

WORDS OF WELLNESS

A newsletter for UNM School of Medicine students, residents, fellows and faculty produced regularly by the Office of Professional Wellbeing.

The Office of Professional Wellbeing (OPW) is dedicated to providing initiatives for faculty and learners that improve practice efficiency, enhance a culture of wellness and promote personal resiliency based on the Stanford University Medical School [wellness model](#).

IMPORTANT DATES:

Feb. 6 – [Parents in Medicine](#)

March 31 – [Medical Muse](#) Spring Copy Deadline

PROMOTING A COMPASSIONATE CULTURE

New Parents-in-Medicine Group: Inaugural Meeting February 6

Come hear a panel of parents talk about the joys/challenges of being a parent in medicine. Share your own stories, connect with other parents in medicine and identify ways UNM School of Medicine can support you in the future. The event takes place Thursday, February 6, from 5 to 6:30 pm in Domenici North, Rm. 2706. The Office of Professional Wellbeing is pleased to launch this new group. Download our event [flyer](#) with map and more details.

Faculty, Residents and Students: Save Money on Food, Fitness and More

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 UNM's campus community. Check out the [categorical listings](#) to see where you can save money!

Gender Pay Equity for the School of Medicine: How Do We Evaluate This?

By Bronwyn Wilson, MD, Sr. Associate Dean for Faculty Affairs & Career Development

There are understandable concerns about whether men and women are getting equal pay for equal work at the School of Medicine. This is a national issue in Academic Medicine, and it requires constant vigilance to make sure that faculty of all genders (and other differences) are being treated equally. The UNM Office of Equal Opportunity mandates that we treat everyone fairly, and because the University receives Federal grant monies, there is additional oversight required. [More >](#)

Peer-to-Peer Physician Support Program is Here!

By Joyce Phillips, MD, FAAP, Director, Faculty Wellness Initiatives

The Office of Professional Wellbeing, in collaboration with the Medical Leadership Academy has developed a confidential Peer-to-Peer Support service for faculty. The service is designed to provide emotional support after **any** emotionally disruptive event. Examples include distress over a difficult clinical event or litigation, problems with career or workplace conflicts, work-home-life-issues or personal or family concerns. [More >](#)

Medical Muse Literary Journal Welcomes Submissions for Spring

Do you like to write poetry, fiction, memoirs or essays? Have a penchant for photography or fine art? The School of Medicine's [Medical Muse](#) publication is a literary journal devoted to the inquiries, experiences and meditations of providers, students, educators, resident, nurses, patients and staff alike.

Please email electronic submissions to medicalmuse@salud.unm.edu by **March 2, 2020** for spring edition consideration. Hard copies can be sent via campus mail to: MSC09 5100, Attention: Laura Hall. For more information, email ljhall@salud.unm.edu.

ENHANCING PRACTICE EFFICIENCY

For Residents/Fellows: Reporting Clinical and Educational Work ("Duty") Hours

By Joanna R. Fair, MD, PhD, Associate Dean of Graduate Medical Education and DIO

Thank you for your care of the patients and of each other all year. As I have talked with residents and fellows in multiple programs, I have heard concerns about reporting your clinical and educational work hours ("duty hours") accurately. Some of you have expressed concerns about getting yourself in trouble (or being labeled inefficient), or getting your program in trouble. Your duty hours are monitored in two separate ways: here at UNM, by your weekly logging in New Innovations, and at the ACGME level, by your answers to questions on the ACGME survey. [More>](#)

Learn to Map and Track Goals in Bullet Journaling 101

In Bullet Journaling & Habit Tracking 101: An Introductory Workshop, UNM Health Sciences Library and Informatics Center (HSLIC) Librarian Kelleen Maluski will cover what bullet journaling and habit tracking are, how to start thinking of ways you can use them to accomplish your goals and how to start or continue your own tracking. Time is included for you to start mapping your own goals to tracking techniques and ask questions specific to your needs. Limited snacks and supplies will be provided so please [RSVP](#) to help us better understand what's needed. This event is being presented by HSLIC the School of Medicine Office of Professional Wellbeing.

New Publication from NAM Addresses Clinical Burnout

By Liz Lawrence, MD, Chief Wellness Officer & Assistant Dean for Professional Wellbeing

The Institute of Medicine, now called the National Academy of Medicine (NAM), released [To Err is Human: Building a Safer Health System](#) in 1999 and [Crossing the Quality Chasm: A New Health System for the 21st Century](#) in 2001. These publications called for a sweeping redesign of the American health care system to reduce medical errors and to improve the quality of health care. [More >](#)

SUPPORTING SELF-CARE

Health Science Center's Vassar Advocacy Center Now Open

The Vassar House Advocacy Center was created in collaboration with the Accessibility Resource Center (ARC) and [Women's Resource Center](#) (WRC) to meet the growing need for student support. This space provides services such as confidential advocacy, accessibility accommodation services, FREE counseling, workshops and much more! The Vassar House Advocacy Center is located on 917 Vassar Drive Northeast and open from 8 a.m. to 5 p.m. weekdays. WRC Advocacy walk-in hours are 2-5 p.m. Call the Center at 505-277-3712 with questions or appointment requests.

Maintain a Deeper Connection with Yourself through Writing

By Mattalynn R. Chavez, 4th Year Medical Student

Welcome to medical school, where you spend four isolating years on an expensive, emotional roller coaster. And the only guarantee is loss of your penmanship! Medical training can often feel isolating. After your first week of attending lectures and eating your lunches in the library while you ferociously read Robbins, you suddenly realize that the only human interaction you have had was with your cadaver and the occasional Snapchat with your mother. [More >](#)

For Residents/Students: Dealing with Stress or Depression? Or Does Someone You Know Need Support?

Please consider reaching each out to one of the following resource personnel for confidential* help:

- Jeff Dunn, MD (Psychiatrist)

Available to see School of Medicine residents/students, generally within 3-5 days, including after work hours: 505-272-6130; JeDunn@Salud.unm.edu

- Cheri Koinis, PhD (Psychologist)

Available to see Health Sciences Center residents/students: CKoinis@salud.unm.edu

- [Women's Resource Center](#)

**Access is not reported to your program nor documented in PowerChart.*

