



Resident's Newsletter

Preparing You for a Successful Career

The Need for Wellness

The ultimate goal of Residency Programs is to train and produce excellent clinical practitioners. While this task is accomplished admirably, the drive for excellence also produces some risky by-products such as stress and depression. Largely ignored in the past, this “hamster-wheel” existence was accepted as a normal rite of passage. Leaders began to see alarming results of this highly stressful lifestyle. Residents were eating horribly, sleeping little and any semblance of a social life was non-existent. Some consequences were deadly, students were taking their own lives or dropping out mid-year. The alarming wake-up brought change: better food available for students, social and mentorship activities were planned outside and awareness activities were introduced to identify and deal with depression and stress management. If your program does not yet have a wellness program, you may be the catalyst to begin one.



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Essentials of Residency Wellness - Fun?



Balance in Life - Professional/Physical/Psychological/Social

It is important for students to learn basic life skills and mechanisms to live a healthy life while they are forming their clinical habits. Some important facets of a successful Wellness Program include:

- Mindfulness training and opportunities
- Tools to recognize depression and act immediately
- Participation in Social Activities and Mentorship

Early PPE?



Not all 17th Century plague doctors wore these masks, but it might have actually helped them live. Although the object was to load the beak with spices and herbs to avoid the horrible smell, (miasma) which they thought spread the disease, the mask might have protected them somewhat.