

RATIONALE/NEED

- National studies show that over 50% of physicians experience symptoms associated with burnout at some point in their career¹. Similar trends have been seen in both medical students and residents/fellows.
- The purpose of this study is to assess how a course centered around the understanding of burnout and wellness in medicine can help medical trainees recalibrate, explore education on the prevalence of burnout within the medical field, and gain tools on how to navigate future difficulties to curb future burnout.

METHODS

- The Maslach Burnout Inventory survey was completed by a 3rd year medical student as a pre-assessment and post-assessment. The survey assessed for changes in feelings of burnout, depersonalization, and personal achievement.
- The assessment was taken on Day 1, Day 14 (end of the elective), and 2 months post elective.
- The course itself also included personal reflections on growth and wellness, personal wellness resource reflections, reflections on physician well-being and decreasing “help-seeking” stigma in medicine podcast, and completion of the AMA Physician Burnout & Wellness CME course.



RESULTS

PILOT STUDY Maslach Burnout Inventory	Section A Burnout	Section B Depersonalization	Section C Personal Achievement
Day 1	24 Moderate Burnout	11 Moderate Burnout	29 High-level burnout
Day 12	4 Low-level burnout	1 Low-level burnout	46 Low-level burnout
Day 61	4 Low-level burnout	3 Low-level burnout	43 Low-level burnout

Maslach Burnout Inventory Survey Scoring

Section A Burnout

Total 17 or less: Low-level burnout
Total between 18 and 29 inclusive: Moderate
Total over 30: High-level burnout

Section B Depersonalization

Total 5 or less: Low-level burnout
Total between 6 and 11 inclusive: Moderate
Total of 12 and greater: High-level burnout

Section C Personal Achievement

Total 33 or less: High-level burnout
Total between 34 and 39 inclusive: Moderate
Total greater than 40: Low-level burnout

EVALUATION PLAN

- The specific curriculum at Brody School of Medicine provides 3rd year medical students with two elective blocks of approximately two weeks for students to engage in career exploration. A pilot elective was developed as an option for students to explore the importance of developing and promoting their personal and professional wellness within one of these elective blocks.
- Wellness and Burnout Prevention course is a self-paced/mentor reflection structure which includes activities such as the Maslach Burnout Inventory, personal reflections on growth and wellness, personal wellness resource reflections, reflections on physician well-being and decreasing “help-seeking” stigma in medicine podcast, and completion of the AMA Physician Burnout & Wellness CME course.

IMPACT/LESSONS LEARNED

- This course was approved as a permanent elective option in February 2023 at BSOM after the Executive Curriculum Committee assessed its success for the student who participated in it.
- Further studies are needed to see if other learners will have similar short- and long-term positive results after completing the elective.
- Lessons learned from this course include the importance of students partnering with faculty as mentors regarding wellness strategies that can be utilized in the short and long term.
- This experience illuminated the importance of experienced physicians addressing their past experiences with burnout and how this could help training physicians and medical students normalize the concept and gain tools on how to best navigate the experience.

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REFERENCES

- Singh R, Volner K, Marlowe D. Provider Burnout. [Updated 2022 Jun 21]