7-2017

UNM GME Resources - July 2017

Elizabeth C. Lawrence
University of New Mexico, Elawrence@salud.unm.edu

Follow this and additional works at: https://digitalrepository.unm.edu/omsw

Part of the Community Health and Preventive Medicine Commons, Medical Education Commons, Medical Sciences Commons, Occupational Health and Industrial Hygiene Commons, Other Mental and Social Health Commons, and the Public Health Education and Promotion Commons

Recommended Citation

This Handout is brought to you for free and open access by the HSC Offices and Programs at UNM Digital Repository. It has been accepted for inclusion in Office of Physician and Student Wellness (OPSW) by an authorized administrator of UNM Digital Repository. For more information, please contact disc@unm.edu.
Your wellness is essential to thriving in residency. At UNM, we offer resources to address all the different domains of your well-being.

For general wellness and support:
Office of Graduate Medical Education:
Joe Sparkman, Program Manager, Graduate Medical Education JSparkman@salud.unm.edu
Betty Chang, MD, Associate Dean of Graduate Medical Education BetChang@salud.unm.edu
505-272-6225

Office of SOM Wellness:
Liz Lawrence, MD, Director School of Medicine Physician Wellness ELawrence@salud.unm.edu
Eileen Barrett, MD, Director, GME Wellness EBarrett@salud.unm.edu

Your program:
Don’t forget your Chief Resident, Program Coordinator, Program Director, the education leadership in your Department, your Division/Department Chair, and other faculty mentors.

The UNM Center for Life - http://unmmg.org/clinics/cfl/

This work is licensed under a Creative Commons Attribution 4.0 International License.
The UNM Center for Life (CFL) is an Integrative and Inter-Cultural Center for Prevention and Wellness, treating people with a wide range of health issues, using a vast array of ancient and modern techniques.

**Emotional Wellness:**
- Jeff Dunn, MD, Psychiatrist available to see residents. 505-272-6130 or JeDunn@salud.unm.edu
- Agora Crisis Center- local resource: http://www.agoracares.org/ or 505-277-3013 or 866-HELP-1-NM
- Outcomes New Mexico - Employee Assistance Program - counseling with 24 hour crisis availability
  - [https://www.outcomesnm.org/contact-us/schedule-an-appointment/](https://www.outcomesnm.org/contact-us/schedule-an-appointment/)
  - 505-243-2551
- CARS (Counseling Assistance and Referral Services) on main campus: 505-272-6868
  - open weekdays 8-noon and 1-3:30

**Financial Wellness:**
- Help with understanding student loans: Janell Rae Valdez JaValdez@salud.unm.edu

**Intellectual Wellness:**
- UNM library: Many books, journals, and online resources available from your computer or electronic device. Accessible with your UNM login account at [http://hslic.unm.edu](http://hslic.unm.edu)
- Look for opportunities in your program for journal club, resident school, noon conference, morning report – and for funding opportunities to travel to regional and national conferences or to support research.

**Spiritual Wellness:**
- The UNMH Pastoral Care Department offers support to patients, families, and staff, inclusive of all faith backgrounds and religious affiliation. [http://hsc.unm.edu/health/patients-visitors/spiritual-care.html](http://hsc.unm.edu/health/patients-visitors/spiritual-care.html)
- The North Campus meditation group meets every Monday and Friday from noon - 1:00 in Room 2403 of the Domenici North building (near the Anatomy Lab).

**Social Wellness:**
- The UNMH Alliance is a local chapter of the AMA Alliance, with a mission to support the partners and families of residents and medical students throughout their medical training in Albuquerque. Visit them at:
  - Facebook: [https://www.facebook.com/groups/unmmedspouses/](https://www.facebook.com/groups/unmmedspouses/)
  - Website: [https://unmhalliance.wordpress.com/](https://unmhalliance.wordpress.com/)
- Individual programs sponsor resident retreats and gatherings. Chief residents also routinely organize get-togethers in each program.

This work is licensed under a [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/).
UNM Resident Physician Wellness Resources  
June 2017

Physical Wellness:

- UNM Wellness Center 2nd Floor Dominici West (above the book store)
  - Use your badge to access the gym.
  - Showers and lockers are available.
  - Open Monday-Thursday 6am - 11pm; Friday 6am - 6pm; Saturday 930am-6pm; Sunday noon – 11pm.
  - Hours will be expanded soon, keep an ear out for update

- Rock the Bike (1 bike in each location)
  - 2nd floor College of Nursing and Pharmacy Building
  - Ground floor Fitz Hall (in student lounge, one floor below street level)

- Walking or Running
  - The UNM North golf course has a 2mile trail for runner/walkers.
  - Check out other trails close to UNMH at: [https://hr.unm.edu/wellness/lobo-trails](https://hr.unm.edu/wellness/lobo-trails)

- Main Campus Athletic resources: [http://recsvcs.unm.edu](http://recsvcs.unm.edu)

- On call food in addition to meal money available at:
  - 4W conference room
  - 6 Middle resident lounge
  - Labor and Delivery
  - TSI work room
  - Tully Conference room (6th floor BBRP)
  - ER Call rooms (next to service elevator)
  - Anesthesia work room

Outside resources and references:

- [http://www.black-bile.com/](http://www.black-bile.com/) - a website dedicated to physicians suffering from depression, and those who care about them
- [http://www.ishiprograms.org/about/](http://www.ishiprograms.org/about/) - The Institute for the Study of Health and Illness (ISHI) provides education and support for health professionals who aspire to practice a medicine of service, human connection, and compassionate healing
- [http://ephysicianhealth.com/](http://ephysicianhealth.com/) - The world’s first comprehensive, online physician health and wellness resource that helps physicians, residents, and medical students be resilient in their professional and personal lives.
- [http://cmbm.org/](http://cmbm.org/) - Center for Mind-Body Medicine - access to evidence-based strategies for relieving stress and promoting wellness
- University of Colorado toolkit for promoting well-being for physicians
- [http://www.thehappymd.com/](http://www.thehappymd.com/) - Dike Drummond’s website about physician burnout and solutions

This work is licensed under a Creative Commons Attribution 4.0 International License.