Physician wellness has been on the forefront of medical news due to reports of high physician burnout. As a result, the ACGME will expect residency programs to address and implement wellness guidelines. Few research studies have evaluated the interventions to reduce stress and address physician burnout. There are limited studies that address educational interventions to improve one’s understanding of the signs of burnout. Self-care plans may provide a unique and self-directed intervention. We sought to use the combination of education and self-care plans for the residents and faculty to help solidify the understanding of physician burnout.

Results on Wellness Perception in Residency Programs after an Educational Intervention

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Background

A half-day Wellness workshop was created. Residents and faculty from the Internal Medicine, MedPeds, and Pediatrics residency program were included.

Participates were instructed on how to create their own Self-Care plan to meet their personal needs.

Pre and post surveys (3 months) were sent to participants to determine understanding and retention of knowledge regarding burnout.

Completion and follow-through on self-care plans were assessed.

United Resident wellness committee created for the 3 program to follow through on wellness initiatives.

Outcomes / Results

Noted areas of significance included the following:

- There was statistically significant evidence that the seminar was successful in educating attendees on the resources available in the event they are experiencing aspects of burnout.
- There was a noted trend toward improved awareness of signs and resources.
- Of the 26 respondents, 10 respondents completed self-care plans during the workshop.
- Of those individuals that completed a self-care plan, there was increased awareness of the signs of burnout in themselves (66.67% vs 100%), signs in others (50% vs 100%) and resources available (50% vs 80%).

Discussion

There remains continued need for a wellness workshop that focuses on diet, physical exercise and mindfulness/meditation, therefore it is an annual event with the addition of resident wellness committee that meets monthly.

The workshop was successful in educating attendees on the resources available to address burnout. By providing time to create self-care plans, we anticipate that self-care plans will be more efficacious in the future.

Finally, although not formally assessed, individual self-care plans provide a guide of the domains and areas of need for the Wellness Committee to focus on interventions.

Future Directions