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INTRODUCTION

This project involved the development and implementation of a well-being mobile application. Upon receipt of a push notification to their device, a student was prompted to self-identify wellness status and perceived cause. We intended to track wellbeing trends throughout the curriculum for purposes of inserting proactive resiliency training and wellness interventions at appropriate junctures.

KERN INSTITUTE TRIPLE AIM

The primary focus of this project addresses Caring. We believe that caring about our learners has a direct effect on their ability to develop their own Competence and Character.

PROJECT DESCRIPTION

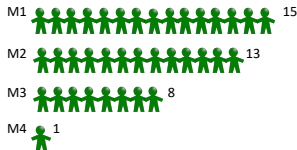
We held listening and discovery sessions in order to create a user-friendly, time-efficient mobile app that our target audience, medical students, would utilize and embrace. Our final goal is to track the stress trajectory of medical students from prematriculation through residency training. There is value for not only students, but also for faculty and staff in identifying stressful periods within the curriculum and providing proactive interventions and training along with reactive activities. When we know when the stress "hotspots" are for students, along with possible triggers, we can proactively do something to better support them. Our process involved the mobile app development and licensure, recruitment of participants, and the technology implementation. Participants were entered into a drawing for participation incentives. Delays in app development reduced our data collection time from five months to just four weeks

ENTREPRENEURIAL MINDSET

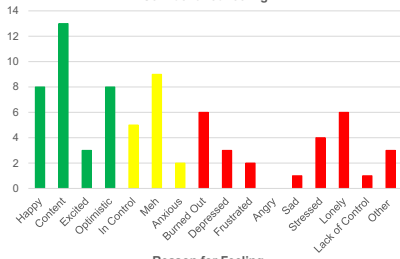
- C** Curiosity sparked in January 2017 when we thought we were adequately prepared for our students' return from holiday break.
- C** Collaboration with thirty-eight students
- C** Created value through collaboration and raising awareness of the importance of mental health. Further, pursuit of this project communicated with students that we CARE about them and their well-being.

RESULTS

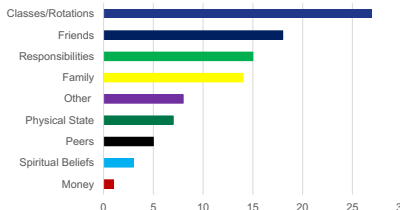
Participants



Self-identified feeling



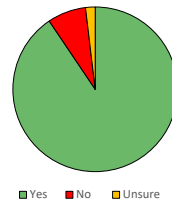
Reason for Feeling



Milestones

- 9/1/18: Recruitment & discovery sessions
- 10/1/18 - 11/1/18: App development
- 11/1/18: Publish app and request that participants download
- 11/1/18 - 4/1/18: Data collection
- 4/1/18 - 4/15/18: Data mapping and report out

I feel that I have the resources I need to thrive today.



DISCUSSION

Through the participation in the design thinking workshops, conversations with our participants and our app developers, we learned:

- There is a desire and need for this platform;
- There is value added for the learner, faculty, staff, administration and the general public, as well as the medical community as a whole;
- Further development of this application would require increased institutional, financial and time investment, specifically decreasing the number of roadblocks to product development.

ACKNOWLEDGEMENTS

We would like to thank the students of MCW-Green Bay for their participation and enthusiasm.

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