INTRODUCTION: BACKGROUND

PHYSICIAN BURNOUT & WELL BEING

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

DATA ON INTERVENTIONS:

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

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)

- Form Resident Advising Program for Success (RAPS) Team
- Faculty Advisor, Sr Resident, Jr Resident
- Assign incoming intern post NRMP Match Day to PGY-II/III in continuity clinic and corresponding RAPS team (April 1st)
- Email to intern from RAPS team including photo of their new team with fun facts about each team member (April 5th)
- Quarterly check-ins with team (team dependent)
- 3 out of hospital “bonding” events (June, January, May)

AIM #2: WELLNESS CHALLENGE

- January 9th - 30th FitLife NEO Challenge: January Fitness Challenge
- Listening to music
- No I did NOT pair exercise with other activities/priorities this week
- 0% outside clinic setting

KEY FINDINGS/DISCUSSION

- 0-3 day week 4-7 days week Listening to music
- Watching/listening to TV
- Listening to music
- 36%
- 34%
- 32%
- 25%
- 7%
- 5%
- 3%
- 11%
- 2%
- 2%
- 0%
- 0%
- 0%

REFERENCES/RESOURCES