

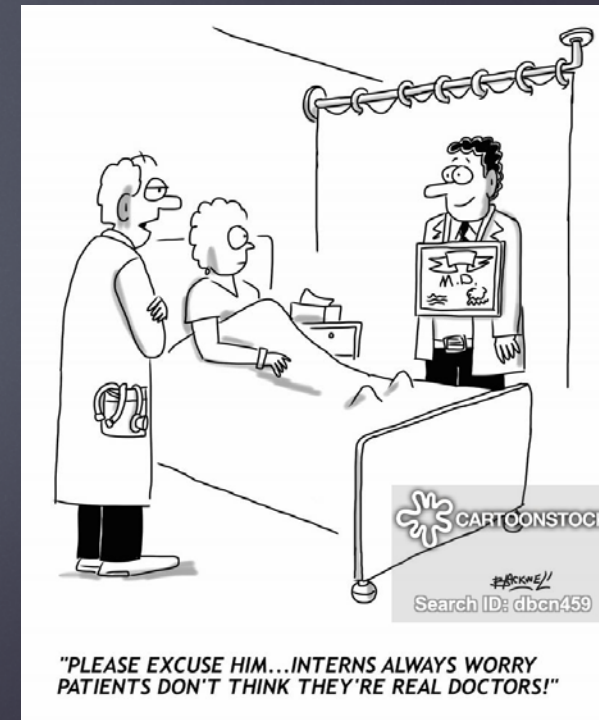
Finding Purpose and Meaning in Medical Training

KELSEY SCHMIDT, MD

FAMILY MEDICINE RESIDENT

Disclosures

- ▶ None
- ▶ My only disclosure is that I am a baby doctor and have much more to learn than I have to share today





How?

VS

Why?

Cultivating knowledge and skills

Acquiring and practicing

Finding meaning and

purpose in our work

Experiencing and reflecting

Residency Education

How and Why

- ▶ Focus on resiliency and wellness
 - ▶ Balint Group
 - ▶ ARRIVE curriculum
 - ▶ Mindfulness training
 - ▶ Resiliency training
- ▶ Pathways- Community, Developmental Disabilities, Geriatrics, Global Health, Integrative Medicine, Maternity Care, Research, Rural Health, Sports Medicine, Women's Health
- ▶ Longitudinal community health projects
- ▶ Helping with medical school education
- ▶ Relationship building – internship buddies, chief residents, clinic mentors, faculty mentors

Resident Interests and Passions



- ▶ “developing a street medicine outreach team for which I am currently a team physician. Working in free clinics and now “going to the people” has brought meaning to my journey and work by allowing me to take medicine beyond the walls of our medical system to those living on the streets”



Resident Interests and Passions



- ▶ “Participating in organized medicine on all levels such as the AMA, AAFP, and WAFP has helped me to realize how I can make systemic change on a policy level...Attempting to change the system for the better outside of my normal work hours rejuvenates my sense of purpose in medicine and why I am doing what I am doing”
- ▶ “I tried to do as much sports medicine related activities whether it was PPE or covering athletic events or local races”

Quality Improvement



INTERPROFESSIONAL **PATIENT SAFETY**

an interactive case-based module

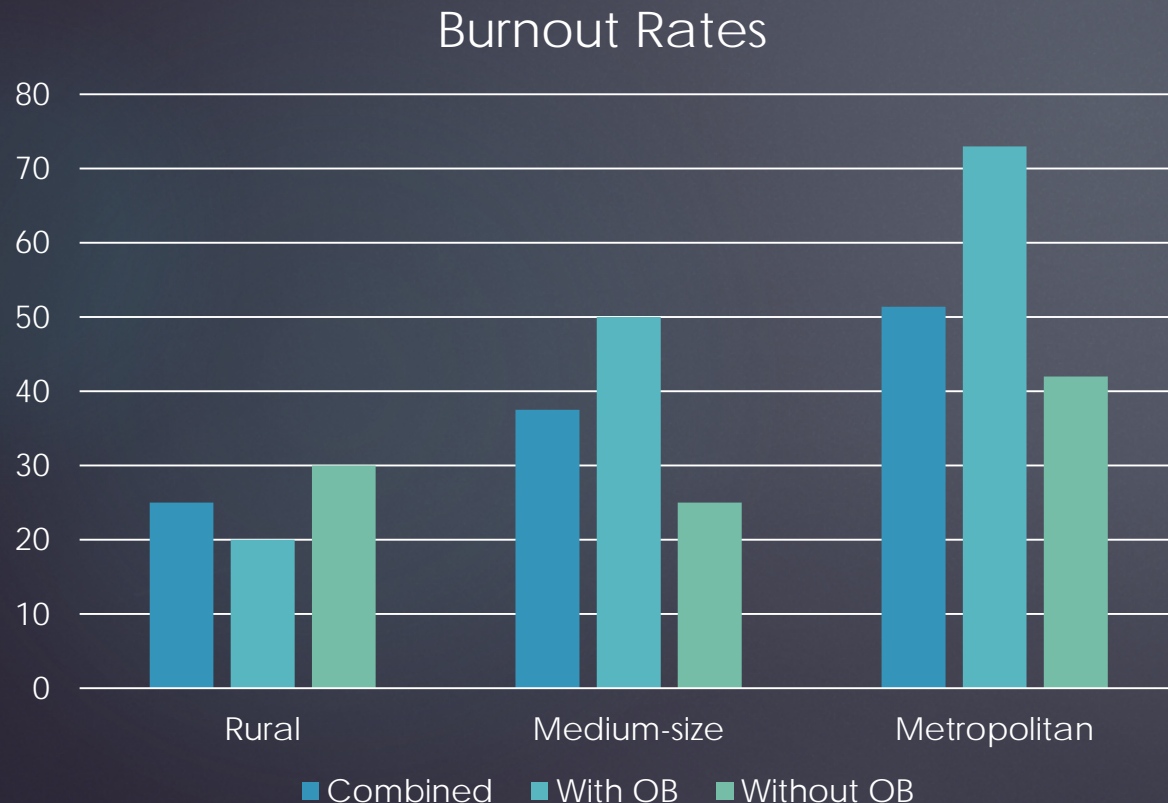


Farmers Health



Plug for Rural Practice

- Small pilot study was published in July 2019 which showed lower rates of burnout for family medicine doctors in rural settings



Mental Health Matters

- ▶ Green County Coalition
- ▶ Started as a Community Health Improvement Project
- ▶ Partnering with Southwest Wisconsin Behavioral Health Partnership
- ▶ Have worked to develop a Mental Health Navigator Position



Thank You!

- ▶ Co-residents – Drs. James Ircink, Mehwish Moinuddin and Taylor Boland
- ▶ Drs. Martonffy, Carlson, and Hahn
- ▶ RHET Staff and Leadership Team
- ▶ Dr. Val Gilchrist
- ▶ Dr. John Beasley
- ▶ Lillian Hung, Lori DiPrete Brown & Sweta Shrestha
- ▶ Emmanuel Guzman, Blaire Bundy, Roberta Rusch, Dr. Tosha Wetterneck

References

Hogue, A & Huntington, Mark. (2019). Family physician burnout rates in rural versus metropolitan areas: a pilot study. South Dakota journal of medicine. 72. 306-309.

Tsai, A, et al. (2017). Meaning and Purpose: Refocusing on the Why in Medical Education. NEJM Catalyst.

<https://cscrprojects.doit.wisc.edu/PatientSafety/#>