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Using the Social Ecological Framework to Facilitate a Culture of “Joy in Practice”

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Introductions

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Course Objectives

After attending this session, participants will be able to:

- Create a list of personal/team interventions that contribute to a culture of “Joy in practice.”
- Select specific interventions for use in each of the levels of a customized social-ecological framework.
- Learn the process of utilizing the SWOT analysis model to develop a cognitive framework for evaluating the implementation of “Joy in Practice” interventions.

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Poll Everywhere

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Who is here today?

- D/DO Faculty
- Behavioralist
- Fellow
- Program Director

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0%

How long have you been in Graduate Medical Education?

- 0-1 years
- 2-5
- 6-9
- 10+

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What would you like to get out of this session

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Definitions

Burnout

A condition in which an individual experiences a decrease in professional accomplishment due to increases in emotional exhaustion, and depersonalization.

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Have you experienced burn out before or currently

yes

no

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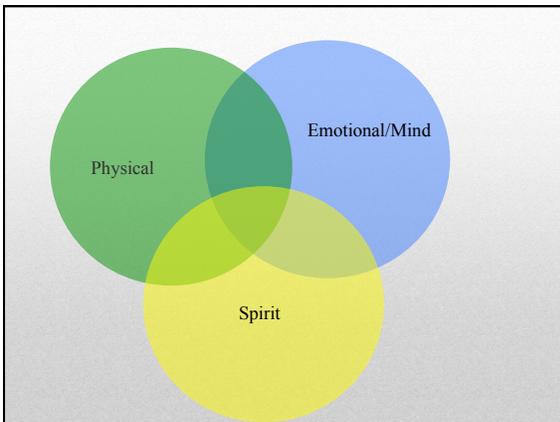
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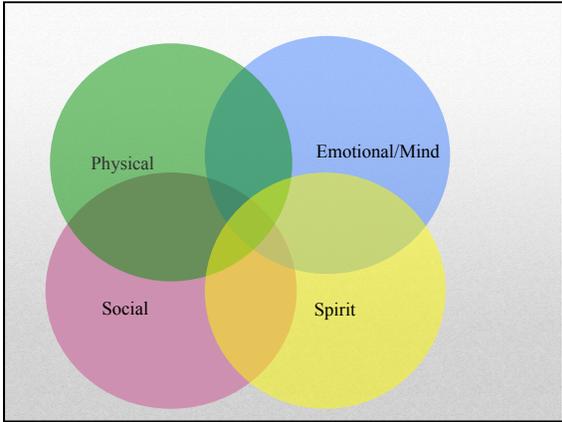
Definitions

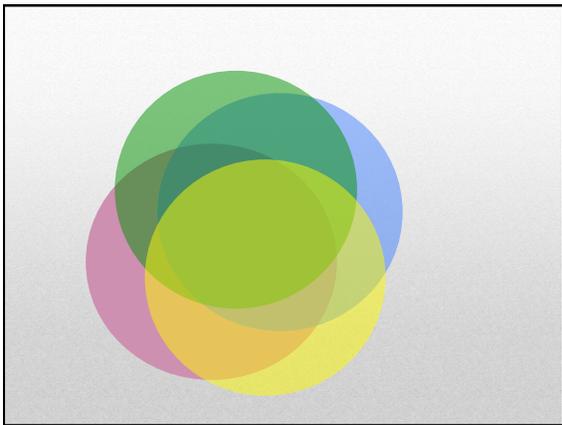
Wellness

"A balance or health in multiple domains:
physical, emotional, social, spiritual."¹

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Mindfulness Exercise

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Definitions

Joy in Practice is not complete wellness, but contributes to wellness. We define this as “career satisfaction in which physicians find joy, spiritual calling and meaning surrounding the physician-patient relationship”²

Joy in Practice = work wellness

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Approximately how long have you experienced "Joy in Practice" in your career?

About 100% of my career

About 75% of my career

About 50% of my career

About 25% of my career

0%

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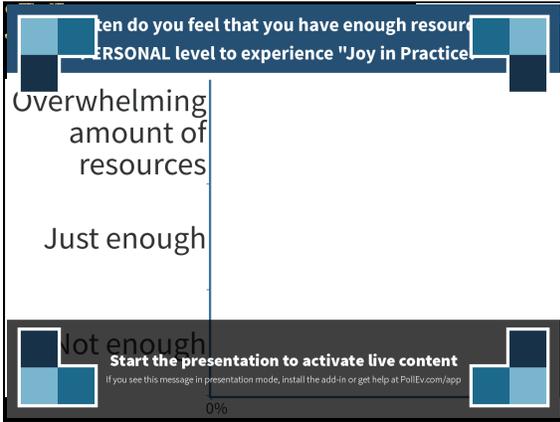
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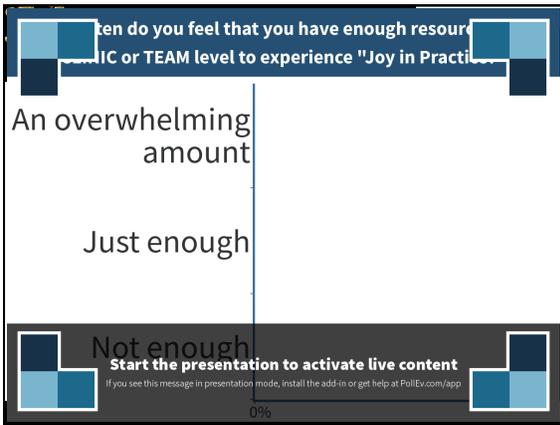
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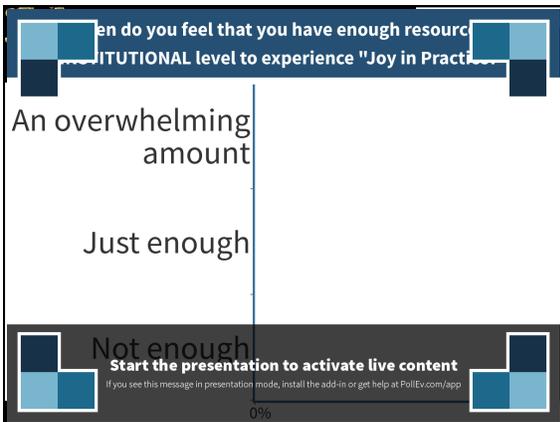
Social-Ecological Framework

Bronfenbrenner's Bioecological Model of Human Development

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How often do you feel that you have enough resources at the NATIONAL level to experience "Joy in Practice"?

An overwhelming...

Just enough

Not enough

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Have you seen some "Joy in Practice" techniques you use implemented?

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Small Group Sessions

Attach techniques to different levels in small groups for 10 to 15 minutes

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Small Group Sessions

Attach techniques to different levels in small groups for 10 to 15 minutes

Chose:

- 1 leader to facilitate the discussion and include everyone
- 1 recorder to write down highlights
- 1 presenter who will bring this back to the whole group

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Group Presentations

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Goal Setting

Choose one strategy/technique to implement.

Pick a socio-ecological level at which to implement your goal.

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SWOT Analysis

Complete the SWOT analysis in your quadrant at your socio-ecological level

SWOT Analysis

	Helpful to achieve objective	Harmful to achieve objective
Internal to the organization	Strengths – attributes that are helpful to achieving the objective	Weaknesses – attributes that are harmful to achieving the objective
External to the organization	Opportunities – external conditions that are helpful to achieving the objective	Threats – external conditions which could do damage to the objective

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An Institutional Model

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Mindfulness exercise

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Conclusion

“Be the change you wish to see in the world”
- Mahatma Gandhi

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