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UNM GME Resources - July 2017

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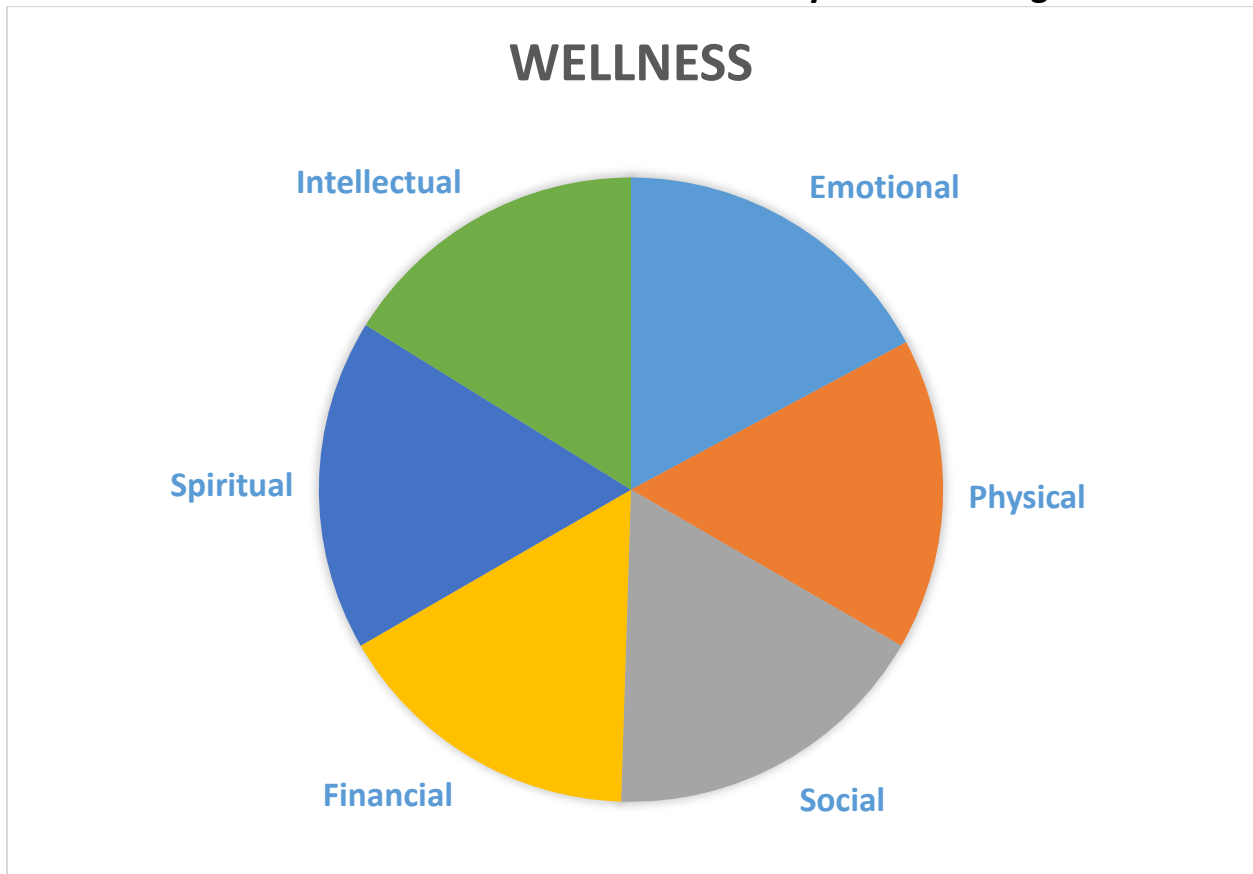
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UNM Resident Physician Wellness Resources

June 2017

Your wellness is essential to thriving in residency. At UNM, we offer resources to address all the different domains of your well-being.



For general wellness and support:

Office of Graduate Medical Education:

Joe Sparkman, Program Manager, Graduate Medical Education JSparkman@salud.unm.edu

Betty Chang, MD, Associate Dean of Graduate Medical Education BetChang@salud.unm.edu

505-272-6225

Office of SOM Wellness:

Liz Lawrence, MD, Director School of Medicine Physician Wellness ELawrence@salud.unm.edu

Eileen Barrett, MD, Director, GME Wellness EBarrett@salud.unm.edu

Your program:

Don't forget your Chief Resident, Program Coordinator, Program Director, the education leadership in your Department, your Division/Department Chair, and other faculty mentors.

The UNM Center for Life - <http://unmmg.org/clinics/cfl/>



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The UNM Center for Life (CFL) is an Integrative and Inter-Cultural Center for Prevention and Wellness, treating people with a wide range of health issues, using a vast array of ancient and modern techniques.

Emotional Wellness:

- Jeff Dunn, MD, Psychiatrist available to see residents. 505-272-6130 or JeDunn@salud.unm.edu
- Agora Crisis Center- local resource: <http://www.agoracares.org/> or 505-277-3013 or 866-HELP-1-NM
- Outcomes New Mexico - Employee Assistance Program - counseling with 24 hour crisis availability
 - <https://www.outcomesnm.org/contact-us/schedule-an-appointment/>
 - 505-243-2551
- CARS (Counseling Assistance and Referral Services) on main campus: 505-272-6868
 - open weekdays 8-noon and 1-3:30

Financial Wellness:

- Help with understanding student loans: Janell Rae Valdez JaValdez@salud.unm.edu

Intellectual Wellness:

- UNM library: Many books, journals, and online resources available from your computer or electronic device. Accessible with your UNM login account at <http://hslic.unm.edu>
- Look for opportunities in your program for journal club, resident school, noon conference, morning report – and for funding opportunities to travel to regional and national conferences or to support research.

Spiritual Wellness:

- The UNMH Pastoral Care Department offers support to patients, families, and staff, inclusive of all faith backgrounds and religious affiliation. <http://hsc.unm.edu/health/patients-visitors/spiritual-care.html>
- The North Campus meditation group meets every Monday and Friday from noon - 1:00 in Room 2403 of the Domenici North building (near the Anatomy Lab).

Social Wellness:

- The UNMH Alliance is a local chapter of the AMA Alliance, with a mission to support the partners and families of residents and medical students throughout their medical training in Albuquerque. Visit them at:
 - Facebook: <https://www.facebook.com/groups/unmmedspouses/>
 - Website: <https://unmhalliance.wordpress.com/>
- Individual programs sponsor resident retreats and gatherings. Chief residents also routinely organize get-togethers in each program.



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Physical Wellness:

- UNM Wellness Center 2nd Floor Dominici West (above the book store)
 - Use your badge to access the gym.
 - Showers and lockers are available.
 - Open Monday-Thursday 6am - 11pm; Friday 6am - 6pm; Saturday 930am-6pm; Sunday noon – 11pm.
 - Hours will be expanded soon, keep an ear out for update
- Rock the Bike (1 bike in each location)
 - 2nd floor College of Nursing and Pharmacy Building
 - Ground floor Fitz Hall (in student lounge, one floor below street level)
- Walking or Running
 - The UNM North golf course has a 2mile trail for runner/walkers.
 - Check out other trails close to UNMH at: <https://hr.unm.edu/wellness/lobo-trails>
- Main Campus Athletic resources: <http://recsvcs.unm.edu>
- On call food in addition to meal money available at:
 - 4W conference room
 - 6 Middle resident lounge
 - Labor and Delivery
 - TSI work room
 - Tully Conference room (6th floor BBRP)
 - ER Call rooms (next to service elevator)
 - Anesthesia work room

Outside resources and references:

- <http://www.black-bile.com/> - a website dedicated to physicians suffering from depression, and those who care about them
- <http://www.ishiprograms.org/about/> - The Institute for the Study of Health and Illness (ISHI) provides education and support for health professionals who aspire to practice a medicine of service, human connection, and compassionate healing
- <http://ephysicianhealth.com/> - The world's first comprehensive, online physician health and wellness resource that helps physicians, residents, and medical students be resilient in their professional and personal lives.
- <http://scpmgphysicianwellness.kaiserpermanente.org/> - Kaiser program for Physician Wellness
- <http://cmbm.org/> - Center for Mind-Body Medicine - access to evidence-based strategies for relieving stress and promoting wellness
- <https://www.bhwellness.org/toolkits/Work-and-Well-Being-Toolkit-for-Physicians.pdf>
- University of Colorado toolkit for promoting well-being for physicians
- <http://wellmd.stanford.edu/> - Stanford School of Medicine website to promote physician health and resiliency.
- <http://www.thehappy.md.com/> - Dike Drummond's website about physician burnout and solutions

