

27
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GOT RESILIENCE? PROMOTING RESILIENCE WELLBEING, AND VITALITY IN HEALTHCARE PROFESSIONS EDUCATION & ORGANISATIONS:



AMEE2018



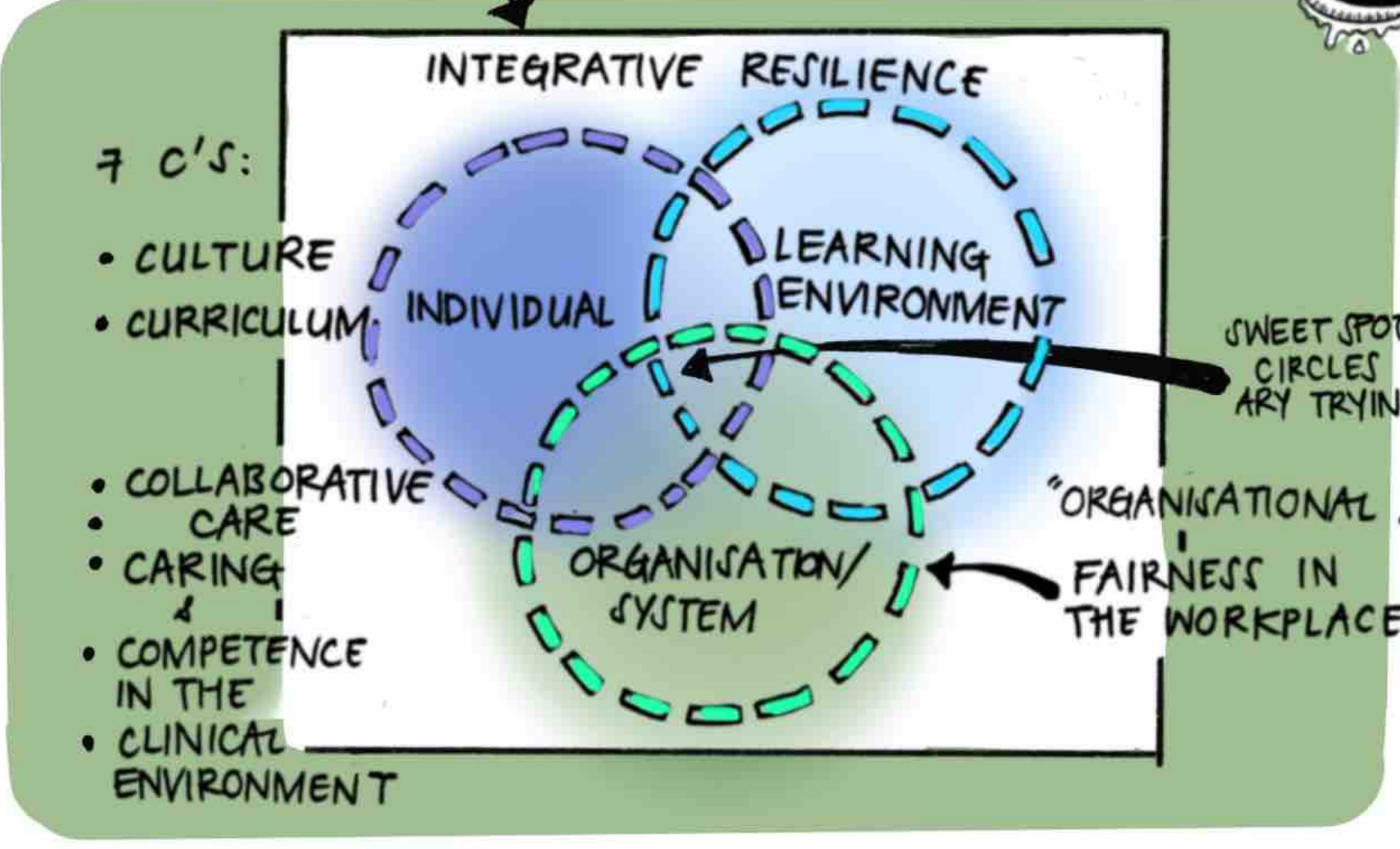
HEDY WALD
CLINICAL PROF. OF FAMILY MEDICINE
@ ALBERT MEDICAL SCHOOL, BROWN UNIVERSITY
DIRECTOR OF RESIDENT RESILIENCE & WELLBEING PROGRAMMES IN
CHILD NEUROLOGY @ BOSTON CHILDREN'S HOSPITAL, HARVARD MEDICAL SCHOOL

CLINICAL PSYCHOLOGIST & MEDICAL EDUCATOR
AN INTERGRATIVE APPROACH

RESILIENCE...
IT'S A PROFESSIONAL OBLIGATION & AN ETHICAL IMPERATIVE } BECAUSE IT AFFECTS US, IT AFFECTS OUR PATIENTS
IT'S A SHARED RESPONSIBILITY FOR US & THE ORGANISATION... TO CREATE... REFLECTIVE, RESILIENT, LIFE LONG LEARNERS.

SO WE NEED AN ANSWER

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



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 → DEPERSONALISATION
EMOTIONAL EXHAUSTION
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!

LET'S STOP SILOING...
MINDFUL AWARENESS } THEY INTERACT!
LEADERSHIP
RESILIENCE
PROFESSIONAL FORMATION

HOW ABOUT THE JAPENSE TERM 'KAIZEN'

改善

OPENESS TO CONTINUOUS IMPROVEMENT & CHANGE
(IT'S BEING USED IN EMERGENCY ROOMS NOW)

LET'S THINK ABOUT THE WHITE COAT... IT HAS TWO POCKETS



THE OTHER POCKET:

- RESILIENCE
- MINDFUL AWARENESS
- STRESS TOLERANCE
- TOLERANCE OF UNCERTAINTY
- CURIOSITY

BOTH THE POCKETS ARE NEEDED!

WE NEED SAFE REFLECTIVE SPACES, WHICH ARE PROTECTED

"TAKE A LOOK AT THE LITERATURE"

'I WANT TO GIVE YOU A GLOBAL TOUR OF PAPERS LINKING RESILIENCE WITH ↓ LEVELS OF PSYCHOLOGICAL DISTRESS & ↑ WELLBEING'



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