

**ECM 1/2 Small Group Facilitator's Guide**  
**January 2007**  
**Stress in Medicine**

**Background Reading**

**Required:**

- 1) Schanafelt, et al. (2002) Burnout and self reported patient care in an Internal Medicine residency program.
- 2) Hassan, et. al. (2006). Negative stress coping strategies among novices in surgery correlate with poor virtual laparoscopic performance

**Suggested:**

- 1) Dyrbye, et. al. (2005). Medical student distress: Causes, consequences and proposed solutions.
- 2) Tyssen, et. al (2001). Factors in medical school that predict postgraduate mental health problems in need of treatment. A nationwide and longitudinal study.

**Schedule and Brief Agenda**

2:30- 3:20 Small groups meet:

- |   |          |
|---|----------|
| I. Today's agenda and learning objectives | (5 min)  |
| II. Discussion of Stress from Plenary     | (5 min)  |
| III. Crew Resource Management Assignment  | (25 min) |
| V. Feedback and closing reflections       | (10 min) |

**Small Group Learning Objectives**

The student will be able to:

1. Identify effects of stress in behavioral, emotional, physical and psychological areas of life
2. Through a group role play, ascertain the specific effects of stress and discuss its impact on individual and team performance and productivity

**I. Review agenda and learning objectives (5 min):** present today's learning objectives and agenda

**II. Discussion of Stress in Medicine Plenary (5 min)**

Information is presented in the large group regarding stress and its impact on the physician, health care team and the patient. Small group should provide an opportunity for students to ask questions about unfamiliar terms or concepts and become comfortable with applying the concepts during the group role play.

**III. Emergency Scenario "Hijacking" (25 min)**

This is an assignment that will engage all students in a very stressful situation. Students will have to role play as well as deal with the stressors that are presented to them as they work through an airplane hijacking scenario. The faculty tutor will serve as the moderator and will be responsible for the stressors that are introduced into the situation. The M 4 tutor will play the role of the hijacker and will have inside information that will also inject stress into the situation.

Students will role play various persons involved in the scenario that are on the plane or involved from the ground crew. There are 2 objectives that the students will work toward in this scenario:

- 1) To land the plane safely
- 2) To ensure that all passengers and crew remain alive

The instructions to this role play scenario are attached to the facilitator guide.

**IV. Feedback and closing reflections (10 min):**

Have participants answer the following questions:

Was each of the learning objectives met?

What else was learned? (Suggestions: It works well to go around the group and have each learner state one thing learned today.)

What can we do to improve the learning process?