

The Resiliency Retreat:

Redesigning residency retreat to build resiliency

Dr. Nicole Battaglioli is an APD at the University of Kentucky. Dr. Battaglioli has interests in practicing positivity and how to create a culture change with regards to personal resilience. Dr. Battaglioli leads the Resident Resilience Training Pre-Day at Essentials of EM.

Dr. Nahzine Shakeri is an APD at Northwestern. Nahz has planned the annual resident retreat at Northwestern with a heavy focus on wellness, resilience and finding meaning in work. Nahz also sit on both the EM residency wellness committee and the hospital-wide faculty wellness committee.

Dr. AK Kalantari is an Associate PD at Penn State University and has done work on vulnerability, stress growth and debriefing. Dr. Kalantari has been part of the ALiEM team that held a resident wellness retreat as a pre-conference to Essentials of EM and ran the debriefing workshop with that group.

Dr. Al'ai Alvarez is an APD at Stanford. Dr. Alvarez has worked on creating a resilience curriculum using the Stanford WellMD professional fulfillment model. Dr. Alvarez is part of the Stanford WellMD Peer Resource Network and is the co-chair of the Stanford WellMD Physician Wellness Forum.

For the live notes, please go to:

<http://bit.ly/CORDResiliency560Handout>





Objectives:

1. Outline the critical elements that must be included in a resiliency retreat for medical professionals
2. Assemble a mini curriculum using the Stanford WellMD
3. Convert your previous retreat's goals and objectives
4. Create and define metrics for success and budget to justify a return of investment