

Radiology Residency Burnout: a prospective study aimed at identifying physical, psychological and social interventions leading to reduced rates and improved wellbeing.

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Project Summary

Objective: The purpose of this study is to assess the level of burnout amongst radiology residents and identify wellness interventions that will assist with alleviating burnout and promote physician well being. **Specific Aims:** 1) Identify stressors that lead to burnout 2) Identify wellness factors that lead to reduced levels of burnout 3) Implement specific interventions that reduce resident burnout and increase overall resident well being. **Research design:** This study will use a prospective survey design. A sample size of approximately 50 University of Michigan radiology residents will participate. They will complete three questionnaires administered using either pencil and paper or electronic methods that should take no more than 45 minutes to complete. These questionnaires will be filled out three times during the research collection period. Additionally, the residents will participate in interventions targeting their physical, social and emotional well-being, such as time for walking, light therapy, attending to personal activities and various educational sessions such as (benefits of sleep, healthy cooking, resident appreciation) held by various faculty members.

Action Items/Outcome

Two sets of surveys have been completed thus far. In March the last set will be carried out. Will need to analyze the data at that point. At present residents report verbal increase in overall well-being since the initiation of the project due to increased time given to devote to personal and group wellness activities.

Conclusion/Reflection

At present it is difficult to state whether this project will be statistically significant; however, given the positive verbal feedback it appears that this pilot program is providing a foundation that will ultimately strengthen the radiology residency program. Further communication with the residents will assist with establishing a solid program for improving well-being and decreasing the chances of burnout. Overall, I believe this project could potentially be utilized by more departments and thus, could impact the hospital on a larger scale.