

ABSTRACT

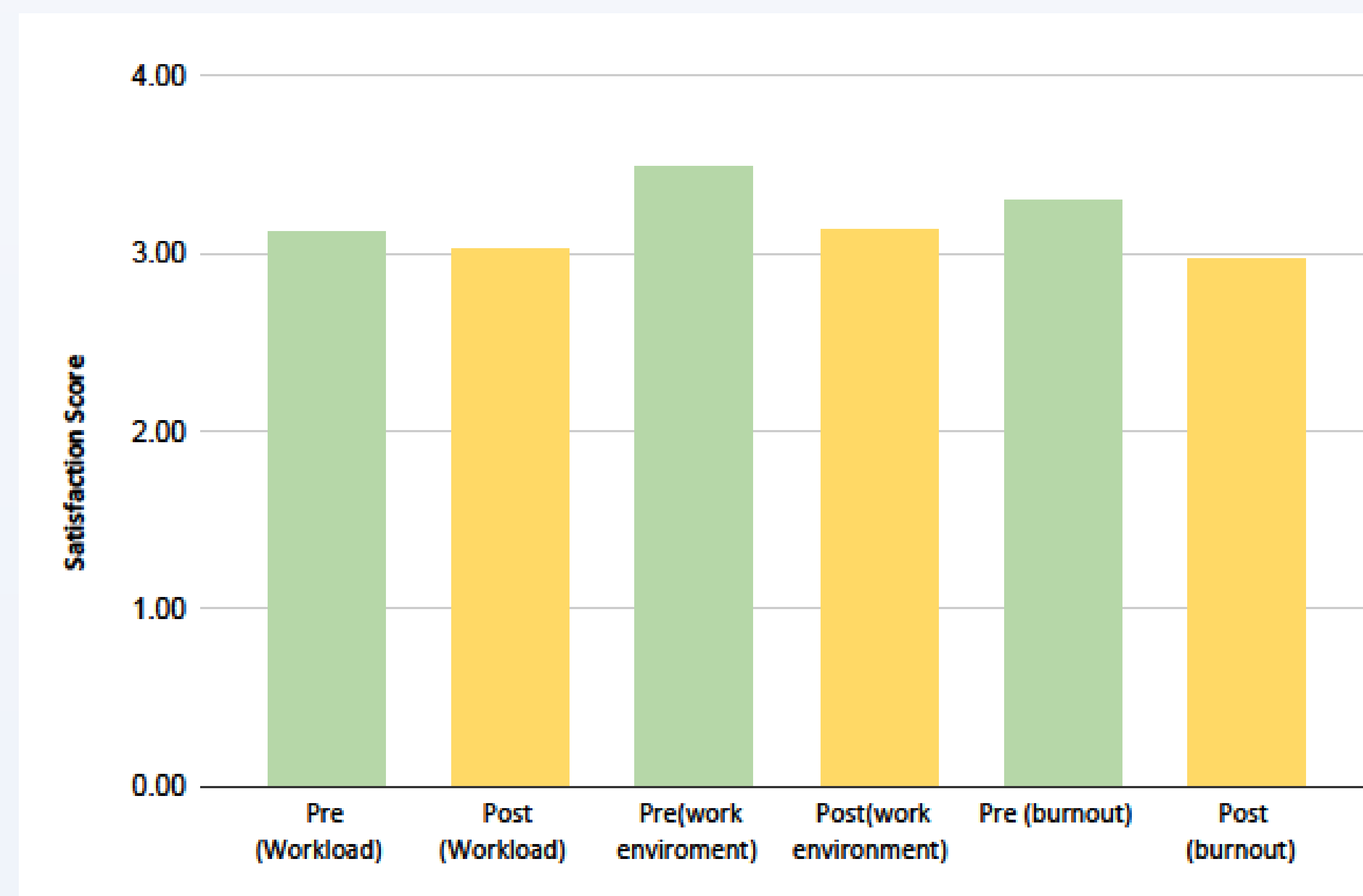
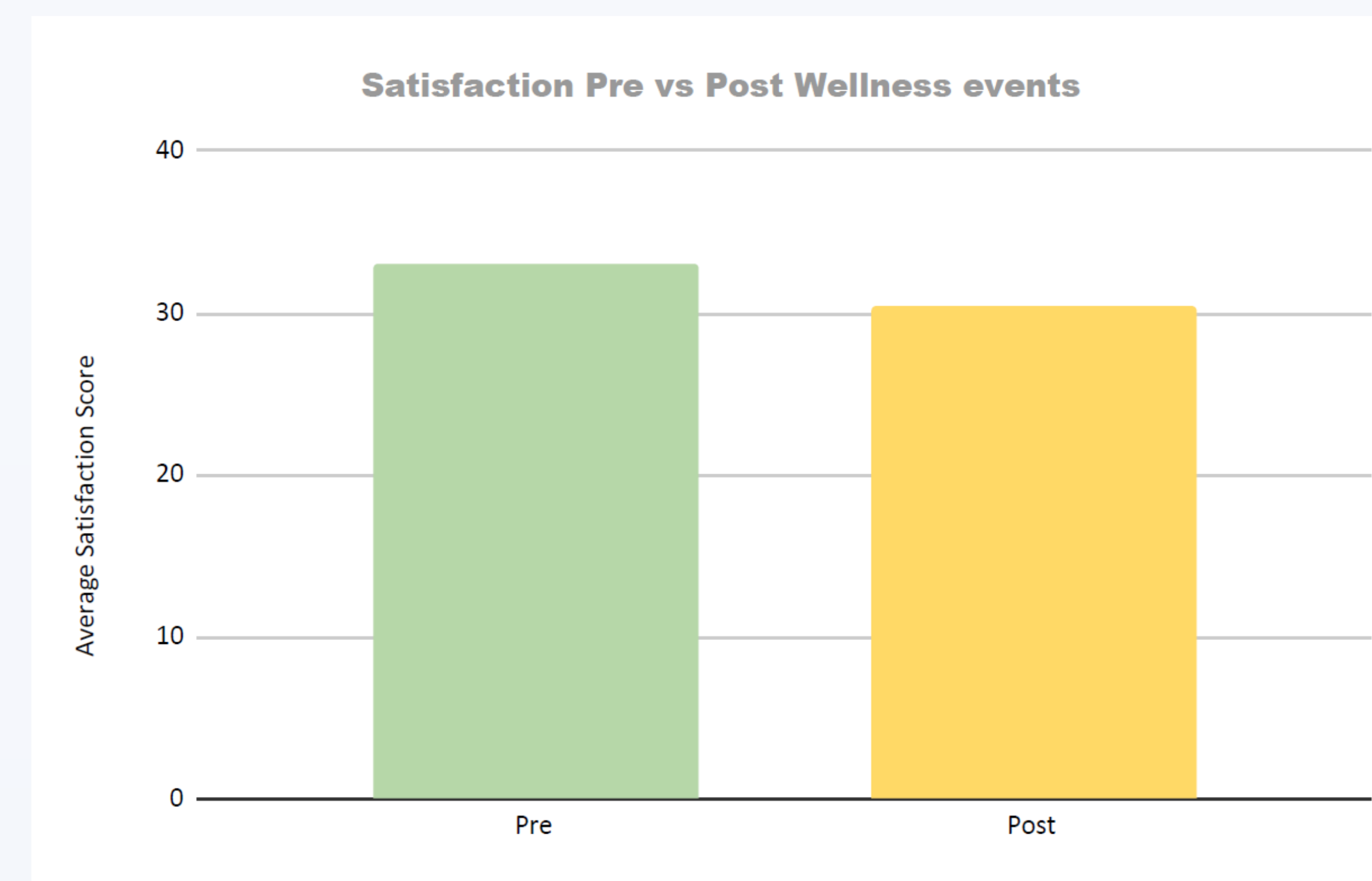
A 2016 study revealed that over half of all physicians who responded to the survey had symptoms of burnout. Physicians have the highest suicide rate of any profession. Many physicians are leaving medicine mid-career and decreasing their work hours. This will negatively effect the physician shortage, which is projected to be 100,000 physicians short by 2030. With the above facts in mind the ACGME has made a large push for physician wellness in residency programs. Family Medicine Residents at Comanche County Memorial Hospital collaborated to implement a wellness program for their residency. Pre and post-implementation surveys were conducted to assess symptoms of burnout and effectiveness of wellness program. Results were inconclusive and revealed similar pre and post-implementation scores. Study size was small and survey participation inconsistent. The survey did reveal burnout symptoms in 60-75% of residents. Further research with design modification is warranted.

MATERIALS AND METHODS

An 11 question wellness survey completed by Family medicine residents and attending physicians within a single Family medicine residency program

- Survey comprised of questions regarding their work/home lives and feelings of stress, burnout, and workload.
- A 6 month wellness program was initiated among participants
- The same 11 questions survey was re-administered at the end of the wellness program
- Wellness program included:
 - Weekly Stress relieving activities including coloring, meditation, etc...
 - Lectures on identifying stress
 - Program approved wellness days including golfing day, and holiday party.
- Answers were collected and assigned scores based on responses where a higher score indicated a higher level of "job satisfaction".

RESULTS



DISCUSSION

The first surveys were obtained early in the residency year while the second surveys were obtained after the majority of the year's rotations were completed; the timing of the surveys may have skewed the results. For instance, the intern class may have had enough experience in the second survey to reflect and make more meaningful contributions of what they were feeling and how they would like things to change than they did in the first survey.

Also, although level of burnout may increase with the length or level of responsibility of the residency, level of burnout may also be rotation dependent. For example, some rotations are more stringent and challenging than others and the timing of the surveys may be reflective of rotation demands or residency responsibilities. Thirdly, participation in the pre- and post-surveys was inconsistent due to residents being on away rotations or residency scheduling. Fourthly, wellness activities during didactics was inconsistent due to the schedule of didactics. For example, some didactics schedules did not allow time for a wellness activity while others had enough time in to squeeze in a 15 min wellness activity.

For future studies, it is suggested to evaluate pre- and post- surveys of each PGY class in the residency to see if burnout changes over the course of residency. Due to the nature of residency schedules, there does not seem to be an effective way to change inconsistencies in pre- and post- survey participants. More studies are needed with larger sample size and more consistent wellness activities.



CONCLUSION

The level of burnout for residents was seen to have increased throughout the 2019-2020 residency year in the current study. However, the results are inconclusive since study size was small and survey participation was inconsistent due to trainee's residency schedules. Further studies that assess physician burnout and effectiveness of wellness programs should be conducted with a larger population. Similar studies should also be done in other residency programs and results compared and contrasted between programs to get a general idea of physician wellness across the nation. A prospective study may be used to examine the rate of burnout of individual residents and how it changes during each year of residency. Further research on this topic may help the medical profession retain doctors and lessen the rate of suicide by promoting physician wellness since the current study demonstrated that 60-75% of residents experienced burnout throughout the course of one residency year.

ACKNOWLEDGEMENTS

Special thanks to our attendings Mercedesz Bernard, DO and Moncy Varkey, DO for their oversight and guidance.

References

AMA. *Practice transformation series: burnout*. 2015
 Mayo Clinic. *Changes in Burnout and Satisfaction With Work-Life Balance in Physicians and the General US Working Population Between 2011 and 2014*. 2015
 WebMD. *Doctor's suicide rate highest of any profession*. 2018

