

Improving Mental Health Support, Career Transitions, and Access to Healthcare for Surgical Residents

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INTRODUCTION

- ❖ Surgical residents work long, unpredictable hours so scheduling appointments is difficult
- ❖ Surgical residents report high rates of burnout and depression, and often can't get help
- ❖ Intern year of surgery residency is challenging, and attrition rates are high

AIM STATEMENT

We aimed to improve access to mental health support, mentorship, and access to healthcare among surgical residents as measured by the annual ACGME survey.

INTERVENTIONS

- ❖ **5th Tuesday of the Month:** Since 2019, in months with 5 Tuesdays, the first Tuesday AM is used for personal time in lieu of didactics
- ❖ **Physician Wellness Collaborative:** Free, 24/7 confidential counseling. Since 2019, we ask all interns to attend at least one session.
- ❖ **Resident Mentorship Program:** Since 2018, we paired PGY-1 with residents entering lab years for career advise and support.

MEASURES

- ❖ We used the results from the annual ACGME survey from academic years 2017-2019 to measure the impact of our interventions
- ❖ “Does your program provide access to confidential, affordable mental health counseling and treatment, including access to urgent and emergent care 24 hours a day, seven days a week?” assessed the counseling program
- ❖ “Are you given the opportunity to attend medical, mental health, and dental care appointments, including those scheduled during working hours?” assessed the effect of the 5th Tuesday of the Month program
- ❖ “Do you have adequate opportunities for mentorship?” assessed the peer mentorship program

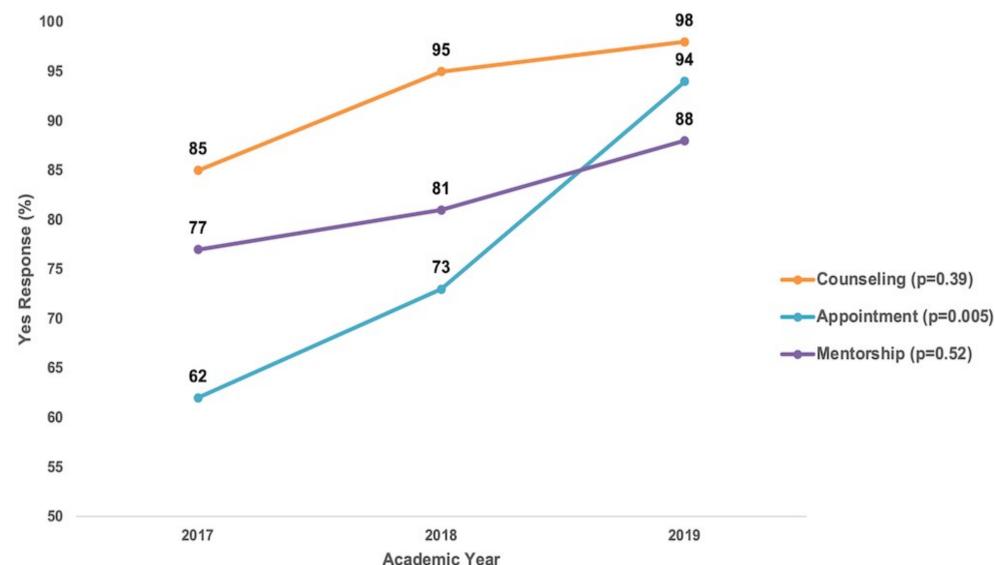


Figure 1. Percent of surgical residents who responded yes to survey items about access to counseling, ability to schedule appointments, and opportunities for membership in the 2017-2018, 2018-2019, and 2019-2020 academic years.

RESULTS

- ❖ All three interventions were associated with an improvement in the responses to the corresponding survey item
- ❖ The 5th Tuesday of the Month was the only intervention that was associated with a statistically significant improvement

CONCLUSIONS

- ❖ We developed three accessible interventions to increase access to mental health support, assist with career transitions, and increase access to healthcare among surgical residents
- ❖ Our interventions were associated with an increase in related outcomes on our annual ACGME survey
- ❖ These interventions can be easily implemented at other programs



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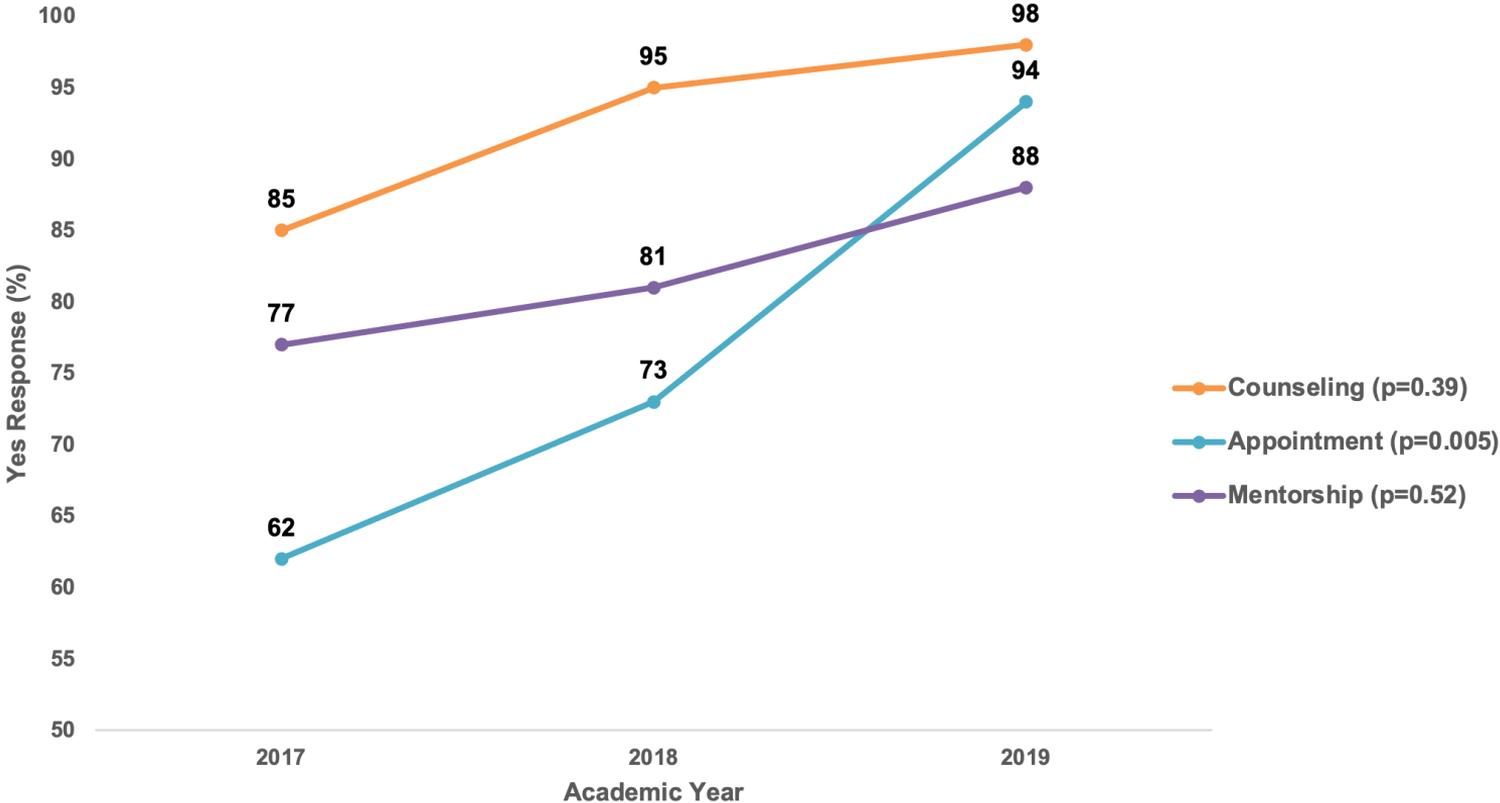
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Conclusions

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- ❑ Our interventions were associated with an increase in related outcomes on our annual ACGME survey
- ❑ These interventions can be easily implemented at other programs