FACULTY WELLNESS MATTERS

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29% of all faculty report experiencing one or more symptoms of Burnout

43% of faculty feel under stress without reaching the burnout stage.

31% with clinical department faculty with patient care

28% with clinical department faculty with NO patient care

26% with faculty in science departments

STILL AN EPIDEMIC: BURNOUT IN HOSPITAL REGISTERED NURSES

- Increased turnover rates
- Poor job performance
- Threats to patient safety
- More prevalent with higher patients per nurse ratio (shortage issue)
- Higher in younger nurses

WHAT DO WE KNOW


1. I worry about exposing myself and my family to COVID-19

- To a Great Extent: 20
- Moderately: 50
- Somewhat: 30
- Not at All: 10

2. The stress I experience today is

- Very High: 10
- High: 40
- Modest: 40
- Minimal: 10
BURNOUT SYMPTOMS

- Feelings of energy depletion or exhaustion
- Increased mental distance from one's job or feelings of negativism or cynicism
- Reduced professional efficacy

VISION

To promote an organizational culture and healthy work environment that supports optimal wellness and professional fulfillment of the TTUHSC El Paso faculty
TTUHSC El Paso Faculty Wellness Program Strategic Plan

GOALS

- Optimize organizational culture that supports faculty wellness
- Increase educational opportunities that promote wellness
- Monitor wellness and promote early detection of burnout
Optimize Healthy Eating & Physical Activity

- Increasing healthy food options
- Physical Activity interventions & supportive policies

Optimize Social Engagement

- Assess current workspace environments
- Assess and improve communication channels

Educational Programming

- Support faculty during COVID-19
- Provide CME educational series

Wellness Champion Network

- Wellness Champion trainings and support

Assess/Monitor Faculty Wellness

- Complete a Faculty Wellness Assessment
- Update Strategic Plan from data collected from faculty

Early Detection of Burnout

- Adopt and apply screening and referral mechanisms for burnout

TTUHSC El Paso Faculty Wellness Program Strategic Plan

OVERARCHING OBJECTIVES
MONTHLY WEBEX WELLNESS SESSIONS

- Self-care during these uncertain times
- Mindful meditation
- Sleep hygiene
- Reducing anxiety by healthy eating
- Daily physical activity to reduce stress
- Work-life-family balance
- Stress and substance use
WHERE WE ARE GOING FROM HERE…

- Collecting data
- Making informed decisions
- Program planning
- Revising the Strategic Plan
- Implementing & evaluating interventions/policies
- Tracking trends and program effectiveness
FACULTY WELLNESS ASSESSMENT (Dec. 1-30)

**Health Status**
- General Health Status
- Chronic Conditions
- Stress
- Burnout

**Health Behaviors**
- Sleep
- Physical activity
- Healthy eating
- Sugar beverages
- Tobacco/nicotine use

**Workplace Needs/Interests**
- Practices
- Policies
- Environment
- Wellness activities

**Anonymous Demographic Questions**
- What school are you affiliated with?
- Please provide us with your height/weight (BMI)
- Where do you spend the majority of your time at work?
- What gender do you identify as?
- What is your age group?
- What is your work status?
- How many people live in your household?
- Do you have children under the age of 5?

*It will take 5-10 minutes to complete the survey*
WE WANT TO HEAR FROM YOU!
Shape the priorities for the Faculty Wellness Program

COMPLETE THE FACULTY WELLNESS ASSESSMENT

- 100% Confidential
- No identifying information collected
- Only 5-10 minutes to complete
- Survey open until Dec. 30, 2020

Click Here to Access the Survey

- Identify your needs/interests for health and wellness initiatives at TTUHSC El Paso
- Help us learn about the faculty’s current health status and lifestyle behaviors
- Inform our Faculty Wellness Program priorities through aggregate faculty data
- Consider topics like burnout, stress, nutrition, exercise, childcare, sleep, time demands, and more

Scan QR code to learn about the Faculty Wellness Program.

For more information contact the Faculty Wellness Program at 915.215.4153

FACULTY WELLNESS ASSESSMENT SURVEY
Thank you for Joining us
FACULTY WELLNESS PROGRAM

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