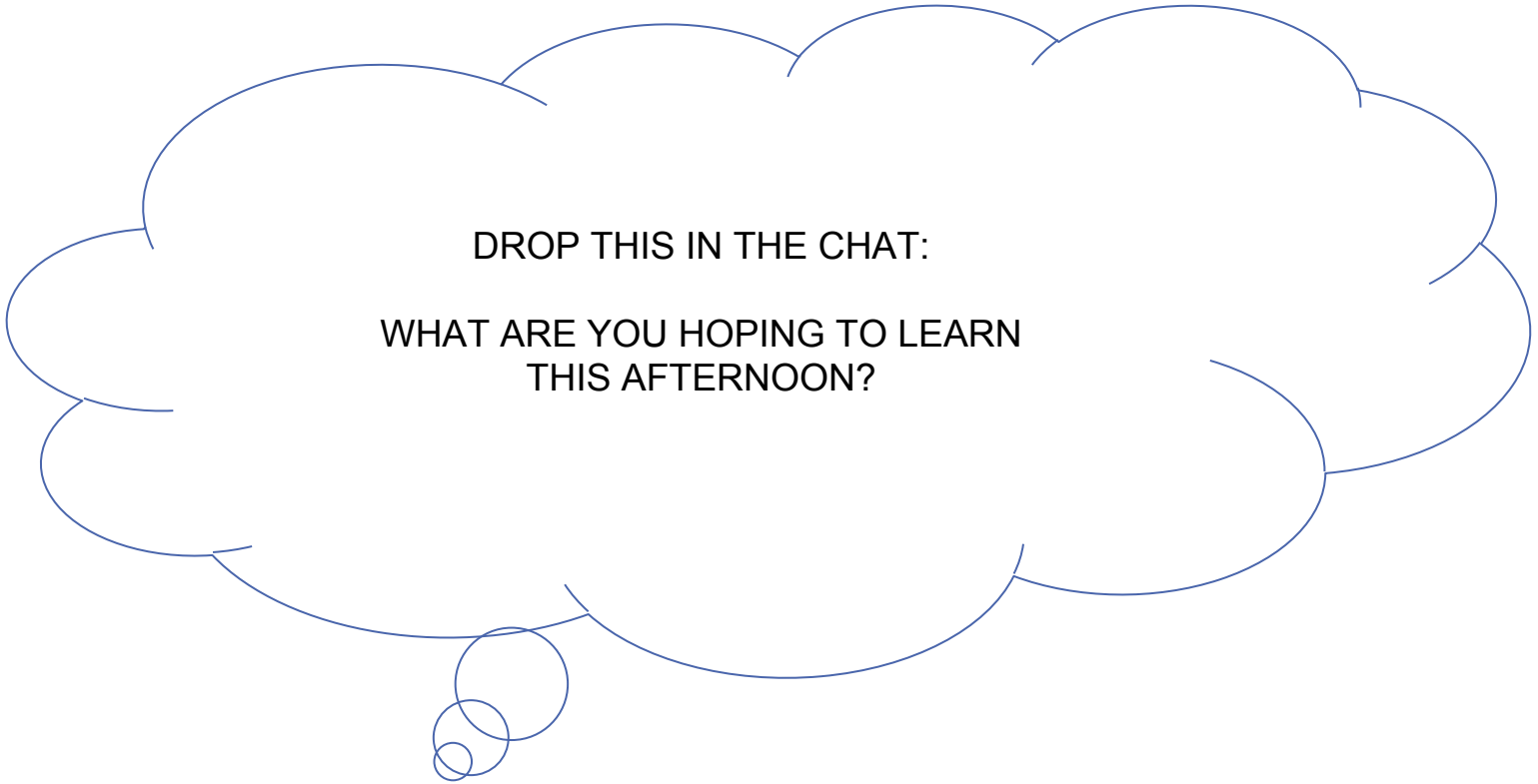
Association of Pediatric Program Directors

WELCOME! THANK YOU FOR BEING HERE!



Association of Pediatric Program Directors

APPD CREC VIRTUAL CAFE

“Chiefing 101”: Preparing for the Year Ahead

June 14th, 2023

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.

Association of Pediatric Program Directors

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

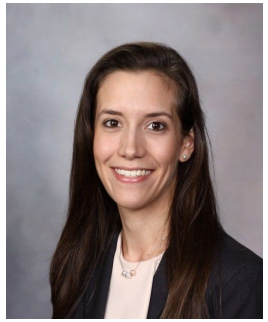
Faculty Mentors



Alisa Acosta, MD
Baylor College of Medicine



Sophia Goslings, MD
University of South Alabama



Margarita Corredor, MD
University of Rochester Medical Center



Eric Zwemer, MD
UNC Health



Cheryl Taurassi, MD
Cohen Children's Medical Center

APPD CREC 2022-2023



Chair: Zuri Hudson, DO

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

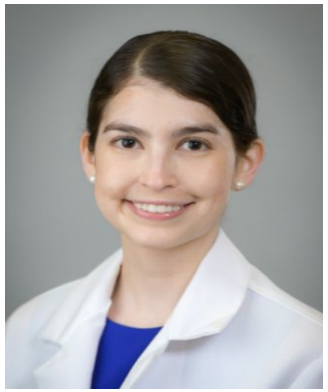
Chief Resident
Nationwide Children's Hospital

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



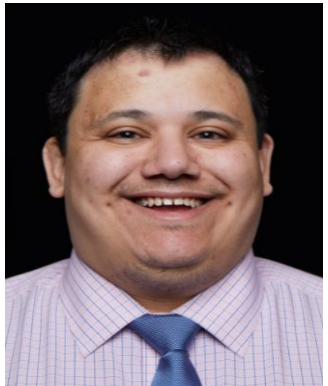
Member-at-Large: Samara Jinks-Chang, MD, MPH

Former Chief Resident
Seattle Children's Hospital



Member-at-Large: Molly Mack, MD

Former Chief Resident
Univ. of Pittsburgh Medical Center



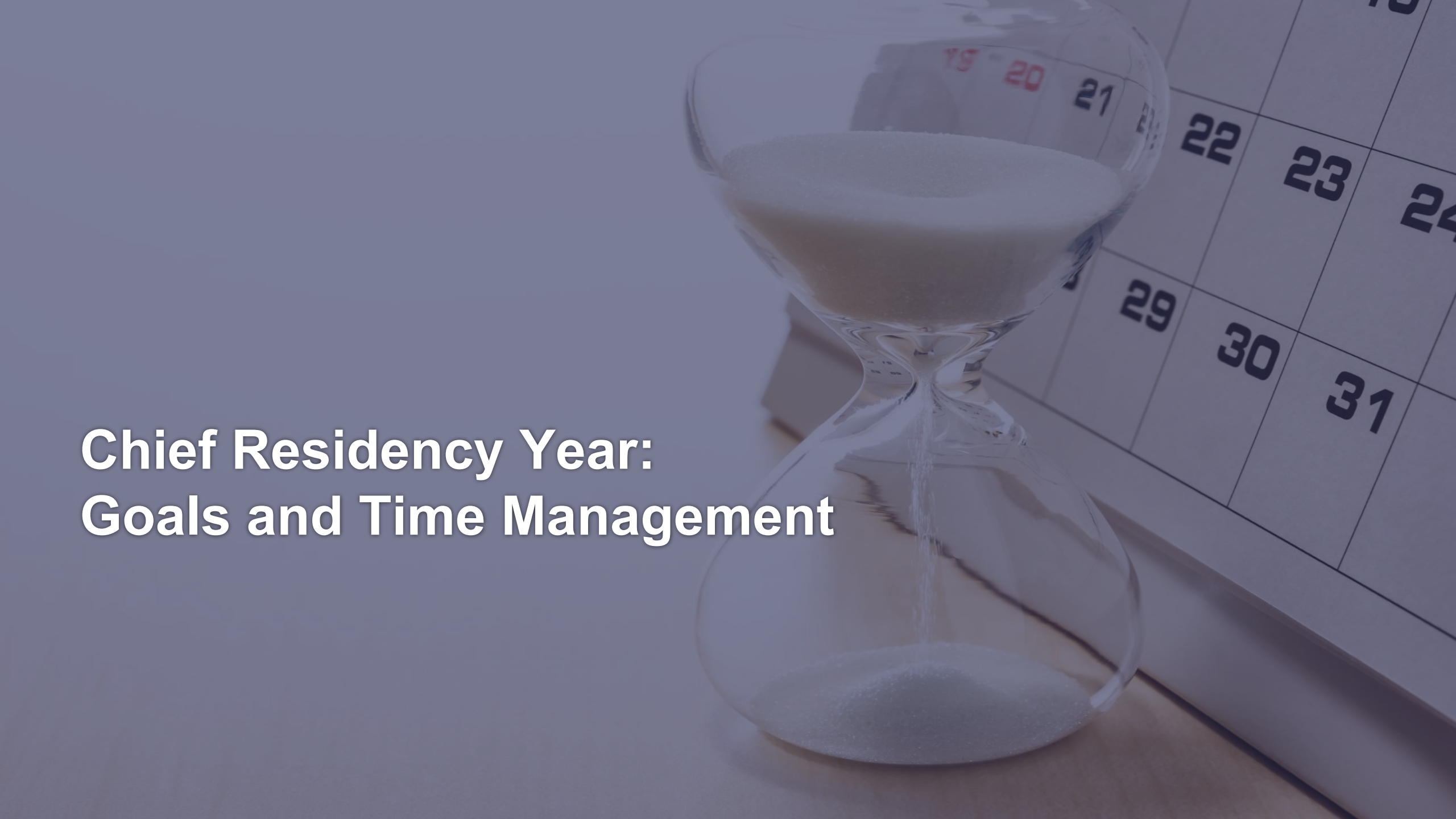
Member-at-Large: Robert Trevino, MD, PhD

Former Chief Resident
Univ. of Illinois - Peoria

Association of Pediatric Program Directors

CREC PROGRAMMING FOR CHIEF RESIDENTS

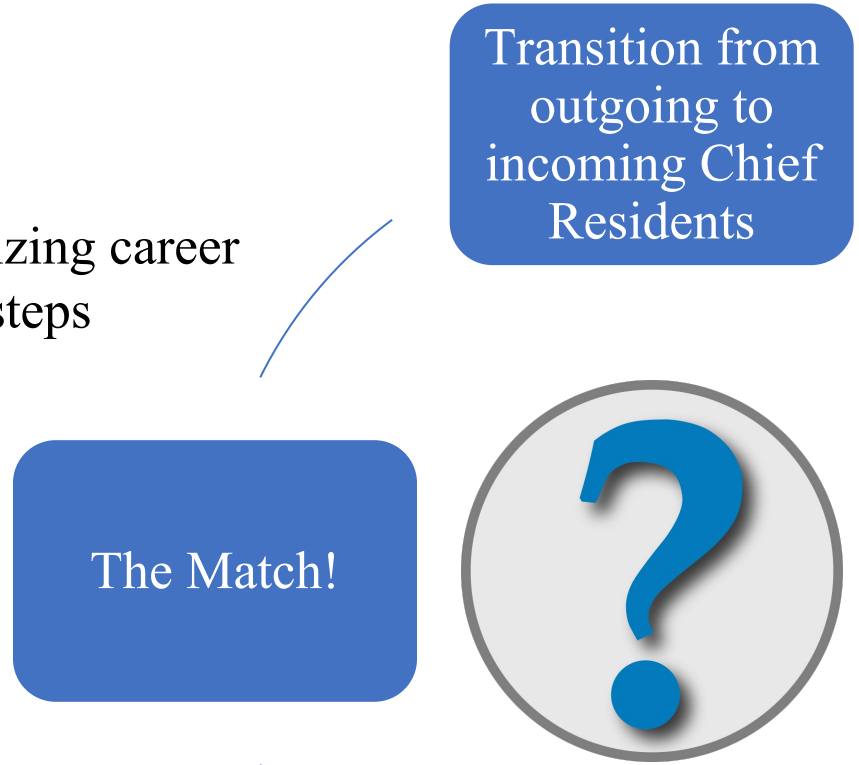
- Virtual Chief Cafes
- APPD Spring Meeting
  - Forum for Chief Residents
  - Grassroots Session for Chief Residents
- Chief Resident Peer Mentorship Network
  - UIM Chief Collective
- New programming, based on your feedback and ideas!



Chief Residency Year: Goals and Time Management

Association of Pediatric Program Directors

CHIEF YEAR AT-A-GLANCE



⇦ You did it!

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

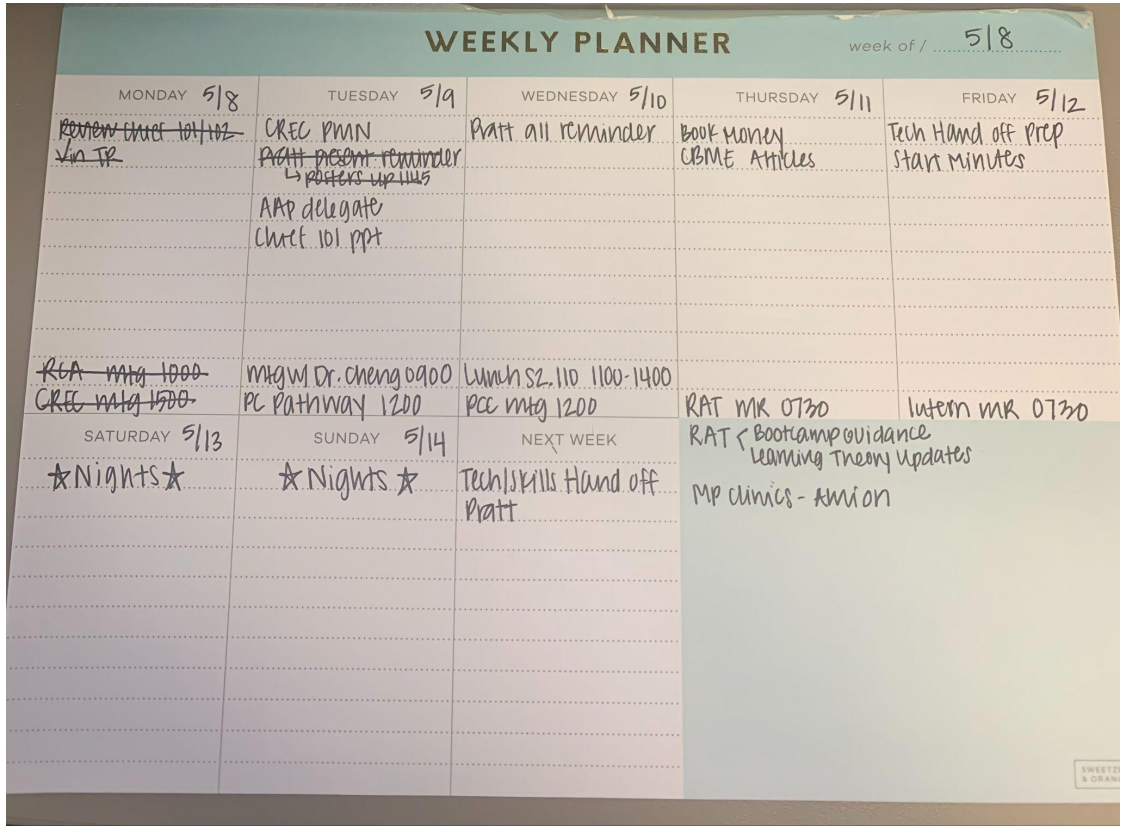
Be mindful of your goals and keep track of them, this will be a busy year!

Association of Pediatric Program Directors

GOAL SETTING

SHORT-TERM GOALS

WHAT DO YOU HOPE TO ACCOMPLISH EACH WEEK?



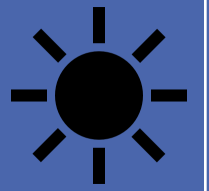


INTERMEDIATE GOALS

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

Association of Pediatric Program Directors

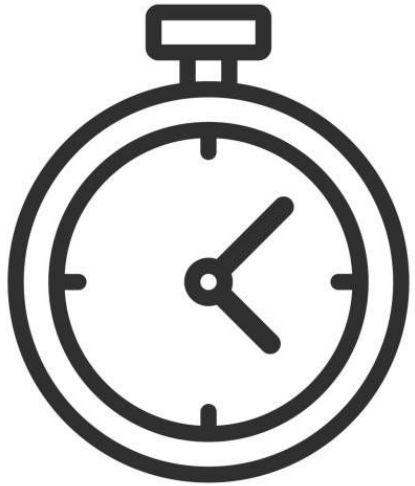
GOAL SETTING: DISCUSSION

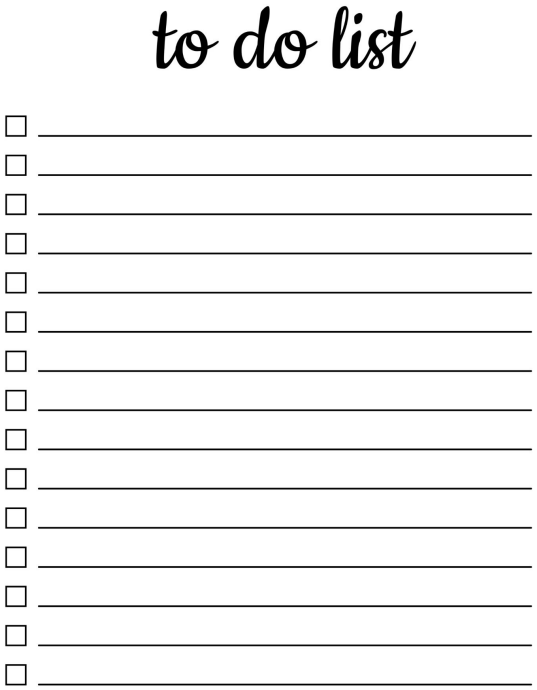
- What challenges have you already faced?
- Who are your support people?
- What are you hoping to achieve this year?

TIME MANAGEMENT

Time Management Tips & Tricks

- Plan ahead
- Prioritize
- Automate whenever possible
- Avoid multitasking
- Work together
- Set boundaries







WORKING WITH CO-CHIEFS

- "Run the list"
- Divide & conquer planning for big events (retreats, recruitment, etc.)
- Help one another protect time for professional development
- Set aside time for important discussions

Association of Pediatric Program Directors

SCHEDULE TIME FOR YOURSELF



Work on your own project(s)



Study/reading time



Meet with mentor(s)



Update CV (quarterly)

MASTERING THE BOARDS AS A CHIEF RESIDENT



Association of Pediatric Program Directors

BOARDS, generally speaking

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

	2018		2019		2020		2021		2022	
Examination	N	% Pass	N	% Pass	N	% Pass	N	% Pass	N	% Pass
General Pediatrics	3,358	91%	3,383	87%	3,224	87%	3,423	81%	3,364	80%

Association of Pediatric Program Directors

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

Association of Pediatric Program Directors

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%

Association of Pediatric Program Directors

RESOURCES

- QBanks*
- Books
- Flashcards
- Courses

MedStudy

NEJM Knowledge+

PREP Self-Assessment
Pediatrics Review and Education Program

TRUELEARN

Pediatrics Board Review

BOARD VITALS™

*This is an abbreviated list

Remember!

- Review is 

retrieval is  → questions and flashcards!
  - Fact check: only the **number of questions** completed, **time spent** studying and **number of flashcards** tested consistently positively correlates with board scores. **Reading does not!***
- Use your questions and flashcards wisely

Questions

- Target 1500-2500 questions total
    1. Find the “pearl” 
    1. What can you change in the stem to make it right?
    1. Make a flashcard
- You don’t need to “read first”! It’s ok to start with questions

Flashcards

Anki is for nerds and for people who want to remember things, most of us are probably both

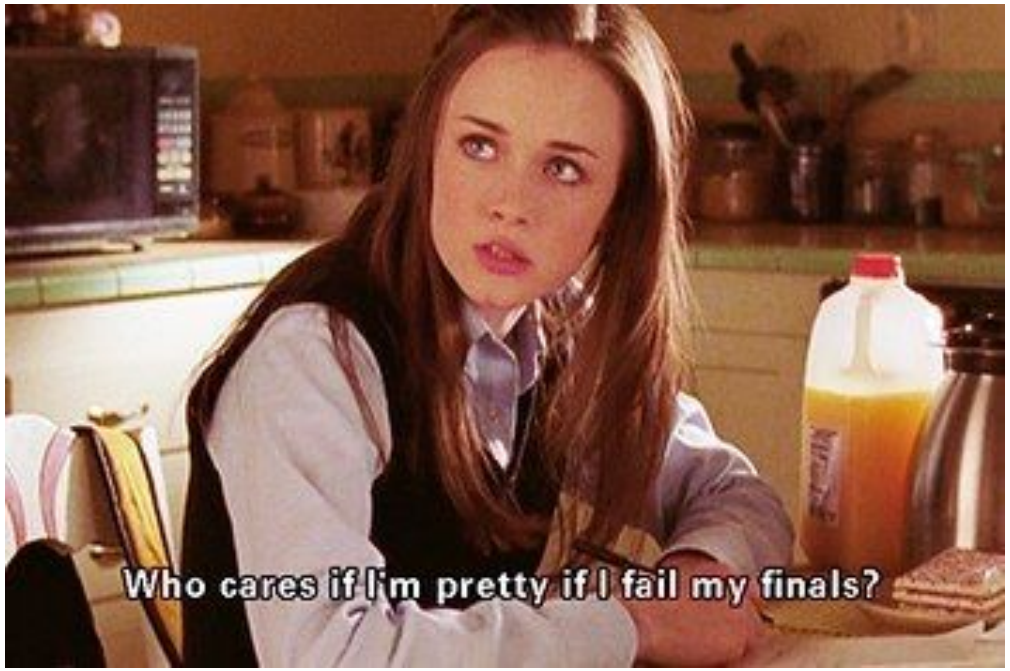


DON'T	DO
• Term/Definition	• Clear question/answer
• Lists	• Bitesize
• Copy paste notes	• Your own words
• Pre-made	• Pictures

Want to learn more? Check out *Make It Stick* by Peter Brown

Association of Pediatric Program Directors

STRATEGIES FOR STUDYING AS A CHIEF RESIDENT



Association of Pediatric Program Directors

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, Co-Chiefs, 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 12th whenever possible

Fellowship Tips and Tricks

- You deserve all the things!
  - Set high expectations for yourself
  - You've worked hard to make yourself competitive, flaunt it!
- Be sure to mention the skills you've gained from chief residency, you're highly sought after
- Know what you're looking for in a program/institution going into interview season
- Use your resources, including your clinical and professional mentors
- Be able to concisely describe who you are, your passions, and your accomplishments





Be-LEAF in Yourself!

Educational Scholarship: Flashback to Backward Visioning

- Have you and your co-chiefs set aside time to discuss personal and professional goals as individuals and as a group?
- Here's a great place to start:
  - What is the question you want to answer?
  - How do you want to measure it?
  - Create a SMART goal around what you want to achieve

Worksheet with conference deadlines and backward visioning exercise: →

Association of Pediatric Program Directors

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

Association of Pediatric Program Directors

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!

Association of Pediatric Program Directors

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

Association of Pediatric Program Directors

Questions?

- What else would you like to know starting chief year?
- Board prep?
- Time management?
- Working with co-chiefs?

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

Association of Pediatric Program Directors

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