



RECS Preceptor Press



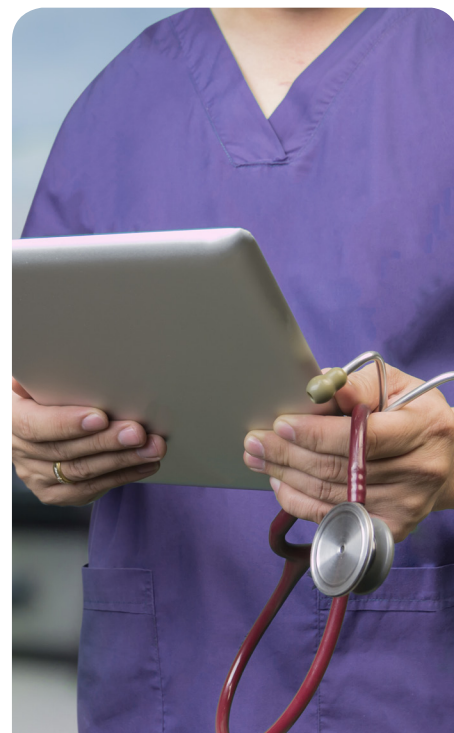
October 2019

Physician Well Being

1. 42% of practicing physicians are experiencing “burnout”
2. Physician wellness = the complex and multifaceted nature of physicians’ physical, mental, and emotional health and well-being
3. Nationally, we are seeing high rates in depression among our learners and residents
4. **Supportive relationships are one of the strongest factors in promoting well-being during a learner’s time at your clinic**

Tips to Support Your Resident’s Well-Being:

1. Strive to create a work environment that is supportive and engages students in their learning
2. Reinforce the value of team-based care to foster a workplace community that celebrates accomplishments and reflects on the meaning of the work being done
3. Identify behaviors in a learner that support their physical and mental health
4. Support engagement in patient care and learning by identifying the learner’s goals clearly



Professionalism

1. More than half (54.7%) of 2018 medical school graduates said that they experienced disconnects between what they were taught about professional behaviors and what they saw being demonstrated by faculty
2. By role modeling appropriate professional boundaries, you help learners solidify their understanding of professionalism

Tips to Model Professionalism:

1. Actively and conscientiously role model professional boundaries
2. Recognize that role modeling appropriate professional boundaries is the first step to actively teach learners about the importance of this concept in the clinical setting
3. The “hidden curriculum” is a powerful part of the medical students and residents’ professional development
4. Reinforce culturally accepted behaviors in patient interactions in the clinical setting

References:

1. Physician Well-Being-Peds in Review, October 2019: https://pedsinreview.aappublications.org/content/40/Supplement_1/12
2. Teaching Physician: teachingphysician.org

A Growth Mindset Benefits Everybody

Helping a resident cultivate a growth mindset will help prepare them for a lifetime of learning as a physician. Encourage them to research and acquire new knowledge in areas where you’ve both identified gaps. Ask them to go beyond simply relying upon you for information. Because medicine is an ever-changing field, a proactive resident can not only gain confidence in his or her skills, but also bring interesting and helpful new information to your clinic.

Please fill out an evaluation of this edition of the Preceptor Press:
<https://www.surveymonkey.com/r/9H3QM9G>

Your semi-annual evaluation of your resident is due NOW – please complete if you have not already.