



Improving Resident Wellness Through a Formal Wellness Curriculum

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Background and Objectives

- **Problem:** high levels of physician suicide, depression, and burnout
- **Proposed solution:** formal wellness curriculum
 - Monthly outside of work wellness events
 - Monthly structured wellness breaks during didactic blocks
 - Wellness library
- **Evaluation Aim**
 - Examine feasibility and acceptability of each component of the wellness curriculum
 - Explore changes in resident wellness over the first year of curriculum implementation

How one program achieved resident wellness, work-life balance

<https://www.ama-assn.org/residents-students/resident-student-health/how-one-program-achieved-resident-wellness-work-life>

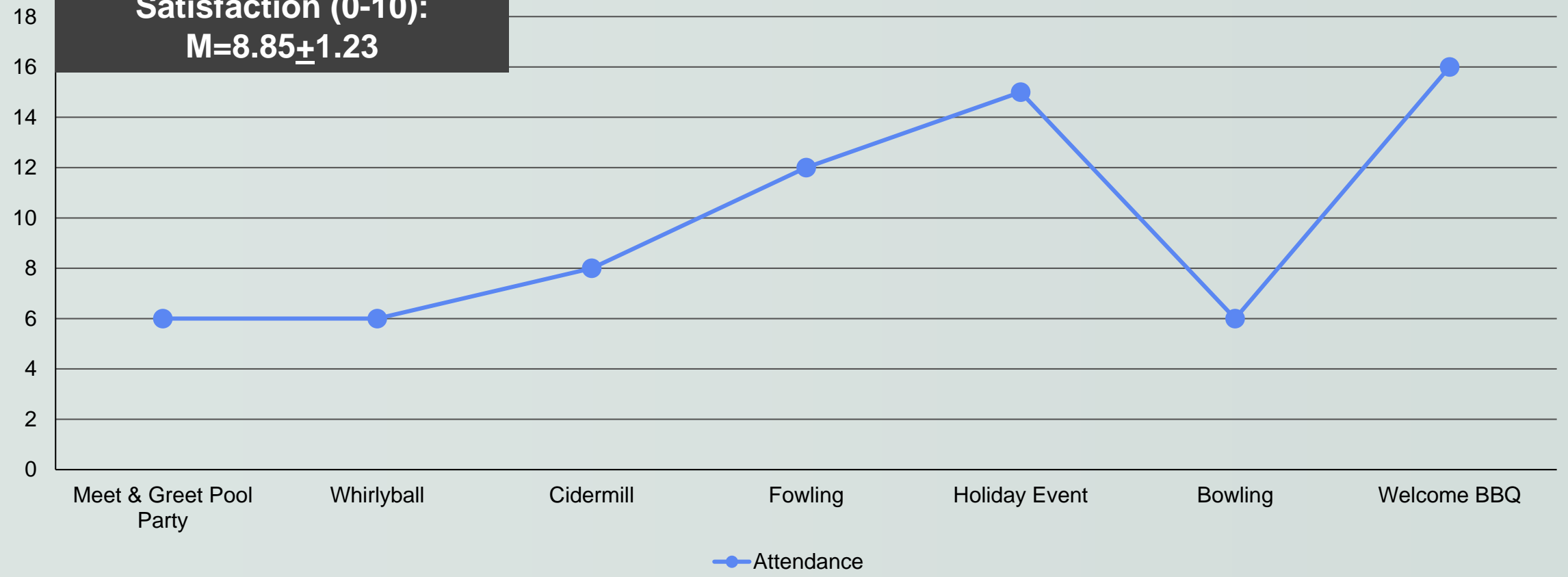
Plan/Do

- Feasibility and acceptability of curriculum components
 - Attendance and frequency of wellness events and didactic breaks
 - Library check-out log
 - Feedback survey
- Wayne State University Resident Wellness Scale
 - Completed in August (baseline) and every 3 months for 1 year
 - Scale structure
 - Self-report, 10-items
 - Total scale score + 2 subscales (Self-Care and Meaningful Work)
 - Interpretation criteria
 - Total Score <3.5 = wellness deficiency
 - Subscale meaningful change =: ± 0.4

Study

**Wellness Event
Satisfaction (0-10):
M=8.85±1.23**

Wellness Event Attendance

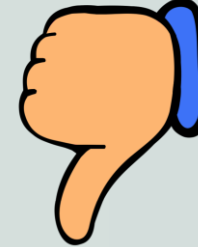


Study



The Good

- Diversity of events
- Free and fun
- Good event planning
- Nice to get to know residents better
- Decreased burnout



Suggestions for Change

- Need more events
- Unable to attend during certain rotations
- More kid friendly events
- Better funding could increase attendance

Results



Wellness Breaks

Resident satisfaction (0-10 scale):
M=8.35 ± 2.10

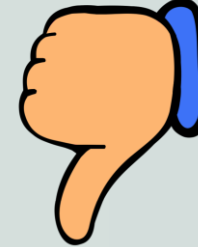


Results



The Good

- Fun breaks from lecture
- Great way to connect with colleagues
- Great stress relief during the day
- Entertaining and funny



Suggestions for Change

- Making breaks optional
- Does not feel like a valuable learning experience
- Prefer to leave didactics early
- Vote on types of breaks

Results



Wellness library

Resident satisfaction (0-10 scale):
M=8.62 ± 1.94

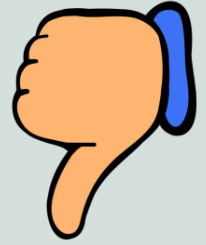


Results



The Good

- Good for downtime during the day
- Great idea
- Interesting books
- Fun games



Suggestions for Change

- Location not convenient
- Residents forget to use it
- Needs more games
- Needs more books

Study: Resident Wellness Deficiencies

- Total scale score
 - Female residents at T3
 - PGY 1 at T1 & T3
 - PGY 3 at T1-T4
- Meaningful Work
 - Female residents at T2-T4
 - PGY 1 - PGY 3 residents
- Self-Care
 - PGY 1 & PGY 3 residents at T3

Act

- Feasibility and Acceptability of Wellness Curriculum
 - Increased resources in wellness library
 - Increased diversity of wellness breaks and events based on feedback
- Variations in wellness by sex and cohort
 - Conduct resident interviews to better understand their definition of meaningful work

Public Health Implications

- **Medicine is a demanding career**
 - Culture change takes time to implement
 - Benefits to teaching residents wellness throughout training
- **Formal wellness curriculum**
 - Feasible and acceptable
 - Commitment and resources needed by program