

**GOALS AND OBJECTIVES
UNIVERSITY OF FLORIDA
DEPARTMENT OF OBSTETRICS & GYNECOLOGY
RESIDENCY TRAINING PROGRAM
WELLNESS CURRICULUM**

LOCATION: UF Health Shands

PGY LEVEL: All years

LENGTH OF ROTATION: Intermittent over 4 years

DIDACTIC ACTIVITY EXPECTATIONS: Core lecture will cover related topics over the 2 year curriculum. Examples of included topics: physician burnout, sleep and fatigue mitigation, financial wellness, time management, gratitude, resilience and difficult events

REQUIRED READING: Wellness emails will be sent weekly with a unique activity.

EXTRACURRICULAR EVENTS: Events will be held throughout the year to promote resident wellness. These activities will be highly encouraged, but not mandatory. A mandatory yearly residency retreat will also occur. Other activities include Big/Little Program, which pairs an upper and lower level resident for two years and “Fifth Fridays”, dedicated time for residents up to date on administrative tasks to have free time.

SUPERVISING FACULTY:

Wellness Leader – Michelle Larzelere, MD

Core Faculty – Reem Abu-Rustum, MD

Core Faculty – Shazia Bashir, MD

Core Faculty – Sarah Baxley, MD

Core Faculty – Bradley Bruggeman, MD

Core Faculty – Richard Boothby, MD

Core Faculty – Gregory Christman, MD

Core Faculty – Veronica Demtchouk, MD

Core Faculty – Mehmet Genc, MD, PhD

Core Faculty – Georgia Graham, MD

Core Faculty – Jessica Heft, MD

Core Faculty – Jesse Kane, MD

Core Faculty – Sarah Kelley, MD

Core Faculty – David McLean, MD

Core Faculty – Ana Mendia, MD

Core Faculty – Alice Rhoton, MD

Core Faculty – Caitlin Rogers, MD

Core Faculty – Kay Roussos-Ross, MD

Core Faculty – Emily Weber, MD

Core Faculty – Tony Wen, MD

Core Faculty – Burak Zeybek, MD

Rotation Description: Throughout the four year residency program, several wellness related activities will be planned to promote resident wellbeing. Core lectures will be given on a rotating basis over the two year core lecture curriculum. Additional wellness activities will be planned each semester.

HOSPITAL RESOURCES:

1. Employee Assistance Program: <https://eap.ufl.edu/>
2. Resident Wellness: <https://wellness.med.ufl.edu/residents-fellows/>
 - a. Resident Lounge
 - b. Resident Gym
 - c. Leave Policy
 - d. Gator Perks
 - e. Gator Bites
 - f. Gator Care