

OFD Well-being Sessions

2020 - 2021 Impact Curriculum



Micro-session: Managing Debt

- Define various types of debt and theories to paying it off
- Compare types of student loan repayment programs
- Describe how to create a budget with appropriate allocation of resources

Wed, July 8, 2020 | 12 – 1 p.m.

Incubator Session: Research*

Wed, July 29, 2020 | 12 – 1:30 p.m.

Panel Discussion: Reflecting on Work-Life Integration Due to the COVID Pandemic* (0.75 AMA PRA Category 1 Credits™)

Tues, Aug 11, 2020 | 12 – 1 p.m.

Faculty Networking Event*

Thurs, Aug 13, 2020 | 5:30 – 7:30 p.m.

Micro-session: Developing a Foundation for Difficult Conversations (0.75 AMA PRA Category 1 Credits™)

- Review elements that make conversations difficult
- Identify your contribution to difficult conversations
- Discuss tactics to approach conversations successfully

Tues, Aug 25, 2020 | 12 – 1 p.m.

Workshop: Examining the Role of Social Determinants in Pediatric Health (3.5 AMA PRA Category 1 Credits™)

- Recognize the current state of health disparities in the US, our region, and our institution
- Identify common sources of data on health care quality and disparities
- Describe the process for planning, designing, and implementing quality improvement activities to reduce disparities
- Summarize the importance of integrating disparities-reduction into routine quality improvement

Mon, Aug 31, 2020 | 12 – 4 p.m.

Micro-session: Navigating Conversations with Challenging Learners (0.75 AMA PRA Category 1 Credits™)

- Utilize competencies and entrustable professional activities to diagnose challenging learners
- Utilize competencies and entrustable professional activities to deliver feedback to learners
- Discuss how to write competency-based letters of recommendation for challenging learners

Wed, Sept 23, 2020 | 12 – 1 p.m.

Not-So-Journal Club: A Parent Reveals Biases She Faced to Get Care for Her Daughter (0.75 AMA PRA Category 1 Credits™)

Tues, Sept 29, 2020 | 12 – 1 p.m.

Faculty Networking Event: New Faculty and Executive Leadership Reception*

Mon, Oct 5, 2020 | 4:30 – 6:30 p.m.

Micro-session: Navigating Emotional Conversations with Patients and Families (0.75 AMA PRA Category 1 Credits™)

- Identify common barriers to having effective conversations when delivering difficult news
- Describe advanced communication techniques for delivering difficult news
- Recognize the importance of self-care, feedback, and debriefing after challenging conversations

Tues, Oct 27, 2020 | 12 – 1 p.m.

Micro-session: Navigating the US Health Care System (0.75 AMA PRA Category 1 Credits™)

- Explain the concept of systems as applied to health care delivery
- Discuss the basic structure and key components of the US health care delivery system
- Compare features of the US health care system with other major models

Wed, Nov 4, 2020 | 12 – 1 p.m.

Panel Discussion: Reflecting on Children's Mercy Burnout Survey* (0.75 AMA PRA Category 1 Credits™)

Tues, Nov 17, 2020 | 12 – 1 p.m.

Micro-session: Navigating Faculty Transitions (0.75 AMA PRA Category 1 Credits™)

- Recognize when you may need to make a career transition
- Discuss challenges and barriers to making a career transition
- Describe resources to help you make a successful career transition

Tues, Dec 1, 2020 | 12 – 1 p.m.

Not-So-Journal Club: Why Are All the Women and Faculty of Color Leaving Medicine?* (0.75 AMA PRA Category 1 Credits™)

Wed, Dec 9, 2020 | 12 – 1 p.m.

Incubator Session: Education*

Wed, Dec 16, 2020 | 12 – 1:30 p.m.

Micro-session: Navigating Difficult Conversations in the Workplace 

(0.75 AMA PRA Category 1 Credits™)

- Identify conflict management styles most appropriate for dealing with peers
- Recognize common pitfalls and triggers when navigating difficult conversations
- Practice effective communication strategies for difficult conversations

Tues, Jan 5, 2021 | 12 – 1 p.m.

Panel Discussion: Overcoming Burnout* 

(0.75 AMA PRA Category 1 Credits™)

Wed Jan 20, 2021 | 12 – 1 p.m.

Faculty Networking Event*  

Thurs, Feb 11, 2021 | 5:30 – 7:30 p.m.

Not-So-Journal Club: Addressing Barriers for Foreign-Born Faculty Members 

(0.75 AMA PRA Category 1 Credits™)

Tues, Mar 16, 2021 | 12 – 1 p.m.

Incubator Session: Advocacy*   

Wed, Mar 31, 2021 | 12 – 1:30 p.m.

Micro-session: Communicating Effectively with Leaders 

(0.75 AMA PRA Category 1 Credits™)

- Recognize the role of power and vulnerability in crucial conversations
- Identify and practice language that is comfortable to both parties
- Discuss other strategies to “lead up”

Wed, Apr 7, 2021 | 12 – 1 p.m.

Panel Discussion: Engaging in Peer Mentorship* 

(0.75 AMA PRA Category 1 Credits™)

Tues, Apr 27, 2020 | 12 – 1 p.m.

Faculty Networking Event*  

Thurs, May 20, 2021 | 5:30 – 7:30 p.m.

Incubator Session: Diversity*  

Wed, June 2, 2021 | 12 – 1:30 p.m.

Not-So-Journal Club: Trust, Risk, and Race in Medicine* 

(0.75 AMA PRA Category 1 Credits™)

Wed, June 16, 2021 | 12 – 1 p.m.

* Series Descriptions

 **Faculty Evening Networking Events** provide an opportunity for faculty to engage with leadership and cultivate community among colleagues across diverse areas of academic medicine. These events are open only to faculty members. Please note these events are subject to change due to a shift in social restrictions because of the COVID-19 pandemic.

 **Incubator Sessions** were created to provide faculty dedicated, semi-structured time to think, design, innovate, research, or ask questions about the selected topic. During these sessions, faculty are encouraged to come with questions, sketch plans, receive feedback, and share ideas with curious listeners. This year, faculty can incubate ideas around the topics of research, education, advocacy, and diversity. We're hopeful the opportunity to bring faculty together will get us a step closer to accomplishing our goal of building a strong faculty community with bright ideas.

 **Not-So-Journal Clubs** aim to cultivate conversations that inspire personal and system change through examination of articles and other media that are particularly relevant to achieving equity in the healthcare environment. The series is co-sponsored by the Office of Equity and Diversity, the Faculty Trainee Diversity, Equity, and Inclusion Committee, and the Office of Faculty Development.

 **Panel Discussions** aim to foster faculty connections and support through examination of issues that are relevant to the success and well-being of faculty in academic medicine, particularly female and under-represented faculty. The discussions are co-sponsored by the Faculty-Trainee Diversity, Equity and Inclusion Committee, the Gender Equity Sub-Committee, the Center for Professional Well-being, and the Office of Faculty Development.

Continuing Medical Education (CME) Credit

Children's Mercy Hospital is accredited by the Missouri State Medical Association to provide continuing medical education for physicians. Children's Mercy Hospital designates each live activity for the number of AMA PRA Category 1 Credits™ listed. Physicians should claim only the credit commensurate with the extent of their participation in the activity.