

## Flex Week Proposal

<b>Title</b>	<b>The Burnout Antidote:</b> Cultivating Resilience Strategies for Clinical Practice	
<b>Experience Category</b> <b>[bold your category]</b>	Clinical shadowing Research-related Community Service	Professional Enrichment Courses (PECs) Professional Development <b>Wellness</b>
	Other:	
<b>Goal</b>	To educate pre-clinical students on how to cultivate long-term resilience and sustainable coping mechanisms for intense clinical experiences	
<b>Brief Description</b>	<p>Intense situations – from life-sparing procedures to high-pressure evaluations – are common in medical education and practice. When you don't have 10 minutes to meditate, how can you recenter yourself within seconds before helping save a patient's life? After losing a patient for the first time, what steps can you take to process and recover? How can you learn from your mistakes without entrapping yourself in guilt and self-doubt?</p> <p>Students will attend a diverse set of sessions led by medical experts across multiple fields, each of whom will focus on a different aspect of coping. At the end of the course, they will have a unique opportunity to hear from Dr. Barry Kerzin, personal physician to the Dalai Lama, in person. Our goal is to educate students to develop strong, sustainable resilience strategies in their pre-clinical years that they can continue practicing throughout their clerkships and future careers, ultimately limiting their susceptibility to physician burnout.</p>	
<b>Organizers</b>	Gold Humanism Honor Society <b>Lead:</b> Riya Dange, MS3/MS4 CSTP ( <a href="mailto:rid42@pitt.edu">rid42@pitt.edu</a> ) <b>Team:</b> Kevin Kahru, MS4 Arjun Mittal, MS4 <b>Faculty:</b> Thuy Bui, MD ( <a href="mailto:buit@upmc.edu">buit@upmc.edu</a> )	
<b>Admin Coordinator (contact info)</b>	Riya Dange, MS3/MS4 CSTP 408-332-9064 <a href="mailto:rid42@pitt.edu">rid42@pitt.edu</a>	
<b>Department</b>	Gold Humanism Honor Society	
<b>Capacity (# students)</b>	10	

<b>Location</b>	Scaife Hall Phipps Botanical Conservatory ( <i>Friday session only</i> )
<b>Reporting Info</b>	Scaife Hall, West Wing Room TBD

Week	Start Date (Mon)	End Date (Fri)	Available?
5	9/3/24 (Tue)	9/6/24	
12	10/22/24 (Tue)	10/25/24	X
26	1/27/25	1/31/25	
30	2/24/25	2/28/25	

	MON	TUE	WED	THU	FRI
<b>AM</b>	N/A	<b>Global Medicine:</b> self-reliance and community amidst resource scarcity	<i>Asynchronous</i> AIMIcare course on target area of improvement	<b>Trauma Surgery:</b> self-recentering in time-sensitive situations	<b>Spiritual Care:</b> self-compassion amidst clinical mistakes
<b>PM</b>	N/A	<i>Asynchronous</i> reflective journaling to identify target area of improvement in personal wellness	<b>Palliative Care:</b> coping amongst sickness and death	<i>Asynchronous</i> self-guided meditation and mindfulness practice	<i>Asynchronous</i> written reflection on target area of improvement

**PROPOSED COURSE SCHEDULE:**

The synchronous sessions are currently being workshopped between the speakers and student team. Each will comprise a 30-45 minute interactive lesson, followed by a discussion and/or activity through which students will practice the resilience strategies about which they have learned. All session times have already been confirmed with the designated speakers.

*Asynchronous activities include:*

- Reflective journaling to identify a target area of improvement in personal wellness to focus on throughout the course (*Tuesday, 10/22 PM*)
- Completion of a wellness course through the AIMIcare app, self-selected based on the target area of improvement identified in the journaling exercise (*Wednesday, 10/23 AM*)
- Self-guided practice of meditation and mindfulness, with option to use guides and videos provided in class (*Thursday, 10/24 PM*)
- Written reflection on target area of improvement and plan to address it (*Friday, 10/25 PM*)

*Synchronous session agenda:*

**Tuesday, 10/22/24, 9:00 AM – 11:00 AM**

***Global Medicine: Self-Reliance and Community amidst Resource Scarcity***

MEETING LOCATION: Scaife Hall, West Wing

Students will hear from an experienced global medicine physician, who will share effective self-driven and community-based strategies for resilience in demanding, resource-scarce situations.

***Confirmed Speaker: Dr. Thuy Bui (Global Medicine)***

**Wednesday, 10/23/24, 2:30 PM – 4:30 PM**

***Palliative Care: Coping amongst Sickness and Death***

MEETING LOCATION: Scaife Hall, West Wing

Students will hear from a palliative care specialist, who will coach them through preparative and responsive coping strategies for working with sick and dying patients.

***Confirmed Speaker: Dr. Amar Bansal (Palliative Care)***

**Thursday, 10/24/24, 9:30 AM – 11:30 AM**

***Trauma Surgery: Self-Centering in Time-Sensitive Situations***

MEETING LOCATION: Scaife Hall, West Wing

Students will hear from an experienced trauma surgeon, who will guide them through time-efficient recentering strategies for life-or-death operating room situations.

***Confirmed Speaker: Dr. Graciela Bauza (Acute Care and Trauma Surgery)***

**Friday, 10/25/24, 9:30 AM – 11:30 AM**

***Spiritual Care: Self-Compassion amidst Clinical Mistakes***

MEETING LOCATION: Phipps Botanical Conservatory, entrance lobby

Students will hear from Dr. Barry Kerzin, personal physician to the Dalai Lama, who will teach them how to reframe clinical mistakes in an honest, mindful, self-compassionate manner.

*Given this session's focus, we propose meeting at Phipps Botanical Conservatory, which underscores themes of nature and intrinsic balance.*

***Confirmed Speaker: Dr. Barry Kerzin (personal physician to the Dalai Lama)***

<b>Schedule splitting:</b>  Would it be possible for students to take SOME of the weekly schedule (e.g., just mornings or just a few half-days), or would you prefer that a student take the schedule in its entirety?  <b>[bold your choice]</b>	<b>Partial OK</b>  Full required
---	--

NOTES:

- Schedules should have activities for students at least 5hr/dy, with at least 2hr/dy synchronous
- Unlike PEC's, students will not receive grades/certificates for flex week completion