

**Marshfield Clinic- Division of Education/Ministry St. Joseph's Hospital  
Resident Well-Being Retreat Agenda and Objectives  
Thursday, September 22, 2016  
Mead Wildlife Area**

**8:30 a.m. - 9:00 a.m.          Continental Breakfast**

**9:00 - 9:10                      Retreat Overview: Dr. Schulein, RWBC**  
**-Objectives: 1. Learn a strategy to support your enthusiasm and professionalism as you start each day; 2. Identify 2 benefits to your well-being and career from participating in a retreat**  
**-General Competencies related to this: Professionalism**  
**-CLER Focus Areas: Duty Hours/Fatigue Management & Mitigation; Professionalism (Pathway 2)**

**9:10 - 9:20                      Retreat Introduction: Dr. Jansen, Director, Division of Education**  
**-Objectives: Learn 2 reasons for institutional support for your retreat and concern for resident well-being.**  
**-General Competencies related to this: Systems Based Practice; Professionalism**  
**-CLER Focus Areas: Professionalism (Pathway 2)**

**9:20 - 9:25                      Introduction to the Mead Wildlife Reserve**  
**Pam Resech, Mead Wildlife Conservation Educator**  
**-Objectives: 1. Learn about the Mead as a setting to enjoy during residency; 2. Identify the value of 'Vitamin N' in well-being and resiliency**  
**-General Competencies related to this: Patient Care**  
**-CLER Focus Areas: Duty Hours/Fatigue Management & Mitigation**

**9:25 - 10:15                      Fatigue/Stress Management Tools: Yoga & Breathing**  
**Dr. Sojka**  
**-Objectives: 1. Describe the linkage between use of yoga and breathing techniques in management of fatigue and stress; 2. Practice basic yoga and breathing techniques during the retreat; 3. Identify 2 situations in which residents could use these tools to manage fatigue and stress.**  
**-General Competencies related to this: Patient care**  
**-CLER Focus Areas: Duty Hours/Fatigue Management & Mitigation (Pathway 2)**

10:15 -10:30	Group Picture/Break
10:30 – 10:45	<p><b>New Residents Meet and Greet</b></p> <p><b>-Objectives:</b> 1. Complete a formal meet and greet with the group; 2. Throughout the day, each resident engages in conversation with new residents to learn about them, their interests and how they may collaborate in learning and patient care during residency. -General Competencies related to this: Interpersonal and Communication Skills -CLER Focus Areas: Professionalism (Pathway 2)</p>
10:45 - 11:45	<p><b>Building Your Self-Care Plan</b></p> <p>Dr. Schulein</p> <p><b>-Objectives:</b> 1. Construct a self-care plan that includes 2 observable self-care activities (OSCA) for biological, psychological, social aspects of well-being; 2. Share your preliminary plan with at least one other resident for mutual support; 3. Identify 3 tools that will help you initiate and sustain your self-care plan -General Competencies related to this: System-Based Practice -CLER Focus Areas: Duty Hours/Fatigue Management &amp; Mitigation (Pathways 2, 3)</p>
11:45 - 12:00	<p><b>Resident Annual Health Survey</b></p> <p><b>-Objectives:</b> 1- Complete a self-assessment of wellness activities engagement, sleepiness, and depression; 2- Describe linkages between components of well-being on the survey to performance on the general competency of patient care. 3-Identify 2 supports, including their self-care plan and 2 potential challenges to well-being based upon their self-survey. -General Competencies related to this: Patient Care; Medical Knowledge Practice-based Learning and Improvement; Interpersonal and Communication Skills; Professionalism; Systems Based Learning -CLER Focus Areas: Duty Hours/Fatigue Management &amp; Mitigation (Pathway 5)</p>
12:00 - 1:45	<p><b>The Goldberg Skits and Lunch</b></p> <p><b>-Objectives:</b> 1. Identify common stresses residents encounter in residency; 2. Portray these stresses in skits along with positive or negative examples of their management; 3. Discuss the usefulness of the strategies for coping with the stress and how those can be applied in their lives. -General Competencies related to this: Patient Care; Medical Knowledge; Practice-based Learning and Improvement; Interpersonal and Communication Skills; Professionalism; Systems Based Learning</p>

**1:45 - 3:00**

**Wellness Activities**

**-Objectives: 1. Participate in a variety of activities that support engaging with peers; 2. Explore activities to incorporate in self-care practices; 3. Experience the rejuvenating effects of participating in a retreat.**  
**-General Competencies related to this: Professionalism**

**3:00 - 4:15**

**Reflections on Residency: Chiefs Presentations**

**-Objectives: Learn from the chiefs' reflections at least 2 ideas they can apply to support their success and well-being.**  
**-General Competencies related to this: Professionalism; Practice-Based Learning and Improvement; Patient Care; Systems Based Learning**  
**CLER Focus Areas: Professionalism (Pathway 1,2)**

**4:15 - 4:45**

**Closing**

**-Objectives: 1. Residents share ways they will integrate ideas from the retreat into residency; 2. Complete the retreat evaluation.**