

LSUHSC

Campus Assistance Program: Maintaining Wellness

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Campus Assistance Program

Campus Assistance Program
Clinical Education Building, 8th Floor Office 866
1542 Tulane Avenue
New Orleans, LA 70112

(504) 568-8888

cap@lsuhsc.edu

<https://www.lsuhs.edu/> ■ search "cap"

Thursday, June 21, 2018 2:52 PM | 90°F

Information For

Emergency Personnel

Faculty

Researchers

Residents

Campus Assistance Program

New Orleans

New Orleans Housestaff Association

List of Programs in New Orleans

Baton Rouge

Emergency Medicine

Internal Medicine

Ob/Gyn

Psychiatry

Lafayette

Family Medicine

Geriatric Medicine

Internal Medicine

Lake Charles

Family Medicine (Lake Charles)

Bogalusa

Rural Family Medicine

Staff

Students



My LSUHSC



Campus Assistance Program



Citrix



Compliance Training



Dining



Discounts



Emergency Prep.



Events / Signage



Facilities



Forms



Help Desk



Human Resources



Intranet



Library



Mobile Access



Moodle



Office 365



Office 365 Mail



Pay Paw



Police



Policies



Self Service



Wellness Center

Campus Health

Campus Assistance Program

Drug Testing Program

Community Health, Wellness & Safety Resources

Employee, Faculty & Staff Health, Wellness & Safety Resources

Student Health, Wellness, Safety & Academic Resources

Peer Advocate Liaison

Campus SaVE Act / Title IX

Responsible Use of Alcohol - Server's Training

Downloads & Links

Forms

CAMPUS HEALTH

Campus Assistance Program (CAP)

The mission of the LSUHSC Campus Assistance Program (CAP) is to support the mental, emotional, and physical well-being of students, faculty, staff, and immediate family members in order to promote the overall health and effectiveness of the LSUHSC-NO community.

The Campus Assistance Program is a free service provided by LSU Health Sciences Center at New Orleans to assist faculty, staff, residents, students and their immediate family members in resolving personal, academic or work related problems. Faculty, staff or residents who are enrolled or employed with LSUHSC-NO programs in other cities are also eligible for CAP services.

LSUHSC-NO recognizes that everyone, at sometime, needs a "helping hand" or assistance. Whether you have a simple or a complex problem, the Campus Assistance Program can help.

A counselor is on call 24 hours a day to assist in time of crisis. If you feel you have an emergency or need immediate assistance at any time, contact the counselor on call by following the instructions on the main line (504) 568-8888.

Location and Contact Information

Clinical Education Building
1542 Tulane Avenue, 8th Fl. Office 866
New Orleans, LA 70112

**Appointments also available at the Dental School location - Call for further details.*

Phone: (504) 568-8888

Email: cap@lsuhsc.edu

Take our confidential online

STRESS & DEPRESSION SCREENING

Take our confidential online

STRESS & DEPRESSION SCREENING



Forgot your User ID/password?

Welcome

Returning
User Login

User ID

.....

Login

Welcome!

Thank you for taking action to find out how stress and depression may be affecting you - and how you can get help for these problems at Louisiana State University Health Sciences Center - New Orleans.

This website and the services offered are intended **ONLY** for students, residents, faculty, and staff at LSUHSC-NO. Your participation is completely **voluntary and anonymous**.

This is **not** a crisis intervention service. If you are in crisis, please use the resources listed on this page.

Take 3 Easy Steps

1. Click the "Sign Up" button below
2. Create a User ID and password, allowing for complete anonymity
3. Take and submit the Questionnaire, which takes less than 10 minutes to complete

What Happens Next?

A campus counselor will review your Questionnaire and post a personal response to you on this secure website. The response will include information, recommendations, and options for next steps.

You decide what's next. You'll have the option of communicating with the counselor through this website, on the phone or in person. Or, you can decide to do nothing further at this time.

It's up to you. No follow-up services will be provided unless requested.

Sign Up »

[+] Campus Assistance Program Services

[LSUHSC-NO Campus Assistance Program](#)
1542 Tulane Ave., #866
New Orleans, LA 70112
(504) 568-8888

Campus Assistance Program Hours

Monday - Friday
8:30am - 5:00pm

24 hour on-call crisis
counselor available

[+] Emergency Contacts

[+] Additional Resources

- Mission Statement
- Information For
- Students
- Prospective Students
- Residents
- Faculty and Staff
- Alumni
- Patients
- Visitors
- Other Links
- LSU Health New Orleans
- Departments & Centers
- Continuing Education
- Employment Opportunities
- Events
- Learning Center
- LSUHSC Foundation
- Employee Directory



Steve Nelson, MD
Dean, LSUHSC
School of Medicine

School of Medicine

Dear Visitors:

Welcome to the Louisiana State University School of Medicine in New Orleans. I hope you will take this opportunity to explore this site and discover the multi-faceted nature of our dynamic community. It is a place where you will find a conclave of distinguished scientists, outstanding healthcare professionals, their skilled staffs and our motivated students, all united in the vigorous pursuit of excellence in education, patient care, research and service to the community.

[Click here to view complete welcome letter.](#)

Office of the Dean

[Who we are and what we do](#)

LSU Medicine News

[Drs. Joy Sturtevant, Andrew Hollenbach, Cacky Hebert, Angela McLean, and Taniya DeSilva Join the Office of Undergraduate Medical Education](#)

[Paula Gregory named Assistant Dean for Medical Student Research](#)

[Robin English named Assistant Dean for Undergraduate Medical Education](#)

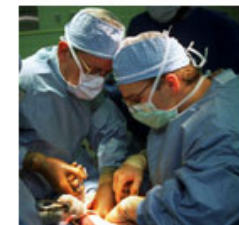
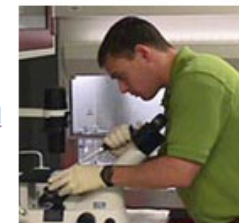
[Richard DiCarlo named Senior Associate Dean for Faculty and Institutional Affairs](#)

[Milestone for our School of Medicine, celebrating 85 years!](#)

[Dr. Brian Lee Named Department Head of Dermatology.](#)

[Dr. Lisa M. Peacock Named Department Head of Obstetrics and Gynecology.](#)

[Stewart Humble Selected for Prestigious International Research Program](#)

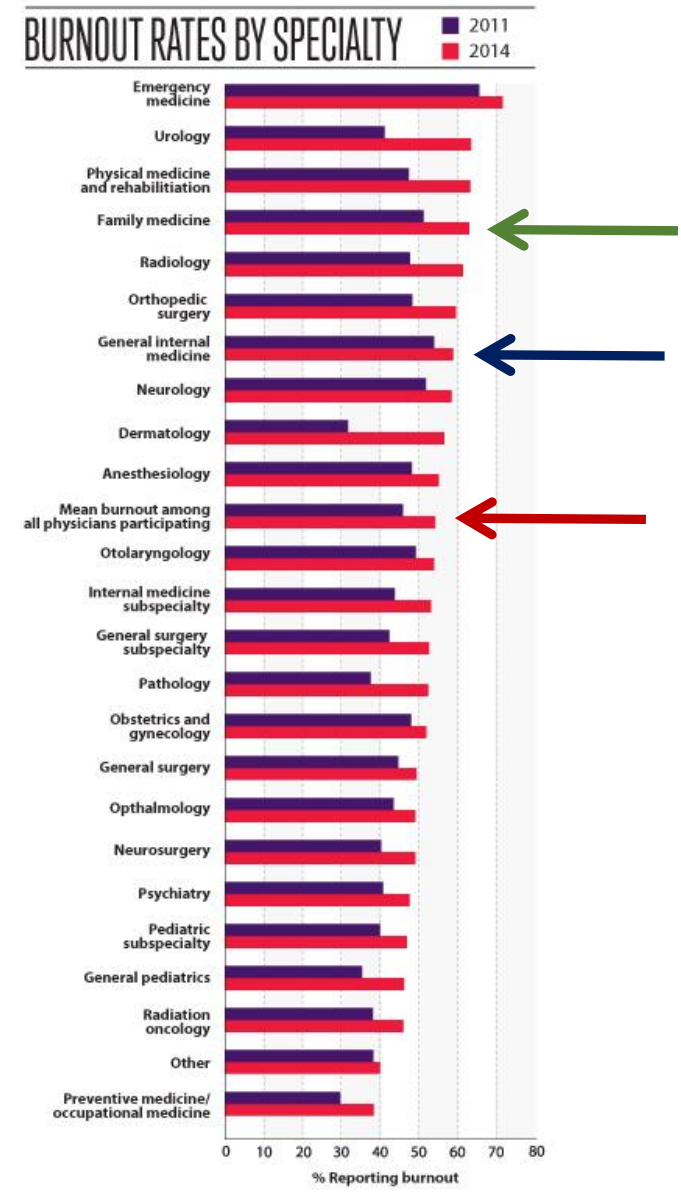


Research

- Medical residents experience higher rates of depression than the general public
 - Contributing factors include demanding environment, poor sleep patterns, limited independence in decision-making, and exposure to intense emotional situations
- 2015 Meta-analysis of over 50 resident studies showed the average prevalence of depression and/or depressive symptoms at over 28%, with some studies at up to 43%
- Resident depression has been linked to poor-quality patient care and increased medical errors

Burnout Rates by Specialty:

- Mean = >50%
- IM = >55%
- FM = >60%



Source: Mayo Clinic Proceedings—Dec. 2015

Shanafelt, Tait D. et al.

Changes in Burnout and Satisfaction With Work-Life Balance in Physicians and the General US Working Population Between 2011 and 2014
Mayo Clinic Proceedings , Volume 90 , Issue 12 , 1600 - 1613

Letter from ACGME CEO

“Layered on top of [work-related] challenges is the stigma that many physicians in training and in practice encounter related to acknowledging that they need help, and to feeling supported and safe in asking for that help. Physicians and other health care providers act as caregivers, but we don't always take care of ourselves. We need to be well, both physically and emotionally, in order to best serve our patients. The culture of medicine needs to support those seeking help.”

-Thomas Nasca, CEO of ACGME International

8/23/16

ACGME Resources

- Burnout inventory / self-assessment
- Well-being inventory for programs & organizations
- Webinar: “Combating Burnout, Promoting Physician Well-being”
- Videos, research articles, educational modules, symposium presentations, toolkits, etc.
- [“Make the Difference: Preventing Medical Trainee Suicide” video](#) (also linked on CAP website)

What is Stress?

In a biological or medical context, stress is a physical, mental, or emotional factor that causes bodily or mental tension.

Stress can be
external
(environmental)
or internal
(psychological)



Stress – Emotional Symptoms

- Moodiness
- Feeling overwhelmed
- Irritability or short temper
- Agitation or inability to relax
- Constant worrisome thoughts
- Sense of loneliness and isolation
- General unhappiness or depression

Stress – Cognitive Symptoms

- Poor memory
- Poor judgment
- Inability to concentrate
- Negative thought process
- Ruminating or racing thoughts

Stress – Physical Symptoms

- Fatigue or exhaustion
- Muscle tension
- Headaches
- Dizziness
- Chest pain
- Rapid heartbeat
- Frequent illnesses
- Gastrointestinal distress

Stress – Behavioral Symptoms

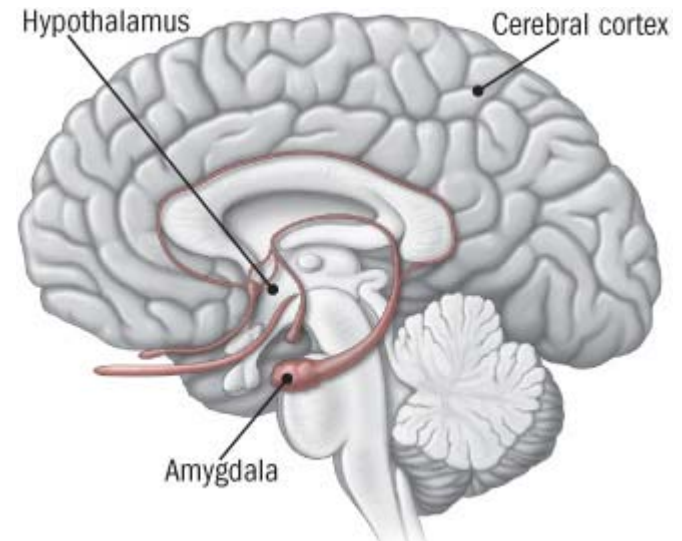
- Change in appetite
- Insomnia or hypersomnia
- Isolating yourself from others
- Nervous habits (nail biting, hair pulling, etc.)
- Using alcohol, nicotine, or prescription/illegal drugs to relax
- Procrastination or neglect of responsibilities
- “Lashing out” towards others in anger

Eustress vs. Distress



Stress and your Brain

- Brain senses danger (stress)
- Amygdala sends signal to hypothalamus
- Sympathetic nervous system engaged
- Pre-frontal cortex overridden
 - Concentration
 - Planning
 - Decision-making
 - Insight
 - Judgment
 - Memory retrieval
 - Impulse control

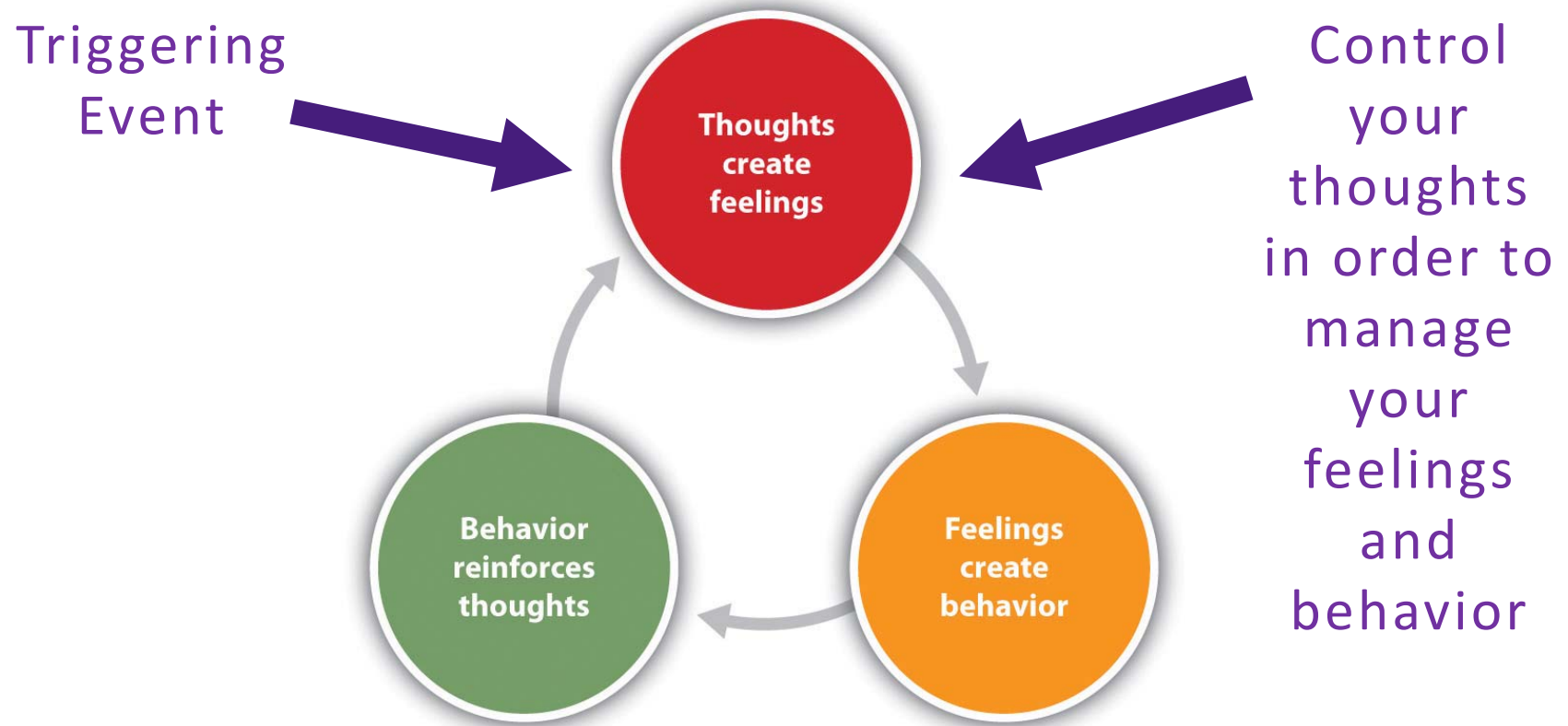


Basic Needs

- **Healthy diet** – food is FUEL for your body. What kind of fuel are you using?
- **Exercise** – one of the best strategies to maintain our physical and mental health.
- **Sleep hygiene** – control your sleep environment.
- **Monitor what you put into your body** – alcohol, caffeine, nicotine, stimulants, etc. because relaxation or energy benefits are temporary!!

Emotional Management

Cognitive Behavioral Theory



Relaxation Response

- Parasympathetic nervous system must be actively engaged in times of excessive stress:
 - Deep breathing
 - Exercise (yoga, tai chi)
 - Meditation & mindfulness
 - Progressive muscle relaxation
 - Whatever helps you relax: warm bath, taking a walk, playing with pets, etc.



Life Balance

WORK



Faith

Recreation

Socialization

Relaxation

Relationships

Family

Factors of Resilience

HEALTHY COPING

- Sleep
- Nutrition
- Exercise
- Socialization
- Recreation
- Relaxation

UNHEALTHY COPING

- Drugs/alcohol
- Eating/sleeping too much or too little
- Avoiding socialization & recreation activities
- Anger/verbal or physical violence
- Ruminating about negative thoughts

Factors of Resilience

- Support system
 - Family
 - Friends
 - Faith
 - Fellow residents
 - Faculty mentor
 - Professional resources

Resources

- www.helpguide.org/
- www.apa.org/helpcenter/
- www.mindful.org/

THANK YOU

CAMPUS ASSISTANCE PROGRAM

(504) 568-8888 ■ cap@lsuhsc.edu

<https://www.lsuhsoc.edu/> ■ search: CAP

“If your compassion does not include yourself, it is incomplete.”

*—Jack Kornfield—
Author & Buddhist Practitioner*