OB/GYN Resident Wellbeing: Focused on Workload & Wellness Time: Measured Using a 3-Item Well-Being Check-in Card

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Introduction: Background

Physician Burnout & Well Being
- Between 22-60% of practicing physicians are reported to have experienced burnout.1
- OB/GYN resident burnout has been reported at 90%.2
- Duty hour limitations were implemented for patient safety:3
  - Associated with an increase in overall resident quality of life
  - Potential sacrifices in resident education and patient care
- Contributors to burnout (and drivers of engagement)4
  - Workload and job demands
  - Control and flexibility
  - Poor work-life integration
  - Check Box Requirements (filling out surveys, module requirements, duplicates, paperwork)

Data Related to Well Being
- Multiple survey tools available but may cost money and/or are time-consuming to complete
- Existing/Archival Data: Residents and faculty are required to complete multiple surveys annually/biennially:
  - Press Ganey Annual Engagement Survey (PG-ES)
  - ACGME Annual Survey

Method 1: Well-Being Interventions

Aim 1: Effective July 2, 2017 changed 3 workload protocols:
- Weekend Rounding Protocols: Residents continue to round on all antepartum and gyn patients at the end of each 24-hour shift but now faculty complete all postpartum rounding
- Weekday Postpartum Rounding Redistributed: decreasing number of patients per junior resident from >10 patients to maximum: 6-7 patients per resident
- No Resident Service Obligations on Sundays and two months of no residents on night float

Aim 2: Data Sets to Evaluate Interventions

Method 2: Data Sets to Evaluate Interventions

Aim 1: Process Measure: Well Being Check-In Cards (WBCIC)
- 3-item WBCIC asks participants to periodically rate

Method 3: Outcome Measures: Press Ganey Engagement Survey (PG-ES) and Mayo Well Being Index (MWBI)
- PG-ES identified crosscutting items/domains consistent with aim: engagement, organization, leadership/manager, etc.
- PG-ES discontinued with organization merger
- MWBI individuals with scores ≥5 at risk of adverse outcomes due to poor quality of life, burnout and suicidal ideation

Results:

Well Being Check-In Cards (WBCIC)
- 6 WBCICs Completed in Sept 2017-Dec 2018

Mayo Wellbeing Index
- \( \downarrow \) from 3.2 to 2.9 over 6 months; \( \uparrow \) by 1.0 in Dec to 3.8

Discussion, Barriers and Strategies

Key Findings:
- 3-item WBCIC provides on-going process measures
- MWBI provides a benchmark with national comparisons for Ob/Gyn residents and findings appear = WBCIC
- Scores by trainee level & time of year

Barriers/Limitations: Lack of concurrent data for faculty and data collection

Strategies: Use protected time for data collection; Continue to implement interventions; add/adjust as needed

References/Resources