

Physician Resilience

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PAP and RFAP
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Agenda

- The strengths of resilience
- How they apply to the medical career journey
- Relevant suggestions and stories

What Does Resilience Mean to You

- The ability to bounce forward, to come back from adversity or challenging situations with hope.



Other Definitions

- “Resilience is the strength and speed of our response to adversity.”
 - Adam Grant, psychologist and co-author of OptionB



Five Principles of Resiliency

- ***Principle 1: Let your worldview shatter***
- ***Principle 2: Find someone you can count on***
- ***Principle 3: Realize that you don't have all the time in the world – so don't waste it***
- ***Principle 4: Focus on planning, not positivity***
- ***Principle 5: Practice future-focused forgiveness***

- *A Guide to Grounded Hope, Lee Daniel Kravetz*

7 Inner Strengths of Resiliency

- ◆ ***Emotion Regulation*** – keeping feelings in check to stay goal focused
- ◆ ***Impulse Control*** – keeping behaviors in check to remain goal focused
- ◆ ***Realistic Optimism*** – belief in a bright future, but in accord with reality

- *Phoenix Life Academy, Adaptiv Learning Systems, 2010*

7 Inner Strengths – cont.

- ◆ ***Self-Efficacy*** – your belief in yourself as a problem solver
- ◆ ***Causal Analysis*** – accurately & comprehensively locating the causes of an adversity and solving what you can
 - *Phoenix Life Academy, Adaptiv Learning Systems, 2010*

7 Inner Strengths – cont.

- ◆ ***Empathy*** – your ability to understand others' feelings and what motivates them
- ◆ ***Reaching Out for support***– a measure of your willingness to take on new challenges and opportunities

- *Phoenix Life Academy, Adaptiv Learning Systems, 2010*

- Expressing Anger (which is unprofessional)



INTERSECTION



- Reasonable justification to be angry (sub-optimal resident performance)
- Expressing anger: Data not strong for changing behavior or increasing learning

Quotes

◆ *“... Anyone can be angry, that is easy, but to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way - - this is not easy.”*

Aristotle

◆ *“... Rhetoric is the art of the good man speaking well.”*

Cicero

◆ *“... Rhetoric is the art of finding, in any given situation, all the available means of persuasion.”*

Aristotle

◆ *“Illegitimi non carborundum.”*

Anonymous

◆ **“Irish Diplomacy:** *The art of telling someone to go to hell, and having them look forward to the trip.”*

Diagnostic Questions

- How can I offer my experience in order to cure illness and at the same time stay open to what my patients have to teach me about their own healing?
- How can I maintain an empathetic connection with my patients and at the same time protect myself?

- Nedrow, Steckler, Hardman, *Physician Resilience and Burnout: Can You Make the Switch?*

Fun Quotient

The amount of time spent on fun, times a weighted factor from 0 to 1 for the quality of fun, divided by a total period of time in question.

Michael Iademarco, M.D., M.P.H.

Gap Management

Reading List

Square One

By: Joseph C. Maroon, MD, FACS
Carrie Zuberbuhler Kennedy, Med

OptionB

By: Sheryl Sandberg
Adam Grant

Physician Resilience and Burnout: Can You Make the Switch?

By: Annie Nedrow, MD, MBA, Nicole A. Steckler, PhD, and Joseph Hardman, MD

- *Fam Pract Manag.* 2013 Jan-Feb;20(1):25-30.

The Resilience Factor

By: Karen Reivich, Ph.D. and Andrew Shatté, Ph.D.

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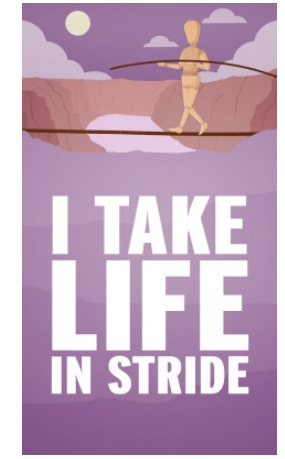
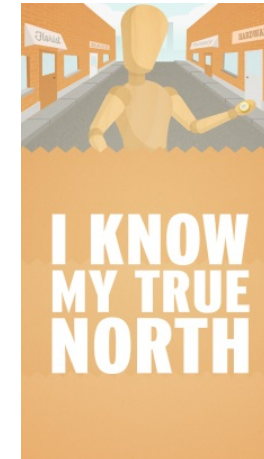
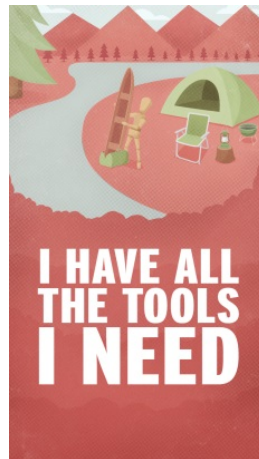
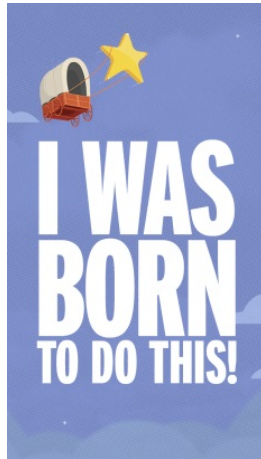
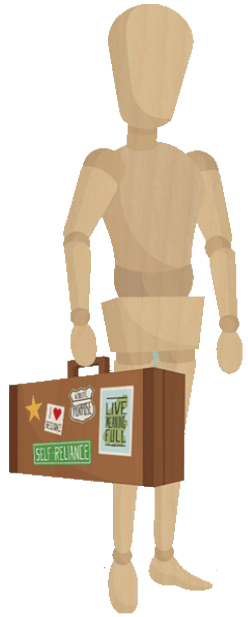
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Resilience Journey

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Beating the Blues

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