

Collectively, the Provider Well-Being 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 and Worcester Art Museum
- Reduced pricing to the Hanover Theater for Performing Arts
- Publishing opportunities in the Thursday Morning Memo and Streams of Consciousness
- Yoga and Meditation areas for residents, including equipment available to check out

For more information, contact:

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Provider Well-Being Curriculum

Our innovative, longitudinal Provider Well-Being Curriculum at the UMass Worcester Family Medicine Residency!



A reflective walk in the woods with our Barre residents

"I have found the resident well-being 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
WFMR Graduate, 2018

**EXCERPT FROM OUR
PROVIDER WELL-BEING CURRICULUM**



WFMR Class of '20 at the Worcester Art Museum

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
- Meaningful Medicine groups



Residents at the Worcester Art Museum



Resident Artwork



Team Building Exercise



Poetry Exercise



Improvisation Workshop at Hanover Theater

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| <p>Worcester Art Museum</p> | <p>Residents are introduced to the Provider Well-Being Curriculum during these interactive, afternoon sessions. 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> |
| <p>Medical Humanities Sessions</p> | <p>In the second and third years, residents have protected time to participate in Medical Humanities sessions (broken down by reflective writing, medical narrative, and the visual arts.) Each session includes skill building exercises and small group discussion. Residents are encouraged to submit their work to the Thursday Morning Memo and other publications.</p> |
| <p>Physician Wellness Sessions</p> | <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, residents have protected time to attend Physician Well-being sessions.</p> |