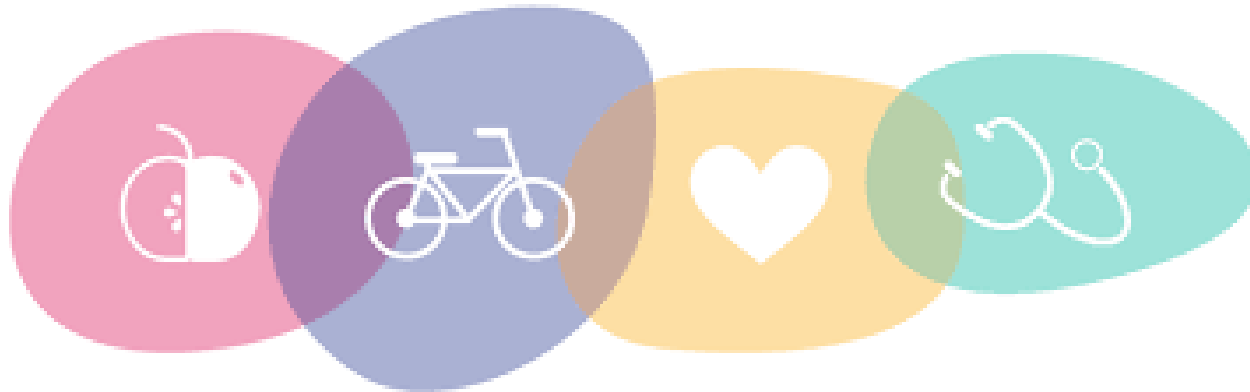


Program Coordinators' Retreat

Joshua Goldstein, M.D.
Associate Dean for Graduate Medical Education

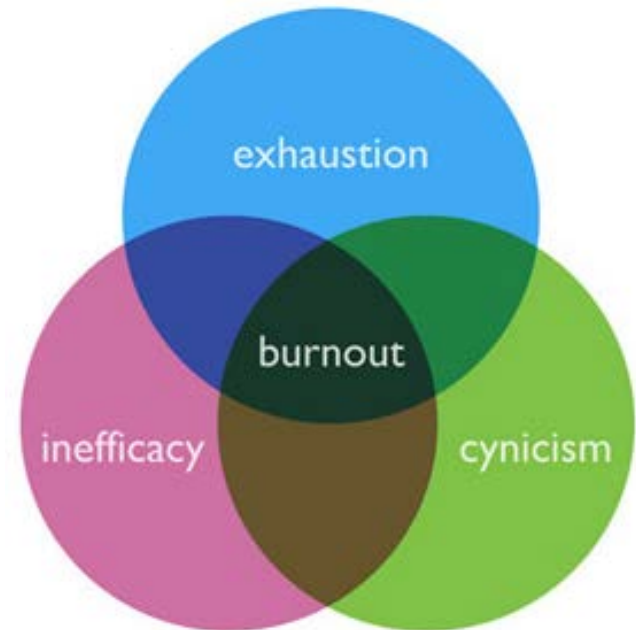
Trainee Wellness.....

Key Area of Focus



Burnout in Training

- Highly prevalent among medical students, residents
- In residents, studies show burnout rates of 41-90%
- In residency, levels rise quickly within the first few months of residency
- Work hour changes have not improved sleep, burnout, depression symptoms or errors
- Burnout associated with medical errors and poorer patient care



Odds Ratio for burnout

| HBI components | Odds Ratio |
|-------------------------------|-------------------|
| Emotional Exhaustion | 13.89 |
| Personal Accomplishment | 2.54 |
| Detachment | 4.86 |
| Depressive Reaction to Stress | 3.47 |
| Helplessness | 9.45 |
| Inner Void | 8.95 |
| Tedium | 8.27 |
| Inability to Unwind | 4.42 |
| Overtaxing Oneself | 5.23 |
| Aggressive Reaction to Stress | 2.54 |

Impact of burnout

Professional

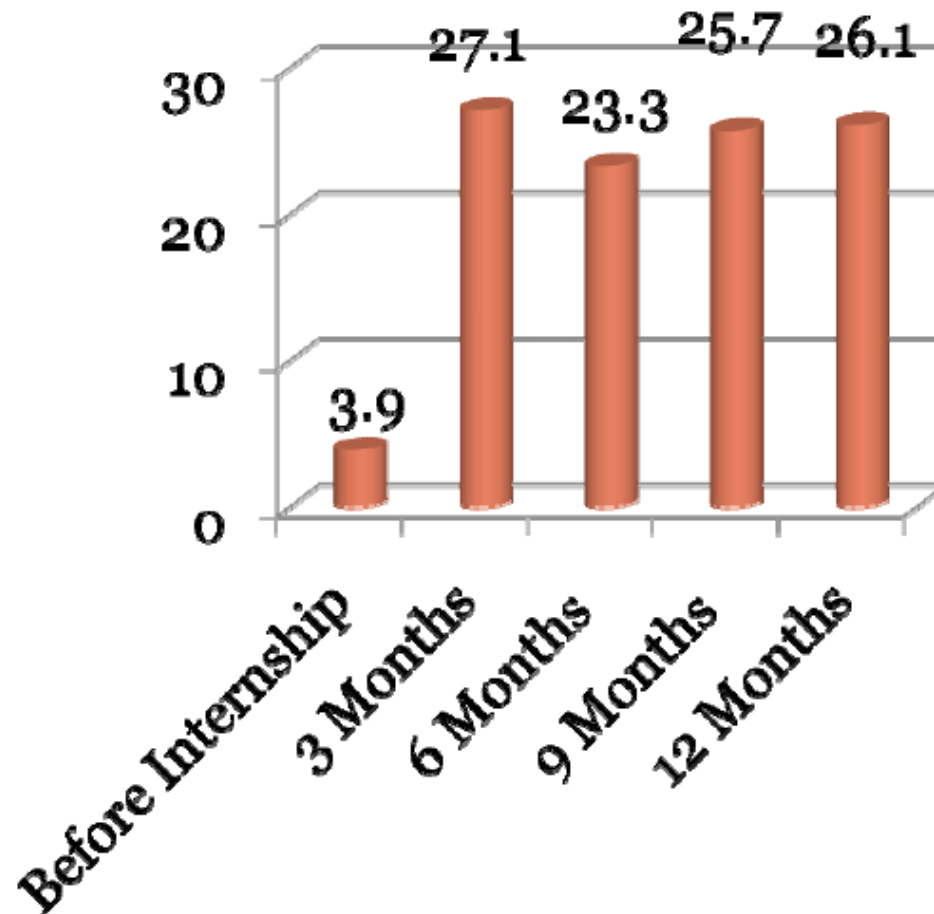
Poor judgment in patient care decision making
Hostility toward patients
Medical errors
Adverse patient events
Diminished commitment and dedication to productive, safe, and optimal patient care
Difficult relationships with coworkers
Disengagement

Personal

Depression
Anxiety
Sleep disturbances and fatigue
Broken relationships
Alcohol and drug addictions
Marital dysfunction and divorce
Early retirement
Suicide

Balch, Arch Surg, 2009

Percentage with “Depression” (PHQ >10)



Mean PHQ-9 increased from 2.4 to 6.4

Sen et al, Arch Gen Psych 2010

Warning signs

- Change in personality
- Change in socializing
- Frustrations with work / colleagues / environment
- Increased fatigue / decreased energy
- Increased irritability
- Changes in support networks (divorce, breakups)

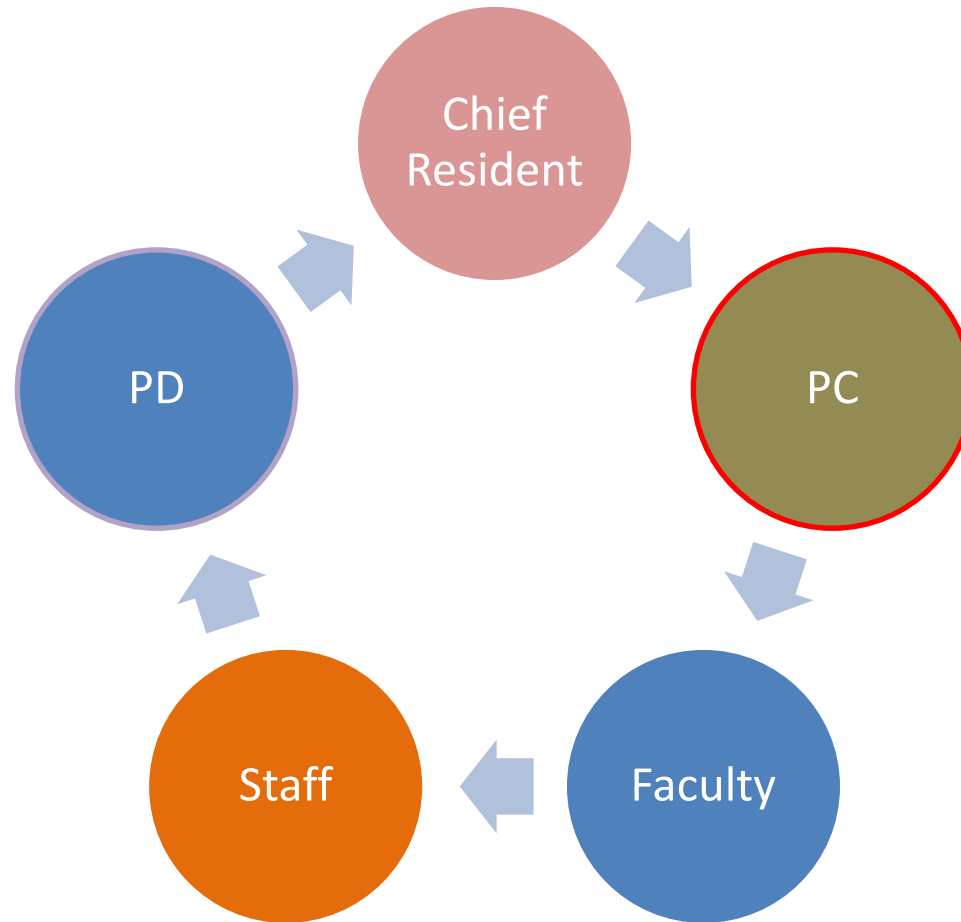


Risk Factors

- Stressful rotation
- Poor medical outcome
- Medical error
- Change in social support (same as warning sign)
- Financial stressors
- Death of family members



We're all a safety net



IF YOU



SOMETHING



SOMETHING

Resources

- McGaw
- Program Director
- Ashley Bassett, MD
Housestaff Wellness Liaison
a-bassett@northwestern.edu
(312) 834-3814

Thanks!

Joshua L. Goldstein, MD

Associate Dean for Graduate Medical Education

Designated Institutional Official

j-goldstein4@northwestern.edu