Planning <u>Your</u> Chief Resident Year

APPD Chief Resident Forum
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OBJECTIVES

- **By the end of this session chiefs will:**
  - Identify major **professional** and **personal** goals of chief year
  - Construct a basic **timeline** for tasks
  - Recognize specific **barriers** and review **strategies** for handling them

1. Change chief year brings

2. What is going to get done

3. When is it going to get done

4. How is it going to get done

Change Chief Year Brings

Ready, Get Set, Go!

Chief Resident Roles- Scope

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

Chief Resident Roles-Control

- More flexibility
- Endless opportunities
- Self-Initiative
- Timeframe

What is Going to Get Done?

Goals:
Administration

- Scheduling and organizational tasks
- Conflict resolution
- Motivation and morale building
- Creating collaborative opportunities
- Faculty connections
- Recruitment

Goals:
Teaching

- Explore curriculum development
- Plan conferences, grand rounds, morning reports
- Informal and formal presentations
- Improve evaluation and feedback skills

Goals:
Clinical Skills

- Service opportunities
- Supervision
- Additional exposure and procedures
- Further exploration of current literature and practice guidelines

Goals:
Scholarship/QI

- Research project
- Institutional systems
- Delivery of care
- Expand knowledge base
- Unique opportunity for multidisciplinary projects
- Public heath/advanced degrees

Goals:
Personal

- Pass boards
- New relationships
- Family expansion
- Identify mentors
- Local networking

Goals:
Consider

- Expectations
- Career thoughts
- Co-chief(s)

(5 minute Brainstorming)

When is it Going to Get Done?

Implementation:

Planning

    Orientation

        Start Projects

           (Boards)

                Recruitment

                    Finish Projects

                        Transition

Implementation:

Planning

New Baby

Orientation

Quality Initiative

Start Projects

Start Research   **Service Weeks**

(Boards)

Recruitment

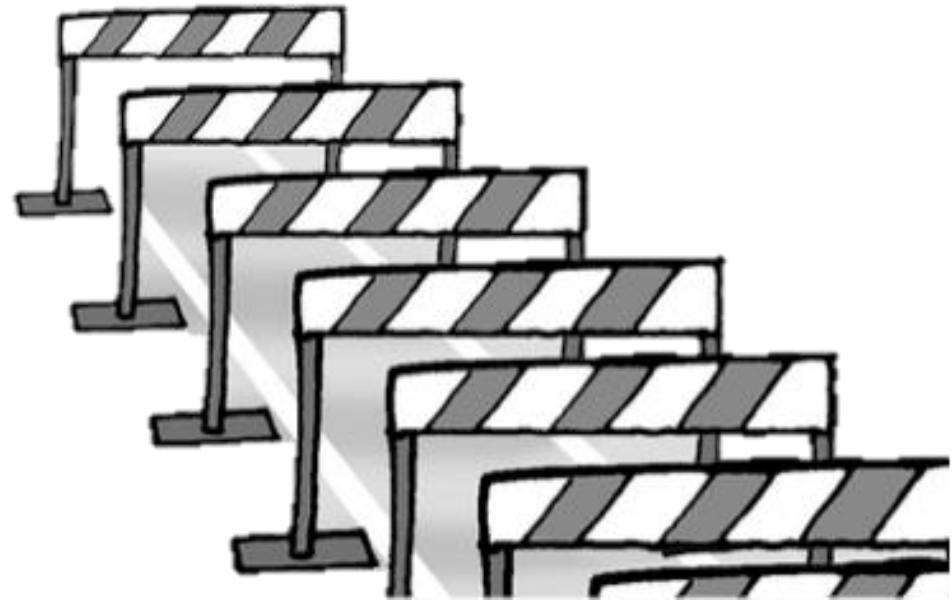**Service Weeks**

Finish Projects

Subspecialty Reading   Transition

(5 minute Brainstorming)

How is it going to get done ?!?

Barriers?

Barriers:
Distractors

- Manage meetings
- Email
- Delegate
- Communication

"If you don't prioritize your time, someone else will!"
    –Greg McKeown

Barriers:
Saying "No" Gracefully

Acknowledge -> decline -> alternative

- Commit to audience, but not a decision

  I would be interested to hear more about it after conference

- Pull in other people

  That sounds interesting, let me talk it over with ___

- Defer but don't deny

  I appreciate your request, but have x priorities now

Barriers:
Saying "No" Gracefully

- De-prioritization

  Should completing this take priority over finishing X?

- Shared understanding

  This sounds great, but I need to say no because

- Go for a "mini" yes

  I can't do that but I can do this

- Let me think about it

  and I'll get back to you on X

Barriers:
Resident Issues

- Availability
- Fostering individual problem solving
- Focusing on urgent & important vs routine

Barriers:

Barriers:
The *Wrench*

- Anticipation
- Proactively addressing interviews, leaves, remediation
- Padding time
- Staying ahead to account for unexpected delays
- Flexibility

Thank you! You'll do Great!