



## DEVELOPMENT OF A WELLNESS MODULE FOR PGY-1 ACADEMIC HALF-DAY

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### ABSTRACT: Poster (3E)

- Purpose:** Wellness is an increasingly important component of residency program curriculum. Physicians should develop resiliency skills to maintain wellness, to avoid burnout, and to provide safe patient care. However, finding opportunities to build wellness resiliency in residency training can be challenging. In addition, it is unclear whether or not residents are aware of services that are currently available. This study involved a comprehensive needs assessment among all residents in the Faculty of Medicine, Memorial University of Newfoundland (MUN). Information was utilized to inform academic half-day (AHD) content for PGY-1 trainees.
- Methods:** A survey was developed based on a literature review and local wellness services. The survey was distributed electronically or in person to residents in all training programs (n=287) at MUN. The survey assessed the residents' knowledge of current wellness services. Results from survey were analyzed and utilized to inform educational content. An AHD module was subsequently designed to include these concerns. Case examples were formulated to be used for discussion. Post AHD evaluation was provided to examine residents' satisfaction and feedback for future sessions.
- Results:** 126/287 residents completed the survey, yielding a response rate of 44%. Approximately 54% (n=60/112) of residents reported being only slightly knowledgeable about resident wellness. 70% (n=77/110) of all respondents indicated they were not aware that services were confidential. Qualitative feedback themes included mandatory activities in each discipline and the need for wellness role models. Residents provided suggestions for wellness promotion including social media, consistent integration into AHDs, and options for rural/remote residents. Ideas for AHD content included mindfulness, difficult conversations, dealing with burnout, and resiliency. The needs assessment data was subsequently used to develop educational content for an AHD. PGY-1 residents participated in the AHD (n=38). Post session evaluation surveys were collected. Session was divided into two groups and included case based discussion on topics identified in the needs assessment.
- Conclusion:** Wellness is an important theme in postgraduate medical education. The findings from this preliminary survey suggest that a significant proportion of MUN residents are unaware of current wellness resources. Our AHD demonstrated that a larger group didactic session was a less effective format for introducing residents to wellness competencies. Further work is needed to enhance wellness opportunities and competencies in our postgraduate training programs.