

Becoming the Mindful GME Leader: Strategies for Success

APPD Fellowship Program Program Director Symposium - 5.5.17

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Objectives:

- Define the value of sleep and demonstrate methods to assess appropriate sleep needs and recognize fatigue in yourself and colleagues
- Define the dynamic relationship between burnout and resilience and methods to promote resilience and wellness in yourself and colleagues
- Define the essential characteristics of *mindfulness activities (mindful movement and eating; relaxation techniques; and meditation)*
- Demonstrate mindfulness techniques and methods to develop mindfulness skills for yourself and colleagues

Agenda

1.	5 Min	Intro and agenda (JDM)	
2.	10 Min	Sleep – a necessary part of every day! (PW)	
3.	10 Min	Identify the barriers to adequate, good quality sleep and develop strategies to improve - discussion (small group activity) (PW/JDM)	Interactive
4.	10 Min	The dynamic relationship between burnout and resilience (HM)	
5.	15 Min	Assess your burnout and resilience – discussion of strategies for mitigating/preventing burnout (small group activity) (HM/JDM)	Interactive
6.	10 Min	Mindfulness – the construct (JDM) and group demonstration (HM)	Interactive
7.	15 Min	Developing a Mindful GME Leader Action Plan - Incorporating Mindfulness and Healthy Choices into your life (small group activity) (HM/JDM)	Interactive
8.	15 Min	Report out and Wrap-up (PW/HM/JDM)	Interactive

1. Introduction

2. Sleep

Epworth Sleepiness Scale

THE EPWORTH SLEEPINESS SCALE

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life in recent times. Even if you have not done some of these things recently try to work out how they would have affected you. Use following scale to choose the most appropriate number for each situation:

- 0 = no chance of dozing
1 = slight chance of dozing
2 = moderate chance of dozing
3 = high chance of dozing

SITUATION CHANCE OF DOZING

Sitting and reading _____

Watching TV _____

Sitting inactive in a public place (e.g. a theater or a meeting) _____

As a passenger in a car for an hour without a break _____

Lying down to rest in the afternoon when circumstances permit _____

Sitting and talking to someone _____

Sitting quietly after a lunch without alcohol _____

In a car, while stopped for a few minutes in traffic _____

To check your sleepiness score, total the points.

3. Assess your sleep and sleepiness

Identify the barriers to adequate, good quality sleep and develop strategies to improve

Chart 1: Barriers to adequate, good quality sleep

Chart 2: Strategies for improving your sleep value (list 1-3)

4. Burnout – Resilience

5. Assess your burnout and resilience

Complete short 2 item Burnout Questions and Mayo Well Being Index online and Smith's Brief Resilience Scale in SG; complete chart 1) to identify their major areas of internal and external stress and 2) define strategies for promoting their resilience.

2 Item Burnout Questions

2. I Feel Burned Out From My Work:

- A. Never
- B. Few times a year or less
- C. Once a month or less
- D. Few times a month
- E. Once a week
- F. Few times a week
- G. Every day

3. I Have Become More Callous Toward People Since I Took this Job:

- A. Never
- B. Few times a year or less
- C. Once a month or less
- D. Few times a month
- E. Once a week
- F. Few times a week
- G. Every day

Mayo Well Being Index

Yes/No

1. Have you felt burned out from your work? -
2. Have you worried that your work is hardening you emotionally? -
3. Have you often been bothered by feeling down, depressed, or hopeless? -
4. Have you fallen asleep while stopped in traffic or driving? -
5. Have you felt that all things you had to do were piling up so high that you could not overcome them? -
6. Have you been bothered by emotional problems (such as feeling anxious, depressed, or irritable)? -
7. Has your physical health interfered with your ability to do your daily work at home and/or away from home?

Score (# of yes responses) = _____

Brief Resilience Score

	Your score	SD/D/N/A/SA
1. I tend to bounce back quickly after hard times	_____	1/ 2 / 3 / 4 / 5
2. I have a hard time making it through stressful events	_____	5/ 4 / 3 / 2 / 1
3. It does not take me long to recover from a stressful event	_____	1/ 2 / 3 / 4 / 5
4. It is hard for me to snap back when something bad happens	_____	5/ 4 / 3 / 2 / 1
5. I usually come through difficult times with little trouble	_____	1/ 2 / 3 / 4 / 5
6. I tend to take a long time to get over setbacks in my life	_____	5/ 4 / 3 / 2 / 1

Score= Total/6

Strategies to mitigate/prevent burnout

Chart 3: Major areas of internal and external stress (list at 3 in each column)

Internal

External

Chart 4: Strategies for promoting your resilience (list at least 3)

6. Mindfulness: the Construct; Group Demonstration

7. Developing a Mindful GME Leader Action Plan

1. I commit to read more about/discuss/attend a workshop or demonstration/enroll in a course for:

2. I commit to read more about/discuss/attend a workshop or demonstration/enroll in a course for:

8. Report-Out and Wrap-Up