

Well-Being Resources for Residents, Fellows & Faculty

Clinical Sites/Other	Hawaii Residency Programs (HRP trainees only)	UH JABSOM
<p>Pu`ulu Lapa`au (brochure): http://www.hawaiiphp.org/ For professionals with any level of practice concerns. Provides an outline or process to retain or regain optimal function. Include but are not limited to:</p> <ul style="list-style-type: none"> • <i>Physical or mental illness</i> • <i>Substance use disorders</i> • <i>Stress and work life imbalance</i> • <i>Ethics and workplace dysfunction</i> • <i>Cognitive impairment</i> <p>The Queen’s Medical Center: Multiple resources are available through the Queen’s Center for Physician Professional Development & Wellness (<i>accessible through the QMC Intranet</i>) Including:</p> <p>Supporting Resources for Healing – QHS caregiver wellness and Native Hawaiian Health teams have a variety of wellness methods and resources to support you.</p> <p>Queen’s Counseling Services 808-691-4401</p> <p>Ho‘omau Care4U Program – peer support program that promotes resiliency and assists physicians in recovering from the negative effects of stress due to unusually stressful events (e.g. adverse patient event) or chronic stressors. (<i>QMC residents / fellows can TigerText Andrea Hermosura</i>) or the ODIO to coordinate physician outreach to the affected physician.</p>	<p>New Innovations Homepage www.new-innov.com</p> <p>Resident Resource and Program Resilience Workshop Sessions: Confidential counseling and support of GME trainees. Dr. Sean Munnelly, MD, swmunnelly22@gmail.com, (808) 779-9661.</p> <p>Physician Assistance of the Pacific: Confidential counseling and support to resources for residents/fellow/families. https://hawaiiipap.com</p> <p>HMSA Health Plan and 365 Discounts/Fitness: https://hmsa.com/well-being/hmsa365/ Health Coaching: https://hmsa.com/well-being/health-coaching/ Health Education Workshops: https://hmsa.com/well-being/workshops/ Online Care: https://hmsa.com/well-being/online-care/</p> <p>Hawaii Dental Service https://www.hawaiidentalsservice.com/</p> <p>Financial & Career Planning Retirement/Debt Management/Career Planning Seminars offered quarterly. Access to Financial Planners for personal retirement planning. “Career Pathways” event yearly bringing employers, and Physicians to talk to residents about career opportunities in a social setting with heavy pupus and mocktails</p>	<p>Warrior Recreation Center Gym Access. Click HERE for more information and to sign up.</p> <p>Well-Being Index: For first-time users, please click on https://app.mywellbeingindex.org/assess</p> <p>For returning users, please click on https://www.mywellbeingindex.org/</p> <p>JABSOM `Ohana Mindful Practice monthly sessions. 1st Wednesday of every month, via Zoom, from 12:30-1:00 pm. Please email uhgme@hawaii.edu for more information or access to recorded sessions. Mindful Practice Repository</p> <p>Kaka`ako Wellness Schedule (subject to change): Tai Chi Chuan (Taijiquan) Wednesdays, 6:00 – 7:00pm (in-person). Tai Chi Chuan (Taijiquan) is frequently viewed as a slow motion form of Chinese moving meditation, exercise, or martial art. For more information, please visit the following websites: Hawaii Wushu Center or Chip Ellis. Contact Chip Ellis at (808) 457-5844, cellis@ucera.org regarding the class.</p> <p>Bagua Zhang (Baguazhang) Zoom Class Thursdays, 6:15 – 7:45pm. Bagua Zhang (Baguazhang) is a powerful Chinese martial that was developed in the 1800’s and was used by the security forces of the Forbidden City in Beijing, China, in the early 1900’s. Please visit the Yin Family Baguazhang website for more information and contact Chip Ellis at (808) 457-5844 or cellis@ucera.org regarding the class.</p>

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<p>The Queen’s Medical Center Women in Medicine Collaborative sponsors networking gatherings with QMC attendings, fellows and residents</p> <p>“Tea for the Soul” Walk rounds with Rev Al generally held midday with cookies and tea.</p> <p>“Schwartz Rounds” (2nd Wednesday of the month, 12:00-12:45pm) “provide a safe forum for caregivers from multiple disciplines to discuss the emotional impact and challenges of patient care with a focus on the human dimension of medicine.” Email Miyee@queens.org for Webex link information.</p> <p>Hawaii Pacific Health: Clinician Wellbeing Hui: monthly at each Hospital; 12:15p – 1:15p – lunch available, walk-in, no registration. Flyers updated every 3 months.</p> <ul style="list-style-type: none"> ● Pali Momi – 1st Friday of month – Physician Lounge ● Straub Benioff – 2nd Friday of month – Doctors’ Dining Room ● Kapi’olani – 3rd Friday of month – CR 7 ● Wilcox – 4th Friday of month – Med Staff Lounge <p>Kapi’olani Med Center Fitness Center (3rd floor Diamond Head Tower) - Gym access for OB, FM & PEDS. Mon-Thur 5 AM to 9 PM & Fri 5 AM to 7:30 PM Sat 6 AM to 11 AM & Sun 7 AM to 11 AM Phone 808-763-2731 Email: hphgym@sappfitness.net Registration and orientation required</p>	<p>HRP E-Newsletter monthly E-newsletter provides information on wellbeing opportunities for residents and fellows</p> <p>Program Retreats If requested, HRP provides a curated list of community-based organizations that are in alignment with connecting residents/fellows to community and culture. These organizations often provide our programs with experiences that are unique to Hawaii and can enhance and promote the health and well-being as individuals, teams, and as part of a larger community. It is important to note that activities and experiences are based on the availability of the community-based organization and in alignment with program goals and budget. Some examples include restoring ancient fishponds and taro patches, food cultivation and distribution in communities, and learning about how the community understands health.</p>	<p>Ping Pong Club Monday, Tuesday, Friday 4:30-7:30 pm Class Information: The UH Cancer Center Ping Pong Club is where top players can meet and train along with faculty, staff and students from the University of Hawaii. The club is fortunate to have Carlos Ko, the number one Nationally ranked player in the State of Hawai’i for the past 10 years, serve as an advisor. A maximum of 12 players are allowed in the room due to COVID limitations. Interested parties may contact Carlos at (808) 688-3356 to see when there is space available.</p> <p>Health Science Library (JABSOM) – Computer lab and after hours access. Must have a JABSOM badge and have completed required forms. Please see your PA for details. http://hslib.jabsom.hawaii.edu/</p> <p>Curated List of Wellness Resources (books, etc.): https://hslib.jabsom.hawaii.edu/wellness</p> <p>Haylin Dennison, LCSW https://www.haylindennison.com/ hdtherapyinc@gmail.com, 808-364-7592</p> <p>Student Wellness at OSA https://osa.jabsom.hawaii.edu/student-wellness/</p>

As of 9/21/17; 1/8/21, 12/23/21 CC/MK, 7/25/22 cc, 2/10/23 cc, 6/22/23 cc, 6/13/24 cc, 1/15/25 cc, 7/16/25 cc

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<p>HPH Fitness Center (@ Pali Momi Medical Center) - 4th floor of the PMMC parking structure. Mon-Thur 10:30 AM to 4 PM A completed waiver and sign-in required.</p> <p>HPH facilities for “Creating a Healthier Hawai`i”: community events, classes and support groups https://www.hawaii-pacific-health.org/kapiolani/health-wellness/</p> <p><u>HPH Chaplain Resources</u> Interfaith support is available for emotional and/or spiritual services at each HPH medical center and services extend to faculty, residents/fellows, and staff. Services include providing encouragement and care for grieving families and individuals experiencing a crisis. Reach out to learn more by location: https://www.hawaii-pacific-health.org/spiritual-care-at-hawaii-pacific-health/</p> <p>KMCWC: 2nd flr main hospital & 2nd flr DHT</p> <ul style="list-style-type: none"> ● Ch Utufa’asili McDermott, 808-983-8651 ● Ch Bora Kim, 808-763-2776 ● Ch Becky Nyaki, 808-983-8742 <p>PMMC: 2nd floor</p> <ul style="list-style-type: none"> ● Ch Charles Card, 808-485-4322 ● Ch Ken Aronowitz, 808-485-4532 <p>Straub Palma bldg healing garden</p> <ul style="list-style-type: none"> ● Ch Ernesto Pasalo, 808-522-4763 <p>Wilcox: 1st floor lobby</p> <ul style="list-style-type: none"> ● Vance Awa, 808-245-1668 		

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<p>Kuakini “Caring is Our Tradition”: Community education classes, health needs assessment, information and tips, and support groups: https://www.kuakini.org/wps/portal/public/Health-Wellness</p> <p>EAP programs – CFP Fellows (Queen’s); MFM Fellows (HPH)</p> <p>Hawaii Addiction Treatment Directory https://hi-sam.org/treatment-directory</p>		