



**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.

Session title	Wellness: Too Much of a Good Thing?
Speaker name (s)	Kelly Barringer, Rachel Dahms, Krisi Grall
How this info can change current practice	The structure and content of residency wellness curriculum should be critically evaluated to ensure that the time and effort dedicated to wellness topics/activities are leading to actual meaningful improvements in the resident, residency, and department.
Major teaching point #1	The current push to promote “wellness” likely has many positive effects, but the lack of clarity as to what “wellness” encompasses or how to achieve it can lead to scattered efforts.
Major teaching point #2	Wellness IS NOT equal to happiness. Crafting our curricular messages to residents can help create realistic and sustainable expectations.
Major teaching point #3 (as needed)	There is no one-size-fits-all approach to wellness. Residents will all want and need help with different dimensions and find benefit in different activities.
Helpful resources for more information	Curriculum/Program suggestions: <ul style="list-style-type: none"> • ALiEM Wellness Think Tank, Resident Wellness Consensus Summit 2017. Article in WesJEM 2017. • AMA STEPSforward—module in creating a wellness program. • ACEP’s Guide to Investing in Yourself.
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Other Info	