“Show Your Best” Platform Presentations, APPD Forum for Chief Residents

**Wellness Curriculum**

Physicians in training are at high risk for depression and burn out. The ACGME surveyed trainees to identify existing resources for resident wellness and to determine how current existing training infrastructure could be modified to reach the ideal learning environment to promote wellness\(^1\). Similarly, our program recognizes the importance of promoting resident resilience and has created a chief-resident led Wellness Curriculum that aims to identify residents at risk, enhance mentoring by peers and faculty, and to provide a supportive culture while promoting wellness. Through this aim, we hope each resident will be able to 1) identify resources available for mental health issues, 2) identify both senior peer and faculty mentors, and 3) rate a healthy and balanced lifestyle as a valued aspect of their residency training. To accomplish this, six days throughout the year are devoted to various topics by using our two educational hours a day for interactive learning activities, inviting experts in these areas to educate our residents. Topics include personal finance management, healthy eating, fitness, stress reduction, sleep hygiene, and coping with pediatric deaths. Each Wellness Day is followed by a social activity in the evening to foster relationships outside of work. There are several mechanisms for check-in’s with our interns throughout the year with senior resident “buddies”, coffee with the chief residents and monthly lunches with a faculty member not involved in their evaluation. We are currently using a survey to gather feedback about the curriculum.

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