

House Officer Wellbeing Updates & Resources

University of Nebraska
Medical Center



Nebraska
Medicine

Internal Resources

- 1:1 personalized EHR efficiency support – email providertrainers@nebraskamed.com
- Employee Assistance Program via Arbor Family Counseling - 402-330-0960 or <https://arborfamilycounseling.com>
- Peers in Need of Support (PiNS) - Email pins@nebraskamed.com
- Team Support (i.e. debriefs after stressful events such as unexpected patient deaths, assaults, difficult codes, medical errors, and other stressful circumstances. Requests and meetings are confidential. Email jdahlke@nebraskamed.com



EHR Efficiency Support

Bookings link for 1 hour efficiency sessions:

<https://outlook.office365.com/owa/calendar/OneChartTrainingEstablishedProvider@univnebrmedcntr.onmicrosoft.com/bookings/>

Or email: providertrainers@nebraskamed.com



PiNS

- Connect with a behavioral health professional or trained colleague
- Confidential, no records are kept
- PiNS can assist teams with debriefs after difficult patient scenarios in addition to helping individuals 1:1 for any stressor
- PiNS volunteers are also able to make recommendations & referrals for additional support services

It is normal during this time to feel exhausted, stressed out, sad or anxious.

**You are not alone.
Support is available.**

Simply scan the QR code using your phone's camera to share your contact information with the Peers in Need of Support (PiNS) team. You can also email pins@nebraskamed.com. Someone will reach out to you promptly.



You can also call the Employee Assistance Program (EAP) 24/7 to reach a professional counselor.

402.330.0960 or 1.800.922.7379



Select External Resources for Physicians

- LifeBridge Coaches - <http://lifebridgenebraska.org/>
- MOMS Wellness Assessment and & free behavioral health services - <https://omahamedical.com>
- MOMS Wellness Center



House Officer Assistance Program

• College of Medicine Educational Offices

• College of Medicine Departments

▸ Governance

▾ Graduate Medical Education

• Graduate Medical Education Office

• Incoming Residents/Fellows

• Current Residents

• Housing Opportunities

• Affiliated Hospitals

• House Officer Assistance Program

The House Officer Assistance Program (HOAP) is a cost free, confidential program committed to the health and wellbeing of all University of Nebraska Medical Center House Officers and their partners.

Services offered:

- Short-term problem solving/coaching/mentoring services to assist in managing/resolving work/life related stressors
- Confidential assessments with referral to appropriate resources if needed
- Crisis intervention services
- Psychological First Aid (PFA) for affected house officers when poor clinical outcomes occur

For more information contact:

Susan Smith, RN, BS, CEAP

srsmith1@unmc.edu

402-559-5323

After Hours:

402-559-4000

Ask the operator to contact Susan Smith





**METRO OMAHA
MEDICAL SOCIETY**
WELLNESS CENTER

Now open to all physicians!

Physicians in the Omaha area now have their own pop-up wellness center courtesy of the Metro Omaha Medical Society Foundation. This innovative space will be open to use any time through March of 2022. We will also host meditation, yoga, and creative writing classes, happy hours and more!

633 N. 114th Street

(Miracle Hills strip mall between Thai Pepper and Salon Aura)

Open to Physicians 24 Hours a day by Using Access Code:

Please call 402-393-1415 or email cwang@omahamedical.com

Scan for Upcoming Events List



Resource Guidance

- For support & direction in accessing both internal and external resources
 - Sarah Richards, MD (Senior Medical Director, Clinician Experience, Nebraska Medicine)
 - 402-319-6363 (cell)
 - serichards@unmc.edu
 - Steve Wengel, MD (Assistant Vice Chancellor for Campus Wellness, UNMC)
 - 402-203-0911 (cell)
 - swengel@unmc.edu



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