Association of Pediatric Program Directors

WELCOME! THANK YOU FOR BEING HERE!



Association of Pediatric Program Directors

APPD CREC VIRTUAL CAFE

Educational Scholarship

November 9, 2023

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

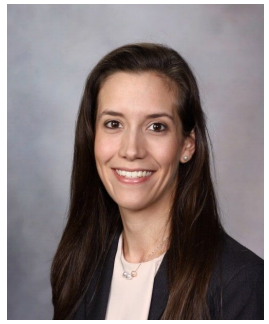
Faculty Mentors



Alisa Acosta, MD
Baylor College of Medicine



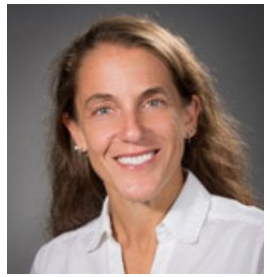
Sophia Goslings, MD
University of South Alabama



Margarita Corredor, MD
University of Rochester Medical Center



Eric Zwemer, MD
UNC Health



Cheryl Taurassi, MD
Cohen Children's Medical Center

APPD CREC 2023-2024



Chair: Melissa Rubin, MD

Chief Resident
Columbia University
NY-Presbyterian Morgan Stanley Children's Hospital



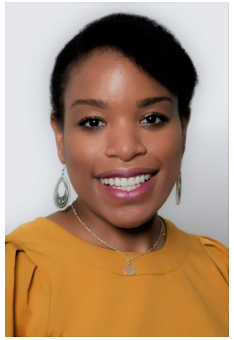
Vice Chair: Vidya Menon, MD

Chief Resident
Emory University School of Medicine



Secretary: Hannah Estes, MD

Chief Resident
University of Tennessee



Member-at-Large: Chantel Johnson, MD

Chief Resident
Westchester Medical Center at New York Medical College



Member-at-Large: Richa Gupta, MD

Chief Resident
University of Rochester Medical Center



Member-at-Large: Dean Phillips, MD

Chief Resident
Medical University of South Carolina

APPD CREC 2022-2023



Chair: Zuri Hudson, DO

Graduated Chief Resident
Children's Mercy Hospital



Vice Chair: Ryan Lion, MD

Graduated Chief Resident
Stanford University



Secretary: Libby Ireson, MD

Graduated Chief Resident
Cincinnati Children's Hospital Medical Center



Member-at-Large: Taylor Olian, DO

Graduated Chief Resident
Jersey Shore University Medical Center



Member-at-Large: Matthew Present, MD

Graduated Chief Resident
Univ. of Rochester Medical Center



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

Graduated Chief Resident
Nationwide Children's Hospital

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OBJECTIVES: Educational Scholarship

- Identify common pitfalls and review prior chief projects.
- Discuss a framework for brainstorming projects.
- Practice applying framework in small group sessions.

Educational Scholarship!



CREC 2022-23 Slides: Past Chief Projects

- Implementing social crisis debriefs for residents
  - This was something the residents requested
  - Scholarly assessment limited by poor attendance of sessions

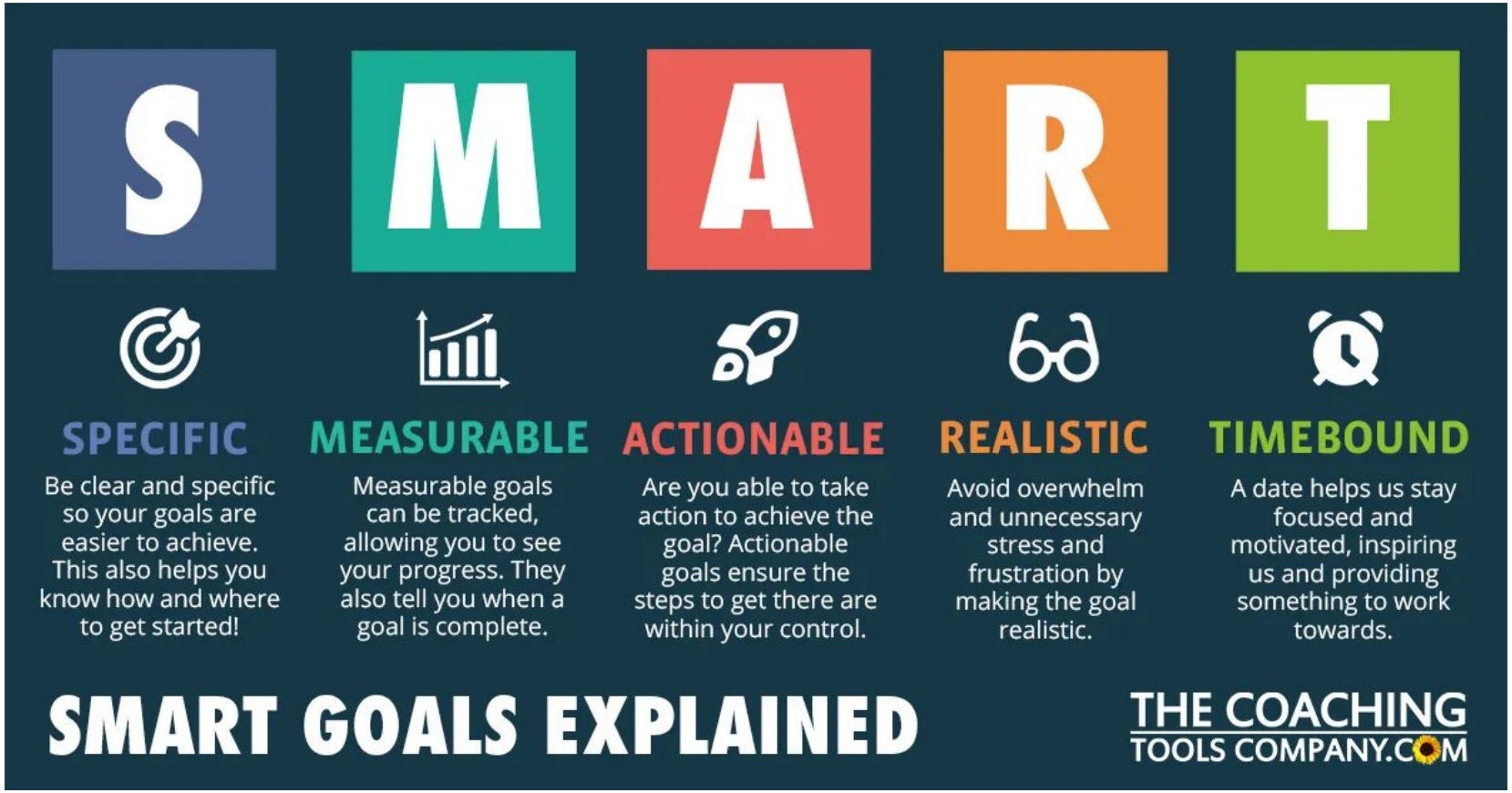
- Mentorship Round Robin
  - Refurbished in-person mentorship post-COVID
  - One-time event during lunch time (inpatient and outpatient residents invited)
  - Measured enjoyment of event, follow up with mentors, and amount learned about mentorship

- Intern “pre-briefs”
  - Orientation session about making mistakes and failures, anonymously sharing hopes and fears
  - Springtime follow up looking back at hopes and fears, discussing same for becoming a senior
  - Mini (non-expert) qualitative analysis of responses to inform future wellness sessions

CREC 2022-23 Slides: Triumphs and Pitfalls

- Triumphs
  - GME conversation around our projects
  - Structural innovation
  - Poster/oral presentation at APPD
  - Seeing our project make a difference :)

- Pitfalls
  - Utilizing primarily survey assessments
  - Not planning for longitudinal efforts for projects
  - Overreaching and not focusing on one overarching goal as chiefs
  - Not planning for scholarship ahead of time
  - Not keeping the best track of what we did


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SPECIFIC
Be clear and specific so your goals are easier to achieve. This also helps you know how and where to get started!
MEASURABLE
Measurable goals can be tracked, allowing you to see your progress. They also tell you when a goal is complete.
ACTIONABLE
Are you able to take action to achieve the goal? Actionable goals ensure the steps to get there are within your control.
REALISTIC
Avoid overwhelm and unnecessary stress and frustration by making the goal realistic.
TIMEBOUND
A date helps us stay focused and motivated, inspiring us and providing something to work towards.
SMART GOALS EXPLAINED
THE COACHING TOOLS COMPANY.COM

Brainstorming/Discussion Session – Breakout

- What project(s) are you working on?
- What is your project goal? What are your SMART goals?
- What did you learn throughout this process?
- What will you change, knowing what you know now? What WOULD you have done differently, knowing what you know now?
- What will you continue? What will you discard?

Select a spokesperson to share your ideas when we regroup!

Reflection

- What are some ideas your group discussed?
- Potential pitfalls? Potential solutions?
- Timeline?
- Accountability?

Conclusion

- Try to identify needs within your individual residency program
  - Every program is different and has unique needs:
    - Clinical focus
    - Med ed/resident education focus
    - Multidisciplinary/systems-based improvement
  - There is something that we can all learn from projects implemented at other institutions
  - Resident "buy-in" → can help a project be longitudinal and carry over beyond this year!

- Come up with a reasonable timeline based on deadlines
  - Identify goals of your project
  - Have a faculty "champion"/mentor for guidance
  - Survey design/data collection → abstract/posters
  - Share timeline with residents
  - Set aside dedicated time with your co-chief(s) to work on your projects

- Collaborate with other chiefs
  - The CREC peer mentorship network is your friend!

GOOD LUCK!! YOU GOT THIS!!

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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