

# Wellness Wednesday



## Are You A Sleep Deprived Medical Resident? 4 Symptoms To Watch For

By Brendan Murphy

Sleep is essential to physicians' alertness and performance and a severe shortage of rest can affect the quality of patient care they provide. Yet, many physicians, particularly during residency training, don't get enough sleep. That reality has led to a push for a more robust curriculum surrounding the importance of sleep. One such resource is a module on sleep deprivation in the **American Medical Association (AMA) GME Competency Education Program**.

"Sleep deprivation is a time-honored tradition in medicine," said **Karen Miotto, MD**, interim director of the Behavioral Wellness Center at the David Geffen School of Medicine at UCLA. "It breeds a kind of 'we're-in-the-trenches-together' collegiality. The problem with such a time-honored tradition is the emotional, technical, cognitive labor of medicine, and of many other industries has gone up so dramatically."

With contributions by subject-matter experts from around the country, the AMA GME Competency Education Program offerings include more than 25 courses that residents can access online, on their own schedule. Among the experts are several who...

Click [here](#) to continue reading.



## Raffle Updates!



The raffle **WINNER** for the 6-month membership to Echelon Health and Fitness is...

**Tori Reimer, DO, PGY3**

The raffle **WINNER** for the 12-month membership to Echelon Health and Fitness is...

**Joe Schreiner, DO, PGY1**

**CONGRATULATIONS!!**



# Physician Wellness First: Podcast

The **Physician Wellness First** podcast brings you closer to what really matters—joy in your work, balance at home, a life well-lived. Physician wellness is not optional; it is a necessary condition to being an excellent physician.



This episode tackles something that many physicians struggle with: **setting boundaries**. Though healthy boundaries are an important aspect of wellness, it is far too common for us to want to do more than we can and stretch ourselves too thin because we don't know how to say "no," or because we're afraid to. But the truth is, **we're human**. We can't do everything, and setting boundaries that communicate this is an act of self-care that can't be ignored. If this is something you struggle with, listen in to **hear the steps you can take to start setting healthy boundaries in your own life**.

Click the below episode to listen!

[Setting Healthy Boundaries - Ep 003](#)



## Self-Defense Class

### Rape Aggression Defense (R.A.D.) System Self-Defense Class

presented by Rowan Public Safety

October 15 and 16 • 5 to 9 pm

This is a **FREE** self-defense course offered to the women of Rowan University. Our trained instructors will provide you with the knowledge and confidence to defend yourself against the various types of abductive encounters perpetrated against women.

Space is limited.

For more information or to register for the sessions:

Call 856-566-6033 or email  
• Lt. Powers at powerspm@rowan.edu  
• SO. Aguilar at toddc@rowan.edu



## Golf Outing

Congratulations to Jeff Lynch, PGY1, who won the golf outing sponsored by the GME office for a foursome at the RowanSOM golf event this Saturday, which raises scholarship money for medical students!

