

Professional Development for Chief Residents

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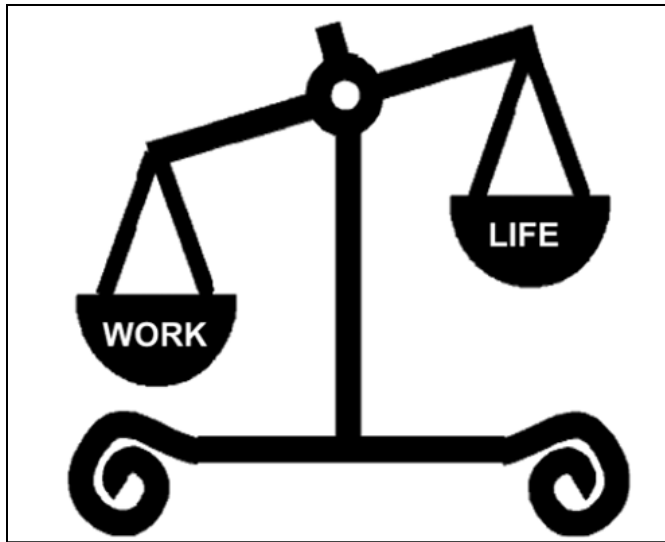
Session Objectives

- Articulate the importance of personal and professional development planning including work life satisfaction
- Begin the process of professional development planning
- Discuss career planning with seasoned professors and professional colleagues

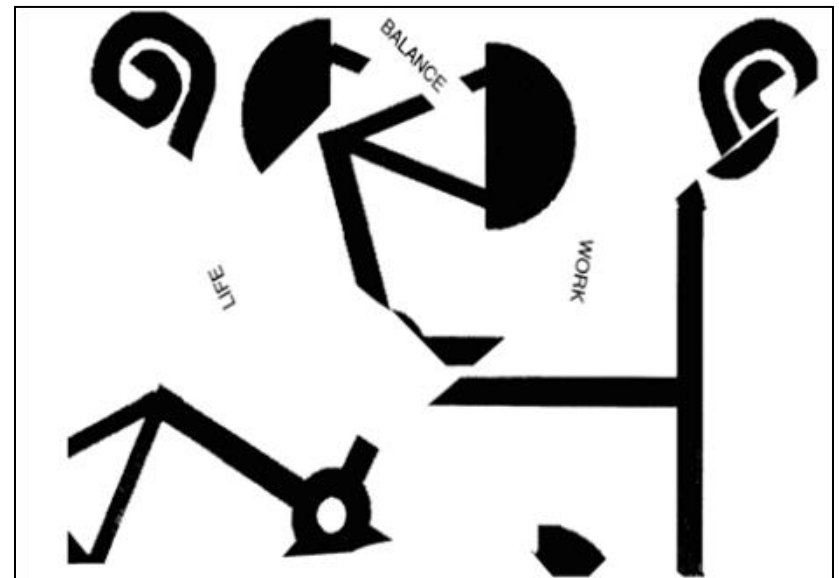
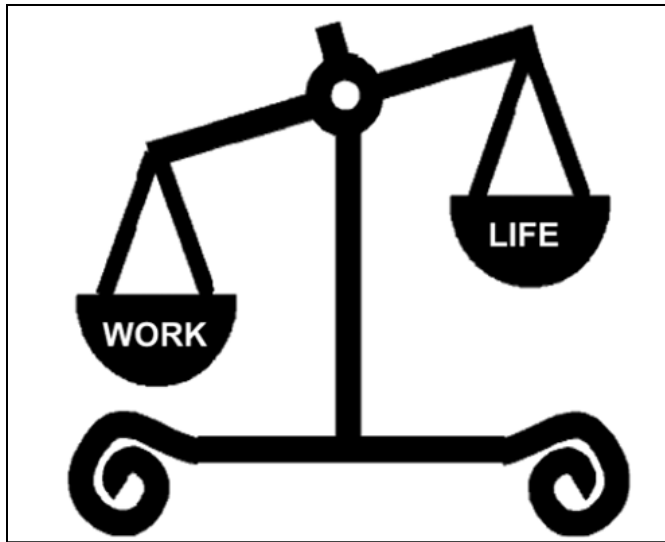
Work-Life Balance is a Fallacy

- Work is part of our life
- Most of us spend more time at work than doing anything else
- Cannot separate the personal & professional aspects of one's life

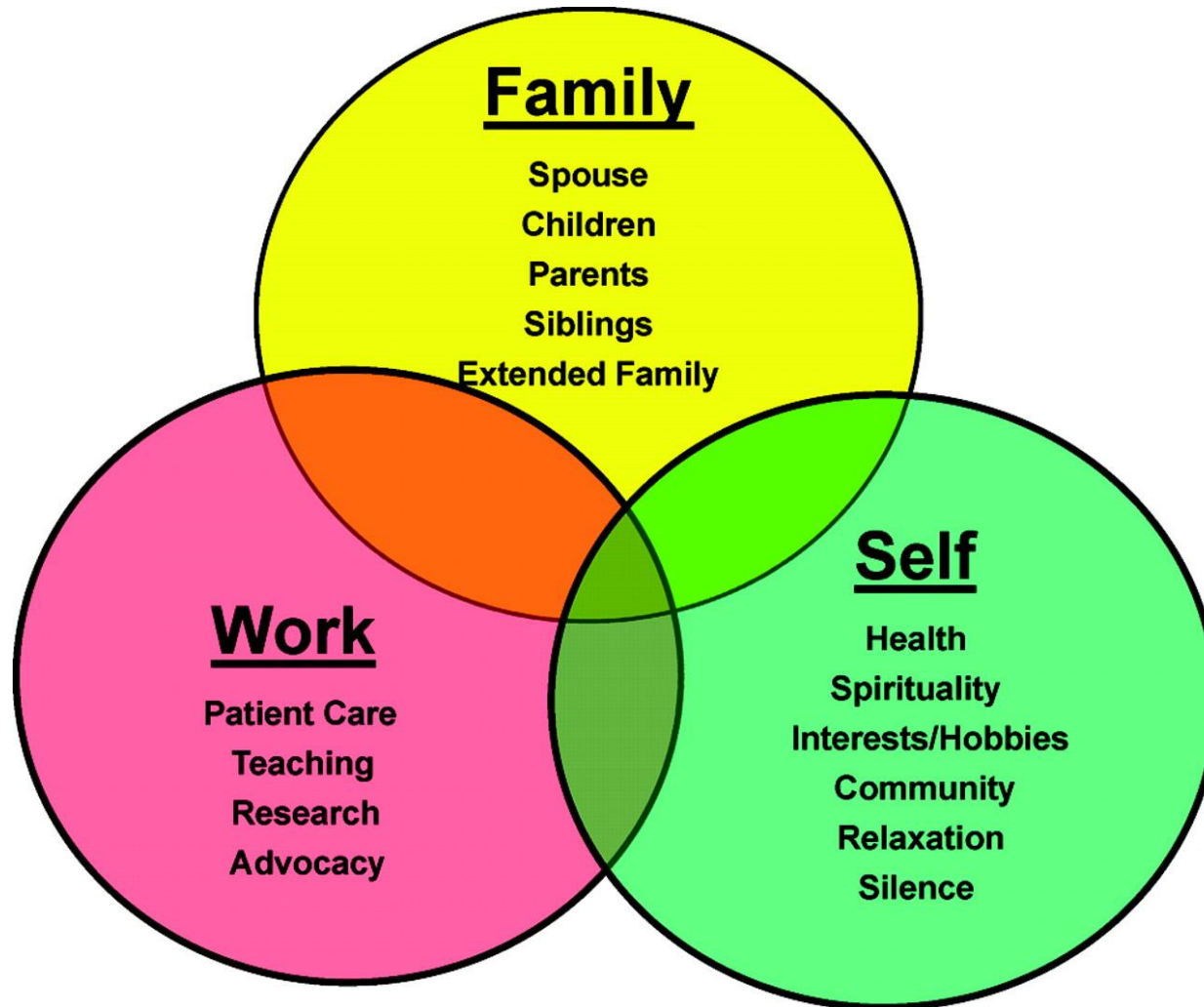
‘Striving for Polygamy’



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Elements of the 3 marriages to family, work, and self.



Work-Life Balance Champions

- Peer selected
- Worked 9 hours more per week than their counterparts & did it intentionally
- Secret: professional satisfaction due to several factors
 - Enjoyed the people they work with
 - Felt respected by their boss
 - Felt their work was making a contribution to others lives
 - Challenge of their work matched their abilities
 - They knew why they went to work every day
 - Dreams for themselves & for their families

How do We Get Satisfaction

- By developing a strategic plan
 - Learning to live strategically is the first step toward working strategically
 - Most people spend more time planning a one week vacation than they do their life

Best Way to Live

- Differs from person to person
- Differs at different times of our life
- You are personally responsible for the speed of your life & your lifestyle

Ask Better Questions

- Don't ask yourself what do I want to do?
- Ask instead: What is my **purpose** in life?
 - How can I best engage my talents & abilities to make a contribution as a Pediatrician?
 - Where do I find genuine satisfaction professionally?

Can You Have it All?

- Excellence in any field requires that we make choices about other things
- Describe your dream job that you want to attain in 5 years?
- How to make career decisions
 - Job requirement
 - My passion
 - Advances my career in the direction I wish to pursue or investigate

Priorities

- Must decide your priorities
- Learn how to make great choices based on priorities
 - When we say yes to one thing, we automatically say no to another
- Once we establish our own list of priorities, the challenge is to start making choices that honor these priorities

Chief Resident Professional Development Worksheet

Professional Development Tools

- <https://www.mededportal.org/publication/9280>

Breakout Groups

- Fellowship (yellow)
- Hospitalist Medicine (green)
- Primary Ambulatory Pediatrics (pink)

Meet the Professor

Small group session

Icebreakers for Fellowship Professors

- General:
 - Between now and July 1, what steps should I take to prepare for a fellowship position?
 - Should I read about my fellowship sub-specialty area before fellowship or should I just study for my general Pediatric boards?
 - What are the biggest challenges most fellows face upon entering fellowship?
 - Will I have sufficient time to study for boards during the first few months of fellowship?
- Research:
 - You are starting a fellowship and your program director has asked you to find a research project in the next 3 months. How do you go about finding a project?
 - You are starting your fellowship and find that you have been paired with a research advisor who assigns you a project....
 - How would you manage the following situations?
 - You are not interested in the project?

Icebreakers for Hospitalist Professors

- General
 - Between now and July 1, what steps should I take to prepare for an Hospitalist position?
 - Do I need to know how to bill and code for patient visits before I start my new job?
 - How do I stay current in hospitalist medicine and primary care during my career?
 - What do I do if I am working as a community hospitalist with limited teaching opportunities and I want to continue to teach & remain active in medical education?
- After your chief residency year, you accept a position as a hospitalist. You are the youngest faculty member of a large group. Discuss the following:
 - How do you do find your niche in the group?
 - What happens if your colleagues' management of patients is not consistent with national clinical guidelines?
 - What would you do if your director wants you to take on

Icebreakers for Primary Care Professors

- General:
 - What are the biggest challenges most new graduates face upon entering private practice?
 - As a new graduate, how many patients should I be able to manage in a day?
 - Do I need to know how to bill and code for patient visits before I start my new job?
 - What do I do if I am working for a private practice with limited teaching opportunities and I want to continue to teach & remain active in medical education?
- After your chief residency year, you accept a position as a primary care pediatrician in a large group. You are the newest clinician. Discuss the following:
 - What happens if you are expected to see the same number of patients as an experienced physician?
 - What happens if your colleagues' management of patients is not consistent with national clinical guidelines?
 - What do you do if you are assigned more clinical duties (e.g.