Assessing Resident and Fellow Wellbeing and Burnout Levels: Lessons Learned from a Pilot of the AMA Mini-Z Wellbeing Survey

Tanya A. Ensminger BA
Lehigh Valley Health Network, Tanya_A.Ensminger@lvhn.org

Margaret A. Hadinger EdD, MS
Lehigh Valley Health Network, margaret_a.hadinger@lvhn.org

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Assessing Resident and Fellow Wellbeing and Burnout Levels: Lessons Learned from a Pilot of the AMA Mini-Z Wellbeing Survey

Tanya A. Ensminger, BA; Margaret A. Hadinger, EdD, MS
Lehigh Valley Health Network, Allentown, Pa.

PROBLEM
The ACGME and others are focusing on physician well-being as essential not just for residents/fellows, but as a key component of ensuring a safe clinical learning environment. Identifying and addressing challenges to well-being and resiliency our trainees face – and what gaps currently exist – is thus essential.

APPROACH
In September 2018, with the support of external funding, we sponsored 18-month AMA memberships for all current residents and fellows. Membership includes access to the AMA GME Competency Modules, as well as to the AMA Mini-Z Wellbeing/Burnout Survey, which was launched to all trainees in October 2018. A follow-up survey is planned for October 2019.

RESULTS
Survey results were compiled and analyzed December 2018–January 2019. Two follow-up group interviews were conducted in January 2019. 156 residents and fellows took the survey. The response rate was over 50%.

INITIAL RESULTS

RESPONDENT PROFILE

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<tr>
<th>Resident/Fellow Year</th>
<th>PGY 1</th>
<th>PGY 2</th>
<th>PGY 3</th>
<th>PGY 4 Resident</th>
<th>PGY 4 Fellow</th>
<th>PGY 5 Resident</th>
<th>PGY 5 Fellow</th>
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<th>Medical School</th>
<th>Graduate of U.S. Allopathic Medical Schools</th>
<th>Graduate of International Medical Schools</th>
<th>Graduate of Osteopathic Medical Schools</th>
<th>Graduate of 5th Pathway Program</th>
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<th>Dentistry/Oral Surgery</th>
<th>Dermatology</th>
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<th>General Practice</th>
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<th>Hospice Palliative Medicine</th>
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<th>Ophthalmology</th>
<th>Orthopedics</th>
<th>Pediatrics</th>
<th>Plastic Surgery</th>
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<th>Other</th>
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SATISFACTION WITH CURRENT JOB

- Satisfaction among LVHN Residents is strong (90%) compared to 86% for the benchmark. Few residents (5%) describe themselves as dissatisfied.
- Consistent with strong satisfaction, most (64%) LVHN Residents report experiencing no burnout, comparable to the 67% for the benchmark. 21% describe themselves as being under stress, while 15% describe themselves as experiencing burnout.

ACKNOWLEDGMENT
LVHN and the authors would like to thank The Dorothy Rider Pool Health Care Trust for its support of this project.