Teaching Well: Evidence-Based Approaches to Enhancing Trainee Well-Being

This highly interactive workshop will introduce medical educators to evidence-based, short, and effective interventions to increase resiliency and happiness. Drawn from positive psychology and mindfulness practices, these skills encompass what the literature highlights as essential to foster well-being. As the negative impact of burnout on quality of care, patient satisfaction, and patient safety has been well established, attention is shifting increasingly toward best practices for improving well-being in medical trainees, particularly in light of the recent expansion of ACGME requirements and position statements from academic societies. The need for integration of well-being practices into medical education is clear.

Participants will receive an in-depth description and guide interactive practice of techniques addressing strategies and will reflect on a worksheet they have been completing throughout the session to determine priorities for implementing this knowledge in their teaching and/or programs.

Learning Objectives:
1. Describe the relationship of well-being to clinical teaching and practice.
2. Relate these concepts to the current evidence and accreditation requirements surrounding well-being in medical education.
3. Describe and implement practical exercises to support well-being, including gratitude and deep breathing.
4. Begin to formulate a specific multi-disciplinary strategy to implement these practices and increase resilience.

Facilitators:
Jeffrey J Dewey, MD, is an Assistant Professor of Neurology at the Yale School of Medicine. He serves as the Assistant Program Director and Associate Clerkship Director in the Department of Neurology. His research centers around enhancing wellbeing among graduate medical trainees through principles of positive psychology and organizational leadership. Jeff currently sits on the Residency Review Committee for Neurology and the Council of Review Committee Residents at the ACGME and is a member of the Working Advisory Group for the ACGME’s Back to Bedside initiative.

Jill Deutsch, MD, is a clinical fellow in the Department of Internal Medicine’s Section of Digestive Diseases at the Yale School of Medicine with an interest in functional gastrointestinal disorders. She additionally has a passion for education, and was awarded an educational grant from the American Gastroenterological Society to build a curriculum for fellows in training. Jill is Co-Chair of the Resident-Fellow Senate Wellness Committee and a certified yoga instructor.

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