



## SUNDAY PROGRAM



# wellness

### Breakfast | 6:00am-8:00am

#### Optional Activities — 6:30am - 7:30am

- Non-structured fun run/walk
- Yoga on the lawn
- Strength training to combat ergonomic injury (Hotel gym)

### Spiritual Session | 8:00am-8:45am

#### Where do You get Your Strength

### Wellness Session | 9:00am-noon

#### Revisoning the Pediatric Surgeon Lifestyle: Live Long and Prosper!

#### PLENARY SESSION | 9:00am-9:40am

Introduction: Dave Powell MD, APSA President  
Moderator: Terry Buchmiller MD, Wellness Committee Chair  
Overview, with sneak peek from each breakshop session leader

#### BREAKSHOPS

6 Breakshops, each repeating 3 times

9:45 am - 10:15 am • 10:20 am - 10:50 am • 10:55 am - 11:25 am

- 1** Creating an Ergonomic OR Environment  
Moderators: Hau Le MD, Kristy Rialon MD, Iljana Gaffar MD
  - Demonstrate optimal OR ergonomic practices.
  - OR Stretch programs will be demonstrated.
  - Wearable technology will be explored.

- 2** How to be a Supportive Colleague for the Lactating Surgeon  
Brenna Fullerton MD  
Kathryn Winn MD  
Cristine Velazco MD MS  
Julie Montegudo MD
  - Provide information and practical guidance, for individuals who continue breastfeeding while they return to work, and for their colleagues who wish to be supportive.
  - Provide examples of how to integrate breast-feeding practices for surgeons returning to work.
  - Building space, time, and practical considerations will be discussed as well as the utilization of “Breast-feeding RVU’s”.

- 3** Avoiding a Toxic Work Environment  
Kurt Heiss MD  
Helena Crowley MD  
Robert Sawin MD
  - Explore systemic strategies to mitigate a toxic work environment to promote physician wellness and resiliency.
  - Examine M and M, peer support programs, partnering/negotiating with leadership.
  - Role playing.

- 4** Onboarding Families to the Life of Pediatric Surgeons  
Yue-Yung Hu MD  
Michael Ishitani MD  
Lauren Decaprole-Ryan PhD
  - Focus on new hire/ fellow, resources, future co-support.
  - Explore established programs that focus on welcoming and onboarding the family/support system of the new pediatric surgeon in training/practice.

- 5** “I Shouldn’t Come to Work Today”  
Terry Buchmiller MD  
Mary Brandt MD
  - Explore the balance between providing patient care and caring for oneself when unforeseen challenges occur.
  - Normalize the discussion, recognize the tension and explore solutions. How sick do we need to be? How significant is the outside issue?

- 6** Revisoning Our Work Week  
Steven Stylianos MD  
Bharath Nath MD
  - 4-day work week programs will be explored as well as integration of “remote/zoom” days

#### RETURN TO PLENARY SESSION

Visoning the Well-Adjusted Pediatric Surgeon

## Revisoning the Pediatric Surgeon Lifestyle:

# Live Long and Prosper!

