

Introduction of GI Wellness Committee to reduce GI fellow burnout and improve wellness.

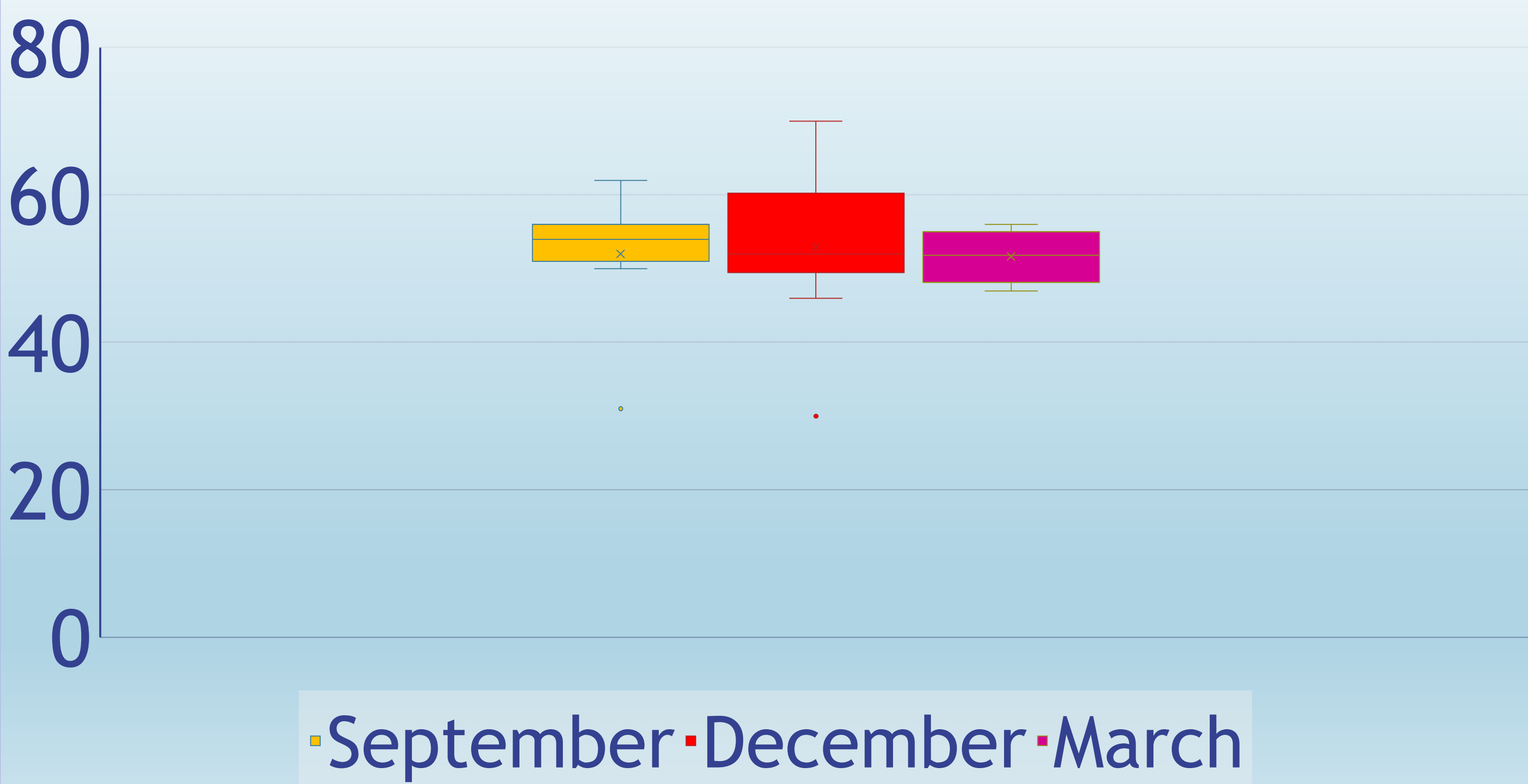
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Problem Definition

Gastroenterology (GI) fellowship is an arduous process which predisposes fellows to fatigue and burnout.

Our baseline survey showed a large number of our fellows to be in danger of burnout.

Mini ReZ Scores



Aims For Improvement

- To improve the overall wellness of GI fellows, identify stressors and reduce incidence of burnout.
- The goal for the first 6 months of operation is to demonstrate improvement in Mini ReZ survey scores by 25% at starting from Sept 1st, 2020.

Intervention

- Wellness activities to introduce and reinforce the idea of self-care and wellness.
- Activities were hosted by GI Wellness Committee leadership as well as selected "Champions" who are departmental employees who excel at certain activities.



Scan!!



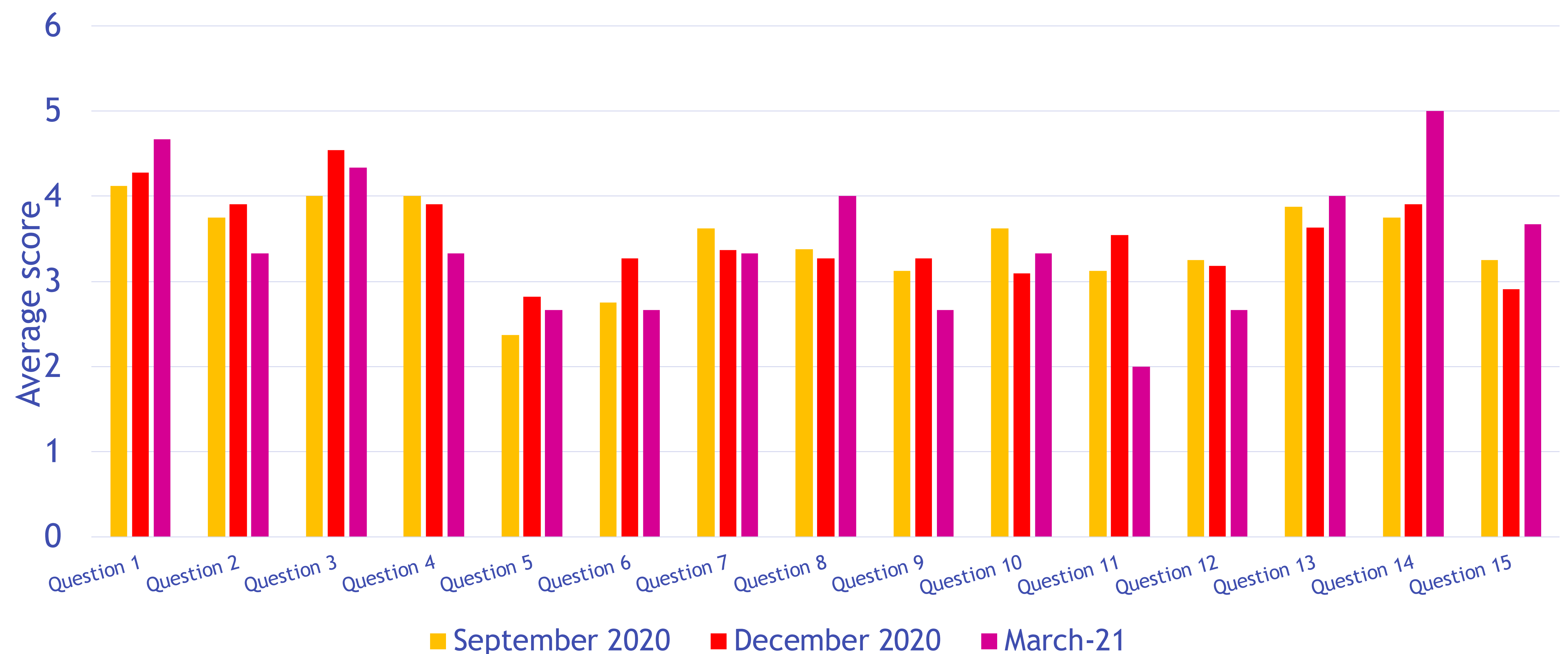
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Lessons Learned

- We did not meet our goal of 25% improvement in Mini ReZ scores by 6 months.
- We did see trends with improvement of work atmosphere and support by peers, however, we continue to score particularly poorly in stress at work and EMR time after hours.
- Future directions should include additional burnout workshops to focus on stress reduction during work hours and avoidance of after hours EMR usage.

Results

Mini ReZ Score Trends 2020-2021



Questions explained:

