Marshfield Clinic 2017 Annual Residents Retreat
Intentions Made for How to BE During the Retreat

1. Happy
2. Free
3. Present
4. Relaxed
5. Relentless
6. Lazy
7. Amazing
8. Entertained
9. Own it
Dr. Jansen, Division of Education director, welcomed residents to their retreat

- Our new residents and fellows belong here
- Please welcome them
- Please sign their bandanas
8:30 - 9:00  Continental Breakfast

9:00 - 9:10  Retreat Overview: Dr. Schulein, RWBC
- Role and Value of Retreats: Evidence Base/Systems Base
- Setting Intentions

9:10 - 9:25  Retreat Introduction: Dr. Jansen, Director, Division of Education
- Objectives: Learn 2 reasons for institutional support for your retreat and concern for resident well-being.

9:30 - 10:00  Resident Annual Health Survey and Self-Care Plans
- Objectives:
  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.

10:00 - 11:00  Fatigue/Stress Management Tools: Yoga & Breathing
- Dr. Sojka
- Objectives:
  1. Describe the role of yoga and breathing in a self-care plan to manage 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.
11:00 - 12:00 Dr. Michael Miller Keynote Observations and Advice From a Career Working with Residents

12:00 – 1:45 Lunch, and Goldberg Skits
  Objectives:
  1. Residents learn about each other’s interests & activities that support self-care and resilience
  2. Residents learn from each other optimal ways to collaborate in learning and patient care
  3. Residents engage with residents from other programs during the wellness activities

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.
  4. Throughout this time, residents introduce themselves to each other and sign each other’s bandanas

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 in residency.

4:15 - 4:45 Closing
  -Objectives:
  1. Complete the retreat evaluation
  2. Awards presented for: best skit and resident’s most signed bandana
Yoga and Fatigue Management
On The Fly in the Medical Center
Yoga at The Mead
Resident Generated Fatigue Warning
Signs to Prompt use of Strategies

1. Looking rough
2. Bags under eyes
3. Cranky
4. More Coffee
5. ▼ Concentration
6. ▲ Apathy
7. ▼ Motivation
8. ▲ Forgetfulness
9. ▲ Cravings (Ice cream)
10. Weight loss
11. ▲ Alcohol
Keynote: Dr. Miller, A Pediatric Psychologist’s Observations and Advice From A Career Working with Residents
The Lords of Medicine: A Reckoning with Their Arrogance
“She doesn’t even look like a doctor!”
Welcome to Fleet Farm
The Retreat: “I have a form for you”
Beware Intern 2000!
Tom, “The Mean, Mean Mean Surgical Resident” (Stereotypes vs. Reality)
The Residents’ Mothers Support Group
The Resident Family Feud: The Survey of 100 Residents said....
Breakfast and Lunch
Ice cream Bar Break
Butterfly Catch and Release