

PLANNING THE CHIEF RESIDENT YEAR

APPD Chief Resident Forum
May 2, 2009

GOALS

- **Identify chief resident responsibilities and activities**
- **Develop methodology to ensure goals met**
- **Be able to troubleshoot difficulties**
- **Use experience to enhance your career**

OBJECTIVES

- **Review roles and expectations**
- **Present methods to promote personal and professional development**
- **Working group:**
 - **Develop a plan for a chief resident year**
 - **Assess year past**

CHIEF RESIDENT ROLES

- **Administration**
- **Teaching / education**
- **Scholarship**
- **Clinical knowledge and skills**
- **Personal development**

ADMINISTRATION

- **Scheduling and organizational skills**
- **Conflict resolution, feedback and other “people skills”**
- **Stimulate motivation and morale**
- **Create collaboration (residents and faculty)**

TEACHING

- **Improve teaching techniques:**
 - Individual or small groups
 - Larger groups and formal presentations
 - Busy settings
- **Examples:**
 - clinical settings, morning report, management conference, grand rounds, regional or national meetings.

TEACHING (CONT)

**Learn to teach others to
teach effectively**

- **Develop feedback and
evaluation skills**

**Explore curriculum
development**

SCHOLARSHIP

- **Develop disciplined time management**
- **Improve reading of literature (IBM)**
- **Expand critical knowledge application (EBM)**
- **Identify questions and resources for investigation**
- **Commit to finish a project and report results**

CLINICAL ABILITIES

- **Use unique access to instructive cases**
- **Set personal goals for skills e.g. circumcision**
- **Define role at junior faculty level**
- **Identify clinical role models for you**
- **Seek feedback and develop self-reflection**

PERSONAL

- **Integrated work-life plan**
- **Pass the ABP qualifying exam**
- **Plan career with system of mentors**
- **Solidify realistic, life-long study plan**
- **Integrate personal life plan: family, community, outside interests**

WHAT IS NEEDED?

- **Written set of goals and objectives**
- **Approval and support for the plan**
- **Identified resources needed, mentors**
- **Identified opportunities for collaboration and professional growth**

OPPORTUNITIES

- **Mentors and role models**
- **Research and special programs**
- **Public health/ advanced study**
- **Special seminars and educational activities: local, regional and national**
- **Special roles: preceptor, ICM, selections committee, interviewer etc.**

PREPARATION

- **Formal: retreat, leadership course, networking**
- **Review goals and objectives: self-reflection, director, mentors:**
 - **Balanced activities**
 - **Meet your expectations and others**
 - **Doable**

PREPARATION (CONT.)

- **Make sure resources and mentors available**
- **Get a “smooth handoff” from current Chief Residents, but not the plan**
- **Meet with current PL-1 and Pl-2 groups: set agenda of open communication**
- **Be an integral part of orientation**

IMPLEMENTATION

- **Meet with program director regularly with predictable agenda**
- **Periodic review of goals and objectives**
- **Develop materials to aid in activities:**
 - **Format for morning report**
 - **Forms for chart reviews. Case logs**
 - **Case follow up prompts**
 - **Key case file**

IMPLEMENTATION (CONT)

- **Attend local, regional and national meeting as possible**
- **Expand network of collaborators and mentors (long term relationships)**
- **Ongoing and scheduled feedback**
 - **From those best able to provide it**
 - **For each activity**
 - **Existing and *ad hoc* needs**

PRACTICE

- **Begin to work in groups**
- **Select resident(s) for planning**
- **Record suggestions and problems**
- **Report back for all to discuss**