The intern class of Pediatric residents at the University of Texas at Houston had a tough year in 2014, and it was coloring the experience of the entire program. To combat the general feeling of discontent, we decided to implement a program to improve resident morale. A holistic approach was taken, dividing resident wellness into two spaces – within the workplace and outside of the workplace. Two committees comprised of resident members were formed; one with the purpose of planning and implementing social events for residents outside of work, and the other to help make day-to-day work more enjoyable. Once the specific need and goals were voiced, the resident committees were able to take charge and accomplish the ideas with input and guidance from the chiefs and faculty sponsors. Donations were solicited from faculty to use toward the cause. Our endeavors have resulted in many wonderful events. Outside of work, we have had a resident-faculty kickball contest, multiple happy-hours, many dinners hosted at various residents’ homes, and outings to various Houston events such as The Greek Festival and Houston Zoo Lights. At work, we have a series of five Wellness events spaced through the second half of the year addressing such concerns as health and fitness, relationships, and finances. The Maslach Burnout Inventory is being used as an objective way to measure our efforts.

Thank you for your time –

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