“Leadership and the Chief Resident Role: Strategies to Build Resilience and Promote Well-Being for You and your residents”

Program Objectives

1. Learn techniques for effective teaching and feedback
2. Discuss mindfulness and other techniques for coping with stress and burnout
3. Learn about unconscious bias in our teaching and interactions

AGENDA

8:00 - 8:30  Registration and Breakfast

8:30 - 9:00  Welcome & Introduction
The Job Description of the Chief Resident
Deborah DeMarco, M.D., Senior Associate Dean for Clinical Affairs and Associate Dean for Graduation Medical for Graduate Medical Education

9:00-10:00 Unconscious Bias
Carla I. Carten, PhD, MSODA
Assistant Vice Chancellor
Diversity & Inclusion office
Assistant Professor, Dept of Psychiatry
Title IX Coordinator

Understand how leveraging diversity can create culturally responsive care through heightened awareness of how social group identity influences our behavior and thinking, as well as how unconscious bias and microaggressions can affect our behavior and the behavior of our colleagues and patients.

10:00-10:15 Break
10:15-11:15 **Coping with Stress Among Your Residents and Fellows**

**Strategies: What’s A Chief Resident to Do?**
Alan Brown, MD, Director of HOSC Program
Valerie Wedge, Program Manager, EAP

1. Describe variation in workplace stresses.
2. Describe variation in responses to these stresses at the individual level.
3. Discuss opportunities and limitations in how chief residents can help a diverse resident group respond better to a range of issues and stresses.

*Often neglected is the emotional wellbeing of Chief Residents and Residents caused by personal issues, work overload, an adverse event or in-house conflicts. The Employee Assistance Program (EAP) is available to assist you in supporting your Residents when work or personal stress impacts job performance.*

**Objectives:**

1. Describe three (3) EAP components
2. Describe the EAP Consultation
3. Make a formal referral to EAP

11:15-12:15 **Mindfulness, Self-Compassion, and Resiliency in Medicine**

*in Medicine*
Christina Runyan, PhD., ABPP
Professor, Department of Family Medicine and Community Health
House staff Counseling Service Provider

Upon completion of this activity, learners should be able to:

1. Define mindfulness and self-compassion, including their relevance to self-care and patient care.
2. Participate in two evidence-supported exercises to enhance resiliency (one mindfulness and one self-compassion).
3. List at least 3 tools for maintaining personal resiliency and preventing burnout as well as ways to incorporate these approaches into daily practice.

12:00-1:00 **Lunch**

1:00-2:00 **Efficient and Effective Teaching and Evaluation**

David Hatem, MD
Professor of Medicine
Co-Director, Learning Communities
University of Massachusetts Medical School

**Objectives:**

1. Discuss effective teaching
2. Discuss how to make teaching efficient focused on needs assessment
3. Discuss evaluation of learners to promote self-directed learning