

★ Winner - APPD 2017 Research Award ★

BURNOUT STATUS AND MILESTONE PERFORMANCE IN PEDIATRIC RESIDENTS (RESEARCH ABSTRACT)

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Background: Burnout in trainees has gained attention because of its potential relationship to depression and negative impact on patients. Milestones have been utilized to measure the competency of residents in training. **Objective:** To compare the mean Milestone scores between pediatric residents who met criteria for burnout and those who did not by level of training. **Methods:** This work was completed as part of the Pediatric Residency Burnout and Resilience Consortium (PRBRC), a consortium of 34 programs, with the support of APPD LEARN. PRBRC conducted a confidential online survey of its members' residents in April to June, 2016, which included the Maslach Burnout Inventory (MBI). In addition, programs submitted their assessment of residents' milestones. Burnout was defined as high range for either emotional exhaustion or depersonalization domains of the MBI. We examined the relationship between burnout and performance as assessed by milestones by domain of competence and stratified by post-graduate year. **Results:** 1494 residents at 31 programs completed the MBI and had milestone data submitted. While residents who met criteria for burnout scored lower on all 21 Milestones compared with those without burnout, when PGY2 and PGY3 residents were examined the association between burnout status and milestone performance was not statistically significant. However, in the PGY1 cohort, those who screened positive for burnout had lower milestones in the following domains: patient care (2.97 vs 2.76, -0.21, $p=0.001$), systems based practice (2.86 vs 2.68, -0.18, $p=.004$), problem based learning and improvement (2.93 vs. 2.74, -0.19, $p=0.002$), professionalism (3.24 vs. 3.07, -0.17, $p=0.007$), and interpersonal and communication skills (3.12 vs 2.93, -0.19, $p=0.011$) but not in medical knowledge. **Conclusion:** Burnout status is most closely associated with decreased milestones for PGY1s in every domain of competence except medical knowledge. Future research needs to address whether strategies to mitigate burnout results in improved PGY1 performance.