

Introduction

- Residency is associated with burnout, depression, job dissatisfaction (1,2)
- Examinations induce high stress in medical trainees (3)
- Final year of training and Royal College of Physician and Surgeons of Canada (RCPSC) examinations may be especially high stress
- Previous studies have described programs aimed to improve resident wellbeing (4)
- No study has investigated the effect of stress-reduction programs using validated questionnaires

Objectives

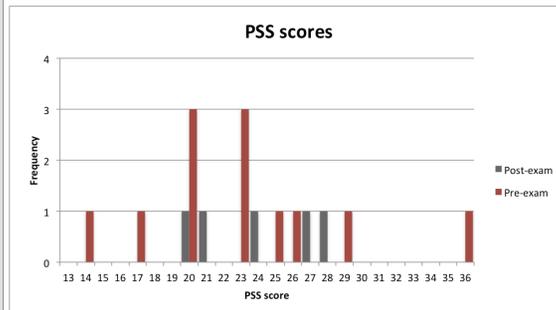
Assess the wellbeing of paediatric residents in their final year of training prior to and following attendance at a series of interactive wellness sessions

Methods

- Residents participated in three 1.5-hour wellness sessions
- Assessment tools:
 - Perceived stress scale (PSS) assesses appraisal of life stress, effectiveness of interventions
 - Maslach burnout inventory (MBI) measures burnout as emotional exhaustion, depersonalization, appraisal of achievement
- Residents surveyed prior to sessions commencing, after each session and following completion of exams

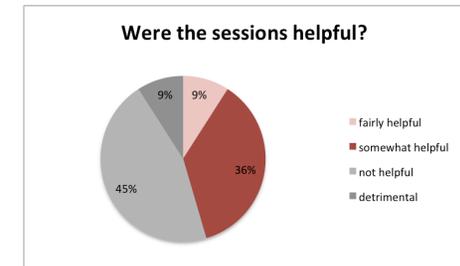
Results

- 17 surveys completed
- 12 before exams, 5 after
- All female
- PSS scores:
 - 23 pre-exam, 24 post-exam indicating high stress levels (avg score in normal female population = 13.7)



- MBI scores:
 - Emotional exhaustion high-moderate before and after exam
 - Low levels of depersonalization
 - Moderate-high feelings of satisfaction and accomplishment
- What did you find helpful?
 - "Taking time to relax"
 - "Learning relaxation techniques"
 - "Being able to speak openly"
 - "Hearing other coping strategies"
 - "Recognizing that others feel similar stress"

Results



Discussion

- Residency is stressful and RCPSC exams likely add to the burden
- Slight perceived stress increase following exam may be due to awaiting results, unsatisfactory results, job concerns
- Although stressed and emotionally exhausted, residents scored low on depersonalization and continued to gain satisfaction from their work.
- The effect of wellness sessions is unclear

Conclusions

Paediatric residents feel significant personal stress in their final year of training, despite participation in organized wellness sessions.

References

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3. Rosenthal TL, Rosenthal RH, Edwards NB. Students' self-ratings of stress in medical school: a replication across 20 months. Behav Res Ther. 1990; 28(2): 171-3.
4. Dabrow S, Russel S, Ackely K, Anderson E, Fabi PJ. Combating the stress of residency: One school's approach. Acad Med. 2006; 81(5): 436-9.