

2020 Joint Accreditation Leadership Summit

"Managing Stress during the COVID-19 Era: The Imperative of Self-care for IPCE Professional" Chat Log

00:44:45	JA - Melody Cohn:	Materials and info available at https://jointaccreditation.org/2020-joint-accreditation-leadership-summit
00:46:15	Tamar Hosansky JA:	Excited to join from Massachusetts!
00:46:43	iJan Schultz:	hi. Jan Schultz here from Colorado.
00:46:45	Leila Darden:	Excited to join from Indiana!
00:47:01	Diana Durham- Stanford University:	Southern CA -- but Stanford! Diana
00:47:11	Haydee Barno:	Hello from DC area!
00:47:20	amwhitman1:	Joining from Pennsylvania!
00:47:23	Annette Donawa:	Excited to join from Philly!
00:47:33	Brenda Ram:	Hi from Omaha!
00:47:38	Tricia Wilson:	Hi from Allentown PA!
00:47:51	Leila Amir Soleimani:	Hi from Indiana!
00:47:53	Abby Reed-Hawaii Pacific Health:	Aloha from Honolulu
00:47:54	Lisa Bally:	Hi from UNMC, Omaha
00:47:56	Linda Alvers:	San Antonio, Texas represented and thrilled to be here
00:48:02	Amy Bernard:	Nice to see so many people attending!
00:48:06	Jill Phillips:	IU School of Medicine. Go Hoosiers!
00:48:07	Stacy A:	Hello from NYC
00:48:26	Carla Jones:	hello from Oklahoma!
00:48:28	Barb Anderson, UW Madison:	Hello from Wisconsin!
00:48:31	Kim DuQue Urdialez:	Happy to be and eager to learn, from San Antonio, Texas! :-)
00:48:53	*Laura Werts - Cincinnati Children's:	Cincinnati Children's is here!
00:49:15	Lauren kuluva:	Hello from Kansas City!
00:49:19	LaDonna King:	Hello from the DHA, J-7, CEPO-National Capital Region
00:57:44	MStrong:	we just finished saying hello, and then started to talk about the artwork
00:58:20	Jodi:	My son is an artist
00:58:34	Lisa.Thompson:	Alone
00:59:40	Lisa.Thompson:	Everyone was bracing for the storm. Everyone had a partner, but one was left alone
01:11:59	Tamar Hosansky JA:	Environmental scan available here: https://www.accme.org/highlights/environmental-scan-how-pandemic-affecting-accredited-continuing-education-provider
01:18:24	Belinda Spatola:	what if you can do 30,000 steps a day?

01:20:07	JA - Kathy Chappell:	Research supports that increasing interprofessional collaboration reduces overall stress - linking our IPCE activities to improving team performance and decreasing overall team stress!
01:21:12	*Laura Werts - Cincinnati Children's:	Thanks, Kathy! Do you have any references?
01:21:47	JA - Kathy Chappell:	I do. Will pull out at break and put in chat. Reference is from CAIPE - UK IP center.
01:22:01	*Laura Werts - Cincinnati Children's:	Thanks!
01:25:49	Barbara Flakus:	Who is the author of this book again? I missed it.
01:26:19	Jodi:	Steven Southwick MD
01:26:20	MStrong:	Steven Southwick
01:26:44	Linda Alvers:	Steven M. Southwick and Dennis S. Charney
01:26:56	Barbara Flakus:	Thanks!
01:30:04	JA - Kathy Chappell:	Barr, Koppel, Reeves, Hammick, Freeth, 2005 Effective Interprofessional Education: Argument, Assumption and Evidence. Blackwell Publishing (book)
01:33:25	David Sklar:	Adi, wonderful message for our time. I think we also need to encourage activism to improve unhealthy work environments. I hear our residents describe their 80-hour work shifts after having a child 4 weeks before. We need to work on improving that. David
01:33:53	JA - Chris Kralik CDR:	Thanks Adi!
01:34:03	Soad.Abbadi:	That was great! Thank you, Adi!
01:34:43	JA - Melody Cohn:	***** <ul style="list-style-type: none"> ○ What? What resonated with you in Adi's presentation? Round robin: each person shares one thought (~5 minutes) ○ So What? How are providers using IPCE to address self-care and wellness? Open discussion: anyone can chime in with what they're doing or have seen (~7 minutes) ○ Now What? What can/should we do for ourselves and our learners? Open discussion: chose one person to report back in the chat one – or several – ideas that your group discusses. (~8 minutes) *****
01:35:09	Adi Haramati:	David, thank you for your comment. You are exactly right. Addressing unhealthy work environments is essential. Step 1 is for leaders to lead by example.
01:35:31	Kim DuQue Urdialez:	I would love to see Adi's slides regarding stress again. Is that possible?
01:58:41	JA - Kate Regnier:	Modeling and leadership are so important in advocating for self-care.

01:58:42	*Catheline Huynh-lam:	Now what? Be a better model at self-care so that we can demonstrate better intentions and mindfulness. To attendees and to faculty.
		Not just teaching yoga or painting but focus on how it can be incorporated under improving their medical care. Connecting the dots for the attendees by showing and experience it so that they can apply it or suggest it for patient care.
01:58:46	*Jessica Joseph:	Creating an opportunity/open forum for clinicians to talk about their challenges and share advice
01:58:47	Tricia Wilson:	Our group talked about ways to expand wellness activities we were doing with our staff into IPCE activities
01:58:53	KristinG:	Make sure that, in all our activities, we integrate IPCE disciplines (Nutrition, Mental Health, Sleep, Exercise). Of equal importance, how do we keep the lines of communication open with providers? How do we ease the anxiety of getting care when you need it? Our learners are so often taking care of others. How do we improve the tele-medicine communication experience to ensure that it includes the interprofessional team?
01:58:55	Jan Wong:	Our group talk about the design to be more mindful.
01:59:00	Mary Corry:	Group 36 discussed getting steps per day. How to exercise on each hour and to try to keep from being sedentary.
01:59:07	Diana Durham- Stanford University:	My group stressed the importance of adapting the face to face activities
01:59:07	Annette Donawa:	Now what for our group: make recommendations to course directors to integrate exercise, yoga, mindfulness exercises with breaks. Become more compassionate with staff and learners. Advocate for learners with key stakeholders.
01:59:08	Peggy Paulson:	Start to do it so that it is easier to promote to the IPCE education development.
01:59:11	Watkins, Melissa:	We are all going to incorporate a new practice for starting meetings: asking everyone to share a victory so the meeting can begin on a positive note. We also discussed the importance of recognizing that burnout doesn't just affect clinicians but also us as CE providers. Especially at the onset of the pandemic.
01:59:12	Fiza Scaletty:	We discussed the awareness of showing compassion and empathy towards ourselves and our team.
01:59:14	JA Marcie Bonilla:	We talked a lot about the importance of establishing a routine for self-care and creating reminders so that we don't forget about it.
01:59:16	JA - Chris Kralik CDR:	3)IPCE Providers come together to share what works (support space = Zoom)

01:59:22	MStrong:	next steps, be flexible,
01:59:28	*Laura Werts - Cincinnati Children's:	Group 18: Building opportunities to connect (i.e. Schwartz Rounds)
01:59:55	Mary Corry:	We also had questions about when and how to accredit somethings like Tai Chi and should it be CME accredited.
01:59:59	*Laura Werts - Cincinnati Children's:	Group 18: Bringing positive patient narratives into the education to remind providers of why they do the work they do
02:00:00	Valerie.Ostach-Fagan:	set the expectations and provide reassurance to avoid burnout
02:00:02	bh172664:	Remember to take your vacation time, even though it is a saycation
02:00:41	Lisa Casler Haun (ASWB):	Our group was a group of two and we were both social workers. We both felt for the now what question that more sessions just like this one are needed to discuss what the issues are in the different professions involved in the IPCE, shows the research, and validates what people are feeling. Also addressing the hero complex that many in the helping professions have where they know what they should do for themselves but may tend to focus more on helping their patients/clients than self-care.
02:00:46	Amy Bernard:	commit to incorporating an element of wellness into a certain % of ICPE activities
02:00:54	Kim Honcharenko - Children's Minnesota:	The importance of scheduling time for yourself throughout the day
02:00:55	Valerie.Ostach-Fagan:	providing webinars on grief and loss during these trying times
02:01:04	*Taylor Gilard (UMN SON):	Finding more ways to incorporate self-care in our own lives (moving our home office to make us walk further to our desks; take walking lunches). Work with groups within our organizations to provide more learning opportunities about mindfulness and wellness (does not need to include credits/contact hours)
02:01:12	Amy Bernard:	Be flexible and meet people where they are at
02:01:13	*Laura Werts - Cincinnati Children's:	Group 18: One example - a new RSS being set up by a Hawaiian provider that goes across islands that incorporates both clinical learnings and well-being learnings/questions/reflections
02:01:14	Barbara Flakus:	Resilience was a hot topic before COVID due to the day-to-day life in the hospital but has shifted and become the center of interest to all disciplines, including all levels of students as they re-enter the hospitals.
02:01:22	MStrong:	create opportunities to share knowledge, build an army of mindful people to encourage members of the team

02:02:36	*Laura Werts - Cincinnati Children's:	Group 18: Different professions (physicians, nurses, QI, Learning team) working together to develop education to address Serious Safety Events
02:02:42	Diana Durham- Stanford University:	Our group emphasized the need to share with your team your experience and setting. Also, to translate the things that help your CPD team work most effectively to the planning of IPCE activities-- emphasize Lightning Talks and things that can be used or watched later. Many folks are dealing with children or elderly relatives at home and need to do their work or self-enrichment later in the evening or listening to a podcast later while walking.
02:02:47	Linda.Trujillo:	Our group agreed that we need to be more aware of our own needs and address them by practicing self-care so we can address the needs of our healthcare teams with IPCE behavioral health support, selfcare and in addition addressing clinical needs so they can feel confident in providing safe care for themselves and patients.
02:02:51	Tonya Fuller:	Tonya; Angela; Andrea; and Kelly. We talked about how most of us do not currently provide CE Wellness, but look to explore this opportunity later. It is important that we understand the different types of wellness IPCE we could offer, and determine how to measure the IPCE wellness outcomes.
02:05:53	Jan Wong:	Our group discussed keeping our Virtual activities at a reasonable time so we do not keep the learners in front of the computers for a long time. We also talked about providing longer breaks.
02:05:57	Barb Anderson, UW Madison:	Our group talked about ways to build community for our teams; appreciating the opportunity to "dress less formally" not only for ourselves, but our work.
02:06:45	Tricia Wilson:	Thank you for this session!
02:06:49	Barb Anderson, UW Madison:	Thank you for the reminder and permission!
02:06:50	JA - Melody Cohn:	Just a reminder - you can view the JA Provider Lightning talks, download materials, and find other resources at https://jointaccreditation.org/2020-joint-accreditation-leadership-summit
02:06:54	Amber Johnston:	It was discussed to include "meditation" moments similar to the start of the summit. Also adding in "movement" moments where attendees can be coached through some light exercise at their desk during these training sessions. One other possible inclusion would be adding on a moment of light heartedness! A joke or a poll that can help reduce the heaviness of the day.
02:07:35	Adi Haramati:	haramati@georgetown.edu. Happy to follow up

02:08:12	JA - Kate Regnier:	Thanks so much, Adi....and for all the wonderful suggestions in the chats!
02:08:29	Adi Haramati:	My pleasure Kate and the entire JA.
02:08:30	Lynne Davidson:	Thank you very much Dr. Haramati - Excellent session!
02:08:39	Abby Reed-Hawaii Pacific Health:	Mahalo
