



POMA Committee on Physician Wellness Resident Wellness Events Application 2021-2022

POMA Physician Wellness Event Program

POMA and the Committee on Physician Wellness are committed to creating and providing opportunities for open dialogue regarding personal well-being in all levels of the osteopathic profession. We promote osteopathic mental health and wellbeing through focused activities sponsored/supported by POMA and the POMA Foundation

Timeline Activities

Submit Grant Proposal Due – October 15, 2021

Expected Grant Notification – December 15, 2021

Program/Project Time Frame – January 1, 2022 through September 30, 2022

Results/Outcome Report and Survey Responses – Not less than two 2 weeks following program completion.

Eligibility Criteria:

- POMA Membership Requirement: Programs require at least 25% osteopathic physicians or a minimum of 4 DOs to apply for grants.
- No alcohol-related activities or high-liability activities will be approved.
- Support of the program director and facility for ongoing conversation following the completion of the granted project or program.
- Completion of Result Survey on time. Failure to complete Result Survey will prohibit eligibility for following year.

Have a question?

Please email sbustard@poma.org with any questions you may have about the Physician Wellness event program.

Funding

Resident Wellness Events are made possible through a grant provided by the Pennsylvania Osteopathic Medical Association Foundation.



Resident Wellness Event Application 2021-2022

General Applicant information

Contact Person: Kaylin Strauser-Curtis, DO

Contact Person – Phone: _____ Mobile: 724-355-1144

Contact Person – Email: kstrauser@phhealthcare.org

Name of Institution (business address): Penn Highlands Healthcare Family Medicine

Program Director: Christopher Varacallo, DO

Program Director Phone: _____

Program Director Email: cvaracello@phhealthcare.org

Anticipated Date or Tentative Date of Program/Project (01/01/2022 – 9/30/2022): 04/29/2022

Will there be an opportunity for POMA/POMAF representatives to participate? Yes No

Project/Program Abstract (Summary – one page or less)

A. Title of Project/Program: Paint and dip

The abstract should present a concise summary of the project/program. Please include the following:

- statement of need describing the problem being addressed and description of participants;
- goals and measurable objectives of program/project; and
- program description including implementation plan.

Abstract Document – The abstract can be uploaded as a Word document or PDF. Type the work “Upload” in the abstract box to indicate a file will be uploaded:

Abstract (plain text only): attached

Results Survey

1. What was the general understanding of the purpose of the project/program by participants?
2. During the project/program, what tangible tools or strategies were demonstrated or taught (i.e., coping skills for wellness and life balance)?
3. What word(s) best describes how you feel when you are experiencing stress or well-being imbalance?
4. What suggestions do you have to increase the probability of success for the project/program for other institutions?
5. What do you intend to do, upon returning to work, that you learned and practiced during the activity, that will improve your response to stressful situations?

Paint and dip

The Penn Highlands Family Medicine Residency Program would like to request your generous support towards a Resident Wellness Day to spend together for comradery, relaxation from daily medical duties, and a chance to polish our artistic skills. These activities will provide an opportunity to support local private businesses during this difficult pandemic; including team-bonding while enjoying a meal by Wild Rose Bread Company with homemade crockpot dips and individual lunch charcuterie boards for each attendee. We will also enjoy time together decompressing and participating in some mental health therapy through art by completing a craft lead by the owners of Re.Invent.ed from a neighboring town of Luthersburg, PA. In addition to the 16 osteopathic residents whom are POMA members and one Allopathic doctor, we will invite our Program Director, Program Coordinators, core clinical preceptors, and previous Program Director whom is the current President-elect of POMA.

Residency training is a dedicated time to grow as a physician but most importantly to maintain our mental health during this educational growth. The pandemic has effected every individual in a different way, from limiting time with family, to decreasing serotonin release with limited hugs, to isolating residents even more with limited interactions and gatherings. The goal of this Wellness Day is to allow our resident family to interact with each other, increase our serotonin levels with laughter and enjoyment, and explore our artistic skills while discussing the importance of mental well-being during both residency and the current pandemic.

Art therapy has been around since the 1940's and can be a versatile form of therapy that can help people of all ages. Two pioneers in the field, Margaret Naumburg and Edith Kramer, used art therapy as a way to help clients tap into their inner thoughts, feelings and experiences through creative expression. Combined with discussion, it can help people deal with strong emotions, increase self-awareness and self-worth and decrease stress and anxiety.

Being able to polish their artistic skills while exploring their natural creativity, this event will hopefully remind the residents the importance of individuality and unique qualities that everyone brings to our residency program. While drawing/painting in itself is wonderful for relaxation, this event also serves as a good reminder that maintaining our hobbies is important to prevent burnout. Taking time for ourselves amidst our busy schedule is essential and this event will exemplify the benefit doing so can offer.

The Wellness Day would start with us meeting at the hospitals new West Wing Annex Conference Room where our retreat will be held. We will all eat at a large table to converse and let loose from our daily residency responsibilities. Each attendee will receive an individual charcuterie lunch box to enjoy as we discuss the importance of maintaining our lives and hobbies outside of medicine. We will then complete 1 of 3 crafts brought and presented by Re.Invent.ed and explore our individual uniqueness and creativity.

We will measure the impact of this Resident Wellness Day program by having all attendees complete a survey at the end of the day to assess each members understanding of their own uniqueness and the importance of individuality. We will also discuss how our different personalities come together to help our program become a stronger team and support system for one another as we navigate our way through residency.

We appreciate any financial support towards our Wellness Day and supporting our local community. Any excess financial support needed will be provided by our program who is in full support for our wellness day.