

## GME Works for Well-Being Announcement

August 2018

In February 2018, the GME Office announced *GME Works for Well-Being*, a call for proposals with the purpose of mirroring the ACGME's [Back to the Bedside](#) Initiative to increase efforts within our institution to support innovated ideas, clinical practices or policies that will improve physician well-being and foster a sense of meaning in work and can be shared as best practices for all training programs within our institution.

The GME Wellness Subcommittee, chaired by Brenessa Lindeman, MD, Associate DIO for the Clinical Learning Environment, reviewed all submitted applications in May 2018. Based on the selection criteria of project purpose, design, budget, and overall impact, three applications were selected for funding. Award winners were finalized in June 2018. The following programs and their projects were awarded financial support from the GME Office that is matched by their respective department. Please see the UAB GME Department [wellness web page](#) for available resources to support resident and fellow well-being.

<b>Program</b>	<b>Proposal Name</b>	<b>Team Members</b>	<b>Brief Description</b>
Anesthesiology	Development and Assessment of a Peer Support Team	Ryne Schlitz, MD, Resident Leader Blake Norman, MD, Michael Osunsanmi, MD; Susan Black, MD, Faculty Mentor	Development of a peer support group to provide opportunities for physicians involved in adverse patient events to address their responses to the event, increase awareness of resources available, and lessen the risk of burnout.
Diagnostic Radiology	Formalized, two-tiered mentoring program to combat the components of resident burnout	Elainea Smith, MD, Resident Leader Jessica Zarzour, MD; AJ Gunn, MD, Faculty Co-Mentors	After review of baseline data, the program will implement a peer-to-peer and faculty-to-resident mentoring program as a formal mentoring program has been associated with stress reduction, confidence in practice, improved ability to function independently, and academic productivity.
Pediatrics	Wellness Through Fitness: A Fitness and Nutritional Program for Residents and Fellows	Malena Gutierrez, MD, Resident Leader, Alicia Webb, MD, Spandana Induru, MD; Michael Stalvey, MD, Faculty Mentor	To produce positive changes in a trainee's lifestyle through a scheduled lifestyle program including workouts, health encouragement, and nutrition suggestions.