

Boundaries for a Chief Resident

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PGY 3 – Internal Medicine

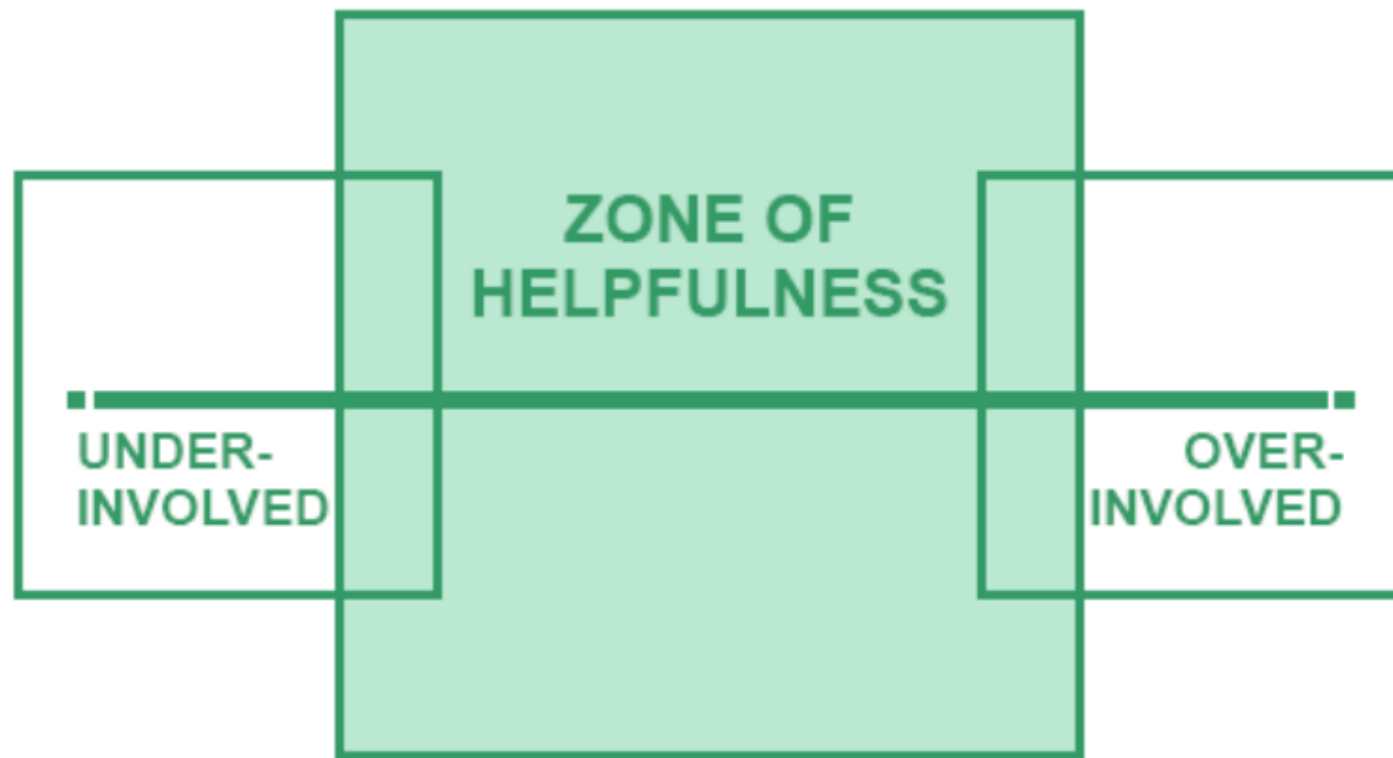
Academic Chief Resident

2017 Chief Resident Workshop

Objectives

Understand why boundaries are important

Apply techniques to reinforce the different boundaries present in different contexts



Boundaries

Ability to understand where you end and another person begins.

This is a skill that can be developed, but the key here is that boundaries vary with different social situations, even with the same person:

- Caring for them in hospital
- Acting as their chief resident
- Beer after work with the team
- Hudson' s on a Saturday night

Boundaries

- Personal boundaries
- Physical boundaries
- Professional boundaries



Boundaries

Upsides and downsides to having strict boundaries:





Boundaries

Upsides and downsides to having loose boundaries:



Setting Boundaries

We need to make the boundaries of our different roles clear

- This is especially true when we are not clearly acting in our chief roles, but the context necessitates us to take that role

If our boundaries are violated, or we violate other's boundaries we need to make this known

- Cannot change what we don't get feedback on

Know when to say "No"

- Make this overt – do not be passive aggressive about saying No

If you need people to do something, ask them to do it directly and in clear terms.

- This will avoid "crossed wires"

Be willing to compromise

- We're in a privileged role in that we usually understand the concerns of our co-residents far too well but need to still maintain a professional approach.

Keys to Avoid

Unfair recognition or treatment

Manipulation of co-residents

Bullying

Summary

Boundaries are important for chief residents

Most problems will stem from:

- Different social roles with the same person
 - Often with insufficiently established boundaries for the different contexts
- Prior personal interactions
 - This can lead to unfair treatment (both positively and negatively) which can erode the trust we have

There are a number of steps we can take to set appropriate boundaries and ensure they are upheld