

# Radiology Resident Wellness at the University of Minnesota

Shannon Gerberding, MD

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## Learning Objectives

- Recognize the importance of physician and physician-in-training wellness
- Describe steps taken by the wellness committee to promote resident health and well-being at the U of M
- List the tenets of well-being that the wellness committee feels are important to radiologists in training
- List future goals for the resident wellness committee at the University of Minnesota



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## Why is wellness in residency important?

- The length and intensity of residency can negatively impact wellbeing in a variety of ways affecting sleep, exercise, family interactions, religious activities, and major life events (1).
- Suicide rates for physicians are estimated to be six times higher than in the general population, their cardiovascular mortality is higher than average, and about 8–12% of all practicing physicians are expected to develop a substance-abuse disorder at some point in their career (2).
- A large meta-analysis by Mata et. al. involving 17,560 residents found that the overall prevalence of depression or depressive symptoms was approximately 30% (3).



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### Affects on patient care

- Physicians' stress, fatigue, burnout, depression, or general psychological distress negatively affects health-care systems and patient care (2).
  - Lowered productivity and efficiency
  - Suboptimal quality of patient care
  - Reduced patient adherence and satisfaction
  - Increased risk of medical errors



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### Affects on Patient Care Cont'd

- In a study of 115 internal medicine residents by Shanafelt and colleagues (4).
  - approximately 75% of their study participants met the criteria for burnout
  - These residents had two to three times increased probability of reporting that they had provided suboptimal patient care at least monthly or weekly.
- Prospective study of 123 residents by Fahrenkopf et al. (5).
  - 20% of residents were depressed (nearly twice the general population) and 75% were burnt out.
  - Those who were depressed made more than six times as many errors in medication as their non-depressed peers



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**Burnout: Prevalence and Associated Factors Among Radiology Residents in New England With Comparison Against United States Resident Physicians in Other Specialties**

Jeffrey P. Guentzel<sup>1</sup> and Stacy E. Smith<sup>1,2</sup>

Share

Affiliations:

Citation: American Journal of Roentgenology. 2017;209:136-141. 10.2214/AJR.16.17541



- 94 radiology resident responses
- A high degree of burnout in greater than 1/3 of radiology residents, with increased incidence with increasing post-graduate years
- No significant difference compared to other specialties in rates of emotional exhaustion and feelings of depersonalization
- Although not statistically significant, there was an increased lack of personal accomplishment among radiology residents when compared to their peers in other specialties.



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## History of Wellness Committee

- Established 2019 academic year
- Start with the basics
  - Update the call room
    - Cleaned out the call room, added cleaning supplies, new storage, new lighting, fan.
  - Call snacks
    - Well received by on-call residents
  - Coffee during Wednesday morning didactic lectures




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## What is Wellness?



**wellness** noun

Save Word

well-ness | \ wel-nas |

Definition of wellness

: the quality or state of being in good health especially as an actively sought goal

// lifestyles that promote wellness

- Complex, multi-faceted, and not well defined
- **Active**
- "Wellness is a state of complete physical, mental, and social well-being, and not merely the *absence of disease or infirmity*." – The World Health Organization.
- You know it when you see it?




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## Our Tenets of Wellness

- Community
- Volunteerism
- Physical Health
- Mental Health




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**Community**  
Inaugural Event  
Rooftop BBQ summer 2019



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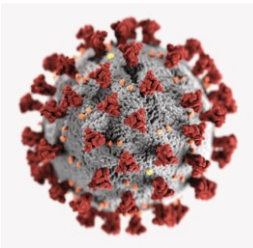
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### COVID-19 Pandemic!!!



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### Community

- Annual welcome picnic at a park
- Outdoor "Escape Room" event



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**Community**

- Pumpkin carving with Mayo radiology residency
- Upcoming
  - Gingerbread houses with Mayo radiology residency

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**Volunteerism/Giving Back**

- St. Ann's Center for Children, Youth and Families
  - Emergency crisis shelter
  - Minneapolis
  - Collecting "Wish List" Items for the Holidays
  - Lexie Swenson, MD

**A SAFE HAVEN FOR FORTY YEARS**  
ASCENSION PLACE | ST. ANNE'S PLACE | NEXT STEP HOUSING

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**Physical Health**



YOGA



ICE SKATING EVENT  
THIS WINTER




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**Mental Health**

- Nominate a "Rad Res"
  - Peer nominations
  - Acknowledge awesome residents
  - Shoutouts emailed monthly
  - \$5 coffee gift card
- Address feelings of lack of personal accomplishment
  - Clinical radiology is difficult, and residents may be disheartened by faculty whose feedback only addresses missed findings, typographical errors, incorrect report conclusions, and procedural technical flaws (7).
  - Goal to emphasize the positive contributions residents are making on a day-to-day basis


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**Mental Health**

- R1/R2 Mentor Program
  - Expanded to include mentor houses
- Acknowledge misses/mistakes
  - Senior residents showing missed cases


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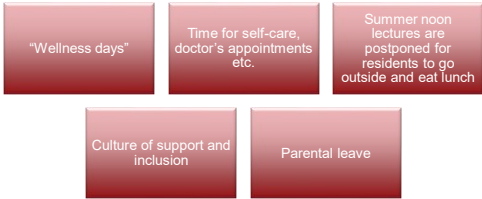
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### Program Wellness at Leadership Level



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### "Curie Club"

- Women in radiology
- Faculty, residents and medical students
- Frequent gatherings
- Socialize, eat, discuss hot topics



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### Future Goals

- Continue to expand upon and address our tenets of wellness
  - Community, Volunteerism, Physical Health, Mental Health
- Maintain a culture of collaboration and companionship within our residency
- Increase resident participation in the Wellness Committee and wellness events
- Secure adequate finances to support resident wellness initiatives



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### Acknowledgements

- The Wellness Committee
  - Ormina Bachour, Morenike Fanu, Yu-Hui Huang, Alexis Swenson, Benjamin Levy, Nicole Sztuk, Rina Petek , Divya Shenoy, Samuel Sutton, Kevin Ehlers, Timothy Brown, Patrick McGonagill
- Noelle Hoven, MD
- Program directors: Tara Holm, MD; Donna D'Souza, MD
- An Church, MD – Curie Club Champion



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Thank you! Questions?



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