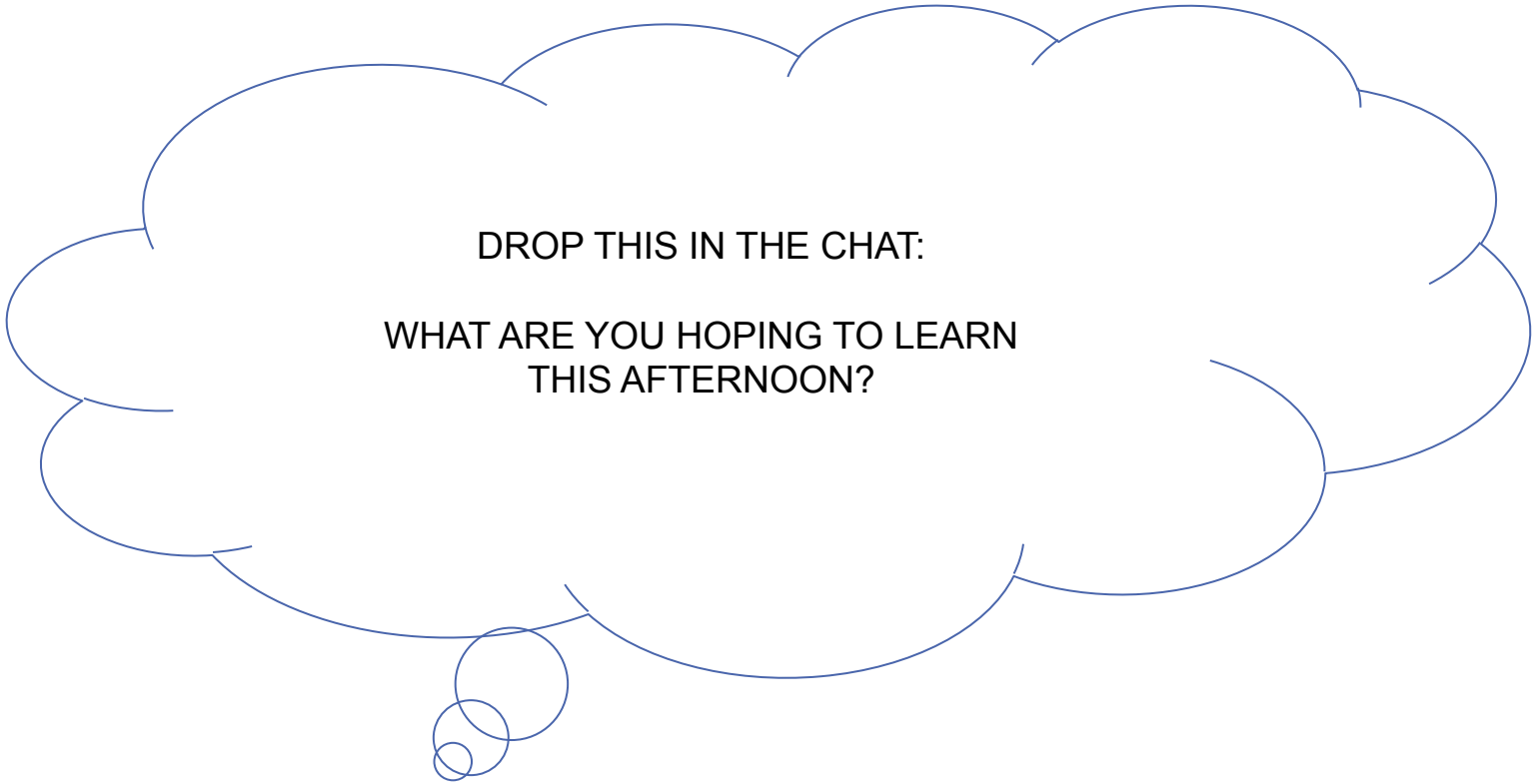
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WELCOME! THANK YOU FOR BEING HERE!



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APPD CREC VIRTUAL CAFE

“Chiefing 101”: Preparing for the year ahead

August 9, 2022

Association of Pediatric Program Directors

OBJECTIVES

- Introduce the APPD CREC and how we intend to serve you.
- Discuss strategies for goal setting during your chief residency year.
- Identify time management tips and frameworks for addressing daily tasks during your chief residency year.
- Describe board preparation tips that address the challenge of studying and being a chief resident.

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WELCOME FROM THE CHIEF RESIDENT EXECUTIVE COMMITTEE (CREC)!

PURPOSE

The Committee is formed to represent the interests of the Chief Resident members of the APPD, including, but not limited to:

- Chief Resident professional development as educators, administrators, leaders, and clinicians
- Resident education
- Resident wellness

CREC LEADERSHIP

Faculty Leads



Blair Dickinson, MD, MS
St. Christopher's Hospital for Children



Jay Homme, MD
Mayo Clinic

Faculty Mentors



Alisa Acosta, MD
Baylor College of Medicine



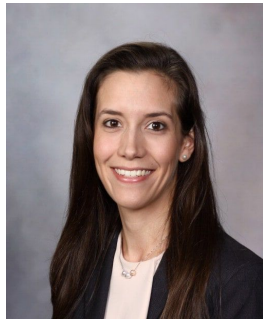
Eric Zwemer, MD
UNC Health



Sophia Goslings, MD
University of South Alabama



Cheryl Taurassi, MD
Cohen Children's Medical Center



Margarita Corredor, MD
University of Rochester Medical Center

APPD CREC 2022-2023



Chair: Zuri Hudson, MD

Chief Resident
Children's Mercy Hospital



Vice Chair: Ryan Lion, MD
Chief Resident
Stanford University



Secretary: Libby Ireson, MD

Chief Resident
Cincinnati Children's Hospital Medical Center



Member-at-Large: Taylor Olian, DO

Chief Resident
Jersey Shore University Medical Center



Member-at-Large: Matthew Present, MD

Chief Resident
Univ. of Rochester Medical Center



Member-at-Large: Kristin Sundy-Boyles, MD

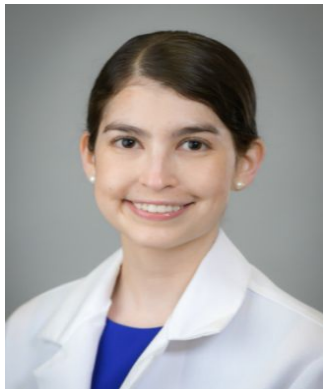
Chief Resident
Nationwide Children's Hospital

APPD CREC 2021-2022



Chair: Leah Heidenreich, MD

Former Chief Resident
Mayo Clinic



Vice Chair: Sarah Soffner, MD, MPH

Former Chief Resident
UT Southwestern



Secretary: Shawnice Kraeber, MD

Former Chief Resident
Kaiser Permanente NorCal



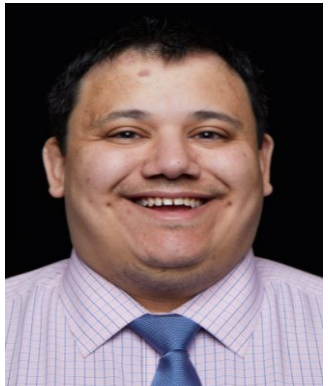
Member-at-Large: Samara Jinks-Chang, MD, MPH

Former Chief Resident
Seattle Children's Hospital



Member-at-Large: Molly Mack, MD

Former Chief Resident
Univ. of Pittsburgh Medical Center



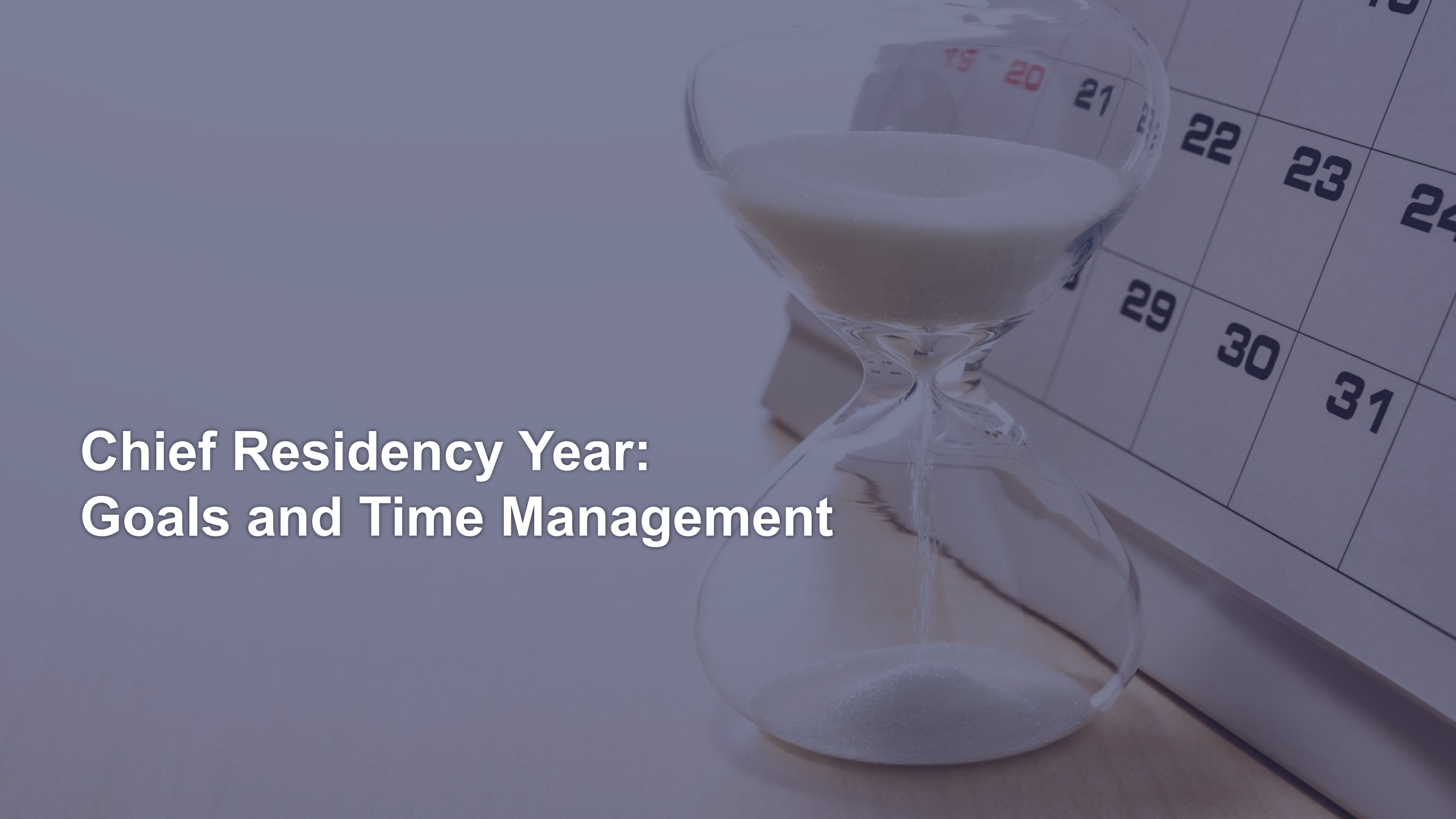
Member-at-Large: Robert Trevino, MD, PhD

Former Chief Resident
Univ. of Illinois - Peoria

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CREC PROGRAMMING FOR CHIEF RESIDENTS

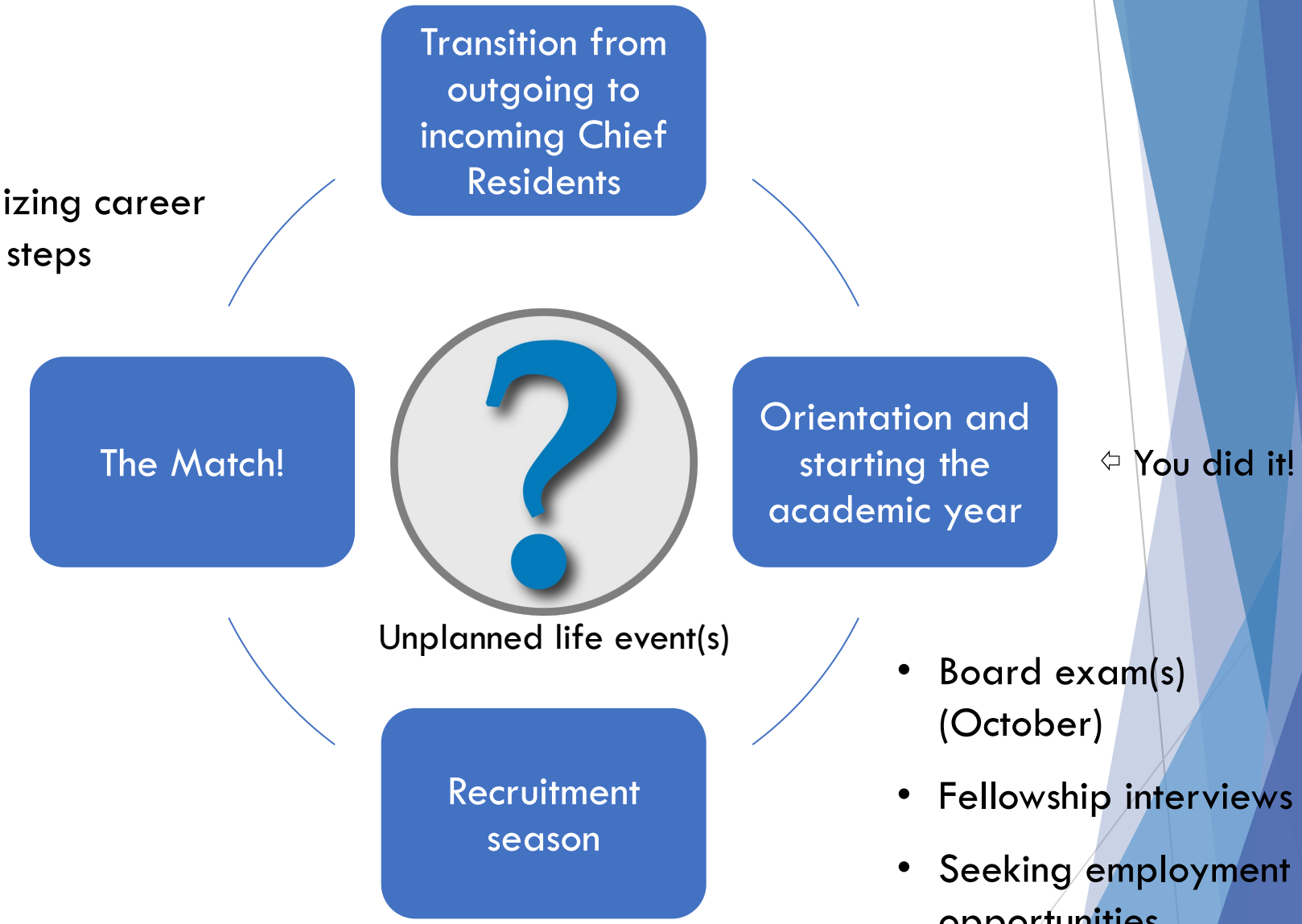
- Virtual Chief Cafes
- APPD Spring Meeting
  - Forum for Chief Residents
  - Grassroots Session for Chief Residents
- Chief Resident Peer Mentorship Network
  - UIM Chief Collective
- New programming, based on your feedback and ideas!



Chief Residency Year: Goals and Time Management

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CHIEF YEAR AT-A-GLANCE



⇦ You did it!

Be mindful of your goals and keep track of them, this will be a busy year!

- Board exam(s) (October)
- Fellowship interviews
- Seeking employment opportunities

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GOAL SETTING

SHORT-TERM GOALS

WHAT DO YOU HOPE TO ACCOMPLISH EACH WEEK?

SUN	MON	SAT
RACHEL DUE DATE	❑ Send leadership meeting agenda ❑ Put together Town Hall slides for noc conference ❑ Draft APPD emails for upcoming Chief Café	ELLI BABY SHOWER

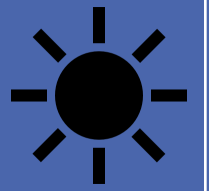


INTERMEDIATE GOALS

WHAT DO YOU HOPE TO ACCOMPLISH EACH QUARTER?

SUMMER QUARTER

- Get to know the residents!
- Plan outdoor wellness events.
- Adjust to your role as an attending/supervisor.
  - Who will be your mentor?
- Choose a scholarly project (if meaningful to you).
- Plan the next quarter (schedules, conferences, etc.).



FALL QUARTER

- BOARDS!
- Your own job search/fellowship application cycle.
- Plan the next quarter (schedules, conferences, etc.).



WINTER QUARTER

- RECRUITMENT!
- Plan resident pick-me-ups.
- Plan the next quarter (schedules, conferences, etc.).



SPRING QUARTER

- Plan outdoor wellness events.
- Plan for your transition out of this role.
  - How will you hand off to the next chiefs?
  - What comes next for you?
- Complete your scholarly project.
- Plan the next quarter (schedules, conferences, etc.).



LONG-TERM GOALS

WHAT DO YOU HOPE TO ACCOMPLISH BY THE END OF NEXT YEAR

your legacy

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GOAL SETTING: DISCUSSION

- What challenges have you already faced?
- Who are your support people?
- What are you hoping to achieve this year?

TIME MANAGEMENT



WORKING WITH CO-CHIEFS

- "Run the list" daily
- Schedule time during week for planning specific events
- Help one another protect time for professional development

Schedule time during week for planning specific events:

- Resident retreats
- Recruitment events
- Graduation
- Anything that requires additional step-by-step planning

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SCHEDULE TIME FOR YOURSELF



Work on your own project(s)



Study/reading time (weekly and monthly)



Conference/teaching preparation

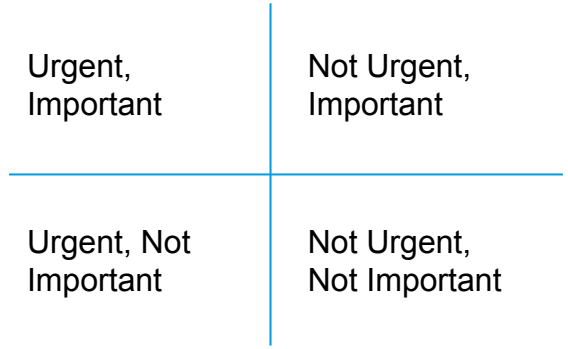


Update CV (quarterly)

SHORT-TERM GOALS

HOW LONG WILL IT TAKE TO ACHIEVE YOUR SHORT-TERM GOALS?

- Consider adding time limits to your personal calendar.
- The time allotted for a task should reflect the value of the task.
  - Example: Preparing a 30-minute lecture for residents should take longer than replying to an email (or ten emails….) about lunch for the session!
- Never attend a meeting without an agenda!
  - If there are meetings that chief residents routinely attend that do not currently use an agenda, be the person to create one (and stick to it!).
- Expect to be interrupted. A lot! Most tasks will take more time than you expect.
  - Residents stopping by
  - Emails
  - Telephone calls
  - Extra asks



INTERMEDIATE & LONG-TERM GOALS

HOW LONG WILL IT TAKE TO ACHIEVE YOUR LONGER-TERM GOALS?

- When will you block time for these longer-term tasks?
  - How and who (other than you) will help you protect this time?



- Who will hold you accountable for completion?
  - Remember your mentors!



YOUR HOMEWORK

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MAKE YOUR PLANS FOR CHIEF YEAR

- Have you **started** a chief year plan?
- Have you **finished** your chief year plan?
- Has your plan already **changed**?

  If it hasn't, it probably will!

- **When** will you check in about your plan? **With whom**?



Adapted from APPD Virtual Cafe on Sept 14, 2020 by Dr. Sophia Goslings

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NEXT STEPS

- Reflect on and finish filling out the Chief Resident Planning Worksheet.
    - It is okay to pick just a few goals/categories for now!
- Discuss your goals with your co-chiefs, program director, at least one mentor, and support system outside of work.
- Create a timeline that includes all of your goals.
- Decide when you are going to check in about your goals (ideally with a mentor and/or support person).



CREC PRO TIPS!

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TIPS FOR A SUCCESSFUL CHIEF YEAR

- Learn to say “no” and “not now.”
- Learn to delegate effectively.
- Know your limitations and ask for help when needed.
- Have a short and long term set of plans, but also make sure your plans have some flexibility.

Adapted from APPD Virtual Cafe on Sept 14, 2020 by Dr. Sophia Goslings

MASTERING THE BOARDS AS A CHIEF RESIDENT



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BOARDS, generally speaking

The American Board of Pediatrics
Initial Certifying Examination First-Time Taker Passing Rates

	2017		2018		2019		2020		2021	
Examination	N	% Pass	N	% Pass	N	% Pass	N	% Pass	N	% Pass
General Pediatrics	3,278	88%	3,358	91%	3,384	87%	3,224	87%	3,423	81%

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EXAM STRUCTURE

- Roughly 84 questions per section, or 1 min 15 sec per question
- Take breaks!
- Finishing early does not add to your break time

General Pediatrics Certification Examination Day Schedule*

ACTION	TIME ALLOTTED
Registration	Arrive 30 minutes prior to the scheduled start time
Introduction	Up to 2 minutes
Honor Code (Non-disclosure Agreement)	Up to 3 minutes
Tutorial	Optional; up to 10 minutes
Examination Section 1	1 hour and 45 minutes
Break	Optional; up to 15 minutes
Examination Section 2	1 hour and 45 minutes
Break	Optional; up to 60 minutes
Examination Section 3	1 hour and 45 minutes
Break	Optional; up to 15 minutes
Examination Section 4	1 hour and 45 minutes
Survey	Up to 15 minutes
Total Appointment Time	Approximately 9 hours

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RESOURCES

- QBanks*
- Books
- Courses

MedStudy

NEJM

AAP PediaLink

TrueLearn

Pediatrics Board Review

Boards Vitals

*This is an abbreviated list

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ABP PROVIDED

- Exam Content Specs
- Question of the Week
- Practice Exam

Content Domain	Exam Weight
1. Preventive Pediatrics/Well-Child Care	8%
2. Fetal and Neonatal Care	5%
3. Adolescent Care	5%
4. Genetics, Dysmorphology, and Metabolic Disorders	3%
5. Mental and Behavioral Health	5%
6. Child Abuse and Neglect	4%
7. Emergency and Critical Care	4%
8. Infectious Diseases	7%
9. Oncology	2%
10. Hematology	4%
11. Allergy and Immunology	4%
12. Endocrinology	4%
13. Orthopedics and Sports Medicine	4%
14. Rheumatology	2%
15. Neurology	5%
16. Eye, Ear, Nose, and Throat	4%
17. Cardiology	4%
18. Pulmonology	5%
19. Gastroenterology	4%
20. Nephrology, Fluids, and Electrolytes	4%
21. Urology and Genital Disorders	3%
22. Skin/Dermatology	4%
23. Psychosocial Issues	2%
24. Ethics	2%
25. Research Methods, Patient Safety, and Quality Improvement	2%
Total	100%

Universal Task	Exam Weight
1. Basic Science and Pathophysiology	20%
2. Epidemiology and Risk Assessment	10%
3. Diagnosis	35%
4. Management and Treatment	35%
Total	100%

Case Study

August 3, 2022

IN PROGRESS

You are seeing a newborn who was born at a local birthing center 3 days ago. The baby was delivered at term by a midwife without apparent complications. This is the first exam since the midwife examined the baby at the time of the birth. The baby has been vomiting for the past 24 hours and has been unwilling to breastfeed. The vomitus is tinged green. According to the parents, the baby has not passed any stool since birth. The baby is afebrile but appears ill. You note that the abdomen is distended, and, on auscultation, there are no bowel sounds. You perform a digital rectal exam with your pinkie finger which results in a gush of liquid stool.

What should the next steps in evaluating the infant be?

CONTINUE TO PRETEST ›

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STRATEGIES FOR STUDYING AS A CHIEF RESIDENT



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STRATEGIES FOR STUDYING AS A CHIEF RESIDENT

Scheduled, dedicated study time is key. Block your time! Leave the office!

Discuss expectations with PD, APDS, & Co-Chiefs (and Family!)

Optimize Chief Duties

- Schedules
- Chief-on-call
- Clinical time

Make educational sessions relevant to your learning needs.

Give yourself time for practice tests

Schedule the bulk of fellowship interviews after the exam.



DISCUSS EXPECTATIONS WITH YOUR PEOPLE (PDs, APDs, CoChiefs, Family, Friends)

SCHEDULE YOUR TIME

Board Study Calendar.xlsx

A	B	C	D	E
Week of 8/10	Monday	Tuesday	Wednesday	Thursday
	Nephrology	**Nephrology**	**Nephrology**	Make Up Time
	1 hour	45 mins	50Q	MIX Questions
		32Q		
Week of 8/17	Monday	Tuesday	Wednesday	Thursday
	MIX	**MIX**	**Behavioral Med**	**Behavioral Med**
	40Q	40Q	1 hour 15 min	35Q
			30Q	
Week of 8/24	Monday	Tuesday	Wednesday	Thursday
	Emergency	**Emergency**	**Emergency**	Make Up Time
	1 hour	20 min	40Q	MIX Questions
	20Q	20Q		
Week of 8/31	Monday	Tuesday	Wednesday	Thursday
	Make Up Time	**Preventative Peds**	**Preventative Peds**	**Preventative Peds**
	MIX Questions	1 hour 15 mins	50Q	50Q
Week of 9/7	Monday	Tuesday	Wednesday	Thursday



LEAVE THE OFFICE

OPTIMIZE CHIEF DUTIES

- What tasks must be prioritized over the next 2 months
  - Recruitment, schedules, etc
- Plan out chief-on-call schedules through the exam - be fair!
- Ask to schedule clinical duties after the boards, if possible



TEACH!
Use your sessions to your advantage

FELLOWSHIP BOUND?

- Congrats on your applications! The hard part is over
- Interviews should be fun and informative (virtual!)
- Try to schedule interviews after Oct 13 whenever possible



Be-LEAF in Yourself!

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KEEP IN TOUCH!

PLEASE JOIN THE APPD CREC CHIEF RESIDENT PEER MENTORSHIP NETWORK! MEET OTHER CHIEF RESIDENTS, DISCUSS COMMON CHALLENGES, AND BRAINSTORM SOLUTIONS!

Chief Resident Peer Mentorship Network