



Resilience:
A Weapon Every Physician Should Cultivate
#docsRpeople2

Maria del C Colon-Gonzalez MD - @mcgmed2010
Kim Yu MD FAAFP - @drkkyu

AAFP NATIONAL CONFERENCE
Family Medicine Residents + Medical Students

What is resilience?

What have you heard about physician burnout?

AAFP NATIONAL CONFERENCE
Family Medicine Residents + Medical Students

The one question you must ask your doctor
Pamela Wible, MD
"Doc, are you being abused?"
www.kevinmd.com

Physician Burnout Rates Top 50 Percent (And That's Not the Worst Finding)
By Dike Drummond, M.D.

An Open Letter to My Little Sister in Medical School
By Romila Mushtaq, MD

Career Burnout? How to Relight Your Candle
By Ingrid Peschke
<http://www.huffingtonpost.com/news/physician-burnout/>

AAFP NATIONAL CONFERENCE
Family Medicine Residents + Medical Students

But why does medical training
need to be like military
training?

AAFP NATIONAL CONFERENCE
Family Medicine Residents + Medical Students

Resilience productive capacity to quickly recover and cope after living highly adverse circumstances while giving the opportunity to become stronger.

Is a **weapon** because it is both offensive and defensive

Merriam-Webster Dictionary defines **POWER**

- ability to act or produce an effect
- physical might
- mental or moral efficacy

AAFP NATIONAL CONFERENCE



RESILIENCE
a weapon that gives you POWER

AAFP NATIONAL CONFERENCE

Activity 1: Challenges & Strengths

Front: 5 challenges
Back: 5 sources of strengths

AAFP NATIONAL CONFERENCE

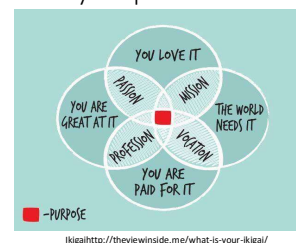
Activity 2: Self-reflection exercise

Read, meditate and then answer for yourself

AAFP NATIONAL CONFERENCE

Activity 3: How many pieces of your pie?

- Self-care
- Relationships
- Play/Hobbies
- Work
- Study



AAFP NATIONAL CONFERENCE

Activity 4: Brainstorm

How to cultivate resilience

AAFP NATIONAL CONFERENCE

What does the evidence suggest?

- Focus
- Renew
- Connect
- Speak out

AAFP NATIONAL CONFERENCE

Activity 6: Personal testimony



AAFP NATIONAL CONFERENCE

Q&A

AAFP NATIONAL
CONFERENCE
Family Medicine Residents
• Medical Students

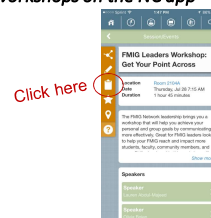
References

- McKenna KM, Hashimoto DA, Maguire MS, Bynum WE 4th. The Missing Link: Connection is the Key to Resilience in Medical Education. Acad Med. 2016 Sep;91(9):1197-9.
- Anzia J. It's time to recognize and prevent the tragedy of physician suicide. July 21, 2016, on <https://www.statnews.com/2016/07/21/suicide-physicians>
- Epstein RM, Krasner MS. Physician resilience: what it means, why it matters, and how to promote it. Acad Med. 2013 Mar;88(3):301-3.
- Zwack J1, Schweitzer J. If every fifth physician is affected by burnout, what about the other four? Resilience strategies of experienced physicians. Acad Med. 2013 Mar;88(3):382-9.
- Tempels P, Martins M, Paro HB. Teaching and learning resilience: a new agenda in medical education. Med Educ. 2012 Apr;46(4):345-6.
- Horneffer-Ginter K. 25 Ways to Boost Resilience- Part 2 of 2 in this blog series, "Cultivating Resilience for Total Well-Being". May 21, 2013 on <http://www.psychologytoday.com/blog/design-your-path/201305/25-ways-boost-resilience>
- Genovese JM, Berek JS. Can Arts and Communication Programs Improve Physician Wellness and Mitigate Physician Suicide? J Clin Oncol. 2016 May 20;34(15):1820-2.
- Stanford Medicine-WellMD. <http://wellmed.stanford.edu>.
- Cora-Bramble DJ, Zhang K, Castillo-Page L. Minority faculty members' resilience and academic productivity: are they related? Acad Med. 2010 Sep;85(9):1492-8.
- Leape LL, Shore MF, Dienstag JL, Mayer RJ, Edgman-Levitan S, Meyer GS, Healy GB. Perspective: a culture of respect, part 1: the nature and causes of disrespectful behavior by physicians. Acad Med. 2012 Jul;87(7):845-52.
- Leape LL, Shore MF, Dienstag JL, Mayer RJ, Edgman-Levitan S, Meyer GS, Healy GB. Perspective: a culture of respect, part 2: creating a culture of respect. Acad Med. 2012 Jul;87(7):853-8.

AAFP NATIONAL CONFERENCE

Let your voice be heard!

Evaluate workshops on the NC app



AAFP NATIONAL CONFERENCE

Stay Connected



www.facebook.com/fmignetwork



@aafp_fmig

Use #AAFPNC

AAFP NATIONAL
CONFERENCE
Family Medicine Residents
• Medical Students