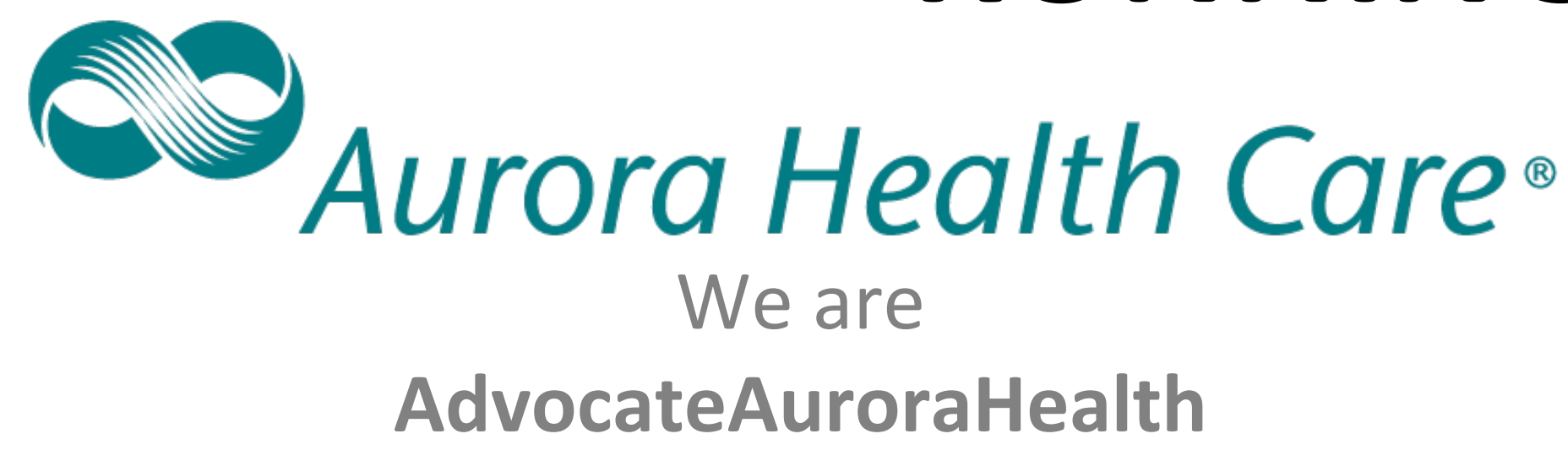


RUNNING AND RAPPING OUR WAY TO WELLNESS: INTERNAL MEDICINE



RESIDENCY APPROACH TO PREVENTING BURNOUT

Siri Neelati, MD, Kathy Scigacz, MD, Prakash Nallani, MD, Richard Battiola, MD
Tanya Shah, MD, Xiao Xiao Qian MD, Deborah Simpson, PhD



NI VI Meeting #4
Tucson, AZ March 2019

INTRODUCTION: BACKGROUND

PHYSICIAN BURNOUT & WELL BEING

- Between 22-60% of practicing physicians are reported to have experienced burnout¹
 - Stems from lack of work satisfaction, overwhelming schedules, and loss of support from colleagues
 - Physician burnout has led to increased CV disease and shorter life expectancy, problematic alcohol use, depression as well as suicide
- Burnout in internal medicine (IM) ranks among the highest of all specialties with rates up to 76%¹

DATA ON INTERVENTIONS:

- Residents recover from existential burnout by:¹
 - Feeling validated
 - Forming connections with patients/colleagues
 - Increasing competence, career development initiatives
- Medical Students whose aerobic exercise and/or strength training habits are consistent w CDC guidelines appear:²
 - Less likely to experience burnout
 - Have higher quality of life

REFERENCES/RESOURCES

1. Abedini NC, et al. "It's Not Just Time Off": A Framework for Understanding Factors Promoting Recovery From Burnout Among Internal Medicine Residents. J Grad Med Educ. 2018;10(1):26-32.
2. Dyrbye LN, Satele D, Shanafelt TD. Healthy exercise habits are associated with lower risk of burnout and higher quality of life among US medical students. Academic Medicine. 2017 Jul 1;92(7):1006-11. Linzer, Mark, et al. "Predicting and preventing physician

PROJECT AIMS

IMMEDIATE: Relationships w/Colleagues & Exercise

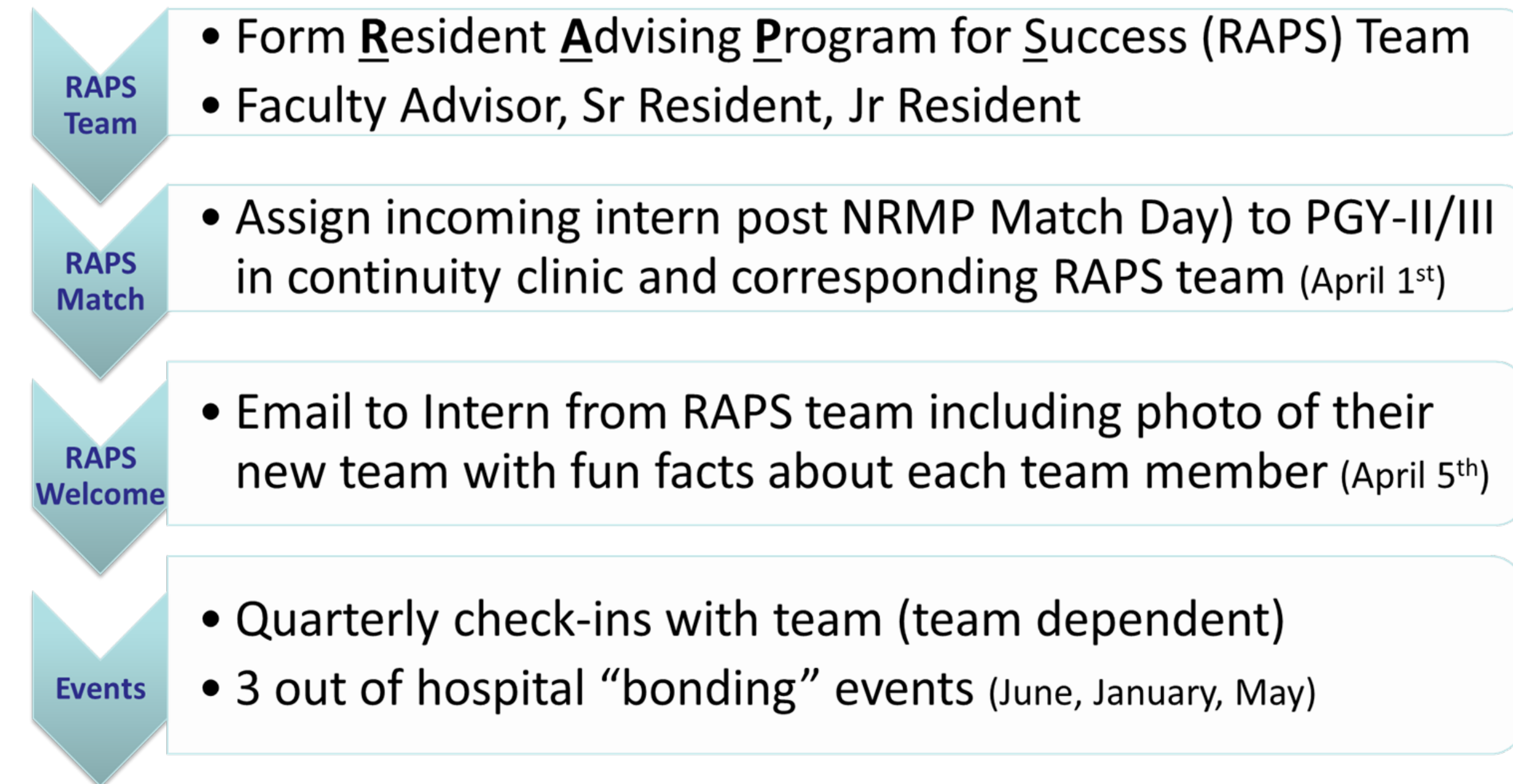
- To create a personal team for incoming residents to help with the transition into residency
- Education and promotion re: importance of personal health including exercise/diet it's impact on health

LONG TERM:

- To continue monitoring the effectiveness of our interventions during upcoming academic year
- To gain a better understanding on the ongoing trends of the contributions of resident burnout

METHODS: INTERVENTIONS

AIM #1: PEER ADVISOR TEAM (RAPS)



AIM #2: WELLNESS CHALLENGE

Internal Medicine February Newsletter

SHARE YOUR ACHIEVEMENTS ON WHATSAPP (group will start January 6th)

PRIZE: A SECRET & SPECIAL REWARD FROM DR. BATTIOLA

HEALTHY RECIPES TO FOLLOW!

JANUARY 9TH-30TH FIT4LIFE PRESENTS... JANUARY FITNESS CHALLENGE

AHA recommends:
150 minutes per week of aerobic physical activity= 40 min 4 days per week or 30 min 5 days per week

Our challenge for you:
- 4 days/week of physical activity
- 3 days/week of healthy eating

Try to beat the reigning champions of last year...the class of 2019!

Class representative:
PGY-I- Tanya Shah
PGY-II- Xiaoxiao Qian
PGY-III- Prakash Nallani

BIRTHDAY CHEQUES

What to do in HKS?

Important Dates & Deadlines

Looking ahead and reminders

METHODS: METRICS

FIT₄LIFE SURVEY

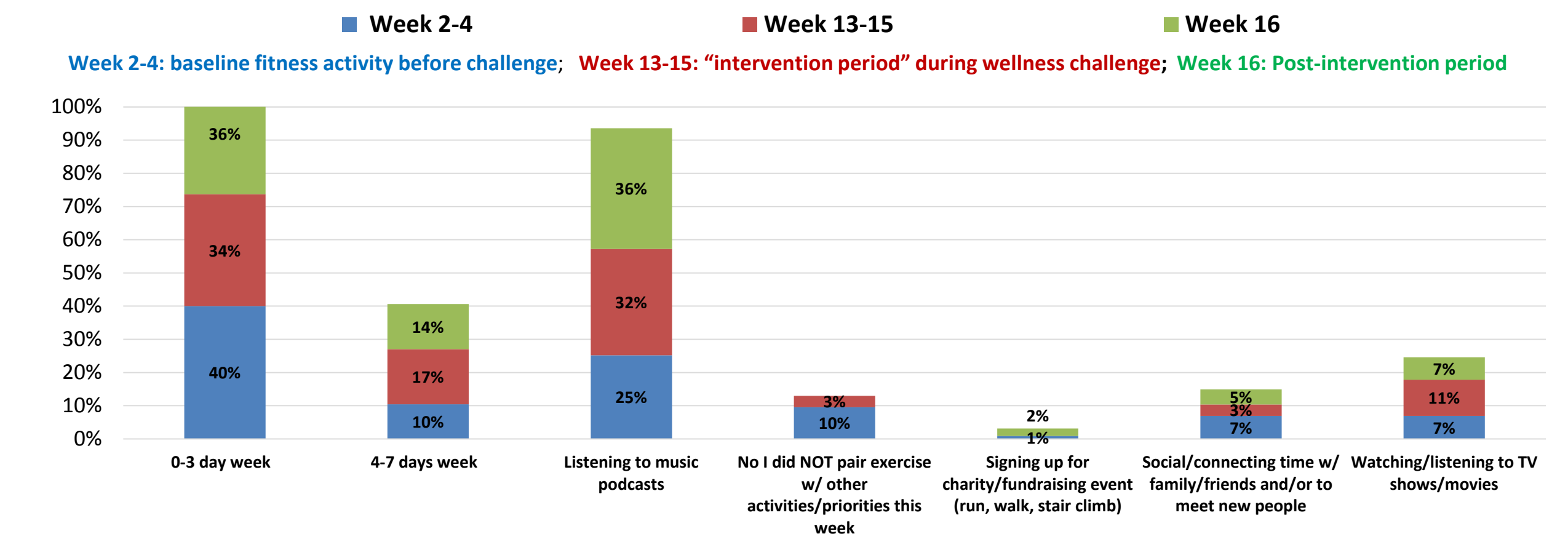
- 3 Item Survey sent 1/wk via MedHub per AHA guidelines
 - # days in last wk did you engage in > 30 minutes moderate AND/OR 25 minutes vigorously intensity exercise?
 - Did you pair exercise w other activities/priorities in your life?
 - Rate your overall health (physical, emotional) this past week?

RAPS PROGRAM

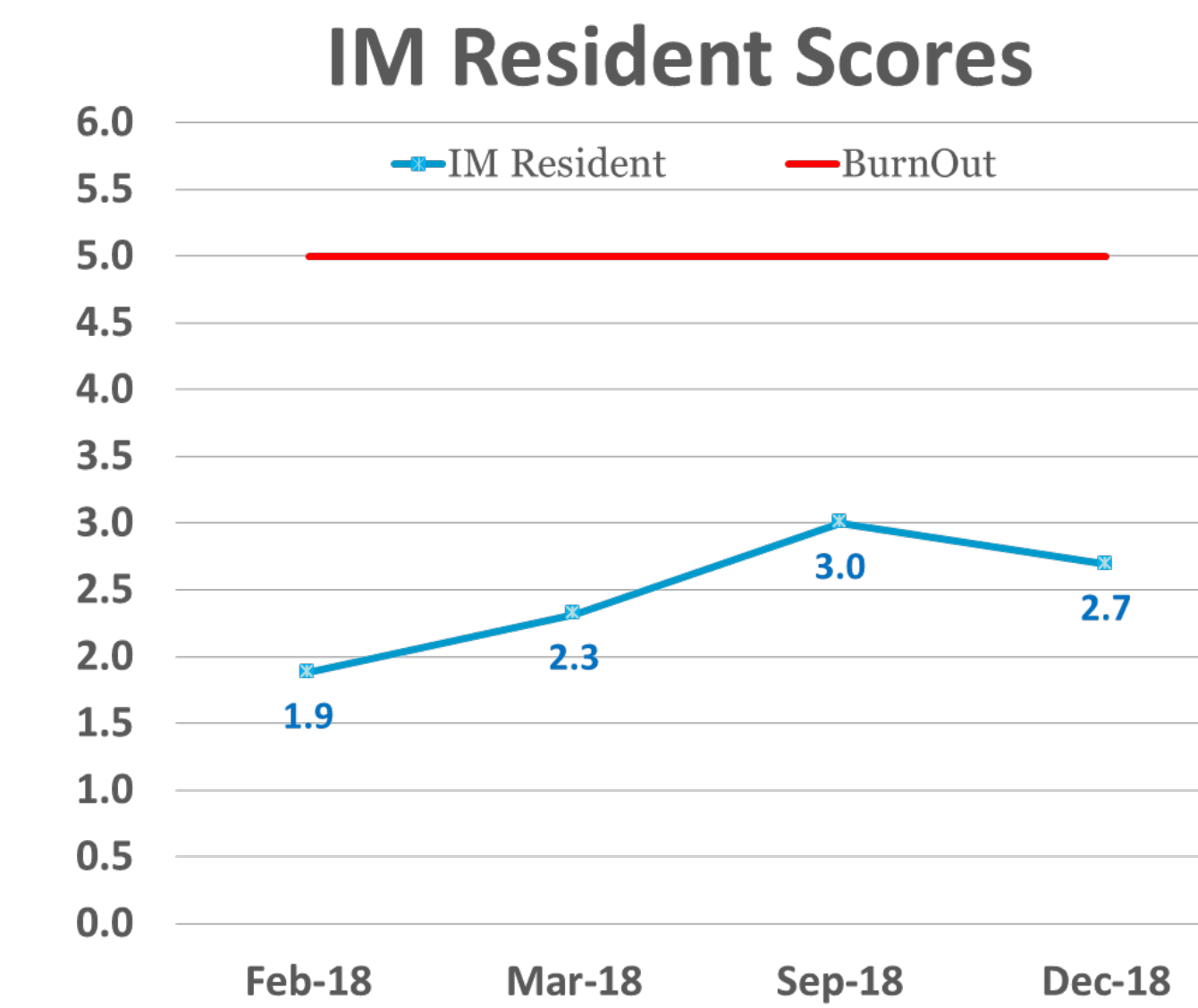
- Semi structured 3-5 min individual interviews with interns
 - Focus: overall value of RAPS

RESULTS:

FIT₄LIFE SURVEY



MAYO WELL-BEING INDEX



Scores ≥ 5 predict resident burnout and associated symptoms such as low mental quality of life, high fatigue, or recent suicidal ideation.

RAPS PROGRAM

Attendance at Events

- June 2018- 11 interns
- Jan 2019- 4 interns

Interns Interviewed (N=13)

- Overall Value
 - 85% (11) welcomed idea of a more structured peer advisor program
 - 15% (2) felt not necessarily helpful but potential
- # Meetings w peer advisor
 - 100% weekly (at clinic)
 - 0% outside clinic setting

DISCUSSION, BARRIERS, STRATEGIES

KEY FINDINGS/DISCUSSION

- Initiating core teams pre residency begins may help initial transition and lead to long-term trusted relationships
- Simplicity is key and frequent reminders yielded higher completion rates but cumbersome for the team

BARRIERS

- Limited data collection and attaining data via surveys may be increasing burnout by adding more to be done

STRATEGIES

- Formation of Residency Program Wellness Committee to continue to sustain/build interventions