

# Marshfield Clinic 2017 Annual Residents Retreat



# Intentions Made for How to BE During the Retreat

① Happy

② Free

③ Present

④ Relaxed

⑤ Relentless

⑥ Lazy

⑦ Amazing

⑧ Entertained

⑨ Own it

# Dr. Jansen, Division of Education director, welcomed residents to their retreat



- Our new residents and fellows belong here
- Please welcome them
- Please sign their bandanas

**Marshfield Clinic- Division of Education  
Resident Well-Being Retreat Agenda and Objectives  
Thursday, September 21, 2017  
Mead Wildlife Area**

- 8:30 - 9:00 Continental Breakfast**
- 9:00 - 9:10 Retreat Overview: Dr. Schulein, RWBC**  
**-Role and Value of Retreats: Evidence Base/Systems Base**  
**-Setting Intentions**
- 9:10 - 9:25 Retreat Introduction: Dr. Jansen, Director, Division of Education**  
**-Objectives: Learn 2 reasons for institutional support for your retreat and concern for resident well-being.**
- 9:30-10:00 Resident Annual Health Survey and Self-Care Plans**  
**-Objectives:**  
**1. Complete a self-assessment of wellness activities engagement, sleepiness, and depression;**  
**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 potential challenges to well-being based upon their self-survey.**
- 10:00-11:00 Fatigue/Stress Management Tools: Yoga & Breathing**  
**Dr. Sojka**  
**-Objectives:**  
**1. Describe the role of yoga and breathing in a self-care plan to manage 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.**

**11:00 - 12:00 Dr. Michael Miller Keynote Observations and Advice From a Career Working with Residents**

**12:00 – 1:45 Lunch, and Goldberg Skits**

**Objectives:**

- 1. Residents learn about each other's interests & activities that support self-care and resilience**
- 2. Residents learn from each other optimal ways to collaborate in learning and patient care**
- 3. Residents engage with residents from other programs during the wellness activities**

**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.**
- 4. Throughout this time, residents introduce themselves to each other and sign each other's bandanas**

**3:00 - 4:15 Reflections on Residency: Chiefs Presentations**

**-Objectives: Learn from the chiefs' reflections at least 2 ideas they can apply to support their success and well-being in residency.**

**4:15 - 4:45 Closing**

**-Objectives:**

- 1. Complete the retreat evaluation**
- 2 . Awards presented for:-best skit and resident's most signed bandana**

# Yoga and Fatigue Management On The Fly in the Medical Center



# Yoga to Start The Day



# Yoga at The Mead





# Resident Generated Fatigue Warning Signs to Prompt use of Strategies

- ① Looking rough
- ② Bags under d eyes
- ③ Cranky
- ④ More Gfpe
- ⑤ ↓ Concentration
- ⑥ ↑ Apathy
- ⑦ ↓ Motivation
- ⑧ ↑ Forgetfulness
- ⑨ ↑ Cravings (Ice cream)
- ⑩ ↓ Weight loss
- ⑪ ↑ Alcohol

# Keynote: Dr. Miller, A Pediatric Psychologist's Observations and Advice From A Career Working with Residents



Perceptions from a life long career  
in Pediatric Psychology:  
\* \* \* \* \*  
Perspectives for your own  
life-long learning

25 years of working with  
medical students,  
residents, and  
post-doctoral fellows

Michael D. Miller, PhD  
Pediatric Psychologist  
September 21, 2017

Happy

- 1) Parent
- 2) Resident
- 3) Student
- 4) Lazy
- 5) Angry
- 6) Entitled
- 7) Don't
- 8) "do this" yagna
- 9) Call room
- 10) Table rounds
- 11) Charter/Steps
- 12) In bed
- 13) Waiting for ID
- 14) Doc. turnover or traffic or computer

- 1) Looking rough
- 2) underdressed
- 3) ranky
- 4) more coffee
- 5) presentation
- 6) Weight loss
- 7) P.A. lol

# Skit Groups Preparing



# The Lords of Medicine: A Reckoning with Their Arrogance



“She doesn’t even look like a doctor!”



# Welcome to Fleet Farm



# The Retreat: “I have a form for you”



# Beware Intern 2000!





# Tom, “The Mean, Mean Mean Surgical Resident” ( Stereotypes vs. Reality)



# The Residents' Mothers Support Group



# The Resident Family Feud: The Survey of 100 Residents said....



# Breakfast and Lunch



# Ice cream Bar Break



# Butterfly Catch and Release



