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Bundle of Love: The effect of self-CARE (Compassion, Appreciation, Rest and Exercise) on anesthesiology resident wellness

Abstract

Anesthesiologists face a high risk for burnout which may jeopardize patient care and result in impaired social relationships and increased risk for depression and suicide. Education during residency training on how to cope with and reduce stress is essential to prevent the loss of early-career anesthesiologists and improve physician wellness in our specialty. The 2020 COVID-19 pandemic contributed to unprecedented levels of physical and mental fatigue, stress and burnout due to increased clinical workloads, longer shifts, disruption to sleep and work-life balance. Physical distancing requirements necessitated a shift to online learning and demonstrated a pressing need for novel tools and interventions to support physician health and wellness. We will investigate the effect of a self-CARE (Compassion, Appreciation, Rest and Exercise) education bundle consisting of training in mindful self-compassion, an online community forum and daily ecological momentary intervention to improve physician well-being and reduce burnout in this high-risk group.