Workshop 4: Wellness in Medical Education: Strategies for Educators and Learners

Description: Wellness is a critical component of a successful learning environment, and the foundation for career-long self-care strategies is formed early in medical education. This workshop will guide participants in an exploration of the links between wellness and the learning climate. Activities will include a discussion of the ways in which educators can foster wellbeing both in direct interactions with learners and by the promotion of a culture of wellness, a review of wellness resources available to learners at Yale, and a lesson about how to facilitate a classroom wellbeing exercise.

Learning Objectives:

Workshop participants will:

1. Recognize the connection between learner wellness and the learning environment.
2. Identify opportunities to promote learner wellness in multiple medical education environments.
3. List and understand how to access the wellness resources available to learners at Yale.
4. Perform a simple classroom wellbeing exercise.

Facilitators:

Andrea Asnes, MD, MSW, is an Associate Professor of Pediatrics and a Child Abuse Pediatrician. She directs the Yale Pediatric Residency Program. Dr. Asnes has received multiple teaching awards including the Frances Gilman Blake Award, the Leah Lowenstein Award, and the Yale Provost’s Teaching Prize. Her interests in medical education include maximizing clinical and communication skills teaching in patient care settings, learning in and from the New Haven community, and the promotion of trainee wellbeing. Dr. Asnes will be the Director of Resident/Fellow Well-being beginning in the summer of 2019.

Brian Linde, MD, MPH is the Acting Chief of Occupational Health Services at the VA Connecticut Healthcare System. Dr. Linde graduated from the Albert Einstein College of Medicine in 2012, trained in both Internal Medicine and Occupational and Environmental Medicine at Yale, served as Chief Resident in Yale's Primary Care Program, and joined the faculty in July 2018. He is the recipient of the Alex Poljak Memorial Award for Innovation as well as the John W. Brackett Award for Resident Teaching. Dr. Linde is interested in physician well-being, particularly among physician trainees, and has spearheaded research and intervention projects to address burnout in residency.

Rosemarie Fisher, MD served as the Designated Institutional Official/Director/Associate Dean of Graduate Medical Education at YNHH and YSM from 1998 - 2016. In this role, she was responsible for the oversight of approximately 100 training programs and 1100 trainees. She also has served as a member of the Council of the Association of Program Directors of Internal Medicine (APDIM); a member and Chair of the Group on Resident Affairs of the Association of American Medical Colleges (AAMC); Chair of the Council of Faculty and Academic Societies of the AAMC and on the Board of Directors of the AAMC. In 2006, she was honored by the ACGME as one of the first two recipients of the ACGME “Courage to Lead” Awards. In 2017, YNHH and YSM established the Rosemarie L. Fisher. MD Award for Leadership in Graduate Medical Education for which she was the first recipient.