Enhancing Faculty Well-being Through a Longitudinal Wellness Curriculum: A Pilot Study

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PROJECT AIM

The project aims to enhance the experience of life while at work through implementation of twelve one-hour wellness sessions.

PROJECT DESIGN/STRATEGY

- Twelve, one-hour long didactic and experiential learning sessions focused on various wellness topics were paired with each TQA learning session.
- Participant attendance at each wellness session was recorded and anonymous program evaluations were collected.
- Participant responses of agree and strongly agree to session objectives being met were included in the data analysis.

RESULTS/OUTCOMES

- Most attended session: Intro. to Wellness & Networking (N=32)
- Least attended session: Narrative Medicine (N=21)
- Highest rated session: Wellness Walk, 94% of attendees responded agree/strongly agree to the session objectives being met
- Lowest rated session: Art Therapy (Veteran’s Day cards), 54% of participants responded agree/strongly agree to the session objectives being met

LESSONS LEARNED/NEXT STEPS

- Providing time and opportunity for participants to engage in wellness activities allowed them to learn new skills to support the experience of life while at work.
- We learned wellness topics are not one size fits all and it is difficult to find topics or activities that everyone enjoys.
- Overall, the wellness thread was a success and has been integrated into successive TQA programs.

SESSION STRENGTHS

- relaxing
- insightful
- creative
- cathartic
- engaging

SESSION IMPROVEMENTS

- Additional Breathing Techniques
- Journaling Notebook
- Mindfulness Techniques
- Incorporate Games

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