

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

Jenna Garris, MA, Mary Catherine Turner, MD, Dmitry Tumin, PhD



ECU Brody School of Medicine

BACKGROUND

Our institution lacks a formal wellness curriculum designed for clinical faculty and staff. Using the existing structure of the Teachers of Quality Academy (TQA) program, the pilot study will assess the need for a curriculum that could be extrapolated to other health professions. The wellness thread supplements the Health Systems Science (HSS) and leadership curriculum of the program providing education and strategies to support well-being.

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.

Wellness Session	Number of Wellness Session Attendees	Number of Complete Evaluations	Percent Responses of Agree/Strongly Agree
Introduction to Wellness & Networking	32	24	92%
Yoga	29	25	84%
Art Therapy (Veteran's Day Cards)	27	26	54%
Drumming/Music Therapy	23	23	91%
Mindfulness	26	20	70%
Executive Functioning	23	20	80%
Narrative Medicine	21	19	89%
Wellness Walk	28	19	94%
Equine Therapy	25	21	76%
Mental Health	26	26	69%
Art Therapy (Rock Painting)	22	18	78%
Lifestyle Medicine Clinic	24	20	85%

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.

ACKNOWLEDGEMENTS

Thank you to the TQA 6.0 cohort who served as the beta testers for the wellness program.

Jenna Garris, MA
Office of Medical Education
ECU Brody School of Medicine
Greenville, North Carolina 27858
252-744-0439
garrisj15@ecu.edu

SESSION STRENGTHS

relaxing
insightful
creative
interactive
fun
cathartic
engaging

SESSION IMPROVEMENTS

Additional Breathing Techniques
Journaling Notebook
Address Personal Burnout
Addressing Team Burnout
Benefits of Music Therapy for Patients
More Time
Share Stories with Group
Clearer Instructions
Mindfulness Techniques
Incorporate Games
Longer Wellness Session