

**UPMC** LIFE CHANGING MEDICINE  
Heart and Vascular Institute

**Faculty and Resident Wellness**

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residency and fellowship

APDVS 3/29/2019. Program Directors/Coordinators Role as the Director of Human Resources

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**Wellness**

UPMC University of Pittsburgh Medical Center

GME Wellness:

- Career
- Emotional
- Financial
- Physical
- Social
- Spiritual

Check on your GME!

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**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.

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**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 (attending, trainees, NPs), smoking cessation, healthy diet awareness, triathlon bug. Team building!

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