

Brown Bag Series for Med Staff, Residents and Fellows

By Dyan Albano, Med Staff Office

The MMC Medical Staff Peer Support Program proudly offers the Brown Bag Series to help enhance existing relationships forge new bonds and promote a culture of support for the MMC community, with new topics presented each month. Light refreshments are offered, but feel free to bring your own meal. Please join your colleagues for these fantastic discussions!

RSVP: MedStaff@mmc.org, indicate the session date(s), your name, email and phone

Alter Ego

Host: John E. Erickson, MD

Friday, Oct. 26, Noon - 1 p.m.

Dana Center #7

There are widely publicized concerns and data about burnout that can affect clinicians across all medical specialties. I believe that precisely because clinicians are intelligent, hard-working, inquisitive and creative, our willingness to pursue individual interests as part of, or in parallel with and not necessarily directly related to, our primary “work,” is a potential way of enhancing our personal and professional satisfaction, allowing us to remain engaged and productive in our clinical work while contributing to the greater community.

This requires an element of risk taking on our own part as well as the philosophical and practical support of both colleagues and a health care delivery system. Commitment by all, I would argue, should foster an energized group of clinicians that is resilient, productive and engaged for the long term.

Let’s talk about what has and hasn’t worked for you, what barriers are present and what it might take to make this part of our work culture.

The Scarcity Trap: why the busy stay busy (and how to combat it!)

Host: Katherine M. Rizzolo, MD

Tuesday, Nov. 20, Noon - 1 p.m.

Dana Center #7

Scarcity is the feeling of having less than you feel you need. While this plagues us all at times, it only becomes a trap when it changes how we look at things. This can cause us to choose differently- affecting what we notice, how we weigh our choices, how we decide and deliberate. In this Brown Bag session, we’ll look at some examples of how scarcity affects time management, money management, and physical well-being, as well as discussing ways to combat this phenomena in our own lives.

The Brown Bag Discussion series has planned a deliberate break in December and will return in January 2019.

Maine Medical Center is accredited by the Maine Medical Association's Committee on Continuing Medical Education (CME) to physicians. This activity has been approved for AMA PRA Category 1 Credit.

We want your feedback! If you would have attended this Brown Bag if not for obstacles, please identify those obstacles. We are open to ideas about timing and campus location. Would you like to partner with us to schedule one of these topics in a more convenient location?

Questions? Dyan Albano, 662-3404