

Healing Burnout in Residency

The role of Mindfulness, Emotional Intelligence and Lifestyle Behaviors

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Introduction

Burnout among residents and physicians is a growing epidemic that affects all aspects of a physician's career and personal life. Physician burnout has been linked to poorer quality of care including patient dissatisfaction, increased medical errors, lawsuits and decreased ability to show empathy as well as higher rates of marital problems and substance abuse. It is estimated that between 30-65% of physicians experience burnout, or are high risk for burnout^{1,2,3,4,5,6,7}

Goals

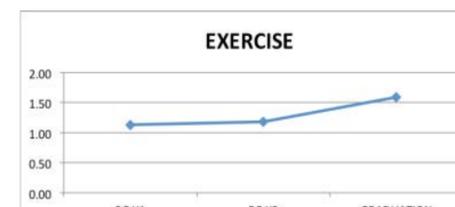
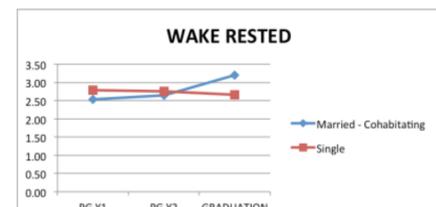
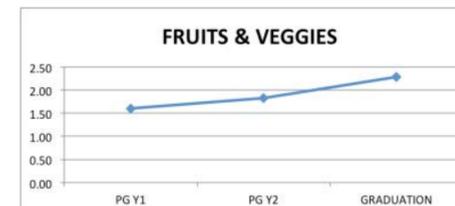
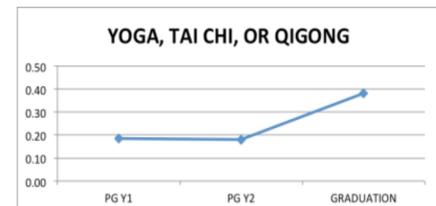
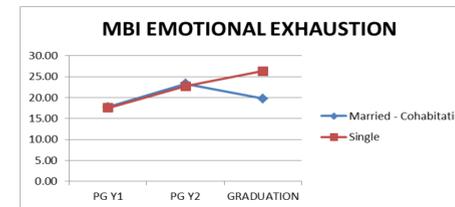
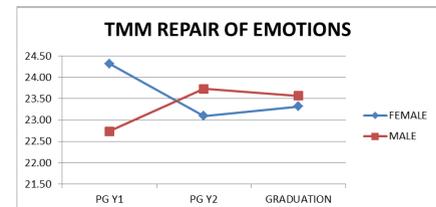
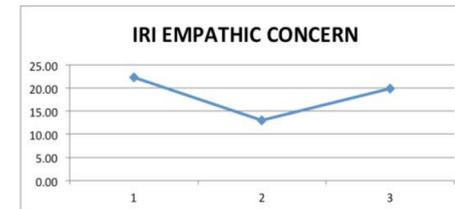
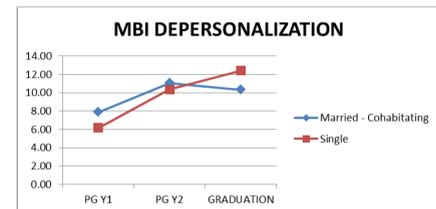
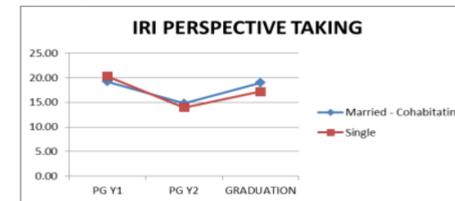
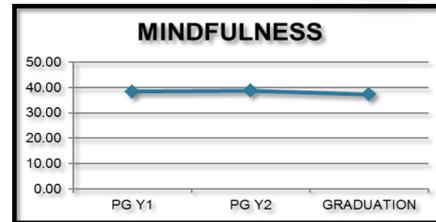
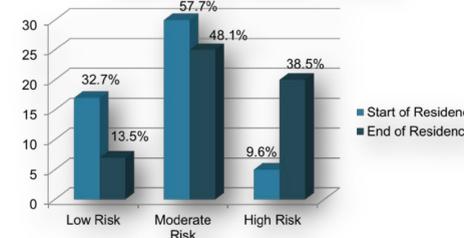
- Assess burnout, mindfulness, emotional intelligence and lifestyle behaviors in family medicine residents over time.
- Analyze the association between lifestyle behaviors, emotional intelligence, mindfulness and burnout.
- Discuss implications for residencies to facilitate wellbeing of residents who can provide patient centered care

Methods

Cohort of family medicine residents from 12 programs were assessed for burnout, mindfulness, emotional intelligence and lifestyle behaviors using online surveys. Time intervals measured from start of intern year, beginning of second year and end of residency. 76 total residents. 63.2% were female and 52.9% were married or cohabitating. Various assessment tools were used .

Results.

Burnout Over Time



Conclusions

As noted in the graphs, burnout increases as residency progresses. Interestingly, residents who were either married or co-habiting tended to return closer to baseline at the end of the study indicating a protective factor. The data related to burnout and lifestyle factors were not statistically significant, however there were trends that showed increased prayer, exercise and medication had positive effects on empathy and attention to feelings which would warrant further investigation². Identifying protective factors against burnout would allow for timely interventions in residency training or even during medical school that would prevent burnout.

Limitations

This was a small sample size of 72 residents. The mindfulness and emotional intelligence training while although present was inconsistent between programs.

Implications

Although more data is needed to assess for statistically significant data, the trends noted in this research are promising and residency training programs should strongly consider implementing lifestyle behaviors.

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References:

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