



## Featured Program: Neurology

# UTHealth

## Resident Wellness Newsletter

Kirleen Neely, PhD  
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### From the Counselor's Desk

As we approach the hustle and bustle of the holiday season stress levels and tension are sure to increase. It's also the time of year most of us put wellness practices on the back burner. This season remember to put your wellness on the list of things to do. Simple activities like doing a quick work out or keeping a gratitude journal can help to decrease stress during the holidays.



We are excited to welcome Dr. Adriana Dyurich to our wellness team. Dr. Dyurich will provide counseling and serve as our academic success consultant.

#### Consultant Contact Information

Kirleen Neely PhD, [neelykr@uthscsa.edu](mailto:neelykr@uthscsa.edu)

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### Highlight Your Program

We'd love to highlight the wellness activities your program is doing in our next newsletter. Please send your request to [neelykr@uthscsa.edu](mailto:neelykr@uthscsa.edu).

### About Our Featured Program

#### UT Health Neurology

Written by: Noor-e-ain Shahid, PGY-4, Wellness Chief Neurology, and Tiffany Brown, PGY-2, Wellness Committee Member.



As we prepared for our "5<sup>th</sup> Wednesday," little did we know that this feature would become the star of our wellness curriculum. Our didactics are scheduled on Wednesday afternoons. It was decided that each 5<sup>th</sup> Wednesday (when 5 Wednesdays fall in a single calendar month), we would take a break. What started as a change in our academic schedule, has now become a quarterly retreat where we get 4 hours of protected time dedicated to wellness. On this "Wednesday" the residents get to go out of the hospital, enjoy lunch, relax and reflect. Lunch is usually followed by a team building activity which has ranged from escape rooms, painting, bowling, laser tag, etc.

## Featured Program (cont.)

In 2017-2018 we developed a Wellness Committee comprised of representatives from each class who come up with activities to increase resident productivity and decrease burn out. In 2018-2019 we appointed a Wellness chief to oversee this curriculum.

Communication is the key to identifying ways to prevent burn out. As part of our wellness curriculum, the residents have protected time every few months to discuss individual stressors and de-stressors. This includes brainstorming as a family and strategizing on how to eliminate the former and incorporate the latter in to our daily work life. Our program director then reviews this list with us and helps us determine what changes we can make to the program to benefit the residents.



One issue these discussions revealed is how dreadful the first months can be for the PGY-2s transitioning into neurology. This led to the formation of a “buddy system” where an upper level assists an incoming neurologist to teach them the ropes on how to run a service. This year we have also incorporated a mentor system where junior residents are paired with senior resident mentors. This has allowed better insight into the program with more realistic expectations.

We also arrange a welcome party for incoming residents to introduce them and their families, as well as an end of the year party to celebrate all our annual efforts and the graduating residents. We look forward to our Secret Santa exchange every holiday. The department



Chair conducts a holiday party and this year we had our first Fall Picnic, where people get to show off their human and fur babies!

In the field of Neurology, the weight of the diagnostic dilemmas, patient distress, limited treatment options and breaking life changing news is more than enough to cause burn out, making early identification crucial. While speaking to Neurology Today, a clinician very aptly said that we as physicians often tell people to take care of themselves, now it’s time to listen to our own advice. On that note, see you next “5<sup>th</sup> Wednesday.”



## Wellness Activities Around Town



### Historic St. Paul Square-Sunday Masa

[Sunday Masa](#) returns for its 2nd annual celebration of the holiday season with tamales, local holiday vendors, pan dulce, hot chocolate, pictures with Santa, & more!

### Pearl Brewery- Concert Series

Come out to the [Pearl](#) and listen to local music performers every Friday in November and December between 6-9pm. Download the free Pearl Street Brewery App for their full music schedule, events, deals, news, and more!

### Ford Holiday River Parade

Ring in the holidays with this iconic night parade filled with lights, costumed float riders & music. [Visit Ford Holiday Parade for details.](#)

## GME Resident Wellness Services

- Counseling in person, online, or via phone.
- Online self-screening for depression, burnout, anxiety, and suicidal ideation. The screening is voluntary and completely anonymous. Visit [www.uthealth.caresforyou.org](http://www.uthealth.caresforyou.org) to take the assessment.
- Wellness presentations and guidance on how to implement wellness curriculum in your program.

## GME Resident Wellness Services (cont.)

### Cost & Hours

All services are free to residents and fellows. Our hours are Monday through Friday 9am-4pm.

### Location

We are very excited to announce that the wellness team has moved to a new location. We are now located in the basement of the ALTC. Please call or email for directions.

### Contact Information for Consultants

To schedule a counseling appointment or find out about the Wellness Bistro, please contact

Dr. Neely [neelykr@uthscsa.edu](mailto:neelykr@uthscsa.edu) or 210-450-8341.

Dr. Dyurich [duyurich@uthscsa.edu](mailto:duyurich@uthscsa.edu) or 210-450-8734

### Issues We Address:

- Overall emotional wellness
- Depression
- Burnout
- Anxiety
- Work life balance
- Relationship issues
- Anger/Stress
- Thoughts of self-harm
- Substance abuse
- Suicide