

OB/GYN Resident Wellness Curriculum, a Quality Improvement Initiative

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Background

There is strong evidence demonstrating an increased level of stress and burnout in the physician population leading to negative impact on patient care, self care, and personal and patient safety.

Increased attention is being paid to physician well-being and ways to address burnout.

Carilion Clinic Ob/Gyn Wellness curriculum initiated in July 2016, includes:

- 30-60 minute sessions
- Bi-weekly to monthly sessions during protected education time
- Topics covered:
 - Mindfulness practices
 - Physical activity
 - Emotional intelligence skills
 - Team building exercises
 - Arts and crafts

Objectives

To evaluate the quality of the current Ob/Gyn Resident Wellness Curriculum from July 2016 to July 2017.

To improve and expand future wellness curriculum.

Methods

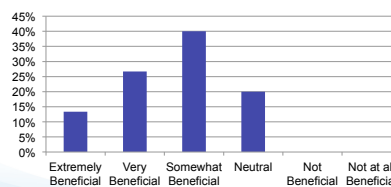
Anonymous third party online survey sent to current Carilion Clinic Ob/Gyn residents.

Survey included both multiple choice and open-ended questions.

Likert scale used to quantify responses.

Results

How beneficial is the current curriculum?



Results

Curriculum Feedback

Likes

- Mindfulness Practices
- Team-building activities
- Quality time with peers
- Ability to speak freely about concerns without fear of repercussions

Dislikes

- Short sessions
- Additional reading assignments
- Some lessons are difficult to make applicable to daily life

Discussion

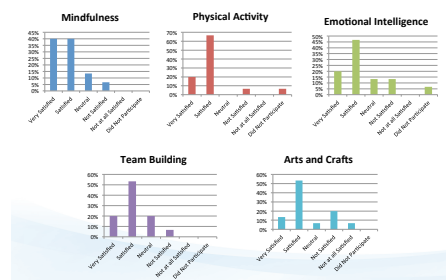
There was an overall positive review of newly instated Ob/Gyn resident wellness program.

Inclusion of varied activities ensured that all residents' needs were met.

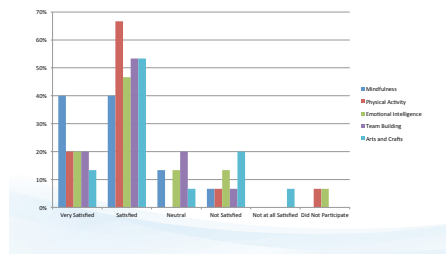
Mindfulness practices including meditation and physical activity scored the highest in residents' satisfaction rating.

The need for resident run wellness initiatives was recognized and is being implemented in the current wellness curriculum.

Satisfaction with Individual Activities



Overall Satisfaction



References

- Effects of Mindfulness-Based Stress Reduction on Medical and Premedical Students. *Journal of Behavioral Medicine*. December 1998, Volume 21, Issue 6: 581-599.
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- Shanafelt TD, Boone S, Tan L, Dyrbye LN, Sotile W, Satele D, West CP, Sloan J, Oreskovich MR. Burnout and Satisfaction With Work-Life Balance Among US Physicians Relative to the General US Population. *Arch Intern Med*. 2012;172(18):1377-1385.
- West C, Dyrbye L, Erwin P, Shanafelt TD. Interventions to prevent and reduce physician burnout: a systematic review and meta-analysis. *The Lancet*. 2016; 388(10057): 2272 – 2281.