Title: Reducing resident burnout by implementing wellness interventions.

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Burnout is a problem among physicians in training with multiple studies suggesting that it is a major factor in residents’ personal sense of well-being and their ability to provide optimal care. Some studies suggest that residents in pediatrics programs show signs of burnout as early as mid-way through their intern year and develop worsening burnout throughout residency. While there is growing awareness about the role of burnout in resident well-being and patient care, little evidence is available to guide programs on meaningful interventions to combat resident burnout. Our project consisted of a pre-intervention assessment using the Maslach Burnout Inventory as well as the Areas of Work-Life Satisfaction survey and Epworth Sleepiness scale, which were administered early this academic year. Throughout the year, we implemented several interventions that included a wellness curriculum and practicum, resident-led process groups, regular debriefing sessions after critical events and a scheduled personal day. By assessing the level of burnout in our residents and its change after the implementation of the new curriculum, we will better understand the stresses our residents experience. We hope to better understand in what areas of burnout our residents could use support and how best to help. We plan to conduct a post-intervention survey to better assess whether our interventions have had an impact on self-reported burnout scores and which interventions were most effective. If successful, our project can help to improve quality of life for residents in our program as well as guide other programs in making resident-centered changes.