Faculty and Resident Wellness
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APDS 3/29/2019. Program Directors/Coordinators Role in the Director of Human Resources

Wellness

CASE 1. ISSUES FOLLOWING CHILDBIRTH

Issue: Eager to return to clinical duties within 2 weeks post delivery
- Team player
- Service coverage
- Delay of graduation date

Resolution: Assured about service coverage. Advised to spend as much time as possible with baby. Asked for release from OB same advice re paternity leave.

Outcomes: Happy medium. Graduated on time. Appreciate the importance of family time.
CASE 2. Physical wellness.

**Issues:** smoking, overweight, abnormal lipid profile

**Resolution:** lead by example

Provide training resources: gym membership discounts, training partners, form a marathon run team, basketball team, triathlon advice and local resources.

**Outcomes:** ½ marathon team (attendings, trainees, NPs), smoking cessation, healthy diet awareness, triathlon bug. Team building!