

A Model Wellness Program for EM residencies

Key components

- Support from program leadership
- Faculty champion
- Resident involvement
- Faculty mentors
- Monthly resident meetings
- Yearly program retreats

Core content of curriculum

- Fatigue mitigation and recognition
- Time management
- Work-life balance
- Burn out awareness and stress management
- Resiliency
- Compassion fatigue
- Communication
- Nutrition
- Career development
- Litigation stress management
- Mindfulness

Formats and Adjuncts

- Didactics
- Small group
- Readings
- Practical experiences
- Self-monitoring
- Focus on lifelong learning and skills
- Access to institutional wellness program and committee

Key References

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