

# Exploring Best Practices for Wellbeing and Proposing Recommendations for LVHN Learners

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# Exploring Best Practices for Wellbeing and Proposing Recommendations for LVHN Learners

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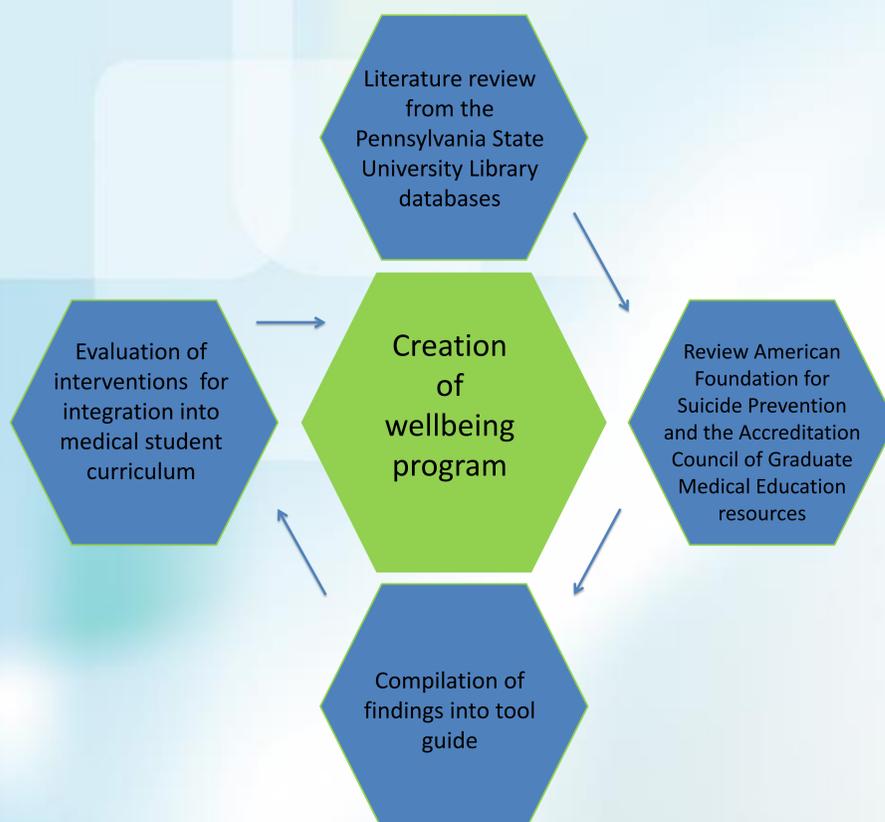
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## BACKGROUND / INTRODUCTION

- ❖ Medical residents have a high risk factor for depressive disorders, burnout, and suicidal ideations than the general public.<sup>1</sup>
- ❖ Suicide is the overall second leading cause of death for residents; leading cause for male residents.<sup>1</sup>
- ❖ Students are highly reluctant to disclose the condition of their mental illness.<sup>2</sup>
- ❖ Experts suggest that training in resilience, personal wellbeing and reflection integrated in medical education can promote better patient outcomes.<sup>3</sup>

## METHODS / OBJECTIVE



## ALTERNATIVES

- ❖ Web-Based Interactive Screen Process
  - ❖ Anonymous questionnaire which rates respondent's depression symptoms
    - ❖ Provides users autonomy
  - ❖ Connects respondents with a counselor who gives them personalized treatment via email
  - ❖ Study participants preferred treatment through email than in face to face sessions
  - ❖ Constraints: Cost of staff (Counselor, administrator, social workers, etc.), participant's willingness to seek treatment
- ❖ MoodGym Program Online Training
  - ❖ Online program with 5 modules: Feelings, Thoughts, Unwarping, Stressing, Relationships
  - ❖ Designed for preventative care of depressive symptoms and emotional training
  - ❖ Effective management tool for wide spectrum of users providing completion of modules
  - ❖ Medical interns who engaged in MoodGym exercises 60% less likely to endorse suicidal ideations
  - ❖ Constraints: Cost of program fee (roughly \$10,000), cost to monitor compliance, time of students
- ❖ Biweekly Facilitated Meetings
  - ❖ Physicians guaranteed 1 hour of protected time for facilitated small-group meetings
  - ❖ Meetings taught skills to manage work/life balance, medical errors, and finding meaning in work
  - ❖ Creates a sense of community among participants
  - ❖ Participants exhibit higher engagement at work and lower burnout rates
  - ❖ Constraints: Cost of time logistically, time of physicians, meeting facilitators

## RECOMMENDATIONS

- ❖ MoodGym Program Online Training
  - ❖ Focuses on preventing depression and burnout which is ideal for medical students
  - ❖ Alters users with diagnosable mental health diseases to seek further treatment from professionals
  - ❖ Resilience is fostered by engagement and reflection
  - ❖ Modules last approximately 30 minutes which should fit into medical student and resident schedules
  - ❖ Allows users to remain anonymous

## CONCLUSIONS / FUTURE IMPACT

Resilience is a powerful tool to prevent burnout and depressive ideations. Preparing medical students and residents to cope with stress will increase physician satisfaction and decrease burnout. This will lead to positive patient outcomes, higher patient satisfaction and a overall healthier community.<sup>3</sup>

Moving forward LVHN Department of Education should connect with the network wide Wellbeing Committee, budget funds and integrate MoodGym program into student curriculum.

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