Four-Fold Approach To Resident Wellbeing

Krista Whitney, MD
UT Southwestern/Children’s Health
Dallas, Texas
Long Hours
Circadian Shifts
Patient Mistakes
Family Stress
Health Concerns
Poor Nutrition
Sleep Deprivation
Lack of Exercise
Poor Nutrition
Lack of Exercise
Circadian Shifts
Patient Mistakes
Family Stress
Health Concerns
Poor Nutrition
Sleep Deprivation
Lack of Exercise
Long Hours
Informal Health Care Practices of Residents: “Curbside” Consultation and Self-Diagnosis and Treatment

Table 2  Frequency of formal and informal care seeking of residents by training program

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>At least once in the prior year</th>
<th>Row total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sought formal care</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Training ($p=0.56$)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Primary care</td>
<td>23 (29.5 %)</td>
<td>55 (70.5 %)</td>
<td>78</td>
</tr>
<tr>
<td>Other specialty</td>
<td>19 (33.9 %)</td>
<td>37 (66.1 %)</td>
<td>56</td>
</tr>
<tr>
<td>Psychiatry</td>
<td>4 (21.1 %)</td>
<td>15 (78.9 %)</td>
<td>19</td>
</tr>
<tr>
<td>Sought informal care</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Training ($p=0.48$)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Primary care</td>
<td>23 (29.5 %)</td>
<td>55 (70.5 %)</td>
<td>78</td>
</tr>
<tr>
<td>Other specialty</td>
<td>22 (39.3 %)</td>
<td>34 (63.2 %)</td>
<td>56</td>
</tr>
<tr>
<td>Psychiatry</td>
<td>7 (36.8 %)</td>
<td>12 (61.3 %)</td>
<td>19</td>
</tr>
</tbody>
</table>

Epidemiology of Depression in Physicians

Higher rates in medical students (15%–30%), interns (30%), and residents than in the general population

Lifetime rates of depression in women physicians - 39% compared to 30% in age matched women with PhD’s

• Both higher than the general population

Lifetime rates of depression in male physicians (13%) may be similar to rates of depression in men in the general population, or they may be slightly elevated.

• Data from Denmark show that male physicians have elevated rates of depression

Weiner et al., Arch Gen Psych, 1979; Clayton et al., J Ad Dis, 1980; Frank & Dingle, Am J Psych, 1999; Wieclaw et al., Occup Environ Med, 2006; Center et al., JAMA, 2003; Valko & Clayton, Am J Psych, 1975; Kirsling & Kochar, Psychol Rep, 1989
Web-Based Cognitive Behavioral Therapy Intervention for the Prevention of Suicidal Ideation in Medical Interns
A Randomized Clinical Trial

Constance Guille, MD; Zhuo Zhao, MS; John Krystal, MD; Breck Nichols, MD; Kathleen Brady, MD, PhD; Srijan Sen, MD, PhD

Figure 3. Number of Interns Endorsing Suicidal Ideation During Internship Year

![Graph showing the number of interns endorsing suicidal ideation during internship year.]

wCBT indicates web-based cognitive behavioral therapy.

Wellbeing
Noon-Conference Series

- Lectures
  - Burn-out
  - Depression
  - Suicide warning signs
  - Sleep
  - Substance abuse
  - Financial Literacy
  - Residency Benefits
  - Leadership

- Reflective Rounds
- Social Hours
- Activities
  - Pet Therapy
  - Guided Meditation
  - Adult coloring
  - Stress ball creation
  - Resident appreciation notes
Weekly Wellbeing Updates

- Weekly Email to Residents
- Focus on overall wellbeing

Resources
- List of PCPs/Dentists
- Social Activities
- Fitness Events
- List of Day Cares
- Financial Resources
- Burnout Resources
- Websites, Apps, Workplace Resources

Weekly Wellbeing Update

Take some time to go outside and enjoy the sunshine! There are several parks, trails, and lakes just around the corner. If you are interested, there are kayaks in the PRC that can be used for a day trip to the lake. Take a look at the attached document for ideas of where to go.

Weekly Wellbeing Update

Financial literacy is the ability to understand how to earn, manage, and invest money. Residents’ intense focus on patient care can often lead to a gap in financial literacy. The AAMC has developed a program called FIRST (Financial Information, Resources, Services, and Tools) to help residents make sound financial decisions and improve their health literacy. Check out the website. If you are interested in learning about improving your credit while in Residency, there will be a FIRST webinar on October 14th (details on the site).

Weekly Wellbeing Update

There is no doubt that you are doing incredible work taking care of your patients. We hear about it daily from nurses, attendings, interpreters, patients and families. We’d ask that you also be mindful about taking care of yourself as well. Attached is a list of PCPs and Dentists in the area who are ready and willing to accept you into their clinics. By the way, if you’d like inspiration to go to the dentist, talk to Athra. She brushes her dogs teeth nightly.
Well-Being Fuel Gage

- Delivered via Medhub

1. Overall, my well-being fuel tank is:

   - E
   - Half Tank
   - F

2. If you have recommendations on how we could increase well-being (for you, or the residency in general), please share here:

Created by Dr. Shannon Scielzo, UTSW Department of Internal Medicine
## Personalized Wellbeing Plan

<table>
<thead>
<tr>
<th>Dr. X Wellbeing Plan</th>
<th>Date to Complete</th>
<th>Done</th>
</tr>
</thead>
<tbody>
<tr>
<td>Send Wellness Apps</td>
<td>27-Oct</td>
<td>x</td>
</tr>
<tr>
<td>Change CVICU to later</td>
<td>27-Oct</td>
<td>x</td>
</tr>
<tr>
<td>Send Affirmation cards</td>
<td>27-Oct</td>
<td>x</td>
</tr>
<tr>
<td>Counselor Appointment</td>
<td>4-Nov</td>
<td>x</td>
</tr>
<tr>
<td>Schedule Monthly Check-Ins</td>
<td>11-Nov</td>
<td>x</td>
</tr>
<tr>
<td>Check in with mentor</td>
<td>9-Dec</td>
<td>x</td>
</tr>
<tr>
<td>Check in during PICU Block</td>
<td>24-Apr</td>
<td></td>
</tr>
</tbody>
</table>
Future Plans

• Survey
• ACGME Survey data comparisons
• Continued engagement on GME Wellbeing Committee
• Resident Wellbeing Center
  – Coordination of Care (PCP, Subspecialty appointments)
  – On-site psychiatric care
  – Wellbeing Resources
Questions?

Krista.whitney@childrens.com