



Collectively,  
the Provider Care Curriculum is  
designed to encourage resident  
wellness through the promotion of  
stress mitigation strategies,  
practicing and discussing strategies  
to maintain resiliency, and an  
introduction to various exercises  
outlets and tools to address  
physician burnout.



Through collaborative work  
between multi-disciplinary faculty  
and resident representatives  
at each health center  
and the central residency, the  
curriculum is implemented across a  
series of diverse settings (such as the  
Worcester Art Museum),  
and through a variety of different  
modalities (such as exercises,  
didactics, retreats, and small group  
sessions).

## Additional Wellness Opportunities

- **Residency Newsletter** In our monthly residency newsletter, Dr. Runyan includes a "Wellness Moment." Recent article topics include:
  - Being Unapologetically and Authentically YOU!
  - I'm Smiling and You Should, Too!
  - Stepping Outside of Your Comfort Zone
- Resident Participation on the Faculty Wellness Committee to promote culture change at the Departmental and Institutional level
- Free access to the Albert Sherman Fitness Center
- Free access to the Worcester Art Museum
- Reduced pricing to the Hanover Theater for Performing Arts
- Publishing opportunities in the Thursday Morning Memo and Streams of Consciousness

**For more information about the Provider Care Curriculum at our residency, contact:**

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UMMS • WFMR

## Provider Care Curriculum

We are excited to introduce our innovative, longitudinal Provider Care Curriculum at the UMass Worcester Family Medicine Residency!



*A reflective walk in the woods  
with our Barre residents*

*"I have found the intern wellness curriculum to be excellent...it has reminded me again and again that taking exceptional care of my patients requires me to first take care of myself. The exercises have become a part of my everyday wellness practice."*

*Anthony Lorusso, MD  
Third-Year Resident*



*WFMR Class of '20 at the Worcester Art Museum*



*Residents at the Worcester Art Museum*



*Resident Artwork*



*Team Building Exercise*



*Poetry Exercise*



*Improvisation Workshop at Hanover Theater*

## EXCERPT FROM OUR PGY-1 PROVIDER CARE CURRICULUM

<b>Worcester Art Museum</b>	<p>Interns are introduced to the Provider Care Curriculum during this interactive, afternoon session during Orientation Week. Residents participate in various exercises introducing mindfulness, medical narrative, reflective writing, and the visual arts set to the backdrop of the beautiful Worcester Art Museum.</p>
<b>Medical Humanities Sessions</b>	<p>During the intern year, residents have protected time to participate in Medical Humanities sessions (broken down by reflective writing, medical narrative, and the visual arts) and during their Physician as Leader Block. Each session includes skill building exercises and small group discussion. Interns are encouraged to submit their work to the Thursday Morning Memo and other publications.</p>
<b>Physician Wellness Sessions</b>	<p>Every year, residents have dedicated time to devote to learning, practicing and discussing strategies to maintain resiliency and prevent burnout. PGY-1 has roughly 4 hours within the Physician as Leader Block dedicated to wellness sessions led by faculty or a behavioral science fellow. Additionally, interns have protected time to attend Physician Wellness sessions.</p>

Under the direction of Dr. Sherrilyn Sethi and Dr. Tina Runyan, the curriculum is designed to collaborate with other programs in the residency by creating an environment which residents participate in exercises designed to foster:

- Compassion (compassionate care)
- Humanism (humanistic interaction)
- Empathy (empathic conduct)
- Professionalism
- Effective communication

The Curriculum is experienced through various exercises conducted both on-site and off-site:

- Reflective writing
- Narrative medicine
- Arts in residency education
- Mindfulness practice
- Meditation
- Appreciative inquiry
- Small group sharing