**AGPA Connect 2023 Presenter Information**

**Course Code:** 39-5

**Course Title:** Embracing Connection and Wellbeing: A Curriculum Based Group for Medical Residents

**Course Times:** 2:30 PM - 4:00 PM

**Course Dates:** Friday, March 10

**Instructors:** Brenda Boatswain

**Course Description:** Research has shown that medical residents experience working more hours, higher rates of burnout, depression, and suicide; and a lower rate of satisfaction with work-life integration compared to the general working population. These findings necessitate addressing the emotional health needs and stressors of residents. Given the number of hours residents spend in the workplace, groups at work to address their challenges and wellbeing would be an ideal. This workshop presents an innovative group approach: the Stress Management and Resiliency Training for Residents.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎‎Define challenges/stressors and consequences of stress during medical residency
2. ‎Identify benefits of mindfulness practices in managing residents’ stress.‎
3. ‎Discuss the Stress Management and Resiliency Training for Residents (SMART-R) intervention with ‎medical residents.‎

**Significant Articles:**

1. Busireddy, K., Miller, J., Ellison, K., Ren,V., Qayyum, R., & Panda, M. (2017) Efficacy of interventions ‎to reduce resident physician burnout: A systematic review. Journal of Graduate Medical Education, ‎‎9(3), 294-301. https://doi.org/10.4300/JGME-D-16-00372.1‎
2. Meek, J. Promoting wellness in graduate medical education. (2018, April 2). Retrieved from ‎https://opmed.doximity.com/articles/promoting-wellness-in-graduate-medical-education-05832790-‎‎68e4-4dfb-9fb0-c70adbd65d4e
3. Minichiello,V., Hayer, S., Gillespie,B., Goss, M., & Barrett,B. (2020). Developing a mindfulness skill-‎based training program for resident physicians. Family Medicine, 52(1), pp.48-52.‎
4. DOI: 10.22454/FamMed.2020.461348‎
5. Shanafelt, T., West, C., Sinsky, C., Trockel, M., Tutty, M., Satele, D., Carlasare, L., & Dyrbye, L. (2019). ‎Changes in burnout and satisfaction with work-life integration in physicians and the general US ‎working population between 2011 and 2017. Mayo Clinic Proceedings, 94(9), 1681-1694. DOI: ‎https://doi.org/10.1016/j.mayocp.2018.10.023 Retrieved from ‎https://www.mayoclinicproceedings.org/article/S0025-6196(18)30938-8/fulltext‎
6. Chaukos, D., Chad-Friedman , E., Mehta , D., Byerly, L., Celik, A., McCoy Jr, T., & Denninger, J. (2012). ‎SMART-R: A prospective cohort study of a resilience curriculum for residents by residents. Academic ‎Psychiatry, 42(1), 78-83. DOI: 10.1007/s40596-017-0808-z213-5‎

**Agenda:**

1. Define Challenges/stressors during residency- 10 min, Obj 1, power point/lecture/discussion
   * Fatigue
   * Heavy work load
   * Death of patients
   * Covid-19
2. Define consequences of stress during residency-10 min, Obj 1, power point/lecture/discussion
   * Burnout,
   * Depression
   * Medical errors
   * Suicide
3. Identify benefits of mindfulness practices in managing medical residents’ stress – 15 min, Obj 2, power point/lecture/discussion
   * Define mindfulness practices
   * Present research literature on benefits of mindfulness practices
4. Define and Discuss the Stress Management and Resiliency Training for Residents (SMART-R) curriculum-based group intervention with medical residents; Participants will experience portions of the SMART-R curriculum-30 min, Obj 3, power point/lecture/experiential/discussion
5. Q& A-20min 6. Evaluation of workshop -5 min

**Assessment Questions:**

Question 1 (include possible answers)

Burnout, depression and suicide are more common among… a. medical residents b. the general US working population c. both a and b

Correct Answer 1

a

Question 2 (include possible answers)

The symptoms of burnout include… a. exhaustion b. depersonalization and low personal accomplishment c. both a and b

Correct Answer 2

c

Question 3 (include possible answers)

Stress Management and Resiliency Training (SMART-R) includes teaching and practicing… a. deep breathing b. coping strategies c. both a and b

Correct Answer 3

c

Question 4 (include possible answers)

SMART-R is interesting and… a. has scientifically proven benefits b. has no scientifically proven benefits c. neither a nor b

Correct Answer 4

a

Question 5 (include possible answers)

Medical residents can utilize SMART-R techniques to…. a. have fun b. avoid clinical duties c. reduce stress

Correct Answer 5

c

Question 6 (include possible answers)

Groups are relevant for which residents? a. Psychiatry residents only b. Residents in all specialties c. No residents

Correct Answer 6

b

Question 7 (include possible answers)

7. Process groups are the only feasible groups to implement during medical training. a. true b. false

Correct Answer 7

b

Question 8 (include possible answers)

8. Stress Management and Resiliency Training (SMART-R) includes teaching and practicing… a. mindfulness meditations b. songs c. dance

Correct Answer 8

a

Question 9 (include possible answers)

Stress Management and Resiliency Training for Residents (SMART-R) curriculum is based on… a. cognitive behavioral theory (CBT) and mindfulness theory b. psychoanalysis c. no known theory

Correct Answer 9

a

Question 10 (include possible answers)

SMART-R groups have only been implemented with Psychiatry residents? a. Psychiatry residents only b. residents in various specialties c. No residents

Correct Answer 10

b