

# Resident Retreat

## September 22, 2016



# Retreat Agenda

## **9:00 - 9:10            Retreat Overview: RWBC**

**-Objectives: 1. Learn a strategy to support your enthusiasm and professionalism as you start each day. 2. Identify 2 benefits to your well-being and career from participating in retreats**

**-General Competencies related to this: Professionalism**

**-CLER Focus Areas: Duty Hours/Fatigue Management & Mitigation; Professionalism (Pathway 2)**

## **9:10 - 9:20            Retreat Introduction: Dr. Jansen, Director, Division of Education**

**-Objectives: Learn 2 reasons for institutional support for your retreat and concern for resident well-being.**

**-General Competencies related to this: Systems Based Practice; Professionalism**

**-CLER Focus Areas: Professionalism (Pathway 2)**

## **9:20 - 9:25            Introduction to the Mead Wildlife Reserve**

**Pam Resech, Mead Wildlife Conservation Educator**

**-Objectives: 1. Learn about the Mead as a setting to enjoy during residency. 2. Identify the value of 'Vitamin N' in well-being and resiliency**

**-General Competencies related to this: Patient Care**

**-CLER Focus Areas: Duty Hours/Fatigue Management & Mitigation**

**9:25 - 10:15**

**Fatigue/Stress Management Tools: Yoga & Breathing**

**Dr. Sojka**

**-Objectives: 1. Describe the linkage between use of yoga and breathing techniques in management of fatigue and stress; 2. Practice basic yoga and breathing techniques during the retreat; 3. Identify 2 situations in which residents could use these tools to manage fatigue and stress.**

**-General Competencies related to this: Patient care**

**-CLER Focus Areas: Duty Hours/Fatigue Management & Mitigation (Pathway 2)**

**10:15-10:30**

**Break**

**10:45-11:45**

**Building Your Self-Care Plan**

**-Objectives: 1. Construct a self-care plan that includes 2 observable self-care activities (OSCAs) for biological, psychological, social aspects of well-being; 2. Share your preliminary plan with at least one other resident for mutual support; 3. Identify 3 tools that will help you initiate and sustain your self-care plan.**

**-General Competencies related to this: System-Based Practice**

**-CLER Focus Areas: Duty Hours/ Fatigue Management & Mitigation (Pathways 2,3)**

**11:45-12:00**            **Resident Annual Survey**

**-Objectives: 1. Complete a self-assessment of wellness activities, engagement, sleepiness, depression and burnout. 2. Describe linkages between components of well-being on the survey to performance on the general competency of patient care. 3. Identify 2 supports, including their self-care plan and 2 challenges to well-being based upon their self-survey.**

**-General Competencies related to this: Patient Care; Medical Knowledge; Practice Based Learning and Improvement; Interpersonal and Communication Skills; Professionalism; Systems Based Learning**

**-CLER Focus Areas: Duty Hours/Fatigue Management & Mitigation (Pathway 5)**

**12:00-1:45**            **The Goldberg Skits & Lunch**

**Objectives: 1. Identify common stresses residents encounter in residency. 2. Portray these stresses in skits along with positive or negative examples of their management. 3. Discuss the usefulness of the strategies for coping with the stress and how those can be applied in their lives.**

**-General Competencies related to this: Patient Care; Medical Knowledge; Practice-Based Learning and Improvement; Interpersonal and Communication Skills; Professionalism; Systems Based Learning**

**1:45-3:00**

**Wellness Activities**

**-Objectives: 1. Participate in a variety of activities that support engaging with peers. 2. Explore activities to incorporate in self-care practices. 3. Experience the rejuvenating effects of participating in a retreat.**

**-General Competencies related to this: Professionalism**

**3:00-4:15**

**Reflections on Residency: Chiefs' Remarks**

**-Objectives: Learn from your chiefs at least 2 ideas to support success and well-being**

**-General Competencies related to this: Professionalism; Practice-based Learning & Improvement; Patient Care; Systems Based Learning**

**-CLER Focus Areas: Professionalism (Pathway 1,2)**

**4:15-4:45**

**Closing**

**-Objectives: 1. Residents share ways they will integrate ideas from the retreat into residency. 2. Complete the retreat evaluation.**

# New Residents Become “Tied in” with Everyone



# We Are all In This Together







# Building Self-Care Plans



# Resident Skits (Where art imitates life)





# Chiefs' Reflections



