

RUNNING AND RAPPING OUR WAY TO WELLNESS: INTERNAL MEDICINE



RESIDENCY APPROACH TO PREVENTING BURNOUT

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INTRODUCTION: BACKGROUND

PHYSICIAN BURNOUT & WELL BEING

- Between 22-60% of practicing physicians are reported to have experienced burnout¹
 - Stems from lack of work satisfaction, overwhelming schedules, and loss of support from colleagues
 - Physician burnout has led to increased CV disease and shorter life expectancy, problematic alcohol use, depression as well as suicide
- Burnout in internal medicine (IM) ranks among the highest of all specialties with rates up to 76%¹

DATA ON INTERVENTIONS:

- Residents recover from existential burnout by:¹
 - Feeling validated
 - Forming connections with patients/colleagues
 - Increasing competence, career development initiatives
- Medical Students whose aerobic exercise and/or strength training habits are consistent w CDC guidelines appear:²
 - Less likely to experience burnout
 - Have higher quality of life

REFERENCES/RESOURCES

1. Abedini NC, et al. "It's Not Just Time Off": A Framework for Understanding Factors Promoting Recovery From Burnout Among Internal Medicine Residents. J Grad Med Educ. 2018;10(1):26-32.
2. Dyrbye LN, Satele D, Shanafelt TD. Healthy exercise habits are associated with lower risk of burnout and higher quality of life among US medical students. Academic Medicine. 2017 Jul 1;92(7):1006-11. Linzer, Mark, et al. "Predicting and preventing physician

PROJECT AIMS

IMMEDIATE: Relationships w/Colleagues & Exercise

- To create a personal team for incoming residents to help with the transition into residency
- Education and promotion re: importance of personal health including exercise/diet it's impact on health

LONG TERM:

- To continue monitoring the effectiveness of our interventions during upcoming academic year
- To gain a better understanding on the ongoing trends of the contributions of resident burnout

METHODS: INTERVENTIONS

AIM #1: PEER ADVISOR TEAM (RAPS)

- RAPS Team**
 - Form Resident Advising Program for Success (RAPS) Team
 - Faculty Advisor, Sr Resident, Jr Resident
- RAPS Match**
 - Assign incoming intern post NRMP Match Day) to PGY-II/III in continuity clinic and corresponding RAPS team (April 1st)
- RAPS Welcome**
 - Email to Intern from RAPS team including photo of their new team with fun facts about each team member (April 5th)
- Events**
 - Quarterly check-ins with team (team dependent)
 - 3 out of hospital "bonding" events (June, January, May)

AIM #2: WELLNESS CHALLENGE

SHARE YOUR ACHIEVEMENTS ON WHATSAPP (group will start January 6th)

PRIZE: A SECRET & SPECIAL REWARD FROM DR. BATTIOLA

HEALTHY RECIPES TO FOLLOW!

MINDBODY APP - helps you find local fitness classes (free to download)

WALKING - located in Sinai basement and on FREE

ACTIVE - phone app directed treadmill and elliptical classes - free to start

JEWELRY APP - free for 90 days 10k Training Club—\$5- free workouts

Grab a buddy and get sweatin'!

Internal Medicine February Newsletter

Important Dates & Deadlines

- 2nd - Groundhog Day (how long with this cold last...)
- 4th - Academic half day - St. Balmain (Patient Safety) @ Steadholder Auditorium (Sinai)
- 14th - Valentine's Day
- 20th - Vacation request deadline for blocks 12 & 13

Looking ahead and reminders

- March 5th - Academic half day followed by dinner at County Clare (in honor of upcoming St. Patrick's Day)
- March 1st - deadline for abstract submission for Scientific Day
- March 30th - Compliance & HIPAA module due
- April 11-13th - National ACP conference (Pittsburg)
- May 4th & 5th - LW POCUS course (check email from Ellie)
- May 30th - Resident Retreat and PGY-III Celebration
- June 7th - Graduation Day
- ** 12 PGAC modules to be completed by end of June

Birthday Celebrations

- 2nd - Maayan Tharur
- 14th - Nicholas Jankovic

What to do in HKS?

Events

- 15th - Apollo MKE 2019
- 27th - Backstage

Conferences/Shows

- 21st - Jesse McClanahan
- 2nd - Dan Van
- 4th - Ingrid
- 25th - Fiddler on the Roof (musical)
- 28th - Ellen Sides concert
- 27th - Trunk Show
- 28th - Chase Rice
- 30th - iCarly
- 31st - Cirque du Soleil

Spinning

- 2nd - 3rd - 4th - 5th - 6th - 7th - 8th - 9th - 10th - 11th - 12th - 13th - 14th - 15th - 16th - 17th - 18th - 19th - 20th - 21st - 22nd - 23rd - 24th - 25th - 26th - 27th - 28th - 29th - 30th - 31st

Other

- 2nd - 3rd - 4th - 5th - 6th - 7th - 8th - 9th - 10th - 11th - 12th - 13th - 14th - 15th - 16th - 17th - 18th - 19th - 20th - 21st - 22nd - 23rd - 24th - 25th - 26th - 27th - 28th - 29th - 30th - 31st

METHODS: METRICS

FIT₄LIFE SURVEY

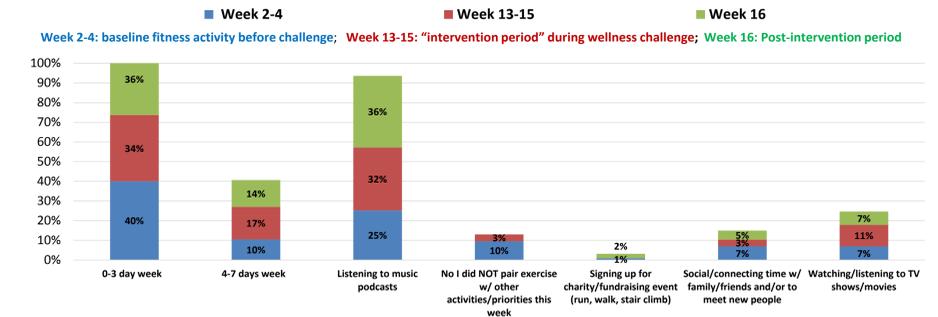
- 3 Item Survey sent 1/wk via MedHub per AHA guidelines
 - # days in last wk did you engage in > 30 minutes moderate AND/OR 25 minutes vigorously intensity exercise?
 - Did you pair exercise w other activities/priorities in your life?
 - Rate your overall health (physical, emotional) this past week?

RAPS PROGRAM

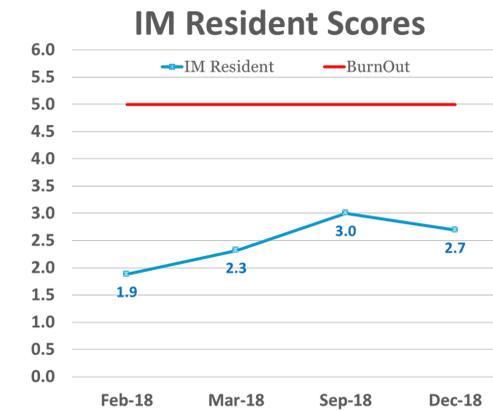
- Semi structured 3-5 min individual interviews with interns
 - Focus: overall value of RAPS

RESULTS:

FIT₄LIFE SURVEY



MAYO WELL-BEING INDEX



Scores ≥ 5 predict resident burnout and associated symptoms such as low mental quality of life, high fatigue, or recent suicidal ideation.

RAPS PROGRAM

Attendance at Events

- June 2018- 11 interns
- Jan 2019- 4 interns

Interns Interviewed (N=13)

- Overall Value
 - 85% (11) welcomed idea of a more structured peer advisor program
 - 15% (2) felt not necessarily helpful but potential
- # Meetings w peer advisor
 - 100% weekly (at clinic)
 - 0% outside clinic setting

DISCUSSION, BARRIERS, STRATEGIES

KEY FINDINGS/DISCUSSION

- Initiating core teams pre residency begins may help initial transition and lead to long-term trusted relationships
- Simplicity is key and frequent reminders yielded higher completion rates but cumbersome for the team

BARRIERS

- Limited data collection and attaining data via surveys may be increasing burnout by adding more to be done

STRATEGIES

- Formation of Residency Program Wellness Committee to continue to sustain/build interventions