Strategies for Sustainable Learning and Performance

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I declare no conflict(s) of interest.
Learning Objectives

• Develop an evidence-based understanding of learning and performance.
• Foster an appreciation of educational issues for urban, rural, and northern contextual challenges to learning and professional development.
• Upon completion of this panel, participants will be able to demonstrate and rehearse skills associated with stress management and resiliency.
Challenges of Clinical Learning

- Wake Up
- Sleep
- Survive

Yay! It's the weekend!

Oh wait. I'm a doctor.
YOU CAN’T STOP THE WAVES, BUT YOU CAN LEARN TO SURF.
High performance physician program
First principles

1. Mindset
2. State
3. Perspective
4. Action
Loss of control
Square Breathing

- Breathe in for 4 seconds
- Hold for 4 seconds
- Breathe out for 4 seconds
- Hold for 4 seconds
Be ready to dance under the lights - Muhammed Ali
Physicians must be guided from the earliest years of training to cultivate methods of personal renewal, emotional self-awareness, connection with social support systems, and a sense of mastery and meaning in their work. Maintaining these values is the work of a lifetime. It is not incidental to medicine but is at the core of the deepest values of the profession to first, do no harm. Doing no harm begins with one’s self.

Spickard, Gabbe, & Christensen (2002)

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