Spiritual Care and Education has as its goal to support our patients, families, and staff emotionally and spiritually. We strive to respect all faith traditions, personal spiritual practices, and/or solely provide emotional support and comfort.

UNMH has two spaces available for private reflection: Zimmerman Chapel (on the first floor of the Main hospital) and the Meditation Room (on the first floor of the BBRP). Neither of these spaces have religious symbols in them so that all can feel welcome.

UNMH's Department of Spiritual Care and Education also has resources used by several faith traditions available ranging from sacred texts, rosaries, Shabbat candles, prayer rugs, and arrowheads. Our Chaplains have studied and are trained to support all cultures and traditions. Chaplains can also reach out to a reliable network of faith leaders for specific sacramental acts and are available 24/7 through using AMION.

Tuition Reimbursement

The last newsletter had information about tuition remission that is not correct. House staff are eligible for *tuition reimbursement* from UNM for up to 8 credit hours per semester (4 hours in summer) based on main campus graduate student rates when used toward furthering medical academic education in the MPH, MBA, or MCR programs. Check the house officer contract for details and requirements.

Pro-tip for Efficiency

Spending time on hold with the hospital operator? Add commonly called numbers to your phone to save time! 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	925-7274
4 South	272-2621	Operating Room	272-2626
4 West	272-2571	Inpatient pharmacy (main)	272-2033
5 East	272-2770	Emergency Room	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

Schedule a one-on-one EMR training session to help improve your efficiency and shorten your day

Did you know that people who get more EMR training are generally happier with their EMR experience and get home earlier? Email Powerchartsynergy@salud.unm.edu to get personalized training.

Did you know you can view radiology images directly in PowerChart without having to log on to PACS?

You can view PACS from within PowerChart by going to Custom Patient Views (below) and clicking on PACS Images. It doesn't work on all computers, but works on most. This may help you save time!



Ideas for a great day off

UNM Art Museum - Main Campus

Admission is FREE

Tuesday – Friday:10:00 am - 4:00 pm and Saturday 10:00 am - 8:00 pm

<u>UNM Wellness Center</u> - 2nd Floor Domenici West (above the book store)

- Use your badge to access the gym.
- Showers and lockers are available.
- o Open 24 hours

Thanks to Family Medicine, here is a comprehensive list of recommendations: https://som.unm.edu/education/wellness/documents/wellness-resources-resident-recommendations.pdf

Promoting mental health and preventing physician suicide By Shiva Sharma, MD, MPH

Monday, September 17th marked the first ever National Physician Suicide Awareness Day and the University of New Mexico observed this event by paying tribute to the memories of friends, colleagues, and loved ones lost to suicide and by fostering an open dialogue to bring awareness to suicide and mental health, and to support seeking help.

Thanks to the Council of Emergency Medicine Directors (CORD), the 3rd Monday in September henceforth will be recognized as National Physician Suicide Awareness Day. A day of recognition is a step forward in the right direction, but more needs to happen in order to realize this endeavor.

In the pursuit of altruism and excellence, sometimes we lose sight of what is most important. As physicians, the best thing we can do for the world is to first and foremost take care of our own health. Whether it is anxiety, frustration, tears of sadness, shouts of anger, or seemingly unmanageable stress, we all need to take time out on a daily basis to gauge and acknowledge our current state of mental health, and then find a healthy way to cope with stressors. This can seem easier said than done but we are also human beings and there is no shame in seeking help when going through difficult times.

Physicians are not immune to substance misuse and abuse (tobacco, alcohol, and drugs). It is crucial that we seek support instead of resorting to maladaptive coping methods that can cause harm. All residents and fellows are encouraged to speak with their Program Director or Graduate Medical Education if they are experiencing a difficult time in their training no matter what the stressors are. If you're in a position to, offer a friend or colleague support – *it's as simple as asking how someone's day is going.* Suicide can be prevented, and there is hope for no further physician suicides. Let us all strive for healthy mental well-being and together we can encourage good mental health and end physician suicide.

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

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

- <u>Jeff Dunn, MD</u> (Psychiatrist) is available to see residents, generally within a few days:
 - 505-272-6130 or JeDunn@salud.unm.edu
- Agora Crisis Center (free hotline) provides emotional support and referrals http://www.agoracares.org/ 505-277-3013 or 866-HELP-1-NM
- Outcomes New Mexico (Employee Assistance Program) including counseling with 24 hour crisis availability: https://www.outcomesnm.org/contact-us/schedule-an-appointment/ 505-243- 2551
- <u>Liz Lawrence, MD</u> (Internist) is available to meet with residents: 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.

For additional information or to submit content to the newsletter, please contact:
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Thank you to Angelica Lujan for layout and formatting

