

## **Signs Of Fatigue And Stress:**

Fellowship is a pivotal and exciting time in a fellow's career, it is also a time where they may experience fatigue, anxiety, frustration and depression. If any of the cardiology fellows are having a hard time coping with any of these whether it be at work or home, the Program Director has an open door policy and will provide necessary resources to the fellow and their family. In addition, Upstate Medical University Hospital also has available to any employee and their family the Employee Assistance Program located at Room 510 Jacobsen Hall. They can be reached at (315)464-4260. Annual education is provided to the Cardiology Fellows at the July meeting on the signs of fatigue and the effects of performance. This is also available on the Upstate Medical University Hospital MedHub at

[https://upstate.medhub.com/u/a/myhome\\_resources.mh?action=view&resourceID=1053](https://upstate.medhub.com/u/a/myhome_resources.mh?action=view&resourceID=1053)