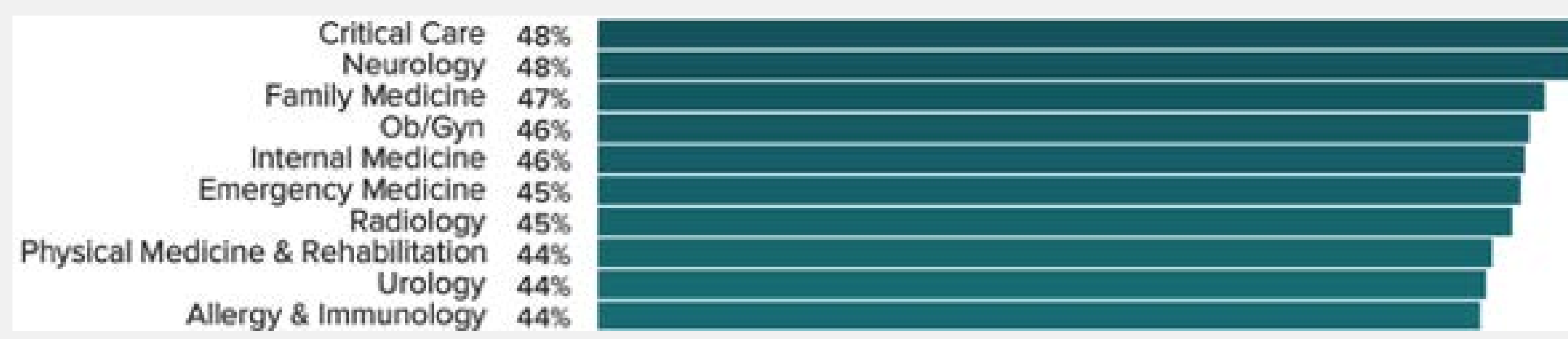


Efficacy of Well-Being Self-Awareness and Departmental Interventions within a Single Radiology Residency Program

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INTRODUCTION

- Burnout – a severe stress reaction to daily occupational responsibilities that may be associated with adverse mental health and work performance¹
- Predisposing risk factors to resident physician burnout²
 - Intense work demands
 - Limited control
 - High degree of work-home interference
- Top 10 burnout specialties³
 - Radiology ranks 7th with a burnout rate of 45%
 - Medscape survey N= 15,000+ physician responses; 29 specialties



PURPOSE

- Promote well-being self-awareness
- Identify program-specific contributing factors of burnout
- Implement departmental changes to improve well-being

METHODS

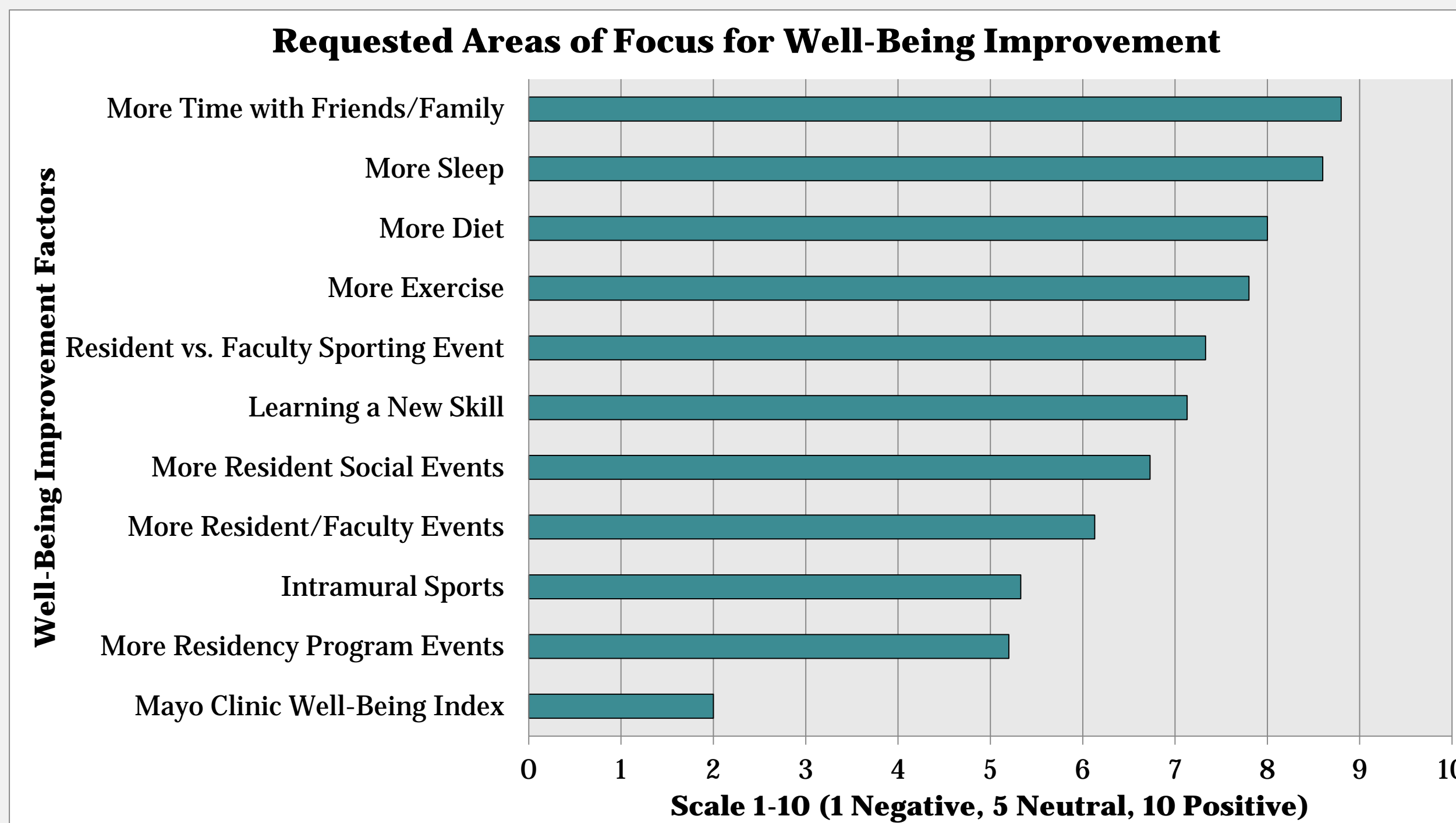
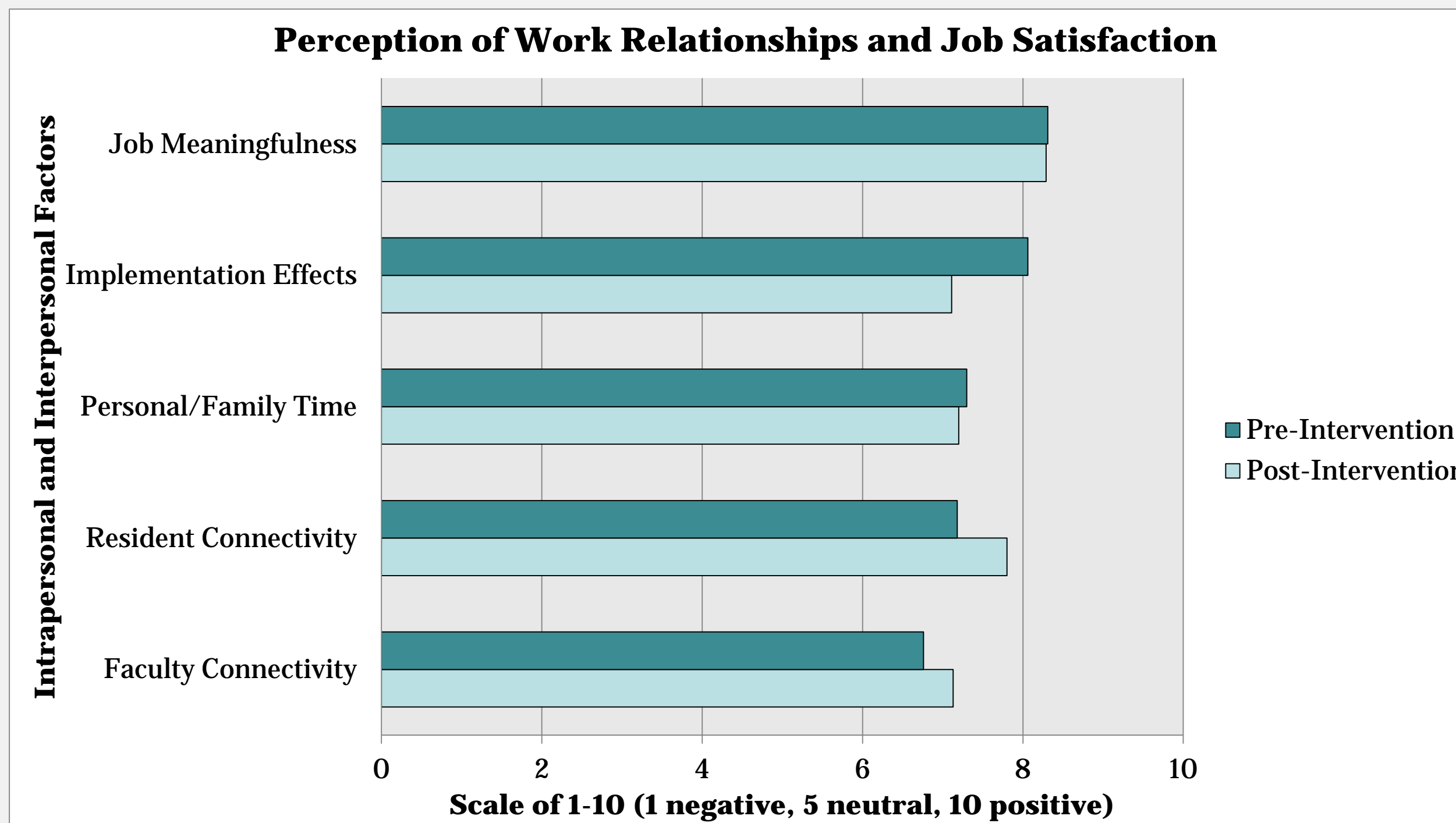
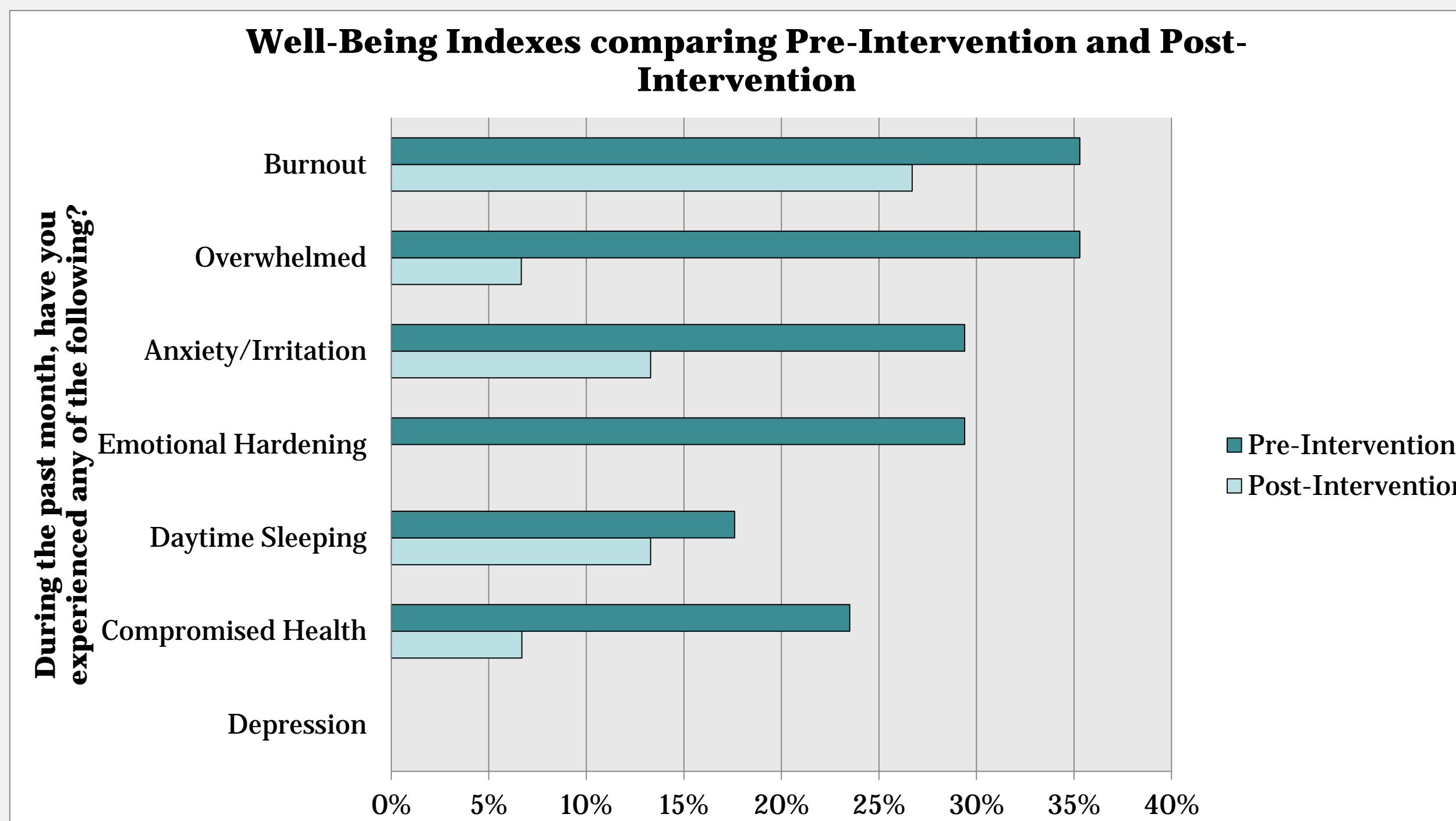
INTERVENTIONS - QUALITY IMPROVEMENT PROPOSAL

- 1) After-hours journal club at a local restaurant
- 2) New resident welcome party hosted by faculty
- 3) Weekly CORE Radiology lecture series that focused on team-based exercises and resident camaraderie

MEASURES

Instrument/Survey	Pre	Quarterly	Post
Mayo Well Being Index: ⁴ Voluntarily and anonymously completed by PGY2-5 radiology residents (83.3% participation) over 2 consecutive academic years	✓	✓	✓
Work Relationships and Job Satisfaction Survey	✓		✓
Program Survey: Efficacy of Well-Being awareness, implementations, additional risk factors, and possible future areas of improvement			✓

RESULTS



DISCUSSION

- Resident burnout, overwhelming, anxiety/irritation, emotional hardening, daytime sleepiness, and compromised health all demonstrated a decrease in monthly frequency after project interventions
- Job satisfaction and personal/family time remained unchanged
- Sense of resident to resident connectivity and resident to faculty connectivity increased
- Highest rated implementation was the new resident welcome party hosted by faculty
- Aside from known well-being modifiers⁵, a resident vs. faculty annual sporting matchup was most highly rated from a list of future implementations
- The Mayo Clinic Well-Being Index was not perceived as a helpful awareness or assessment tool

CONCLUSION/FUTURE DIRECTIONS

Key Findings

- Overall resident well-being improved over the course of 2 academic years while under surveillance and with 3 program interventions
- Increased time with friends and family was perceived to offer the most significant improvement to well-being

Limitations

- The Mayo Clinic Well-Being Index was perceived negatively, thus, survey results might contain inaccurate responses
- Survey results were corrected for graduating and incoming residents but could not be utilized to reflect individual or PGY data changes due to the anonymous design

Next Steps and Sustainability

- Assess interest for an annual sporting matchup between resident and faculty teams

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