Mindfulness Based Stress Reduction Increases Pathology Resident Self Wellness
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**Introduction:**
Stress during medical residency is a common, complex issue influenced by time demands, level of social support, and environmental factors. Increased stress levels can lead to resident burnout, and may contribute to the high rates of depression and suicide seen among physicians. In 2015, the ACGME began a campaign to promote resident wellness by calling on programs to implement strategies to develop resiliency, identify problems, and promote well-being. Mindfulness based stress reduction (MBSR) strategies have been shown to decrease burnout, improve mood, and increase compassion in healthcare providers. We implemented a wellness retreat to educate residents on the principles of mindfulness and provide them with stress reduction strategies.

**Methods:**
- Residents attended a one-day mindfulness retreat on stress reduction strategies at the Myrna Brind Center of Integrative Medicine.
- The retreat included didactic content and instructional sessions:

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 - 8:30am</td>
<td>Orientation</td>
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<tr>
<td>8:30 - 9:30am</td>
<td>Yoga</td>
</tr>
<tr>
<td>9:30 - 9:45am</td>
<td>Break/Phone access</td>
</tr>
<tr>
<td>9:45 - 12:45pm</td>
<td>Mindfulness Based Stress Reduction (MBSR) Workshop</td>
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<tr>
<td>12:45 - 1:00pm</td>
<td>Break/Phone access</td>
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<tr>
<td>1:00 - 2:00pm</td>
<td>Lunch and Discussion</td>
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</tbody>
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- Residents completed a pre-retreat survey to assess:
  - Level of stress
  - Ability to focus at work
  - Knowledge of stress reduction techniques.
- Residents completed a post-retreat survey to assess:
  - Probability of using MBSR techniques in regular practice
  - Likelihood that MBSR strategies will reduce burnout
  - Sense of well-being after the retreat

**Outcomes:**
- Residents participated in a yoga session to help them practice healthful stress reduction.

**Post-Retreat Survey Results:**
- 94% of residents felt that the retreat improved their sense of personal, professional, and psychological well-being.

**Discussion:**
Stress is inevitable in medical training and throughout one's career. Inability to cope with stress can lead to burnout, career dissatisfaction, and possibly depression. Providing residents with stress management techniques may help improve their sense of well-being, as demonstrated by these results. Future studies include long-term assessment of resident stress management techniques and assessing the efficacy of wellness techniques besides MBSR in resident wellness.

**Acknowledgements:**
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**Pre-Retreat Survey Results:**
- 30% of residents reported feeling stressed at work
- 30% reported they felt neutral or did not know strategies to reduce stress

**The Retreat Improved My Sense of Well-being**
- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

**Time**
- Activity
  - Orientation
  - Yoga
  - Break/Phone access
  - Mindfulness Based Stress Reduction (MBSR) Workshop
  - Break/Phone access
  - Lunch and Discussion

**Pre-Retreat Survey Results:**
- I Feel Stressed at Work on a Regular Basis
  - Strongly Disagree
  - Disagree
  - Neutral
  - Agree
  - Strongly Agree

- I Know Strategies to Reduce Stress at Work
  - Strongly Disagree
  - Disagree
  - Neutral
  - Agree
  - Strongly Agree