

Wellness Assessments For Medical Residents

Presentation by John Hardman

Director of Spiritual Care & Education

Overview

To provide to Medical Residents a half hour structured wellness assessment that focuses on the emotional and related relational health and wellbeing of the resident.

The Providers

1. The providers will be both Staff Chaplains and Chaplain Residents.
2. Trained to be Interfaith Chaplains. What does that mean?
3. Interfaith means that the chaplain is trained to meet people at the point of their faith background or in a context of no faith background.

Will Chaplains make this Religious?

- NO!
- Chaplains engage people around faith issues only as the client raises issues of faith.
- If the Medical Resident doesn't mention faith or religion, then neither will the chaplain.
- Again, if faith or religion is inserted into the conversation by the Medical Resident they will be met at the point of their faith not the chaplain's.

What the Assessment will look like

- The assessment will begin with assessment of their current emotional health.
 - How would you describe your current emotional health?
 - What, if anything, affects your mood or stamina for working?
 - What things do you have a hard time letting go of?
 - How are you sleeping?
 - These are examples of some of the things that will be included.

Relational Assessment

- Do you have significant relationships outside of work that you participate in regularly?
- How would you describe the impact of your work on those relationships?
- If possible, how would those relationships be different if the stress of working here was less?
- How might those relationships be renewing to you?
- These are samples of some of the questions.

Self Care Assessment

- What resources do you have for self care?
- Another way of saying that is, “What decreases the stress in your life?”
- How often are you able to use those resources?
- How would you describe the effectiveness of those resources currently?
- Discuss the place of relationships in self care.

Review with Resident the Assessment

- What strengths were found.
- What concerns were identified.
- The Plan going forward. Which may include identifying options for follow up.

Review with the Resident Helping Resources Available

- Additional session(s) with a chaplain directed at identified issues.
- Resources available through the Medical School program for wellness.
- Referral to a mental health specialist.

The Medical Student is in control of the session as to what is discussed or not.

The Medical Student has the opportunity to use the session for maximum benefit or not.

You are in the driver's seat!

Questions

