Individual Action Plan (IAP)

Date: _______

☐ I pledge to use this information in my practice of medicine in the care of myself and of my patients.

☐ I pledge to care for myself first so I may better care for others.

☐ My BVI score: ______

☐ From the BVI assessment, reflect on and list 1-2 areas you identified to improve.

Which, if any, changes might you implement to improve your own wellbeing? (Check all that apply.)

☐ Sleep regular hours
☐ Exercise more
☐ Engage more with my family
☐ Pick up a hobby
☐ Enhance my spiritual life
☐ Avoid substance use for relaxation
☐ Improve my diet
☐ Take vacations
☐ Delegate more often
☐ Control my work hours
☐ Seek coaching if stressed or burned out
☐ Seek counseling if anxious or depressed
☐ Seek assistance if using alcohol/drugs to cope
☐ Other: ___________________________

What changes will you make to enhance your office policy as it relates to preventing sexual misconduct and sexual harassment?

☐ Display AMA Code of Ethics
☐ Display EEOC sexual harassment rules
☐ Display general office policy
☐ Offer training for my staff
☐ Support a culture of professional behaviors
☐ Avoid slippery slope behaviors
☐ Establish rules for chaperones
☐ Avoid late appointments and special favors
☐ Address professional violations head-on
☐ Report unprofessional behaviors including sexual misconduct to the appropriate officials
☐ Other: ___________________________

List three (3) key things you learned taking this module that you do not want to forget.

Write your preferred statement/phrase to help reinforce maintaining appropriate boundaries in your office.

Other reflections or changes: