

HCA Healthcare

Scholarly Commons

Emergency Medicine

Research & Publications

3-9-2020

Two Resident Wellness Exercises and Their Impact

Nick J. McCauley

HCA Healthcare, nicholas.mccauley@hcahealthcare.com

Follow this and additional works at: <https://scholarlycommons.hcahealthcare.com/emergency>



Part of the [Emergency Medicine Commons](#), [Medical Education Commons](#), and the [Mental and Social Health Commons](#)

Recommended Citation

McCauley N. Two Resident Wellness Exercises and Their Impact. Presented at: CORD Academic Assembly 2020; March 8-11, 2020; New York, NY.

This Presentation is brought to you for free and open access by the Research & Publications at Scholarly Commons. It has been accepted for inclusion in Emergency Medicine by an authorized administrator of Scholarly Commons.



UNIVERSITY OF
CENTRAL FLORIDA



UNIVERSITY OF CENTRAL FLORIDA COLLEGE OF MEDICINE / HCA HEALTHCARE GME CONSORTIUM

Two Resident Wellness Exercises and Their Impact

Nick McCauley, MD
Chief Resident, PGY3
Wellness Coordinator

March 8, 2020

Financial Disclosures



- This research was supported (in whole or in part) by HCA Healthcare and/or an HCA Healthcare affiliated entity. The views expressed in this publication represent those of the author(s) and do not necessarily represent the official views of HCA Healthcare or any of its affiliated entities."

%



shutterstock.com • 506137132



shutterstock.com • 570137062



Resident Wellness and Burnout

- 18.2% of EM residents screen in for Burnout (*Lin et al 2019*)
 - Emotional Exhaustion
 - Depersonalization
 - Sense of Personal Accomplishment
- Burnout impacts clinical practice and practitioners (*Panagioti et al 2018*).
- Learning environment is a “major factor” in resident wellness (*van Vendeloo et al 2019*)



Ocala Regional Medical Center EM Residency

- Central Florida
- First Class Graduates 2020
- Class Size: 7
- Level II Trauma Center
- Comprehensive Stroke Center



Wellness Exercises

- Residents struggle to ask questions
- Positive Balance
- Shared by residents during didactic conference time
- Voluntary
 - “expectation to participate in wellness”
(*Meeks et al 2019*)



Wellness Exercise: “Learning Experiences”

- Resident shares a recent mistake
- “The Second Victim” (*Coughlan et al. 2017*)
 - “Internal trauma” of guilt and shame
- Talking to medical colleagues may be more useful than talking to friends and family (*Engel et al. 2006*)
- Targeting emotional exhaustion, sense of personal success



Wellness Exercise: “Wins”

- Sharing a recent positive experience
- Wins include
 - Good Patient outcome
 - Personal success
 - Meaningful patient interaction
- Targeting sense of personal success, depersonalization



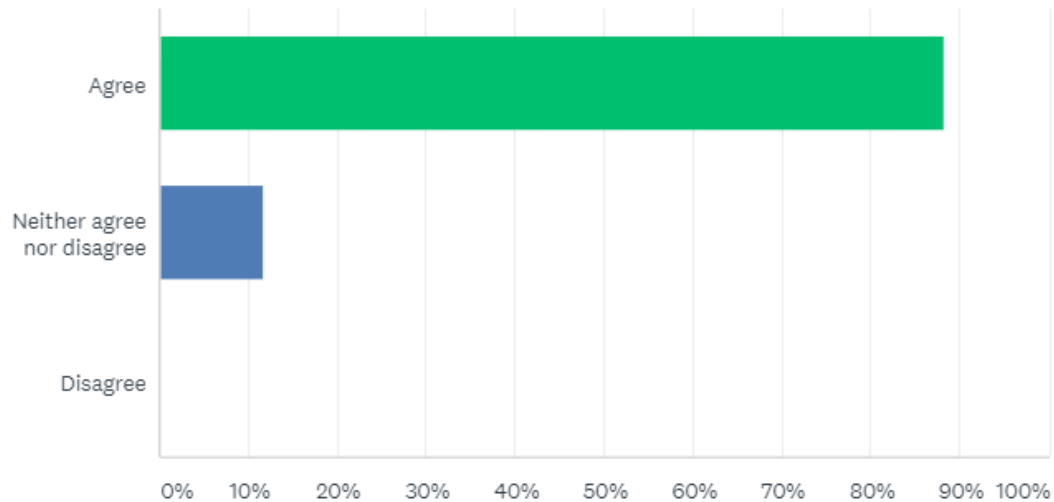
Resident Impact



Resident Impact

I feel that the “learning experience” exercise is a worthwhile addition to weekly conference.

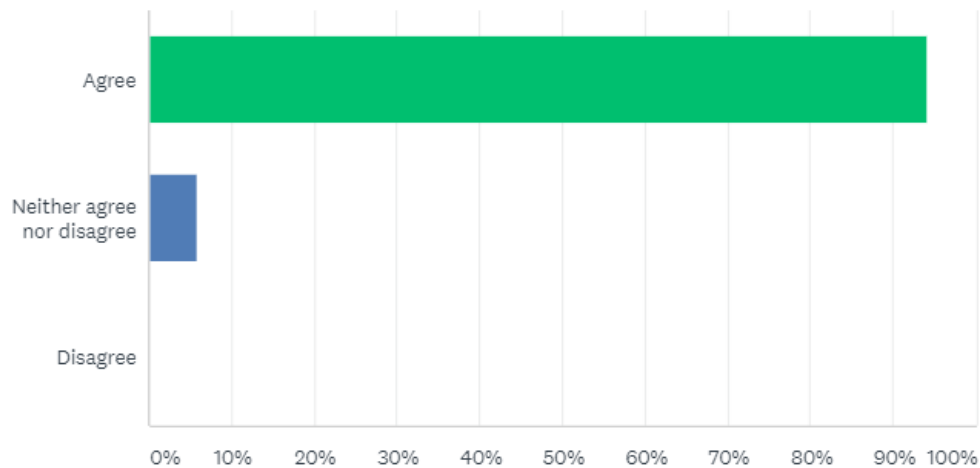
Answered: 17 Skipped: 0



Resident Impact

I feel that the “learning experience” exercise, if continued regularly, could help foster an environment in which I feel more comfortable admitting my own mistakes.

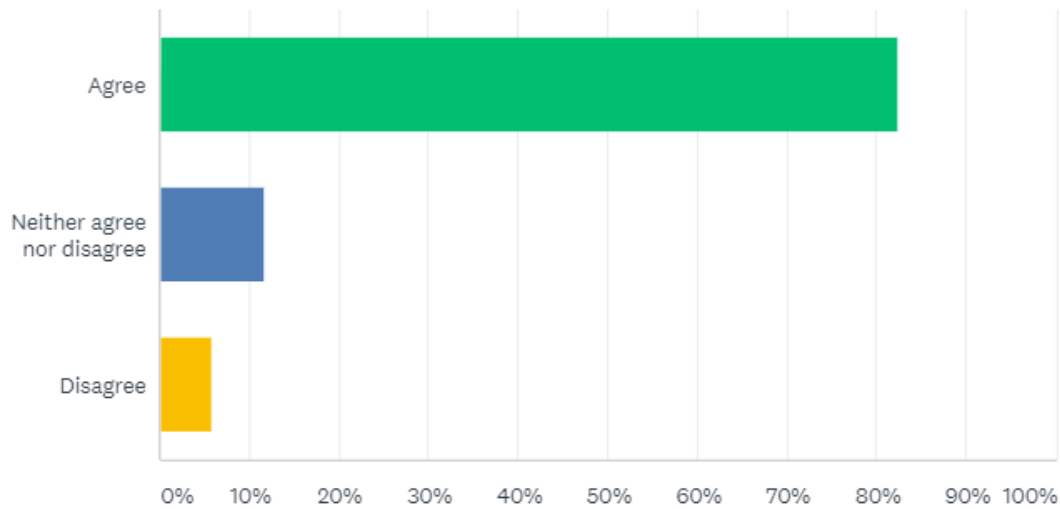
Answered: 17 Skipped: 0



Resident Impact

I feel that the “Wins” exercise is a worthwhile addition to weekly conference.

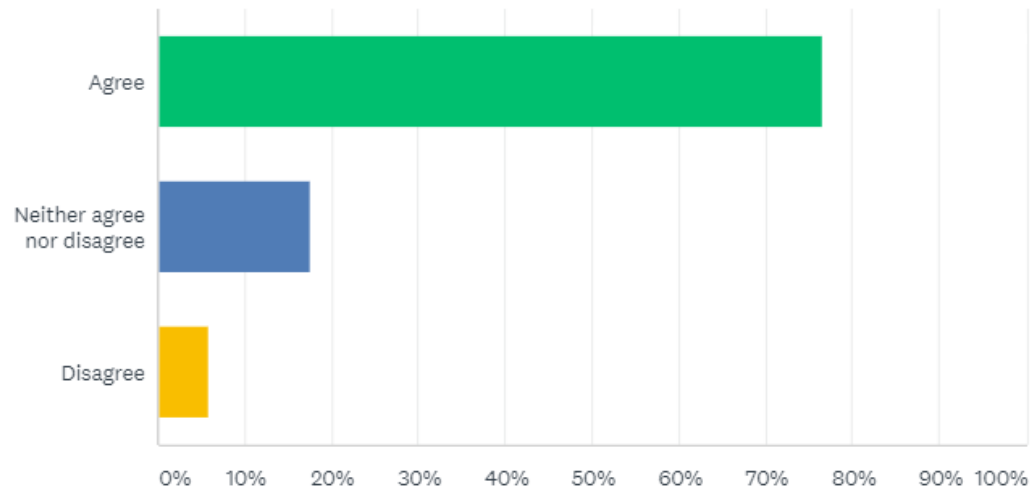
Answered: 17 Skipped: 0



Resident Impact

I feel that the “Wins” exercise, if continued regularly, could create an environment that encourages me to recognize more of my own positive experiences or the positive impact of my work in my professional life.

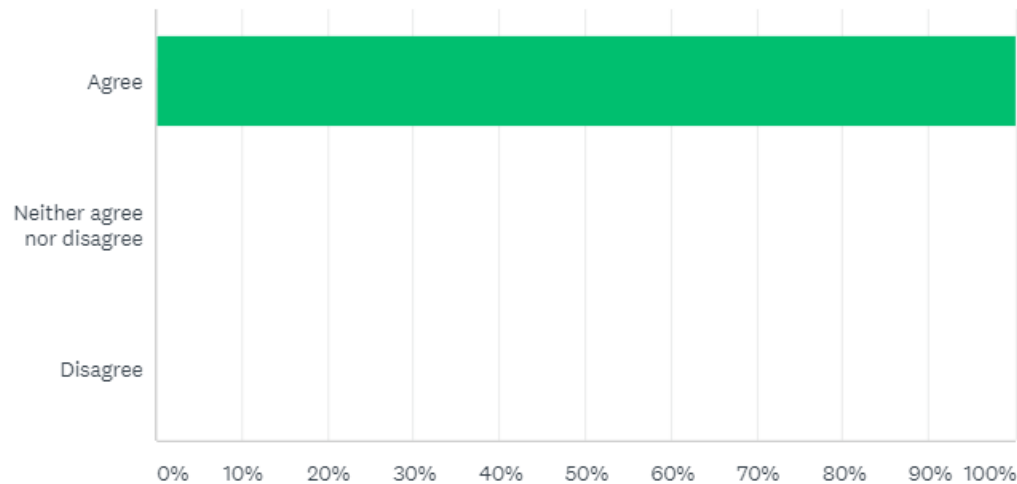
Answered: 17 Skipped: 0



Resident Impact

I feel that the “Wins” exercise and the “Learning experiences” exercise have a positive impact on the learning environment of our residency program.

Answered: 17 Skipped: 0



“This exercise has definitely fostered a culture in which residents are more comfortable speaking about poor outcomes and difficult situations in their clinical practice”

“Thanks to everyone for sharing and bringing a sense of humanity to our conferences.”

“I feel like what [we] do is open enough and less threatening enough that the net benefit is positive... the reinforcement of the safe space mentality is key to teaching/learning”

“A very [powerful] exercise that I would regret losing”



Qualitative Feedback and Troubleshooting

- “More structure”
- Timing
- Celebrating others’ accomplishments
- Ongoing reminders to look for experiences to share
- Attending buy-in



Resident Reflection

—“Panacea for wellness”





***Creating a culture
and learning
environment that
emphasizes
resident wellness
requires
endeavors both
big and small***



References

Coughlan, B., Powell, D., & Higgins, M. F. (2017). The Second Victim: a Review. *European Journal of Obstetrics & Gynecology and Reproductive Biology*, 213, 11–16. <https://doi.org/10.1016/j.ejogrb.2017.04.002>

Engel, K. G., Rosenthal, M., & Sutcliffe, K. M. (2006). Residents' responses to medical error: coping, learning, and change. *Academic Medicine: Journal Of The Association Of American Medical Colleges*, 81(1), 86–93. Retrieved from <https://login.ezproxy.net.ucf.edu/login?auth=shibb&url=https://search.ebscohost.com/login.aspx?direct=true&db=cm&AN=16377827&site=ehost-live&scope=site>

Hilfiker, D. (1984). Facing our mistakes. *The New England Journal Of Medicine*, 310(2), 118–122. Retrieved from <https://login.ezproxy.net.ucf.edu/login?auth=shibb&url=https://search.ebscohost.com/login.aspx?direct=true&db=cm&AN=6690918&site=ehost-live&scope=site>

Lin, M., Battaglioli, N., Melamed, M., Mott, S. E., Chung, A. S., & Robinson, D. W. (2019). High Prevalence of Burnout Among US Emergency Medicine Residents: Results From the 2017 National Emergency Medicine Wellness Survey. *Annals of Emergency Medicine*. <https://doi.org/10.1016/j.annemergmed.2019.01.037>

Meeks, L. M., Ramsey, J., Lyons, M., Spencer, A. L., & Lee, W. W. (2019). Wellness and Work: Mixed Messages in Residency Training. *Journal of General Internal Medicine*. <https://doi.org/10.1007/s11606-019-04952-5>

Panagioti, M., Geraghty, K., Johnson, J., Zhou, A., Panagopoulou, E., Chew-Graham, C., ... Esmail, A. (2018). Association Between Physician Burnout and Patient Safety, Professionalism, and Patient Satisfaction: A Systematic Review and Meta-analysis. *JAMA Internal Medicine*, 178(10), 1317–1330. <https://doi.org/10.1001/jamainternmed.2018.3713>

van Vendeloo, S. N., Prins, D. J., Verheyen, C. C. P. M., Prins, J. T., van den Heijkant, F., van der Heijden, F. M. M. A., & Brand, P. L. P. (2018). The learning environment and resident burnout: a national study. *Perspectives On Medical Education*, 7(2), 120–125. <https://doi.org/10.1007/s40037-018-0405-1>

West, C. P., Huschka, M. M., Novotny, P. J., Sloan, J. A., Kolars, J. C., Habermann, T. M., & Shanafelt, T. D. (2006). Association of perceived medical errors with resident distress and empathy: a prospective longitudinal study. *JAMA*, 296(9), 1071–1078. Retrieved

from <https://login.ezproxy.net.ucf.edu/login?auth=shibb&url=https://search.ebscohost.com/login.aspx?direct=true&db=cm&AN=16954486&site=ehost-live&scope=site>



Fonts

Title

26pt, Georgia bold*, title case,
RGB 0 | 22 | 65

**Georgia is reserved for titles only*

Subtitle

14pt, Arial bold, RGB 78 | 69 | 64,
sentence case

Body Copy & Bullets

10 – 14pts, Arial regular, RGB 78 | 69 | 64,
sentence case

Callout

10 - 14pt, Arial bold, RGB 227 | 89 | 41,
sentence case

Sections

9pt, Arial bold, RGB 0 | 22 | 65,
sentence case

Page Numbers

7pt, white, Arial regular