



**Council of  
Emergency Medicine  
Residency Directors**

**Best Practices in Residency Education – CORD 2018**

**Instructions for speakers:** Please complete this form to the best of your ability on your upcoming lecture. These will be given to all attendees to keep for easy reference. Feel free to modify this form as you see fit. Please keep it to ONE PAGE if possible.

<b>Session title</b>	Evidence Based Wellness
<b>Speaker name (s)</b>	Dan Egan and Megan Fix
<b>How this info can change current practice</b>	This session provides information for program directors of true evidence related to wellness interventions in programs. Incorporating some of these interventions can potentially improve the wellness of trainees.
<b>Major teaching point #1</b>	Organizational/institutional interventions have significant impact when compared with physician-based interventions.
<b>Major teaching point #2</b>	Easy interventions (e.g. gratitude training) have the potential to have great impact without attrition and hurdles to implementation.
<b>Major teaching point #3 (as needed)</b>	It is critical to establish a culture and program for wellness proactively as opposed to as a reaction to events within your program.
<b>Helpful resources for more information</b>	1: Cheng ST, Tsui PK, Lam JH. Improving mental health in health care practitioners: randomized controlled trial of a gratitude intervention. <i>J Consult Clin Psychol.</i> 2015 Feb;83(1):177-86. 2: Panagioti M, Panagopoulou E, Bower P, Lewith G, Kontopantelis E, Chew-Graham C, Dawson S, van Marwijk H, Geraghty K, Esmail A. Controlled Interventions to Reduce Burnout in Physicians: A Systematic Review and Meta-analysis. <i>JAMA Intern Med.</i> 2017 Feb 1;177(2):195-205. 3: West CP, Dyrbye LN, Erwin PJ, Shanafelt TD. Interventions to prevent and reduce physician burnout: a systematic review and meta-analysis. <i>Lancet.</i> 2016 Nov 5;388(10057):2272-2281. 4: West CP, Dyrbye LN, Rabatin JT, Call TG, Davidson JH, Multari A, Romanski SA, Hellyer JM, Sloan JA, Shanafelt TD. Intervention to promote physician well-being,

	<p>job satisfaction, and professionalism: a randomized clinical trial. JAMA Intern Med. 2014 Apr;174(4):527-33.</p> <p>5: Ghetti C, Chang J, Gosman G. Burnout, psychological skills, and empathy: balint training in obstetrics and gynecology residents. J Grad Med Educ. 2009 Dec;1(2):231-5.</p> <p>6: Sofka S, Grey C, Lorfald N, Davisson L, Howsare J. Implementing a Universal Well-Being Assessment to Mitigate Barriers to Resident Utilization of Mental Health Resources. J Grad Med Educ. 2018 Feb;10(1):63-66.</p> <p>7: Kimo Takayesu J, Ramoska EA, Clark TR, Hansoti B, Dougherty J, Freeman W, Weaver KR, Chang Y, Gross E. Factors associated with burnout during emergency medicine residency. Acad Emerg Med. 2014 Sep;21(9):1031-5.</p>
<b>Who to contact for more information</b>	<p>Dan Egan (<a href="mailto:danjegan@gmail.com">danjegan@gmail.com</a>)  Megan Fix (<a href="mailto:meganfix@gmail.com">meganfix@gmail.com</a>)</p>
<b>Other Info</b>	<p><a href="https://www.stepsforward.org/modules?sort=recent&amp;category=wellbeing">https://www.stepsforward.org/modules?sort=recent&amp;category=wellbeing</a>  <a href="https://medschool.ucsd.edu/som/hear/Pages/default.aspx">https://medschool.ucsd.edu/som/hear/Pages/default.aspx</a>  <a href="https://medschool.ucsd.edu/som/hear/resources/Pages/links.aspx">https://medschool.ucsd.edu/som/hear/resources/Pages/links.aspx</a>  <a href="http://medicine.utah.edu/gme/wellness/">http://medicine.utah.edu/gme/wellness/</a></p>