



Quarterly Newsletter

APD Executive Committee

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Check out the APPD monthly bulletin to stay informed:

[APPD Bulletin](#)

Making the most of the APPD Spring Meeting

The Spring meeting is an invaluable way to meet colleagues from around the country who are excited about Pediatric Residency training and doing the same excellent work as you. Our tips for getting the most out of the Spring Meeting:

- The Spring Meeting is a large, educational, and fun meeting. Reach out to fellow members and exchange contact information (bring business cards!). Colleagues from other programs can be excellent peer supports for you.
- Attend the APD Grassroots Forum on Wednesday morning - it is APD-specific and a great place to meet other like-minded APDs and make some new friends.
- The Networking Reception is a great way to meet people. Food and drinks provided!
- APPD is a very down to earth group. Don't be intimidated by anyone. Though some members may be shy, they are all personable and will want to talk to you if you talk to them.
- Don't be afraid to separate from your own tribe. Sit at a table with people you don't know for at least ONE session.
- If the opportunity arises to commit to doing something/being involved in something after the meeting, don't shy away from it. If you would love it or learn from it, you should do it. Don't be discouraged into thinking that someone else is better for the job.

Wellness Corner

Looking for something fun & tasty in New Orleans?

Check out these websites:

[The Eater's Guide to New Orleans](#)

[Foodies Guide to New Orleans](#)

[NOLA travel guide in 36 hours](#)

[Lonely Planet 48 hours in NOLA](#)

Need an antidote to burnout?

Consider Mindful Self-Compassion

[Self-compassion helps us tame the inner critic](#) and treat ourselves as we would a friend

[Why self-compassion works better than self-esteem](#), an interview with Kristin Neff, The Atlantic

[Self-compassion exercises](#) including a self-compassion break you can do in 5 minutes!

From the Pediatric Resident Burnout-Resilience Consortium, there's [good evidence that self-compassion helps mitigate stress among our residents too](#).

- Attend a mentorship or table to able session – a great way to meet experienced members of the APPD and get their thoughts and advice on career development, program requirements, scholarship, and more!
- Attend Enhanced Learning Sessions -interactive and educational experiences to help you do your job and bring innovation back to your Residency or Fellowship program
- Attend your regional lunch and meet program leaders in your geographic area.
- Have fun and soak up as much as you can!

Updated ACGME Common Program Requirements, effective July 2019, address equity, diversity & inclusion in training

The ACGME has new standards for program efforts in diversity and inclusion. Among these are that: “Programs must engage in practices that focus on mission-driven, ongoing, systematic recruitment and retention of a diverse and inclusive workforce...”

“The program’s annual evaluation must include an assessment of the program’s efforts to recruit and retain a diverse workforce, as noted in V.C.1.c).(5).(c)”

Related to equity, programs must “understand the social determinants of health of the populations they serve and incorporate them in the design and implementation of the program curriculum, with the ultimate goal of addressing these needs and health disparities.”

Helpful Definitions

- Equity: *creating opportunities* for equal access and success
- Diversity: being composed of different elements (ex, race, ethnicity, SES, age, gender, sexual orientation, physical ability)
- Inclusion: intentional practices and policies that create engagement to ensure that people with different identities feel valued and welcomed (sense of belonging)

Great programming on Equity, Diversity, Inclusion at the APPD spring meeting: See the helpful overview of related programming from the Underrepresented Minority (URM) Learning Community [highlighted here](#)

APD Spotlight: Beth L. Wueste , MAEd, C-TAGME, LSSBB

New ACGME requirements for Equity, Diversity and Inclusion

Ms. Beth Wueste is the Director of Academic Programs and the Associate Program Director for the Pediatric Residency at UT Health San Antonio in the Department of Pediatrics. She is the coordinator of record for the program but has earned the title of APD, the first in the world to move from the PC to the APD role. Beth has served the APPD since her entrance in 2010 and is currently Vice Chair of LGBTQA+ Learning Community. Institutionally, Beth is a mentor for the medical student PRIDE organization, offers safe space training campus wide, has actively worked to diversify her own training program and has been invited to speak on implicit bias and LGBTQA+ curriculum for physicians throughout the country, most recently speaking on Microaggressions and the Impact of Words to 1200 coordinators at the 2019 ACGME conference as a keynote speaker

Check out the APPD [Share Warehouse](#) to get more resources and ideas!

Newsletter Ideas or Feedback for APD Executive Committee?

Please click on the link: [Newsletter Ideas](#)



Get Involved: APPD LEAD and LEARN

Leadership in Educational Academic Development (APPD LEAD): Click here for more info: [APPD LEAD](#)

APPD LEAD is a nationally recognized program that provides a unique opportunity for pediatric academic leaders in medical education to engage and learn from seasoned program directors, pediatric educators, and other national leaders in pediatrics. Applications for next Cohort are being accepted now!

Longitudinal Educational Assessment Research Network (APPD LEARN): Click here for more info: [APPD LEARN](#)

APPD LEARN provides infrastructure for multicenter, collaborative research projects by and for Pediatric residency programs. APPD LEARN is an AHRQ-registered Practice-Based Research Network. The mission is to conduct meaningful educational research that advances the training of future Pediatricians by developing and promoting participation and collaboration. Medical Education