

EM•PPowered (Emergency Medicine Personal and Professional Wellness, Renewed Engagement and Development) Elective

Director: Diann Krywko, MD

Description: This elective 2-week rotation is ideal for all Emergency Medicine Senior Residents with a particular interest in Emergency Medicine Personal and Professional Wellness and Development. The rotation incorporates self-directed reading, including one from a collective literature on above topic, and one of choice if desired by resident, with approval of course director. Residents will gain knowledge in the area of expertise in the chosen literature and skills leading to increased career satisfaction and success. Personal wellness will be a key component, focusing on circadian rhythm foundation and exercise, as well as relationship focus. Further, attention on renewed energy and engagement through planned vacation and removal from work stress and electronics will be incorporated. This rotation will emphasize areas of educational development that the resident would not ordinarily be exposed to on other rotations in the depth as allowed here.

Target Audience: 3rd year Emergency Medicine Residents

Available Positions: The EM•PPowered rotation will accept 1-2 residents per month.

Goals & Objectives:

- To appreciate what means to be 'well', both personally and professionally.
- Gain insight and develop acumen in at least one professional development skill through reading.
- Effectively refine presentation skills and public speaking while presenting knowledge gained in literature read via presentation during didactics.
- Self-advocate professional development through composition of personal statement and CV completion.
- Recognize importance of and demonstrate personal wellness through sleep, exercise and relationship focus.
- Provide on allocated assignments, during final meeting with director.

Teaching Methods

The majority of teaching is self-directed, though the director will meet with the resident at the beginning of the rotation and at the termination of the rotation. The resident is expected to actively work on the requirements throughout the month, with exception of planned, dedicated vacation. This time should not be used to work on requirements, hence potentially partially defeating the purpose of the rotation. At the conclusion of the rotation, successful completion and submission of the required items, including the E-value evaluation, will result in passing of the rotation.

Elective Requirements

a) E-Value Pre-Test

- i) Complete within first 3 days of rotation.

b) Required Readings

- i) 7 articles listed below.
- ii) 1 required book from approved list. See course director for additional literature approval.
(1) Complete prior to final meeting with course director.

c) Required Activities

i) Professional

- (1) Present knowledge gained in literature read in a EM didactic presentation to residency program.*
(a) Min 15 min, Max 30 min
- (2) Compose personal statement/biographical sketch.*
- (3) Update CV.*

ii) Personal

- (1) Sleeping Log (7 – 9 hours/day).*
- (2) Exercise Log (following AHA guidelines).*
- (3) Reconnect with ≥ 1 person that medicine has caused you to drift apart from.*
- (4) Schedule 1 appointment for personal wellness (if due): i.e. dental, medical, hygiene.*
- (5) Vacation/Staycation for ≥ 1 weekend, with no clinical/lecture/electronic duties.*

d) Final Assessment

- i) Meet with Course director for course analysis and discussion, demonstrating completion of all required activities.
- ii) Complete Elective Faculty evaluation.
(1) Complete by the last day of the month.

e) E-Value Post Test

- i) Complete within 4 days of rotation completion.

f) Optional

- i) Read additional personal or professional development book.
- ii) Develop one EM•PPowered residency and/or elective program idea for consideration to initiate that advocates personal and/or professional wellness.

Required Reading

Articles

1. <https://sleepfoundation.org/media-center/press-release/national-sleep-foundation-recommends-new-sleep-times>
2. http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/StartWalking/American-Heart-Association-Guidelines_UCM_307976_Article.jsp#.V47i4jbFtsM
3. https://www.aamc.org/members/gfa/faculty_vitae/150040/cv_cv_bios.html
4. <http://www.ncbi.nlm.nih.gov/pubmed/3735367>
5. <https://www.acep.org/content.aspx?id=22722>
6. [http://www.annemergmed.com/article/S0196-0644\(13\)00002-4/fulltext](http://www.annemergmed.com/article/S0196-0644(13)00002-4/fulltext)
7. <http://www.physiciansweekly.com/substance-use-disorders-emergency-physicians/>

Books

Author

Great by Choice- Uncertainty, Chaos, and Luck...Why Some Thrive Despite Them All	Jim Collins
Good To Great-- Why Some Companies Make the Leap...And Others Don't	Jim Collins
The Road to Character	David Brooks
Start. Punch Fear in the Face, Escape Average, Do Work that Matters	Jon Acuff
Perfect Phrases for Healthcare Professionals-Hundreds of Ready to Use Phrases	Rotte /Lopez, MD
Perfect Phrases for Dealing with Difficult People - Hundreds of Ready to Use Phrases for Handling Conflict, Confrontations and Challenging Personalities	Susan Benjamin
Crucial Confrontations-Tools for Resolving Broken Promises, Violated Expectations, and Bad Behavior	Patterson, Grenny, McMillan, Switzler
Difficult Conversations: How to Discuss What Matters Most	Douglas Stone, Bruce Patton
The Seven Habits of Highly Effective People: Powerful lessons in Personal Change	Stephen Covey
How to Win Friends and Influence People	Dale Carnegie
The Power of a Positive No- Save the Deal, The Relationship and Still Say No	William Ury
The Tipping Point: How Little Things Can Make a Big Difference	Malcolm Gladwell
Outliers: The Story of Success	Malcolm Gladwell
What the Dog Saw: And Other Adventures	Malcolm Gladwell
Blink: The Power of Thinking Without Thinking	Malcolm Gladwell
What Would Ben Graham Do Now? A New Value Investing Playbook for a Global Age	Jeffrey Towson
SWAY: The irresistible pull of irrational behavior	Ori Brafman/Rom Brafman
If Disney Ran Your Hospital: 9 ½ Things You Would Do Differently	Fred Lee
Tribal Leadership: Leveraging Natural Groups to Build a Thriving Organization	Logan, King, and Fischer-Wright
Population Health- Creating a Culture of Wellness Combination	Nash, Reifsnyder, Fabius, Pracillo
Hey Cupcake! We are ALL Leaders	Liz Jazwiec
Eat that Cookie! Make Workplace Positivity Pay Off... For Individuals, Teams and Organizations	Liz Jazwiec
EntreLeadership: 20 Years of Practical Business Wisdom from the Trenches	Dave Ramsey
Boundaries for Leaders: Results, Relationships, and Being Ridiculously in Charge	Henry Cloud
Getting to Yes: Negotiating Agreement Without Giving In	William Ury
Getting Past No: Negotiating in Difficult Situations	William Ury
Hardball for Women: Winning at the Game of Business	Pat Heim/Tammy Hughes
Knowing Your Value: Women, Money, and Getting What You're Worth	Mika Brzezinski
Be Your Own Mentor: Strategies from Top Women on the Secrets of Success	Sheila Willington/Betty Spence

Breaking into the Boardroom: What Every Woman Needs to Know,
When Talent and Hard Work Aren't Enough

Melia Jinx

Ask for It- How Women Can Use the Power of Negotiation
to Get What They Really Want

Linda Babcock/Sara Laschever

Secrets of Six-Figure Women: Surprising Strategies to Up Your Earnings
and Change Your Life

Barbara Stanny

Nice Girls Don't get Rich- 75 Avoidable Mistakes Women Make with Money

Lois Frankel, PhD

Smart Money Smart Kids: Raising the Next Generation to Win with Money

Dave Ramsey and Rachel Cruze

The Total Money Makeover: A Proven Plan for Financial Success

Dave Ramsey

Complete Guide to Money: The Handbook of Financial Piece University

Dave Ramsey