



At Maria Fareri, we wholeheartedly support efforts to upkeep the emotional and mental wellness of our residents. With the introduction of a Wellness Curriculum in 2019 and the development of our Wellness Committee, we have initiated a program-wide culture change to recognize the challenges with which it means to be a modern physician. With that, we have dedicated previously allotted educational time to 18 annual wellness sessions to include didactics and experiential conferences. These will introduce the resident to concepts of stress management and mindfulness, while practicing talk therapy and meditation. We invite you to join us in this exciting new wave of introspection as we learn to be the best version of ourselves in practicing physicians.

Resident Wellness Programs/Incentives:

- Creation of “families” to serve as mentorship communities, to be comprised of PGY1/2/3 and an attending. To meet at least quarterly, or as often as decided on by the group.
- Nursing meet and greet to foster relationships with our colleagues in nursing.
- Interncation: 3-day weekend at the end of intern year where all interns are free of clinical duties. Can suggest interns take a trop together, as of yet not compensated by the program/GME.
- Admin time for interns: monthly afternoon off on high intensity rotations.
- Death de-briefing: to set up mandatory debrief within 48h of death. Resident to notify chiefs, who are to decide if debriefing should occur, and organize meeting between residents, team attending, and picu attending for discussion to ensue.
- Resident Appreciation Day in March, supported by the Gold Foundation, pizza, cake, and pet therapy for residents at noon conference.
- Community Service: bi-annual food bank activity or RMH to cook dinner
- Monthly resident happy hour get togethers to be set on 3rd Wednesday of the month at 6pm at Cpt. Lawrence Brewing Co
- Quarterly gatherings with PD in their home

Wellness Committee:

- Representatives from Pgy1/2/3 with social coordinator from each class as well, to meet monthly
- to assess current status of wellness in residency program by ‘pre-survey’ and to resurvey quarterly with open-ended questions to assess effectiveness of curriculum