

Fellow Well-Being

Learning Objectives:

The responsibility for completing this objective is shared among several evaluators. Ideally, this objective would be completed by the program director, a formative/personal mentor, and the outpatient continuity clinic mentor. Optimal timing for completing this objective would be quarterly. At minimum, it should be completed semi-annually. This could be included in the quarterly evaluation completed by the continuity clinic mentor.

Fellows will learn how to monitor and address personal well-being in the context of caring for cancer patients and handling an increasing amount of responsibility. Ideally, this should be accomplished in community with other fellows and faculty. While this process will be variable across fellows, generally fellows will:

- 1) Become aware of their own well-being as evidenced by reflective responses when prompted.
- 2) Develop, adapt and refine practices within a well-being plan to adjust to changing needs and circumstances.
- 3) Regularly engage in practices that promote well-being.
- 4) Progressively develop a community that can provide support when needed.
- 5) Recognize the need for a formative mentor(s) who can guide them on how to flourish in the practice of oncology.
- 6) Initiate and foster a regular relationship with a formative mentor(s).
- 7) Develop a strategy to care for patients in the midst of their suffering.
- 8) Become advocates for well-being, both from a systems and personal perspective.

Formative Mentor:

Date of Established Relationship:

Frequency of Meetings:

Identified Areas to Address Within Personal and Professional Well-being:

Specific Practices to Improve Well-being:

Date of Well-being Plan:

Specific Institutional Changes Advocated for:

Feedback to Fellow (required):

Professionalism 3: Fellow Well-Being

Level 1	Level 2	Level 3	Level 4	Level 5
Recognizes status of personal and professional well-being, with assistance	Independently recognizes status of personal and professional well-being	With assistance, proposes a plan to optimize personal and professional well-being	Independently develops a plan to optimize personal and professional well-being	Role models the continual ability to monitor and address personal and professional well-being Advocates for institutional changes to support well-being

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Comments:

Not Yet Completed Level 1