

Development and Implementation of Balance Coaching to Improve Medical Residency Quality of Life

Although burnout and distress are rampant among resident physicians, few residency programs have a curriculum to address the personal and emotional challenges experienced during residency. This prospective observational study will examine Billings Clinic internal medicine resident well-being and burnout, and will implement a program to improve well-being and decrease burnout.

Purpose

The purpose of this study is to examine whether internal medicine residents who participate in a program designed to improve resident coping and communication experience an improvement in their well-being scores and a decline in their burnout scores. Specifically, internal medicine residents are provided the opportunity to participate in monthly “Balance Groups.” These groups address common challenges that residents face, such as challenging patient interactions, patient loss, and making errors, in an environment that is confidential and non-punitive, generating a sense of connectedness with peers. Prior qualitative research suggests that scheduled, confidential resident discussion groups that emphasize common challenges faced in residency may improve well-being and decrease burnout. By strengthening resident communication and coping skills, we hypothesize that resident burnout will decrease and resident well-being will improve. Therefore, the aim of this research is to further quantify the implementation of resident wellness interventions.

This study has been approved by the IRB of Billings.

Co-Principal Investigators: Danielle deMontigny Korb, MD
Kylie Ebner, DO