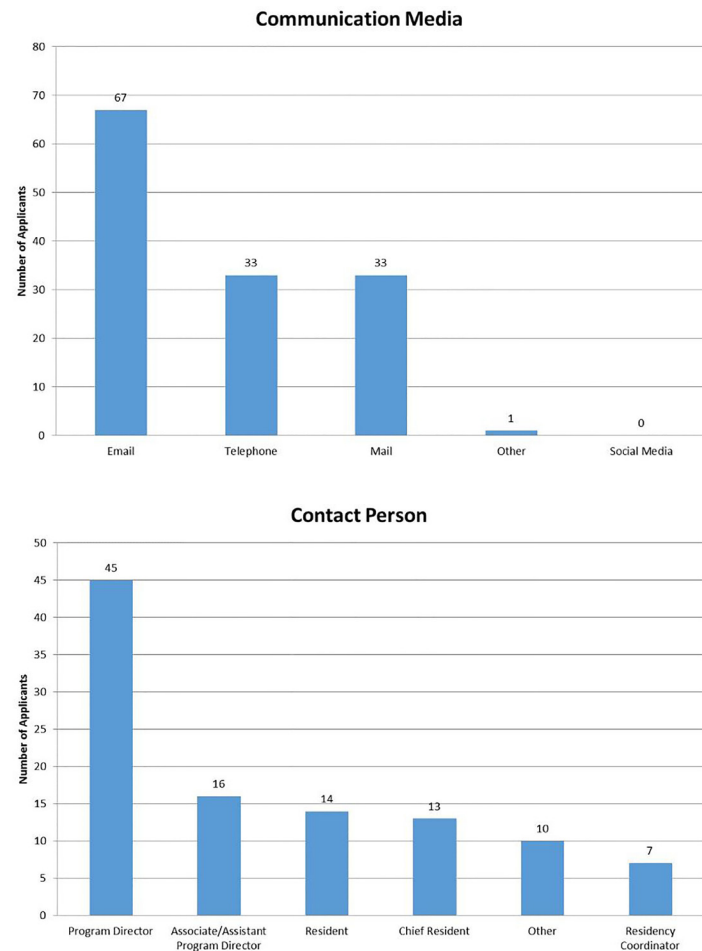


is needed. Is any type of contact appropriate? If contact is appropriate, what type of contact and by whom is appropriate?



### 35 Resident Wellness Curricula: What's Out There? And Who's Doing It?

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**Background:** Physician wellness and burnout are a focus in medicine. Current literature informs us that physicians at all levels are suffering from burnout, from medical students to career faculty physicians.

**Objectives:** We performed a comprehensive literature review in search of wellness/resilience curricula for residents.

**Methods:** A PubMed search was executed using the following terms: resident wellness; resident wellness curriculum; resident wellness program; residency wellness curriculum; residency wellness program; residency

wellness; graduate medical education wellness; graduate medical education wellness curriculum; graduate medical education wellness program. These results were sorted by relevance, the first 300 articles were reviewed, and 13 were used for in-depth review. A MedEdPORTAL search was executed with the following search terms: resident wellness; resident resilience; mindfulness; well-being; and wellness curriculum; with the health profession specialties and professional interests filters. The results (393 citations) were sorted by relevance and 8 citations were reviewed in-depth.

**Results:** There are few published wellness curricula for residents, and none are from Emergency Medicine programs. One curriculum included sessions on developing self-awareness, setting life goals, positive psychology, mindfulness, time management, and balancing personal and professional life. A second curriculum involved residents utilizing a self-study curriculum focusing on mindfulness. Another consisted of 3 workshops focusing on resilience, response to stress, and gratitude. A fourth curriculum involved identification of and reflection on stressful clinical events and resilience-enhancing exercises, including setting realistic goals, managing expectations, letting go after medical errors, and finding gratitude. Other articles proposed an exercise and dietary improvement program and a financial management curriculum for surgical residents.

**Conclusions:** There are very few published wellness curricula for residents, and little research has been performed on the effectiveness of current curricula. A wellness curriculum designed by the authors is outlined below (Table 1). A comprehensive wellness curriculum may help to foster a resilient resident workforce and combat burnout.

**Table 1.** Curriculum modules and wellness domains.

Wellness Domain	Modules
Emotional	Change Management; Stress Management; Time Management; Conflict Management and De-escalation; Burnout and Resilience; Emotional Regulation on Shift
Occupational	EM for the Long Haul; Demands of Professionalism: The Job Search; Tips from the Pros; How to Handle a Deposition
Financial	Loan Repayment and Financial Advice; Financial Planning
Physical	Self-care; Shift Preparation and Shift Recovery
Intellectual	National Engagement and Leadership
Social	Positive Coping Strategies
Spiritual	Mindfulness; Reflection

\*Many modules overlap in multiple domains but are listed under the primary domain