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Technology Use and Wellness Maintenance in a Medical Student Population

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Technology Use and Wellness Maintenance in a Medical Student Population

Introduction: Burnout now affects more than half of U.S. medical students, causing decreased resilience and coping ability. When these students become physicians, they are more likely to commit medical error and have decreased patient satisfaction. Studies in college students have shown that technology use may improve wellness and deter burnout; however, heretofore no studies have been conducted to understand if medical students use the same practices.

Objective: Our specific aims were to survey medical students to identify whether they use technology to maintain their wellness, and to identify which technologies are the most effective for this purpose.

Methods: We distributed an IRB-approved prospective survey with five sections ranging from assessing types of technology use to indices of burnout and resilience to 500 preclinical medical students at Sidney Kimmel Medical College.

Results: At the time of the writing of this abstract, we do not have data points collected from this survey. We will collect 500 student surveys two weeks after distribution for analysis.

Discussion: We will gather information on student technology use. We hope to identify which technologies allow certain students to avoid burnout, as indicated by high scores on resilience and burnout indices. This information will allow us to better understand ways medical students can avoid burnout both now and in their future careers to minimize its detrimental effects on patient care.