Planning the Chief Resident Year

APPD Forum for Chief Residents
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Objectives

- Identify some of your major professional and personal goals for Chief Year
- Work on a timeline in which to accomplish these goals and other tasks
- Identify potential barriers and discuss strategies to manage them
What I thought CY would be like
What YOU think CY will be like
Components of the Chief Year
Some barriers and helpful hints
What I thought Chief Year would be like...

https://www.youtube.com/watch?v=eCR_fcbMpJM
What do YOU think CY will be like?

- **BALANCE** between:
  - Wants of residents and administration
  - Administrative work and education
  - Different personalities and learning styles
  - Attending role and resident role
  - Authority and approachability

- Being and advocate and a leader

- Having the last say on patient care as an attending

- Difficulty handly resident disappointment and not being able to please everyone
What do YOU think CY will be like?

- Getting asked a lot of questions
- Lots of schedules, lots of complaints
- Being a true leader, not a dictator
- Challenging and rewarding
Components of Chief Year
Administration

- The Schedule
- Conflict resolution
- Meetings (so many…)
- Working with faculty
  - You’re an attending now!
- Maintaining program morale
- Managing up and down
- Recruitment
Education

- Conferences, morning report, grand rounds
- Developing and delivering educational sessions
- Building and editing curricula
- Improving Board-readiness/pass-rate
Clinical

- Improving your weaknesses
- Being the attending you wish you had
- Fostering good practices in your program
- Improving rounding
- Gaining additional skills
  - US, sedation, etc
- Resident wellness and resiliency
Scholarship

- Research projects
- Multidisciplinary collaboration
- QI projects

What will your **legacy** be?
- Leave your mark on your program
Career

- Identify your career path
- Job search
- Fellowship applications/interviews
Personal

- PASS THE BOARDS
- Having time for family and friends
- Starting/raising a family
- Balancing with your co-chiefe
- Planning your next move
Barriers & Advice
The year goes by really fast
  ◦ Especially at the beginning
Important to set your goals early
Review them with you PD/co-chief
Discuss projects with interested parties
Try to leave time for unexpected tasks

“If you don’t prioritize your time, someone else will.” – Greg McKeown
“I’ll start that after Boards”

- By the time Boards are over, \( \frac{1}{3} \) of the year is over!!

- Recruitment starts right after that

- Once recruitment is over, you’re over halfway done
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