Addressing Wellness in Residency: Ready, Set, Go!

By Amber Pincavage and Jason Poston

Maintaining Wellness at Work during Residency

Burnout or depression are common during residency. Be kind to yourself and accept that you will need to ask for help. Then, learn from the experience rather than beat yourself up when things aren’t going well. You are not alone — these feelings affect many residents and physicians. Several medical education organizations, such as the ACGME, have recently focused on resident wellness and are developing interventions and educational programs.

Many residency programs have resources for wellness and initiatives in place (e.g., resident or hospital wellness committees, wellness curricula, institutional wellness activities, gym memberships, and employee assistance programs for counseling). Listen for resource information during residency orientation and ask about available resources in the beginning of your residency. Take advantage of what’s available and get involved.

Use available resources: Your program director, chief residents, or other programs sponsored by your graduate medical education office, are there to help you and can.

Click here to continue reading.

Hearing Music While Checking a Pulse

By Leanna Wise, MD

A 65-year-old man, who had previously undergone total arthroplasty of both hips, was admitted to the hospital after a fall resulted in the dislocation of his right hip. He had no other injuries from the fall. A handheld Doppler device was used to assess the pulses in his feet. When the probe was placed on the dorsalis pedis of either foot, music could be heard from the device speaker in addition to the pulse (Click here to see video).

This outcome occurred each time that the dorsalis pedis pulse was assessed in either foot and persisted when other handheld Doppler devices were used. The same Doppler devices did not receive music when used on hospital staff members. It was thought that the Doppler may have picked up a radio signal being received by one or both of the patient’s prosthetic hips, although other equipment in the room (such as the hospital bed) could have received the signal. Findings, such as these, should be reported to the facility’s engineering department for further investigation. In this case, no faulty equipment was identified. Eight months after this event, the patient was doing well and had had no further falls.
Loving Kindness Meditation

This meditation will guide you to a deeper appreciation for self and the world around you.

Useful for anyone who desires **inner peace** as well as **general relaxation**.

Click [here](#) to experience this meditation session.

Raffle Update

Continue to click on “**Return Receipt Requested**” to have the chance to be entered in the next raffle, on **January 19th**, for a **$100 Caffe Aldo Lamberti gift card**.

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The weekly winners that will be entered in the raffle for the prize so far are:

- Charla Holdren, DO
- Dennis DeBernardis, DO
- Shawon Akanda, DO
- Christopher Chhoun, DO

Because Silence is Deadening

The **Black-Bile** website is dedicated to physicians suffering from depression, and those who care about them. Depression is a surprisingly common, very serious, yet frequently unrealized, diagnosis among healing professionals, and it is eminently treatable if recognized. Yet far too often, it is not.

Suicide is the most serious result of medical disease of untreated depression.

The loss of a healing professional to a treatable medical disease through ignorance, fear or denial is a travesty.

Help us spread knowledge about physician depression and suicide by visiting and referring others to this site.

If you are a professional suffering from depressive symptoms, please know that you are not alone. Please view this excellent video (click [here](#)) on depression and suicide in physicians by the AFSP, titled “Struggling in Silence.”

If you are a person concerned about suicidal tendencies in any other person, please encourage them to get help from a professional.

If you are a professional and you need resources for dealing with possible suicidality in anyone, please look at this site.

Click [here](#) to explore this website and it’s very beneficial resources.