

Background

- High rates of burnout among medical residents
 - reported resident burnout rate 55-76%¹



- Interventions to combat burnout not well studied
- Some studies have looked at individual interventions (yoga, mindfulness, reflection) and have suggested proof of concept²
- Lack of studies with group/community interventions

Intervention

- Weekly 5 minute reflection practice
- Prompts designed to foster reflection, mindfulness, community
 - Example prompts:
 - One thing you've done well
 - How you advocate for patients
 - What gives you energy at work
 - Fun outside of work
 - Growth over the last year

Project Objectives and Goals

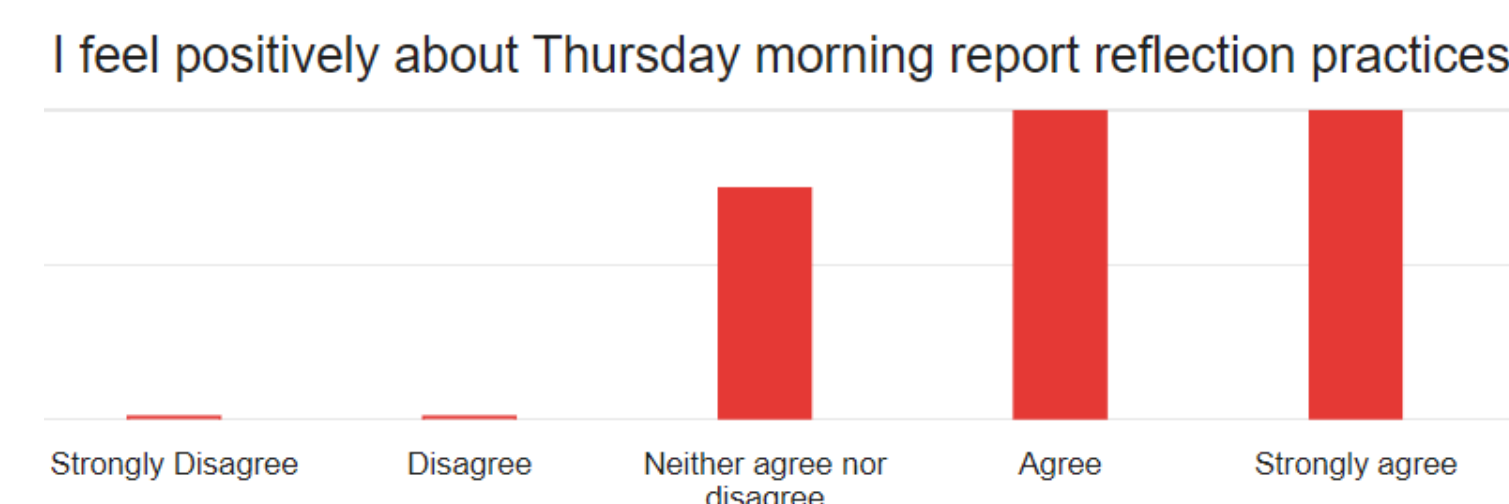
- Reduce Resident Burnout
- Build community among IM residents during pandemic
- Foster wellness in IM program
- Proof of concept for group interventions for burnout

Methods

- 5 minute sessions during morning report conference weekly
- 4 months of weekly reflection practice
- Survey administered to IM residency after 4 months (Likert-scaled responses)

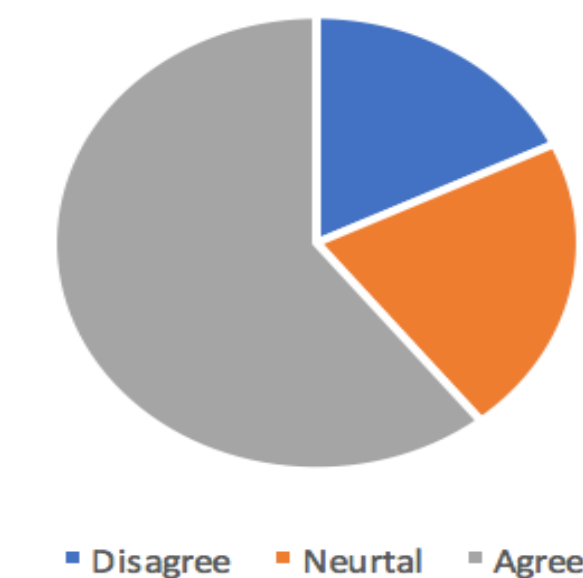
Results and Outcomes

- Participation: 90-100 IM residents
- 42 responses
- 0% of responders had negative feelings/attitudes
- 80% wanted to continue intervention once weekly, 20% wanted more frequent



Survey Responses

I would like to incorporate brief self-reflection into our daily/weekly routine on wards



- *They are meaningful and rare. We often forget to talk about non-work things with work friends.*
- *Great start of the day, hearing about people's perspectives.*
- *Great opportunity to connect, build community, feels therapeutic.*
- *We got to share positive experiences which help to create positive vibes for the rest of the day/week.*
- *One week I was very stressed and I enjoyed using this time to think about something other than work or medicine connect with my fellow residents.*

Future directions

- Mindful Rounding Initiative
- Pet Therapy
- Residency sponsored outings (baseball games, bowling, arcade etc)

References

1. Rodrigues H, Cobucci R, Oliveira A, Cabral JV, Medeiros L, Gurgel K, Souza T, Gonçalves AK. Burnout syndrome among medical residents: A systematic review and meta-analysis. PLoS One. 2018 Nov 12;13(11)
2. Nowrouzi B, Lightfoot N, Larivière M, Carter L, Rukholm E, Schinke R, Belanger-Gardner D. Occupational Stress Management and Burnout Interventions in Nursing and Their Implications for Healthy Work Environments: A Literature Review. Workplace Health Saf. 2015 Jul;6(7)