

Helpful **Strategies** for Residency

- *Adjust to the clinical demands and to the environments of your residency program. After all, they are your employer.*
- *Get rest and plan for demanding rotations that you may not be accustomed to as a second-time resident.*
- *Seek a residency position that facilitates a transition to professional practice as a certified clinician.*
- *Develop appropriate relationships with coworkers and physicians which could ultimately lead to professional growth opportunities.*
- *O&P residency is not a new concept. Get advice, tips, and best practice strategies on O&P residency burnout, recruitment and retention, communication and leadership from former residents and newly certified clinicians.*



It's Time for Spring! Time-Management Tips

Are you wasting time? A Salary.com survey reveals that the average employee admits to wasting roughly two hours each workday—

Not including lunch or scheduled breaks. But what about orthotic and prosthetic residents? After all to be a good orthotist and or prosthetists, you must be a master of tracking dozens of moving pieces, while keeping a close eye on meeting competency for residency and deadlines for evaluations and assignments. NCOPE offers some time-management advice: 1. Transfer all tasks (work and personal into your Outlook or preferred electronic calendar. Afterall, you would be able to access the calendar on your computer or smartphone. Why you ask? Simply writing down a to-do list or a quick note is no assurance that it will get done. Assigning the task a date and time ups the chances that it will. 2. Set two reminder alerts for every colander task and appointment. Set one reminder for two hours prior to the tasks deadline and a second reminder five minutes prior. 3. Rise early. Uber-productive individuals uses the morning hours to organize everything at home and possibly read email.

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for work. Think about it. Your fellow clinicians and co-workers have answers to work on and they won't track you down as soon as you arrive to the clinic. 4. Build in a Safety Net by considering setting a timer for those jobs you'll need to tackle that don't necessarily require patient care. 5. Embrace Punctuality. Every time you find yourself racing the clock to get to work, stop and ask yourself why. Don't get caught up in an endless cycle of arriving to the office already behind schedule. Believe it or not, the amount of time you allot for a task is how long it will take you to complete it. If you schedule yourself two hours for a task that can be done in one hour, it will probably take you the whole two hours. Level up! It is also helpful to save your favorite tasks for last to avoid procrastination. Mastering time management is great but don't forget the attitude. Attitude is a choice and it can make or break your career. You need to make the right choices if you are going to shine in your O&P career and around others.

What's New at NCOPE?

NCOPE to host student delegates at the 2019 AOPA Policy Forum in Washington, D.C May 7- 8. All accredited practitioner education programs have selected a student delegate. NCOPE Treasurer, Mark Clary, CPO will lead the effort.