

The Effect of A Well Being Curriculum On Resident Perception of Well Being

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Study Objectives

Resident well being is an important component of the Residency Review Council requirements for Emergency Medicine (EM) training. However, the effect of adding specific training to the curriculum is unknown. The objective of this study was to determine whether the introduction of a curriculum designed to teach EM residents skills for maintaining well being improved their perception of wellness.

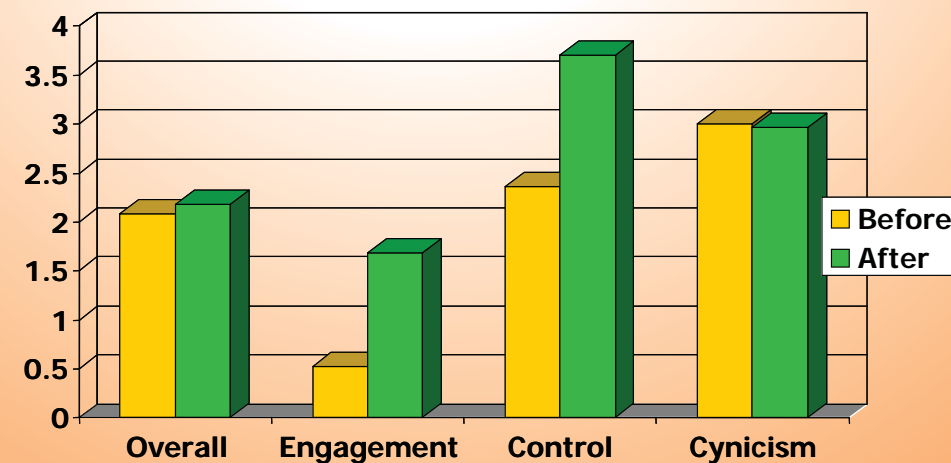
Methods

20 residents at a four year EM residency program were randomly surveyed before the introduction of a wellness curriculum. The survey instrument consisted of a previously validated wellness inventory that included 24 questions and scored wellness on a scale of 0-6 with 6 being the best. A curriculum was then introduced that included lectures on general well being, dealing with lack of control, managing difficult situations and healthy approaches to cynicism. An annual day long retreat was also implemented. The same 20 residents were again surveyed after the first cycle of the curriculum had been completed. Mean wellness scores were computed and group means were compared using t-test.

Results

Overall wellness scores did not change significantly after the introduction of a curriculum focused on developing tools for well being. However, responses to particular questions did show some improvement in important attitudes, including an increased sense of engagement at work and an increase sense of control over the work environment. The development of an unhealthy cynicism did not change significantly.

Resident Responses To Wellness Questions



Conclusions

The introduction of a wellness curriculum did not significantly change ED residents' overall sense of well being. It did, however, appear to impact some key attitudes for coping with being an EM resident. The small sample size and artificial testing situation are important study limitations.