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Recent data suggests that burnout, as measured by the Maslach Burnout Inventory, is a significant problem amongst US physicians. Anesthesiologists are significantly affected by this problem, especially those early in their careers. Burnout has been noted to have significant health consequences, and has also been linked to lower measures of care quality. Many medical schools and residencies have implemented various wellness curricula. However, to our knowledge, no one has attempted to create such a curriculum for a 1 year fellowship.

While topics such as burnout, stress management and mindfulness can decrease levels of burnout, they are not standard to medical education and likely deficient in many trainees. We propose a Comprehensive Wellness Curriculum that hinges on three major concepts: education & awareness of wellness resources, providing informal & formal support, and promoting healthy lifestyles & building resilience.

Metrics, such as the Maslach Burnout Inventory and pre and post education tests will be utilized to validate the utility of this initiative. We will present preliminary data, as available, on this initiative.

CURRICULUM STRUCTURE AND RESOURCES:

- Introduction to the stressors at BCH during orientation (Informal discussion of major stressors cited by past and present fellows, focusing on reframing these issues in a more positive light with a goal of improving educational benefit.)
- Wellness series (8-10 lectures per year, ~30 minutes each), Topics: burnout, mindfulness, the relaxation response, nutrition, ergonomics, physical fitness, financial budgeting, organization skills, getting a job, work-life balance
- Online education modules with pre and post tests on Sharepoint website
- Monthly meetings to discuss stressors of fellowship (emphasis on providing support, modifiable perspectives and modifiable behaviors)
- Resources available on Sharepoint
- Wellness Resource List (formal support structures, online stress reduction tools, financial support services, list of local primary care & psychiatric providers)
- Cultural event resource list on sharepoint
- Burnout, wellness and mindfulness bibliography on sharepoint
- Library collection in fellowship lounge

SELECTED REFERENCES:

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