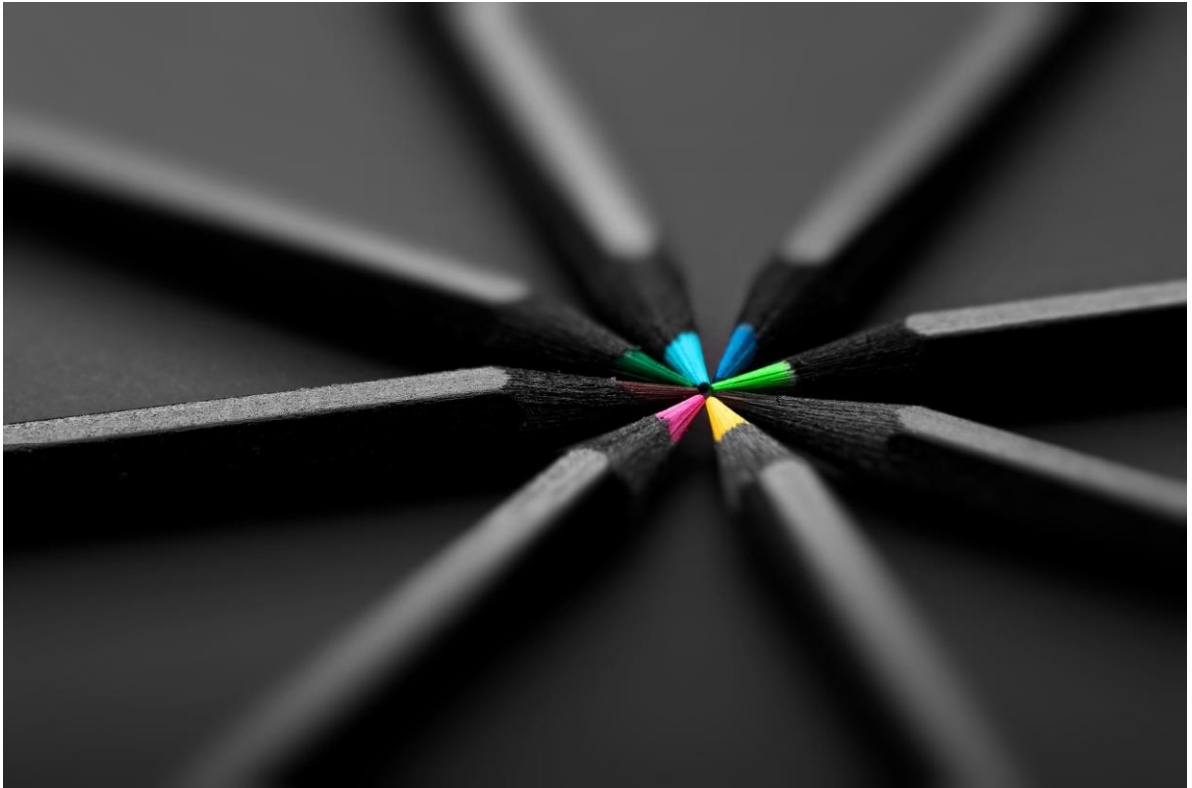


Surgery Wellness

Resource Packet

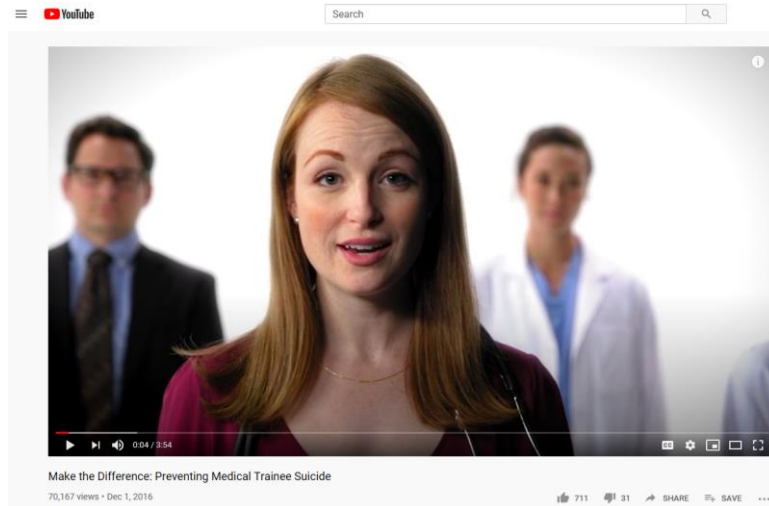


Anonymous Suggestion Box

<https://forms.gle/TUMQWBWpTxiTm9Yf6>



Bystander Training:



<https://www.youtube.com/watch?v=I9GRxF9qEBA&feature=youtu.be>

Warning signs and what to do as a colleague or mentor.

Don't be a bystander!

**National Suicide Prevention
Lifeline**

1-800-273-8255

**National Domestic Violence
Hotline**

1-800-799-SAFE (7233)



Employee Assistance Program

Delivering compassionate care starts with caring for our team

Vidant Employee Assistance Program

Vidant Employee Assistance Program (EAP) provides free, confidential problem assessment, short-term counseling and referral for team members, spouses and children 18 years old and younger. Problems or issues can be personal or work related. Each family member is usually entitled to a certain number of sessions as determined by the employer.

Our professional EAP counselors provide you the opportunity to openly discuss concerns and learn to understand and deal with difficult issues. We offer counseling for a variety of issues including work, relationships, alcohol and drugs, unresolved grief, self-esteem, domestic violence, children and parenting, money management, adjustment to change and career decisions. Children are often seen for conduct and school-related problems and adjustment to changes, anxiety, loss, divorce or remarriage.

In addition to counseling, you have access to an [interactive website](#) containing tools and resources to help address emotional well-being, relationships, financial, health, legal and personal growth issues. The site includes self-assessments, videos and more.

The main EAP office is located in Greenville, NC at 626 Medical Drive. The primary location for team members at Roanoke-Chowan Hospital and Chowan Hospital is our office at Vidant Bertie Hospital. Team members in other counties may be seen by counselors who are contracted by the Vidant Employee Assistance Program.

Hours of operation: Monday through Friday, 8:00 a.m. to 5:00 p.m., unless other arrangements are made. Call [252-847-4357](tel:252-847-4357) or [877-843-7207](tel:877-843-7207) to make an appointment. All correspondence to Vidant Employee Assistance Program is held in strict confidentiality.

Contact Us... Anytime, Anywhere

No-cost, confidential solutions to life's challenges.



Confidential Emotional Support

Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts



Work-Life Solutions

Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care



Legal Guidance

Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more
- Need representation? Get a free 30-minute consultation and a 25% reduction in fees.



Financial Services

Our financial experts can assist with a wide range of issues. Talk to us about:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more



Online Support

GuidanceResources' Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions

Your GuidanceResources® program offers someone to talk to and resources to consult whenever and wherever you need them.

Call: 833.743.8183

TTY: 800.697.0353

Your toll-free number gives you direct, 24/7 access to a GuidanceConsultant™, who will answer your questions and, if needed, refer you to a counselor or other resources.

Online: guidanceresources.com

App: GuidanceNow™

Web ID: ECUFASAP

Log on today to connect directly with a GuidanceConsultant about your issue or to consult articles, podcasts, videos and other helpful tools.

24/7 Support, Resources & Information



Contact Your GuidanceResources® Program

Call: 833.743.8183

TTY: 800.697.0353

Online: guidanceresources.com

App: GuidanceNow™

Web ID: ECUFASAP

Well-Being Resources



AMERICAN COLLEGE OF SURGEONS
Inspiring Quality: Highest Standards, Better Outcomes

Surgeon Well-Being Resources

<https://www.facs.org/Member-Services/surgeon-wellbeing/resources>

Physician Well-Being Index

This **validated, confidential, tool** provides an opportunity for you to better understand your overall well-being and identify areas of risk compared to physicians and residents across the nation. Access to local and national resources will also be targeted to you based on your results. The tool is 100% anonymous—**your information and score is private** and your individual score will not be shared with anyone, including the ACS. Access for International members is not available at this time.

Well-Being Index Invitation Codes

- U.S. ACS Fellow/Associate Fellows (practicing surgeons): **fellow20**
- U.S. Resident Members (individuals completing surgical training programs): **resident20**

<https://www.facs.org/member-services/surgeon-wellbeing/index>



Accreditation Council for
Graduate Medical Education

<https://www.acgme.org/What-We-Do/Initiatives/Physician-Well-Being/Resources>



<https://edhub.ama-assn.org/steps-forward/pages/professional-well-being>

Well-Being Resources continued

TED Talks for when you feel totally burned out

https://www.ted.com/playlists/245/talks_for_when_you_feel_total

Exercise:

FitOn App: free virtual exercise classes

Planet Fitness free online exercises:

<https://www.youtube.com/planetfitness>

Guided Walking: <https://www.verywellfit.com/walking-for-your-mind-and-spirit-3432871>

Headspace: <https://www.headspace.com>

Free guided meditations specifically to address the COVID pandemic. <https://www.marlynnweimd.com/meditations>

The Ten Percent Happier app offers a COVID-19 Sanity Guide, guided meditations, a podcast and newsletter, get free access by emailing care@tenpercent.com

Music:

Billboard free virtual concerts:

<https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams>

NPR Tiny Desk Concerts:

<https://www.npr.org/series/tiny-desk-concerts/>

Well-Being Resources continued

Cooking with what you have: <https://fridgetotable.com>

Break out old family recipes and create some comfort food!

Virtual Museum Tours:

<https://www.louvre.fr/en/visites-en-ligne#tabs>

<https://naturalhistory2.si.edu/vt3/NMNH/>

<https://artsandculture.google.com/partner/van-gogh-museum?hl=en>

<https://artsandculture.google.com/partner/the-j-paul-getty-museum?hl=en>

<https://artsandculture.google.com/partner/Georgia-o-keeffe-museum?hl=en>

NASA virtual tours:

<https://oh.larc.nasa.gov/oh/>

<https://www.nasa.gov/glennvirtualtours>

Zoo cams:

<https://kids.sandiegozoo.org/videos>

<https://aqua.org/media/virtualtours/Baltimore/index.html>

<https://nationalzoo.si.edu/webcams/panda-cam>

Free Family Resources

Industry News


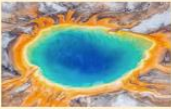


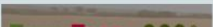
Updated: Free Resources for Schools During COVID-19 Outbreak

By Dian Schaffhauser | 09/14/20

<https://thejournal.com/articles/2020/03/13/free-resources-ed-tech-companies-step-up-during-coronavirus-outbreak.aspx>

Over 30 Virtual Field Trips with Links

(Click on colored text for links. Safe Travels!)

San Diego Zoo		The San Diego Zoo has a website just for kids with amazing videos, activities, and games. Enjoy the tour!
Yellowstone National Park Virtual Field Trip		Mud Volcano , Mammoth Hot Springs , and so much more. Tour Yellowstone National Park!
MARS!!!		Explore the surface of Mars on the Curiosity Rover. They are updating from WEBVR to WEBXR now, but 360 Mode offers a digital view!
Animal Cameras		Live Cams at the San Diego Zoo Monterey Bay Aquarium live cams Panda Cam at Zoo Atlanta 6 Animal Cams at Houston Zoo Georgia Aquarium has Jellyfish , Beluga Whales , and more
Virtual Farm		This Canadian site FarmFood 360 offers

https://docs.google.com/document/u/0/d/1SvldgTx9djKO6SjyvPDsoG1kgE3iExmi3qh2KRRku_w/mobilebasic?fbclid=IwAR3sWJERRaPzF5-7-GMWbW9zHDLv6ULru-9_mMnYWHTobmrfbVhi_-k0Mq4

Resident Physician-Fellow Well-Being Resources & Strategies

The information listed below is intended to assist Program Directors in initiating meaningful dialogue regarding physician well-being with their resident physicians and fellows, as well as provide program leaders with strategies and resources for promoting well-being within their residencies and fellowships.

Well-Being Strategies for Programs

- Consider holding an annual program retreat focusing on team-building, interpersonal communication skills and building mutual support amongst the residents/fellows and faculty
- Encourage annual primary care and dental visits
 - Providing a reminder to make these appointments at resident/fellow meetings with the Program Director and attending coverage for them to go to these appointments (if necessary)
- Encourage resident/fellow meetings with counselors during protected educational time
 - Stanford “Balance in Life” meetings: <https://med.stanford.edu/gensurg/education/BIL.html>
- Develop a resident or fellow mentorship program, connecting senior level residents and interns within the program for personal/professional development
- Offer healthy food options in a common resident area
- Offer self-assessment/self-screening tools
- Schedule group wellness events that allow for connections outside of work. These events could be coordinated by program leadership, a program committee, or a senior-resident serving as a Social Chief for the program
 - “Family” dinners and supper clubs
 - Local charity work or participation in local events, such as road races
 - Sporting events
 - Art classes
 - Exercise classes or yoga

Well-Being Strategies for the Institution

Currently available or development in progress

- Develop a Well-Being Committee charged with to developing curriculum and planning wellness-focused events across programs
- Offer a Meet-The-Faculty Lunch Series
 - A lunch series that allows faculty members to share their educational backgrounds, clinical experiences and expertise, as well as challenges they may have faced, with residents and fellows to foster community
- Provide an “After-Hours Guide” to residents/fellows annually
 - A listing of local physicians and dentists, as well as fitness centers, grocery stores, movie theaters, restaurants and parks
- Provide educational opportunities on topics such as
 - Time Management (professional and personal)
 - Balancing Your Life (reflection on personal values and goal-setting)
- Provide opportunities for resident/fellow self-assessment regarding areas such as stress, anxiety, depression & perfectionism

Resources for Resident Physicians & Fellows

- **Make the Difference: Preventing Medical Trainee Suicide**
 - A four-minute video from the Mayo Clinic & the American Foundation for Suicide Prevention advising medical students, residents and fellows on how to support each other, express concern to peers and encourage help-seeking behavior
 - <http://www.acgme.org/What-We-Do/Initiatives/Physician-Well-Being/Resources>
- **AMA Steps Forward Professional Well-Being Modules**
 - A set of free online modules developed by the AMA that provide education regarding topics such as preventing physician burnout and improving physician resiliency.
 - <https://www.stepsforward.org/modules?sort=recent&category=wellbeing>

Resources for Resident Physicians & Fellows - Continued

- **American Psychiatric Association (APA) Well-Being Resources**
 - A listing of resources compiled by the APA regarding interventions for burnout. This information is also appropriate for attending physicians.
 - <https://www.psychiatry.org/psychiatrists/practice/well-being-and-burnout/well-being-resources>
- **Alertness & Fatigue Management in Fellowship**
 - A PowerPoint presentation by our own Dr. Hsiao Lai using information from the American Academy of Sleep Medicine. This presentation is available via the Program Director & Coordinator Resource page found in New Innovations under the "Resident Well-Being" folder
- **Self-Assessment Tools, References and Additional Reading Materials**
 - Oregon Health Sciences University: <http://www.ohsu.edu/xd/education/schools/school-of-medicine/gme-cme/gme/resident-fellow-wellness-program/wellness-resources.cfm>
 - Stanford WellMD Program: <http://wellmd.stanford.edu/test-yourself.html>
- **VITAL WorkLife on Improving Your Work/Life Balance**
 - Vital WorkLife provides fifteen practical ways to help residents and fellows relieve some of the pressures the workplace brings and develop healthy work/life balance.
 - <http://vitalworklife.com/blog/2017/08/25/15-practical-ways-to-improve-physician-work-life-balance/>
- **Before Burnout: How Physicians Can Defuse Stress**
 - An AMA Journal of Ethics article detailing factors that contribute to physician stress and useful ways it may be managed.
 - <http://journalofethics.ama-assn.org/2003/09/pfor1-0309.html>
- **Physician Resilience and Burnout: Can You Make the Switch?**
 - An article from Family Practice Management that details causes of burnout, but more importantly, ways in which to build resilience.
 - <http://www.aafp.org/fpm/2013/0100/p25.html>
- **Negotiating Work-Life Integration**
 - This interactive workshop on work-life integration targets residents, fellows and even junior faculty and the MedEdPORTAL link includes a detailed presentation, handouts and other resources.
 - <https://www.mededportal.org/publication/10623/>
- **TED Talks for When You Feel Totally Burned Out**
 - A collection of TED talks that focus on various aspects of burnout and stress management.
 - https://www.ted.com/playlists/245/talks_for_when_you_feel_total
- **Dr. Kathy Seibel**
 - Acts as a confidential job mentor and coach for resident physicians and fellows
 - 252-347-3375; seibelk@ecu.edu

Resources for Faculty Development

- **Combating Burnout, Promoting Physician Well-Being Building Blocks for a Healthy Learning Environment in GME**
 - An ACGME webinar that assists program staff in the identification of stressors and supports, along with curricular innovations, coaching strategies, and faculty development activities to use in the clinical learning environment.
 - <http://www.acgme.org/What-We-Do/Initiatives/Physician-Well-Being/Resources>
- **Physician, Heal Thyself: How to Prevent Burnout**
 - A free ReachMD video featuring the ACGME's Timothy Brigham discussing work satisfaction and the prevention of burnout in healthcare professionals.
 - <https://www.reachmd.com/programs/clinicians-roundtable/physician-heal-thyself-how-prevent-burnout/9566/>
- **Physician Wellness: Preventing Resident and Fellow Burnout**
 - A free online module developed by the AMA that provides information, as well as downloadable tools, for preventing resident physician and fellow burnout. CME credit is offered for module completion.
 - <https://www.stepsforward.org/modules/physician-wellness>
- **Preventing Burnout in Medical Residents and Fellows: Six Keys for Wellness**
 - An article that provides a brief listing of wellness focus areas recommended by the AMA including nutrition, emotional health, fitness, preventative care, financial health and mindset and behavioral adaptability.
 - <https://wire.ama-assn.org/education/preventing-burnout-medical-residents-and-fellows-6-keys-wellness>
- **Resources via MedEdPORTAL**
 - Resources and published curricula of interest can be found by searching for key terms such as "burnout" or "wellness".
 - <https://www.mededportal.org/>