GOT RESILIENCE? PROMOTING RESILIENCE WELLBEING, AND VITALITY IN HEALTHCARE PROFESSIONS EDUCATION & ORGANISATION:

CLINICAL PROF. OF FAMILY MEDICINE
@ ALBERT MEDICAL SCHOOL, BROWN UNIVERSITY
HEDY WALD
DIRECTOR OF RESIDENT RESILIENCE & WELLBEING PROGRAMME IN CHILD NEUROLOGY @ BOSTON CHILDREN'S HOSPITAL, HARVARD MEDICAL SCHOOL

CLINICAL PSYCHOLOGIST & MEDICAL EDUCATOR

RESILIENCE...
IT'S A PROFESSIONAL OBLIGATION & AN ETHICAL IMPERATIVE
IT'S A SHARED RESPONSIBILITY FOR US & THE ORGANISATION...

BECAUSE IT AFFECTS US, IT AFFECTS OUR PATIENTS
TO CREATE... REFLECTIVE, RESILIENT, LIFE LONG LEARNERS

SO WE NEED AN ANSWER

NO AMOUNT OF RESILIENCE WILL WORK IN A HIGHLY DYSFUNCTIONAL & TOXIC HEALTHCARE SYSTEM

INTEGRATIVE RESILIENCE

7 C'S:
- CULTURE
- CURRICULUM
- COLLABORATIVE CARE
- CARING
- COMPETENCE IN THE CLINICAL ENVIRONMENT

LEARNING ENVIRONMENT

ORGANISATION/ SYSTEM

FAIRNESS IN THE WORKPLACE

"ORGANISATIONAL JUSTICE"

SWEET SPOT IN THE CIRCLES WHERE WE ARE TRYING TO HEAD

@artfuldiagnosis
Here's the United Nations of Stress!

These are all articles it's enough for you to do a masters thesis on resilience (if you want to!)

It's a global epidemic!

- Burnout → Depersonalization
- Emotional Exhustion
- Lower Sense of Achievement

It can be only features

Depression
Empathy
Attrition

We need a check up of our professional
And that's why we are doing this today

Connection of burnout with empathy...
Impact on educators...
Empathy hurts! It hits our pain receptors!

How about the Japanese term 'Kaizen'

Openness to continuous improvement & change
(It's being used in emergency rooms now)

Let's stop siloing...
Mindful Awareness
Leadership
Resilience
Professional formation

They interact!

Let's think about the white coat...
It has two pockets

Technical knowledge & skills
We need safe reflective spaces, which are protected

The other pocket:
- Resilience
- Mindful awareness
- Stress tolerant
- Tolerance of uncertainty
- Curiosity

Both the pockets are needed!

Take a look at the literature

I want to give you a Global Tour of Papers Linking Resilience with Levels of Psychological Distress & Wellbeing

This plenary is available to view online on www.ameelive.org
Watch the tour of papers online!