SEARCHING FOR THE ANTIDOTE FOR BURNOUT AND DEPRESSION: CREATING A CULTURE OF WELLNESS IN PEDIATRIC RESIDENCY TRAINING

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BACKGROUND
- Stress in medical education and its impact on resident well-being is well-documented, and has been documented in pediatric trainees.
- Although 2012 ACGME guidelines require residencies provide curricula to enhance physician wellness and well-being as well as mindfulness and empathy in the doctor-patient encounter, few programs have been developed to address this critical training.
- The Pediatric Integrative Medicine in Residency (PIMR) program through the University of Arizona Center for Integrative Medicine introduces an integrative medicine framework to address and evaluate resident health and wellness in its national pilot program.

METHODS
- First year pediatric residents (n=174) from 3 classes: 2015 n=15, 2016 n=86, 2017 n=61
- Physician wellness activities to complement the IM curriculum and address physician burnout are in place at the residencies.

SAMPLE
- Female n=129; 75.4%
- Average Age 27.8 years, range 22-39 years
- Single n=87; 48.5%
- Children n=21; 12.3%
- White* n=105; 67.7%
- Hispanic* n=10; 6.4%
- Required IM/CAM coursework in medical school – Yes n=67; 43.8%
- IM/CAM electives in medical school – Yes n=50; 32.7%
- Personal Use of IM/CAM therapies/IM/CAM providers* – Yes n=83; 54.2%

RESULTS – BURNOUT & DEPRESSION
- Burnout risk levels are determined by risk categories on both the emotional exhaustion and depersonalization scales.
- Low risk = scoring in the low category on both scales
- At risk = scoring in the high category on both scales
- Moderate risk = the remaining category distributions combinations

RESULTS – SITE WELLNESS ACTIVITIES
- Number of Sites
- Nutrition
- Empathy Skills Training
- Conflict Resolution/Communication
- Physical Activity
- Self-regulation Skills
- Burnout Prevention

CONCLUSIONS
- Results indicate that a substantial proportion of residents are beginning residency with significant levels of burnout and depression: 21% are in the high emotional exhaustion range; 34% in the high depersonalization range; 17% are in the high risk range for both emotional exhaustion and depersonalization.
- Burnout level significantly impacts resident wellbeing, emotional intelligence, and empathy. Residents in the at risk burnout group had lower wellbeing, emotional intelligence, and empathy than residents in the low and moderate risk groups.
- The implementation of physician wellness activities is designed to both treat existing and ameliorate or reduce the effects of ongoing stress.