

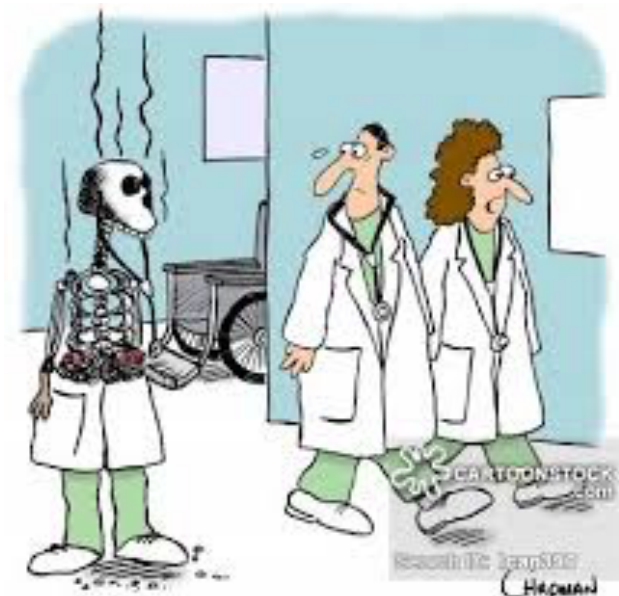
# Maintaining Resident Wellbeing: *A GME priority!!*

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Site- Director, Pediatric Infectious Diseases Fellowship Program  
Chair, GME Wellness Committee**

# Why the focus on wellness?

- To understand the focus ACGME and we in UT GME have on wellness we need to look at some hard facts on physician burnout



"Dr. Singh's the third E.R. burnout  
we've lost this week."



# BURNOUT- TRIAD



## Exhaustion

- physical
- emotional

## Depersonalization

- cynical
- negative

## Loss of personal accomplishment

- losing meaning
- losing confidence



## **Why are we at risk?**

- High level of responsibility without control over outcomes
- Draining (seeing suffering, self becomes less imp)
- Balance? (what is that)- long hrs., multiple responsibilities
- Things may get stale (mindless medicine)
- etc., etc.

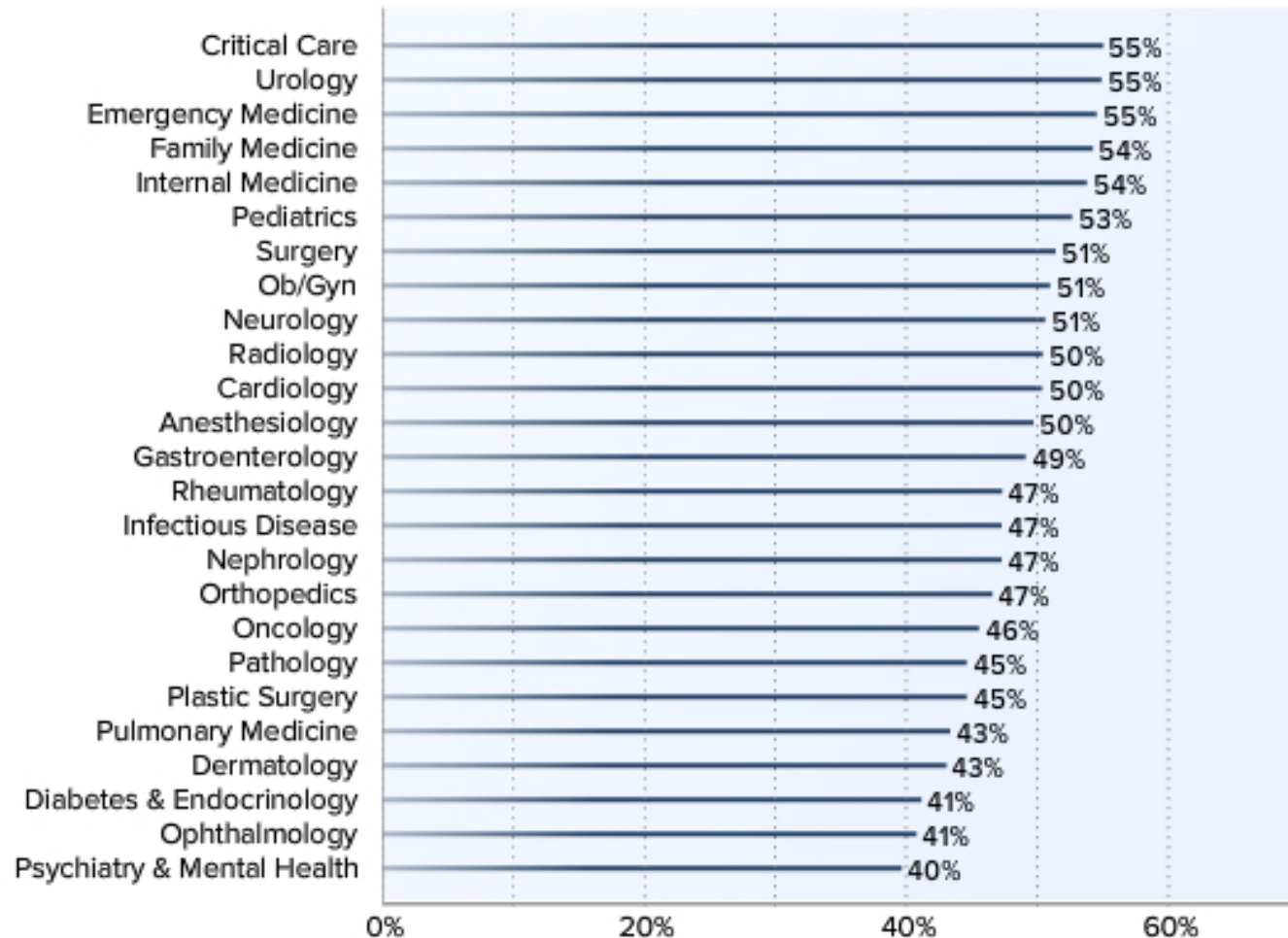
# Physician Burnout? Myth or Reality

- Epidemic of physician burnout in the US
- Multiple studies involving almost all medical and surgical specialty indicate that one in every three physicians is experiencing burnout
- Most recent data suggest that at any given time all time high burnout rate of 54%

*Shanafelt TD. Enhancing meaning in work: a prescription for preventing physician burnout and promoting patient-centered care. JAMA. 2009;302(12):1338–1340.*

# Is it one particular specialty?

## Which Physicians Are Most Burned Out?



# Why care?

## Impact of the problem

### Physician Suicide

300-400 Deaths  
per year

Males - 1.4x  
Females - 2.3x

American Foundation for Suicide  
Prevention 2016  
American J. Psychiatry 2004

### Depression

2015

29% of Residents  
Within 1st of Training

Jama 2015

### Medical Errors

6.2x more errors

US New & World Report 2016

# Combatting Burnout and Promoting Wellness: Interventions

- National Organizations are committed to this cause: *“We need to protect the workforce that protects our patients.” – Tim Brigham, MDiv, PhD, Senior Vice President, Education, ACGME*
- Institutional commitment to the cause:
  - multiple initiatives through GME and at individual programs across campus
  - join your committee
  - identify your program’s wellness champion or reach out to us at GME



## Program Actions Based on Requirements *(GME Wellness Committee)*

- Assess your wellbeing
  - Enhance meaning you find in work
  - Evaluate work place safety
  - Create wellbeing policy
  - Provide education (burnout, depression, substance abuse)
  - Allow time for self care
-

# Wellness during COVID 19

- The stress, fear and uncertainty of COVID-19 brings unique challenges and we are working to ensure the wellbeing of our residents during this time
- Individual Programs and GME office are ensuring timely and transparent communication to keep residents updated
- Check out our website to find resources to help with your wellness needs:

<http://www.uthsc.edu/graduate-medical-education/wellness/>

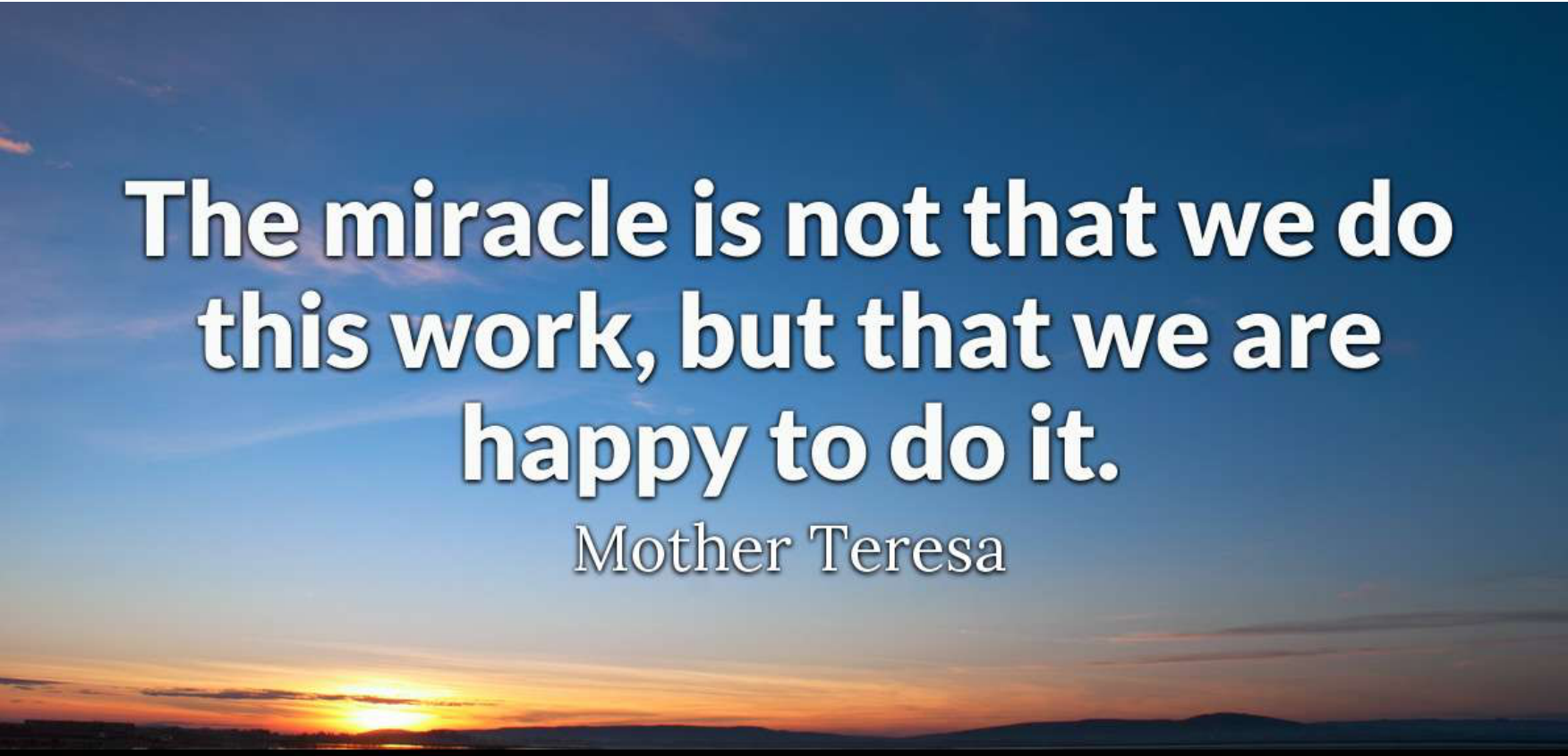
# Other useful resources for wellness during COVID19 pandemic

- <https://dl.acgme.org/learn/course/covid-19-well-being-resource-library/aware-well-being-resources/well-being-in-the-time-of-covid-19-podcast?client=acgme-hub>
- <https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response>
- <https://www.ptsd.va.gov/covid/index.asp>
- [https://www.ptsd.va.gov/appvid/mobile/COVID coach app.asp](https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp)
- <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/hospice-palliative-care/Pages/Resilience-Curriculum.aspx>
- <https://bit.ly/UCSDMindfulCompassion>

# Bottom line

- Yes you are at danger of burnout (we all are!)
- No you are not the only one facing burnout
- Yes you can be intentional about recognizing signs of burnout in yourself (and others) and in preventing it
- Residency is a formative experience and practice habits are formed during these years, thus this is the best time to start practicing positive resilience strategies to promote wellness and prevent burnout and we are here to help you with that!!
- Remember **YOU ARE NOT ALONE, WE ARE THERE FOR YOU THROUGH THIS PROCESS!!**

# Welcome to UT Family!!



**The miracle is not that we do  
this work, but that we are  
happy to do it.**

Mother Teresa