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CFAS Tweet Chat on Well-Being in Academic Medicine

July 30, 2020

Hosts:

Mona Abaza, MD, and Stuart Slavin, MD



Association of
American Medical Colleges

By the Numbers

295.920K Impressions

91 Tweets

33 Participants

3 Avg Tweets/Hour

3 Avg Tweets/Participant

The #CFASChat Influencers

Top 10 Influential

-  @mmabaza 100
-  @Alex_bolt1 99
-  @ermiwe 92
-  @SlavinStuart 89
-  @AAMCtoday 85
-  @AtulGroverMD 77
-  @GLBDallaghan 72
-  @alan_dow 67
-  @IARS_Journals 63
-  @brainbanker 49

Prolific Tweeters

-  @AtulGroverMD 11
-  @imswimming3 10
-  @mmabaza 9
-  @SlavinStuart 8
-  @ermiwe 6
-  @alan_dow 5
-  @Alex_bolt1 5
-  @GLBDallaghan 5
-  @LilyBelfi 4
-  @anamarialopezmd 3

Highest Impressions

-  @AAMCtoday 123.6K
-  @AtulGroverMD 67.3K
-  @TomVargheseJr 21.4K
-  @imswimming3 20.2K
-  @acgme 11.3K
-  @MedEdChat 8.4K
-  @GLBDallaghan 8.1K
-  @pdherron 5.7K
-  @brainbanker 4.1K
-  @anamarialopezmd 4.0K



Alex Bolt @Alex_bolt1

Welcome to the #CFASChat on well-being in academic medicine! Introducing our hosts for the evening @mmabaza and @stuart_slavin



Mona Abaza, MD, MS @mmabaza

Let's get the CFAS Wellbeing Chat started. I want to welcome @stuart_slavin Senior Scholar for Wellbeing at the ACGME as my co-moderator. #CFASChat



Stuart Slavin @SlavinStuart

Looking forward to my first tweet chat!



Mona Abaza, MD, MS @mmabaza

Q1: What are the biggest factors affecting your wellbeing in this crisis? Are they work related (front line work, virtual work, etc.) or other (family concerns, financial concerns, etc.) or all of the above? #CFASChat



Eric Weissman @ermiwe

Thank you @Alex_bolt1 and @mmabaza and @stuart_slavin - so glad you're going to #CFASChat tonight!



Mona Abaza, MD, MS @mmabaza

Q1: What are the biggest factors affecting your wellbeing in this crisis? Are they work related (front line work, virtual work, etc.) or other (family concerns, financial concerns, etc.) or all of the above? #CFASChat



Gary Beck Dallaghan 🏳️‍🌈 @GLBDallaghan

A1 My biggest concern throughout this has been my husband who works at a grocery store. So far he's tested negative, but a constant concern. #CFASChat



Aviad Haramati @AdiHaramati

I am most concerned about our learners, students managing the virtual environment and limited clinical experiences



Stuart Slavin @SlavinStuart

@LilyBelfi @mmabaza .@LilyBelfi I worry about our mom's as the pandemic stretches on. So much pressure, we need to do our best collectively to support them, not just with words but with action. #CFASChat



Alex Bolt @Alex_bolt1

We want to hear about issues around faculty well-being in particular and invite faculty members to send us articles/studies so we can post them to <https://t.co/NhXcthDtxY> #CFASChat



Mona Abaza, MD, MS @mmabaza

Q1: What are the biggest factors affecting your wellbeing in this crisis? Are they work related (front line work, virtual work, etc.) or other (family concerns, financial concerns, etc.) or all of the above? #CFASChat



Atul Grover @AtulGroverMD

#CFASChat i agree...i think it's definitely tougher for the already have-less/notes. Tho i think the common perception is physicians, being well compensated, are immune; i think sadly makes physicians even less likely to voice their vulnerability



Eric Weissman @ermiwe

@AtulGroverMD I've wondered about that very issue regarding furloughs and budget cuts given COVID - how it affects a population that never imagined seeing financial security at risk. #CFASChat



Mona Abaza, MD, MS @mmabaza

@ermiwe @AtulGroverMD And doctors being less willing to talk about it can compound it #CFASChat



Mona Abaza, MD, MS @mmabaza

#CFASChat looking for daily tips on well being checkout the CFAS Facebook wellbeing page <https://t.co/yHvVqpWTq9>



Mona Abaza, MD, MS @mmabaza

On that note Q2: What efforts are your institution making to address these issues? What do you wish they would do? #CFASChat



AAMC @AAMCtoday

AAMCNews describes how hospitals in recovering COVID-19 hotspots are helping their front-line workers rest and recover <https://t.co/kBljZBlrpA>
#CFASChat



Gary Beck Dallaghan 🏳️‍🌈 @GLBDallaghan

A2 I honestly feel @UNC_SOM is doing exceptional....keeping faculty, staff, & students informed. Regular townhalls allow for open dialog. #CFASChat



Amy "VOTE!!!" Vinson, MD, FAAP @imswimming3

This was published today - highlights the type of leadership and morale sustainable that will be required in this prolonged pandemic. #CFASChat
<https://t.co/eBGD9r42Dt>



Alan Dow @alan_dow

@mmabaza I think we'd all benefit from a clear plan going forward. Shout out to @AAMCtoday for their recent efforts: <https://t.co/dkJfi8w6yu>. Wish we had something like this formalized across the country. #CFASChat



Rebecca Andrews @doctorbecca1

#cfaschat look for silver linings people. They are everywhere.



Mona Abaza, MD, MS @mmabaza

On that note Q2: What efforts are your institution making to address these issues? What do you wish they would do? #CFASChat



AAMC @AAMCtoday

In "Beyond the White Coat," @DavidJSkorton hosted a discussion about how to preserve our well-being and the well-being of others during the pandemic
<https://t.co/5T8QMnac5U> #CFASChat



Yoshimi Anzai @yoshimianzai

@mmabaza My well being has been supported by camaraderie of our colleagues, friends, and family. #CFASChat



Stuart Slavin @SlavinStuart

@yoshimianzai @mmabaza .@yoshimianzai So important to stay connected to those we love and extra effort may be needed to do so! Worth that effort though! #CFASChat



Carolyn Meltzer, MD @brainbanker

@yoshimianzai @mmabaza Worrying about colleagues on the front lines #cfaschat



Atul Grover @AtulGroverMD

@akankshasri18 @mmabaza one thing i try and share with my mentees is my own #gratitude list ... all the things i'm grateful for having/being/not being every day. Never seems to hurt #CFASChat. Right now i'm grateful my kids are older and don't have to be entertained/kept safe all the time



Mona Abaza, MD, MS @mmabaza

On that note Q2: What efforts are your institution making to address these issues? What do you wish they would do? #CFASChat



Eric Weissman @ermiwe

I believe, from talking to family, friends, colleagues, that people are experiencing something they can't quite name or identify that borders on trauma... Even if they're safe and secure. worried it will affect everyone's wellbeing in the longterm. #cfaschat



Stuart Slavin @SlavinStuart

@ermiwe .@ermiwe I think you're right, there is a traumatic quality to what people are experiencing and I think we can turn to lessons from trauma-informed care to guide interventions. #CFASChat



Amy "VOTE!!!" Vinson, MD, FAAP @imswimming3

@SlavinStuart @ermiwe The @CSTS_USU Center for the Study of Traumatic Stress has some incredible resources, including stuff specific to prolonged pandemics. @JMorgansteinMD has done some great work in this regard. #CFASChat <https://t.co/jmoBjNB7YL>



Alan Dow @alan_dow

@LockeKeya @mmabaza Yeah, I wonder how this moment in history will change how our kids view the world for their entire lifetimes. #cfaschat



Eric Weissman @ermiwe

@alan_dow @LockeKeya @mmabaza I think it changes so much for so long about how work, interact, connect with people on all levels. #CFASChat



Stuart Slavin @SlavinStuart

Q3. What are the greatest sources of worry med students have right now and what can be done to address these? #cfaschat



Mona Abaza, MD, MS @mmabaza

@SlavinStuart For 4th years The application and match process this year.#CFASChat



Gary Beck Dallaghan 🏳️‍🌈 @GLBDallaghan

A3 One big worry I have heard is around residency interviews & the inability to do visiting electives. No idea how to address it right now #CFASChat



Stuart Slavin @SlavinStuart

@GLBDallaghan @UNC_SOM .@GLBDallaghan, information flow is so important as is creating safe spaces for people to express their worries and needs. #CFASChat



Mona Abaza, MD, MS @mmabaza

@SlavinStuart Programs are at a bit of loss to be a big help too, as this is all new for them too.#CFASChat



Alan Dow @alan_dow

@SlavinStuart Amazingly, the students I chat with regularly seem to be tolerating social distancing much better than older folks. Maybe it's a generational difference because of familiarity with technology? #CFASchat



Stuart Slavin @SlavinStuart

Q3. What are the greatest sources of worry med students have right now and what can be done to address these? #cfaschat



Gary Beck Dallaghan 🏳️‍🌈 @GLBDallaghan

A3 Another concern from students is about their clinical training since they lost anywhere from 2 to 4 mos of their clerkships. #CFASChat



Atul Grover @AtulGroverMD

@GLBDallaghan i do think some specialties, like Urology, have done their best to create virtual away experiences...but it's different with no precedent in recent times for us to pull from. the added uncertainty is terrible for applicants.
#CFASchat



Stuart Slavin @SlavinStuart

Q4. How can medical schools better support the well-being of medical students of color? #CFASChat



Atul Grover @AtulGroverMD

@SlavinStuart #CFASChat if you haven't seen Dr. Nwora's piece it's fantastic
<https://t.co/BotSVuSS3L>

AAMC

SEARCH SIGN IN

Medical schools need to do much more to protect students of color from racism

CHRISTLE NWORA, MD

JULY 14, 2020

As an interviewee, I endured racist comments. In courses, I saw patients of color omitted from lessons. Here's what medical schools need to do to address these ills — and create a culture that makes Black students feel truly welcome.

Resources Shared



PODCAST | ADVOCACY | WELLNESS

Podcast: Preserving Well-being in a Pandemic

MAY 15, 2020

SHARE: f t in

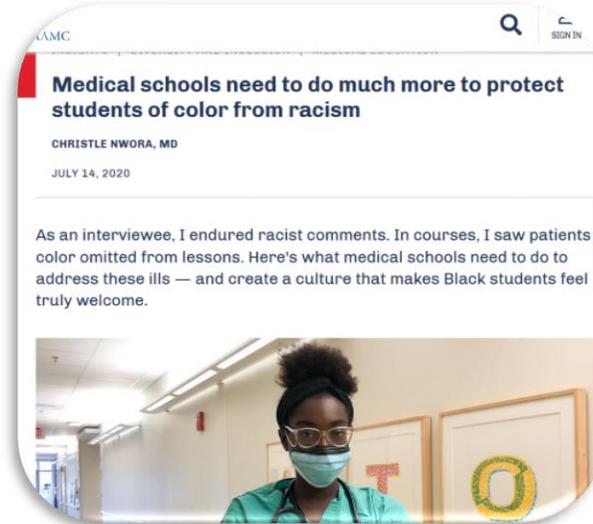
Health care professionals in academic medicine are on the front lines of the coronavirus, besieged with an influx of patients, personal protective equipment shortages, and shifting care guidance. While worried for their safety and that of their families, they are still inspired to serve the patients who need them. On this inaugural season of the "Beyond the White Coat" podcast, listeners will hear from providers and researchers in academic medicine about how they are responding to the crisis while examining the ongoing, difficult conversations around clinical care and research.



Listen now and subscribe via:

- Apple Podcasts
- Google Play and Google Podcasts

https://www.aamc.org/news-insights/podcast-preserving-well-being-pandemic?utm_source=twitter&utm_medium=aamctoday&utm_content=075a705a-7790-4382-aa53-650bad4e52d2



AAMC

Medical schools need to do much more to protect students of color from racism

CHRISTLE NWORA, MD

JULY 14, 2020

As an interviewee, I endured racist comments. In courses, I saw patients of color omitted from lessons. Here's what medical schools need to do to address these ills — and create a culture that makes Black students feel truly welcome.



<https://www.aamc.org/news-insights/medical-schools-need-to-do-much-more-protect-students-color-racism>



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COVID-19 ARTICLES: THE OPEN MIND

Nurturing Morale

Vinson, Amy E. MD | Author Information

Anesthesia & Analgesia, August 2020 - Volume 131 - Issue 2 - p 395-397
doi: 10.1213/ANE.00000000000004965

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<https://journals.lww.com/anesthesia-analgesia/pages/articleviewer.aspx?year=2020&issue=08000&article=00012&type=Fulltext>

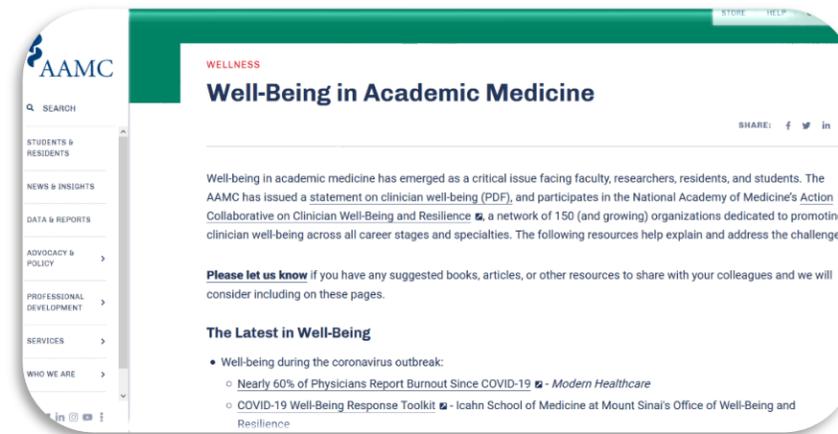
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