



ASSOCIATION
OF PEDIATRIC
PROGRAM
DIRECTORS

Residency APD Section Program APPD Fall Meeting 2023

Welcome!

*We LOVE fellowship APDs and...fellowship APDs should attend the “Fellowship Director” section:)



ASSOCIATION
OF PEDIATRIC
PROGRAM
DIRECTORS

Welcome from the APD Executive Committee



Sarah Hilgenberg

Chair

Stanford

Lucile Packard Children's Hospital
Hospital Medicine



Suzie Reed

Chair- Elect

Nationwide Children's Hospital
Hematology/Oncology



Mollie Grow

Past Chair

U of Washington

Seattle Children's Hospital
Primary Care



Lynn Thoreson

Dell Children's
Medical Center, Austin
Hospital Medicine



Duncan Henry

UCSF

Benioff Children's Hospital
Critical Care



Alissa Darden

Phoenix Children's Hospital
Hospital Medicine



ASSOCIATION
OF PEDIATRIC
PROGRAM
DIRECTORS

Associate Program Director Executive Committee

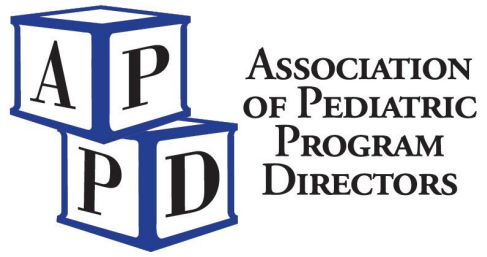
- To serve the needs and provide leadership and mentoring at the national level to the Associate Program Director Section of the APPD
 - Provide educational content, mentoring, forums for idea sharing with the APD section throughout the year
 - Communicate with Section members to ensure that member perspectives are represented
 - Ensure close communication/collaboration with APPD Board and Management



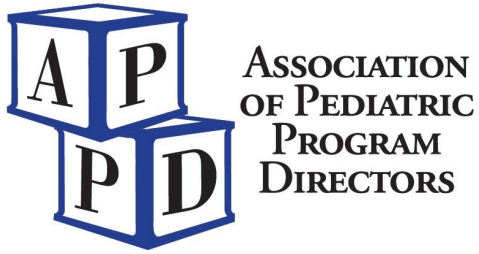
ASSOCIATION
OF PEDIATRIC
PROGRAM
DIRECTORS

Agenda:

- APD Bingo!
- Orientation to APPD website, resources, programs
- Breakout for small group discussion
 - Choose 3 topics, 30 min each
- Large Group Discussion
- Wrap-up



APD Bingo



Instructions:

- Prepare yourself – this is going to be fast and furious
 - You should receive a sheet with a bunch of squares and descriptions
 - Meet people and find out which square they can fill
 - Each person can only fill out one square on any person's page (but it doesn't need to be the same on everyone's)
 - Example: I played an instrument, am in the Western Region, and know a "kid appropriate" joke – I can fill out one of those for you, just pick the one you need
 - How you win
 - Fill out a row across, down, diagonally OR the whole card
 - There's also a space for names and e-mails if you share an interest, a regional connection, a social media presence, etc
 - What you win – our admiration and some new connections
 - How much time you have
 - 5 minutes – Good luck, this is not a full contact sport, be kind



ASSOCIATION
OF PEDIATRIC
PROGRAM
DIRECTORS

Show of Hands

How many APPD Fall meetings have you attended?

1. First one!
2. 2nd meeting
3. 3 or more meetings



ASSOCIATION
OF PEDIATRIC
PROGRAM
DIRECTORS

How long have you been in the Associate Program Director role?

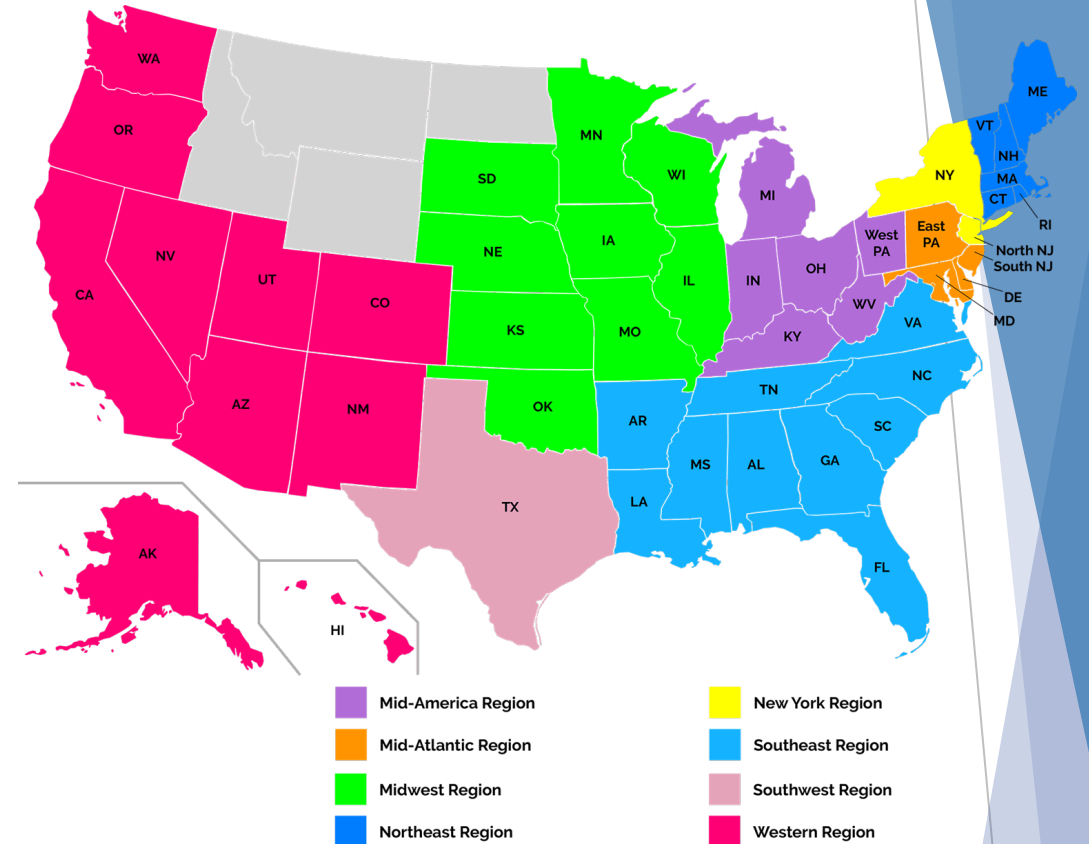
1. <1 year!
2. 1-2 years
3. 3-4 years
4. 5+ years



ASSOCIATION
OF PEDIATRIC
PROGRAM
DIRECTORS

What is your APPD Region?

1. Western (WA to NM)
2. Southwest (i.e., Texas)
3. Midwest
4. Southeast
5. Mid-America (MI, IN, OH, KY, WV, West PA)
6. Mid-Atlantic (East PA, NJ, MD, DE)
7. New York
8. Northeast region (ME, NH, VT, MA, CT)



Please note that some programs may be aligned with a region nearby, rather than the region associated with their state.
Also, there are currently no residency programs in the states shaded in grey.

Goals of the Session:

- **Networking** →
- Resources
- Table topics
- Wrap-up

- Familiarize with your APD leadership in APPD
- Meet your colleagues!
- Gain comfort using us and each other as future resources



ASSOCIATION
OF PEDIATRIC
PROGRAM
DIRECTORS

Goals of the Session:

- Networking
- **Resources** → • Review resources, useful info for APDs
- Table topics
- Wrap-up



ASSOCIATION
OF PEDIATRIC
PROGRAM
DIRECTORS

Goals of the Session:

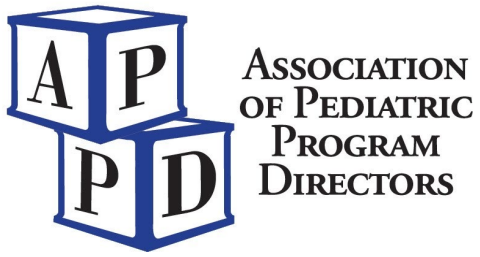
- Networking
 - Resources
 - **Table topics** →
 - Wrap-up
- Connect on common challenges / opportunities experienced by APPDs
 - Brainstorm potential solutions to challenges



ASSOCIATION
OF PEDIATRIC
PROGRAM
DIRECTORS

Goals of the Session:

- Networking
 - Resources
 - Table topics
 - **Wrap-up** →
- Questions and closing



Getting familiar with your job: Resources

Our APD website!

- APD Handbook (updated 2022)
- Sample job descriptions
- Leadership info

<https://www.appd.org/resources-programs/program-resources/for-associate-program-directors/>



ASSOCIATION
OF PEDIATRIC
PROGRAM
DIRECTORS

Getting familiar with your job: Leadership opportunities in APPD

Learning Communities!

- Assessment
- Curriculum
- Faculty Development
- Underrepresented in Medicine
- Behavioral/ Mental Health
- Simulation
- LGBTQ+
- Community Health and Advocacy
- Education Technology
- Global Health
- Research and Scholarship
- QI



ASSOCIATION
OF PEDIATRIC
PROGRAM
DIRECTORS

Getting familiar with your job: Leadership Opportunities in APPD

- Regional Leadership
- Fall and spring meeting involvement
 - Enhanced Learning Sessions
 - APD Section presentation at Spring meeting
 - Table to Able



ASSOCIATION
OF PEDIATRIC
PROGRAM
DIRECTORS

Getting Familiar with your Job: Scholarship Opportunities in APPD

- Scholarship:
 - Collaborating with APPD colleagues
 - Projects, abstracts, manuscripts!
 - Research networks: SPIN and LEARN (PRIME)
 - LESSON
 - View from the APPD in *Academic Pediatrics*



ASSOCIATION
OF PEDIATRIC
PROGRAM
DIRECTORS

Getting familiar with your job: Professional Development

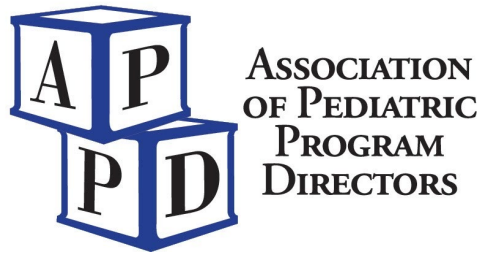
- Leadership resources in Handbook
- APPD LEAD: 9mo Leadership Program
- AiMS (residents) and FUEL (early career faculty)
- APD Peer Mentoring



ASSOCIATION
OF PEDIATRIC
PROGRAM
DIRECTORS

Getting familiar with your job: Other APPD resources

- **Networking:** APPD CONNECT - contact anyone in APPD!
- **Recruitment:** Recruitment toolkit
- **Resident well-being:** Burnout and Resilience Consortium - annual survey, research opportunities
- **Anti-racism/DEI:** Confronting Racism Action Team



Small Group Discussions



ASSOCIATION
OF PEDIATRIC
PROGRAM
DIRECTORS

Breakout Tables

- 3 rounds of breakout groups
- 30 min each:
 - 5 min introductions
 - 20 min table discussion
 - 5 min transition to next table
- Round 1: Based on time in role
- Rounds 2 and 3: Self-select into desired topic



ASSOCIATION
OF PEDIATRIC
PROGRAM
DIRECTORS

Breakout tables

1st Round: 3 groups

- **<1 year in the role**
 - General Tips and Tricks
 - Time management
 - Job descriptions/division of labor
- **1-3 years in the role**
- **>3y in the role**

Introduce yourself and role

Discuss:

- *Ideas / concerns / needs*
- *Any ideas/questions for larger group*



ASSOCIATION
OF PEDIATRIC
PROGRAM
DIRECTORS

Breakout tables 2nd and 3rd Round: 5 groups

1. Keeping the Flame Alive

* Finding professional fulfillment no matter how long you have been in the job!

2. Peer Mentoring Groups

3. Scholarship in the APD Role

4. New ACGME Requirements

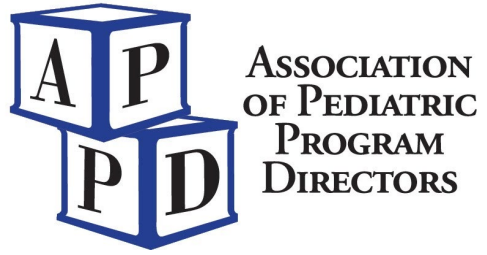
* Mental health, procedures, less ICU time, more outpatient time, etc.

5. Confronting Racism/Residency Justice, Equity, Diversity, Inclusion

Introduce yourself and role

Discuss:

- *Ideas / concerns / needs*
- *Any ideas/questions for larger group*



Large Group Discussion



ASSOCIATION
OF PEDIATRIC
PROGRAM
DIRECTORS

Wrap-Up

- Back to your BINGO card
 - Follow an APD or their program on social media
 - Send an e-mail to connect with another APD in your region
 - Find one person to have a 5-10 minute conversation with at the end of the session or plan to meet again at the Spring meeting



ASSOCIATION
OF PEDIATRIC
PROGRAM
DIRECTORS

THANK YOU for all you do as APDs!





ASSOCIATION
OF PEDIATRIC
PROGRAM
DIRECTORS

APD Executive Committee: Reach Out!

- ▶ Sarah Hilgenberg, Chair: shilgenb@stanford.edu
- ▶ Suzie Reed, Chair-elect: suzanne.Reed@nationwidechildrens.org
- ▶ Mollie Grow, Past Chair: mollie.grow@seattlechildrens.org
- ▶ Lynn Thoreson: lmthoreson@ascension.org
- ▶ Alissa Darden: adarden@phoenixchildrens.com
- ▶ Duncan Henry: Duncan.Henry@ucsf.edu

Peer Mentoring Groups: lisa.delsignore@tuftsmedicine.org