

Family Medicine Residency Program

Program Policy

SUBJECT: Resident Counseling and Well Being

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Because of the sustained mental and physical effort which is inherent in graduate medical education, episodes of physical and emotional stress may become a problem at times during your time of training. Physician “burn out” is a very common event in the field of medicine today. Should this occur, it is extremely important that you share this with the Director and/or the faculty. In some situations it may be important to involve the Chief Resident. The individual the resident chooses to approach first about the problem is not as important as the fact that the resident will need to talk with someone. Residents are also required to attend a lecture and video program to educate residents on ways to recognize and counteract the signs of fatigue and sleep deprivation.

The Resident Support Group can serve as another means for communicating personal, environmental, professional, or physical stress issues. This group serves as a formal organization for residents to have an open forum to communicate and exchange information on their educational and work environment, their programs, and any other resident issues. The group meets quarterly and is facilitated by the retired hospital Chaplain, Rev. Del Parris. Residents may raise and resolve issues without fear of intimidation or retaliation. The group also promotes physician well being and prevention of physician impairment. The residents are free to express personal concerns outside of the structured group for individualized attention

Many times simply discussing the problem with Family Practice faculty will be sufficient; however, at other times counseling or psychological support services may be necessary. Should these become necessary, the Director and faculty will assist with the coordination of these services in a caring and responsive manner. Residents are also eligible to participate in the Associate Assistance Program provided by United Hospital Center, should the resident desire support from outside the residency program.