

Insights of Resident Wellness Implemented During COVID-19



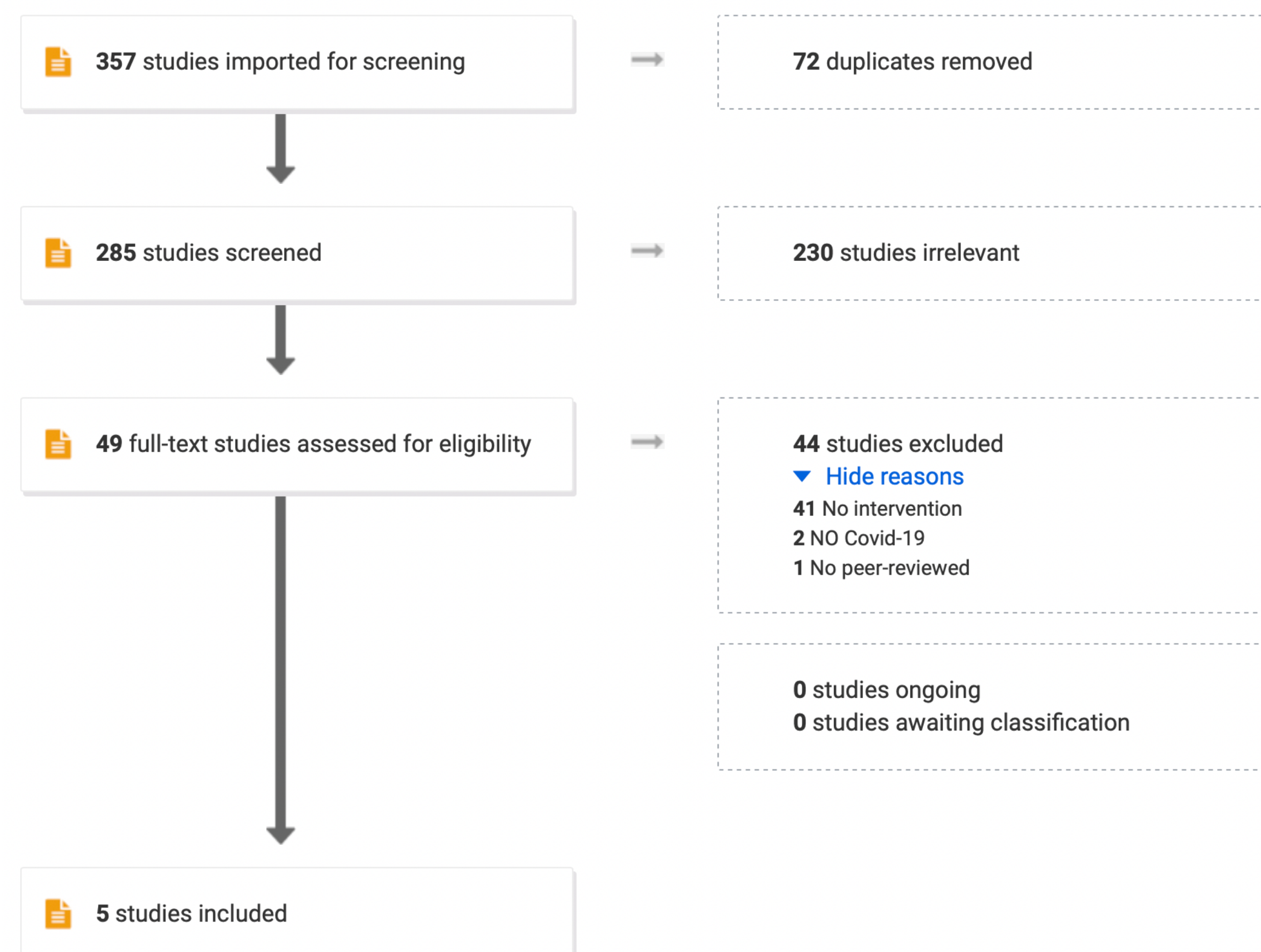
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Abstract

In a new era of medical training, which includes challenges such as COVID-19, promoting resident well-being has become an optimum importance in the medical institutions. Resident wellness is essential to reducing burnout, enhancing professional growth, improving patient care, and supporting the overall healthcare system. Our study is a systematic review on evidence-based peer-reviewed publications of group and systemic level interventions and strategies of medical residency programs (MDs and DOs) in the United States developed and implemented to promote resident well-being since the inception of COVID-19 (December 2019-present). The results of the review will serve as a summary or tool kit of evidence-based strategies to create a culture that focuses on resident and physician wellness. Some examples of the interventions and strategies include developing and implementing a Well-being Committee and Professional Development Discussion Group in residency programs; integrating mindfulness training; destigmatizing mental health issues; and hiring therapists for residents and physicians.

Evidence Summary

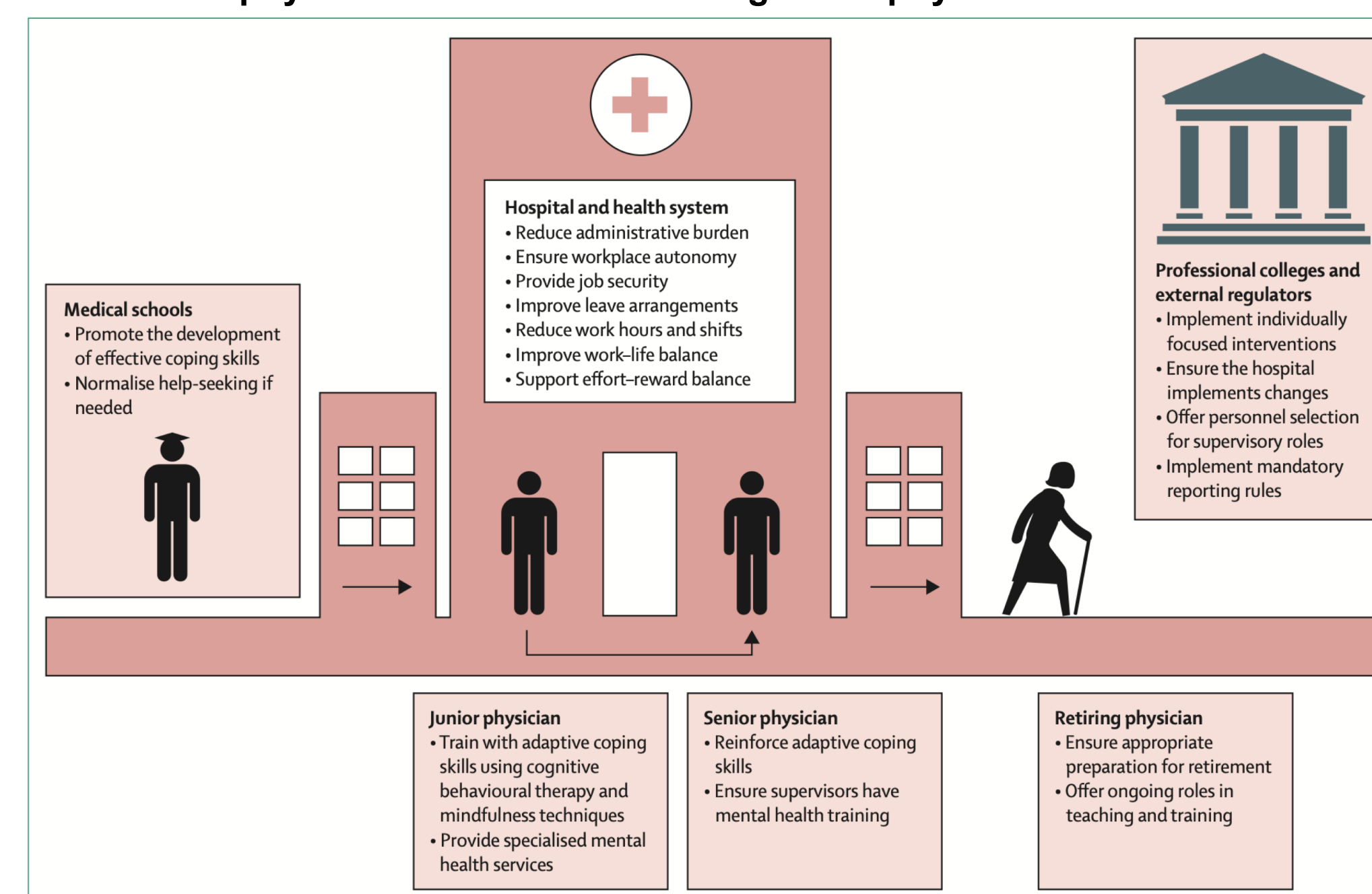


Evidence Summary

- Resident wellness is essential to reducing burnout, enhancing professional growth, improving patient care, and supporting the overall healthcare system.
- Several organizations at the national level have shared their members' self-reported levels of anxiety, fatigue, and burnout.
- Most of these surveys used valid instruments or screening tools such as the Generalized Anxiety Disorder-7 (GAD-7), Patient Health Questionnaire-9 (PHQ-9) to assess depression, and overall distress using the 9-item Well-Being Index (WBI).
- One hospital offered their residents and physicians weekly support through counseling.
- Other studies increased institutional support utilizing telemedicine, proper protective equipment, access to meals and mentorship.
- Another hospital implemented wellness techniques which included meditation, yoga, relaxing music and virtual mindfulness resources.
- One study showed that loneliness decreased from 42.1% to 39.4% through its four week daily heartfelt meditation.

Recommendations from Others

A model for how individual and organizational measures could operate to improve physician mental health throughout a physician's career



Clinical or Other Commentary

During the current review process, well-being peer-reviewed publications have focused on assessments of physicians mental health status during the COVID-19 pandemic. Many studies lacked interventions to promote wellness during this period. Limitations may be caused by the recent and ongoing nature of the pandemic.

Future Directions

McLaren Oakland Wellness Committee is currently creating different interventions to promote resident wellness. In addition, the McLaren Oakland Family Medicine Residency Program has integrated wellness didactics as part of their curriculum.



References

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