

# ACGME CAG Updates

Wednesday, April 24, 2019  
ARAS Annual Meeting - Chicago



**Juanita Braxton, PhD**  
UC Davis Health – ACGME CAG Member  
2016-2019

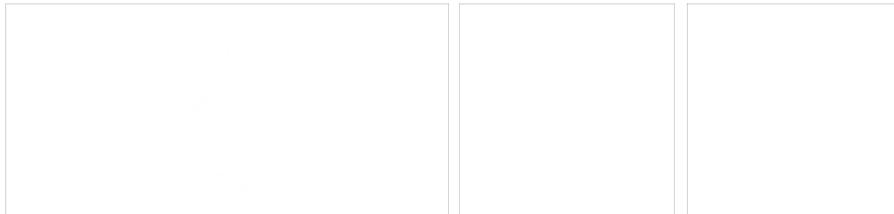
## **Topics for Discussion**

- **Coordinator Advisory Group Update**
- **Common Program Requirements**
- **Coordinator Wellness**

© 2018 ACGME

**“Last Hurrah”**

**ACGME  
Coordinator  
Advisory  
Group  
(CAG)**



**Coordinator Advisory Group**

***Last Meeting  
September 6-7, 2018***



## Application Process June 15 to August 15



### • **Materials required**

- *Nomination Form*
- *Candidate Statement*
- *CV*
- *PD Nomination Letter*
- *Additional Letter of Support*
- *Disclosure Form*

© 2018 ACGME



## Candidate Questions



- What are the 2 most important issues facing the GME community?
- What special qualifications/perspectives would you bring to the group?
- What role do you play on a team?
- What is a piece of advice you have for the ACGME?

© 2018 ACGME



## CAG Applications Received



	2018	2016
<b>Hospital</b>	21	30
<b>Institutions</b>	15	23
<b>Medical</b>	36	88
<b>Surgical</b>	31	46
<b>Total</b>	<b>103</b>	<b>187</b>

© 2018 ACGME



## Seeking Diversity



- Specialty (if applicable)
- Program / institution size
- Region
- Years of experience

© 2018 ACGME



## Program Requirements



© 2018 ACGME



## Common Program Requirements



- **Section VI**

- *In effect now*
- *No citations for new requirements will be issued before 2019 training year*
- *Areas for Improvement (AFIs) may be issued*
- *Background available at [www.acgmecommon.org](http://www.acgmecommon.org)*

© 2018 ACGME



## Section II: Program Coordinator



- **New - There must be a program coordinator**
  - *Support for coordinator now required for all programs*

© 2018 ACGME



## Section II: Program Coordinator



- **Background and Intent:**
  - *Program coordinator is the lead administrative person*
  - *Member of the leadership team*
  - *Title varies across institutions*
  - *Responsibilities vary based on needs of the program*
  - *Programs should encourage professional development for coordinators*

© 2018 ACGME



## Section II: Program Coordinator

- **Residency version:** Support for the coordinator must be at least 50% FTE (at least 20 hours per week) for administrative time (RC may further specify)
- **Fellowship version:** Support must be adequate for program administration, based on program size and configuration – (RCs may specify minimum level of support)

© 2018 ACGME



## CPRs – Questions? (Save for the Ad Hoc Cmte)



© 2018 ACGME



## **Coordinator /Administrator Wellness**



**ACGME recognizes that  
Coordinator/Administrator are part of  
the leadership team that needs  
resources for self-care.**

© 2018 ACGME

## **Coordinator/Administrator Wellness – ALL About YOU**

- Coordinator Wellness
- Program Wellness



## Wellness Culture

“The most important patient we have to take care of is the one in the mirror.”

· Robert Wah, MD  
Former AMA president, Reproductive Endocrinology, National Institutes of Health (NIH)  
and Walter Reed National Military Medical Center, Bethesda MD



## Wellness

**Wellness** is an active process of becoming aware of and making choices toward a healthy and fulfilling life. **Wellness** is more than being free from illness, it is a dynamic process of change and growth. "...a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity."

## Why Wellness?

Why do we need a culture of wellness in our training programs?

- Increasing rates of suicides, depression and burnout and decreasing personal and professional satisfaction among physicians and others in the education community emphasize the importance of creating a wellness culture within graduate medical education (GME) programs. In fact, the increasing number of faculty, residents, fellows and surgery administrators who describe experiencing burnout highlights a growing crisis within the medical workforce.

## Mantra

Self care is an important component of professionalism and a skill that must be learned and nurtured in the context of others aspects of residency training.



## **Administrator Wellness**

- Engage in wellness activities, and make them a part of every day living.
- Nutrition, Fitness, Emotional Health, Preventive Care, Financial Health and Mental Health

## **Team Wellness – YOU are Part of the Team**

- Team Wellness requires that we take care of ourselves first, so that we may help others. If our mental, physical or emotional health is compromised, we can do more harm than good in our work environments. Remember this *acronym* to remind yourself that it is your responsibility to take care of yourself first. The acronym is TAKE CARE!

## **“Take Care”**

- Acronym for Self-Care
  - T – Think
  - A – Act
  - K – Kind
  - E – Expectation
  - C – Compassion and Consideration
  - A – Attitude and Altitude
  - R – Reward Yourself
  - E - Essential

## **Know Your Role – Think and Act**

- T – Think (think about what your role is in your training program. Be sure it doesn't overlap or circumvent anyone else's role)
- A – Act (what does that mean in your training program, we all play a part in the Program, what is it? Get your “act” together and know your responsibilities, know your role, stay in YOUR lane. Act responsible and respectful.

## **High Expectations – Be Kind**

- K – Kind (be kind to yourself, mistakes happens, errors happens – don't beat yourself up, know what to do better next time)
- E – Expectation (you are NOT expected to be anyone else in your program - someone else has that title and compensation, your expectation as defined by GME is crucial to your program, know what that is!

## **Compassionate Attitude**

- C – Compassion and Consideration. Be compassionate not only with your training program personnel (faculty, residents, fellows, administrators and Program Director), but be compassionate with yourself. Take time to reassess and regroup. Be considerate of your time - mentally, physically and emotionally - take the time to understand what you bring to the training program and what is beyond your capabilities. It is ok to say NO – but explain!
- A – Attitude and Altitude – if your attitude is compromised because you are overwhelmed, overworked or just plain worn out, it will definitely affect your altitude – how you are promoted, your leadership roles, how you are viewed, etc.

## **Essential to Reward Yourself**

- R – Reward yourself – this is a challenging time, success at any level is a great way to reward yourself and others. Celebrate that research paper published, QI project awarded, etc.!
- E - Essential – you are an essential part of the team. Imagine a car with no engine, that car will not go anywhere until that engine is fixed and running properly. All components of a training program keep the “engine” performing at a high level; therefore EVERYONE is ESSENTIAL to the program. A car requires routine maintenance to keep it running great. So does your Program!

## **Ultimate Goal – Be Well**

Taking care of yourself  
doesn't mean me first, it  
means me too!!

Self-Care is a  
priority and necessity  
- not a luxury -  
in the work that we do.

DON'T EVER  
FEEL GUILTY  
FOR DOING  
WHAT'S BEST  
FOR YOU.



## Thank You & Best Wishes

Thank you ARAS for allowing me  
to bring you updates from the  
ACGME for the last three years.  
It has been a pleasure!

Dr. Juanita Braxton

© 2018 ACGME