

Enhancing Wellness in Radiology Residency : The Impact of a Mindfulness-Based Workshop

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Background/Purpose

- There are high rates of burnout (47%-70%) among residents in Singapore¹, further exacerbated by Covid-19 pandemic.
- In December 2020, we initiated 'Safe Space'² with short, regular deep sharing sessions of experiences between faculty and residents based on the tenets of mindfulness.
- Positive feedback highlighted the effectiveness of these sessions in fostering a sense of support.
- This led to the decision to organize a dedicated wellness workshop for first-year residents to cope with stress and burnout.

Methods (Workshop)

- Workshop : A half day interactive workshop led by Radiology faculty.
- Participants: 23 first-year residents, 7 radiologists, 1 senior resident.
- Faculty: Diverse expertise drawn from within Radiologists, including mindfulness and positive psychology, stress management, and finance.
- Content: Didactic sessions, interactive exercises, and candid panel discussions with faculty on managing various stressors.
- Effectiveness measure: Validated 15-question Five-Facet Mindfulness Questionnaire (FFMQ) administered before and two months after the workshop.

Example of topics discussed and experiences for the residents during workshop

- Mindfulness breathing exercises
- Self reflection exercises
- Emotional agility /Self compassion /Embracing vulnerabilities
- Creating Value Frames for themselves: Mission, Purpose, Strength
- Johari window : Better understanding of self and other's perceptions
- Stress management
- Basics of financial planning

Results

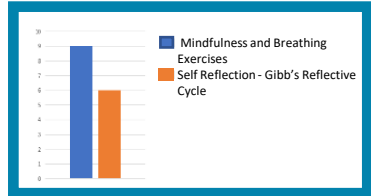
- All participants (n=23) found the workshop to be engaging and insightful.
- No significant difference in the absolute FFMQ scores in pre and 2 months post workshop. The confounding factors include small sample size and short follow-up period.

Residents feedback for workshop

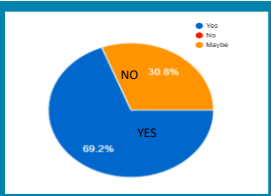
- Excellent workshop. Panelist discussion was particularly insightful.
- Could make panelist discussion longer with sharing of personal experiences from seniors.
- Speakers were really engaging. Best workshop so far.
- Thank you all for sharing. Its very important to hear from people who walked the journey.

What did you learn about yourself that surprised you?

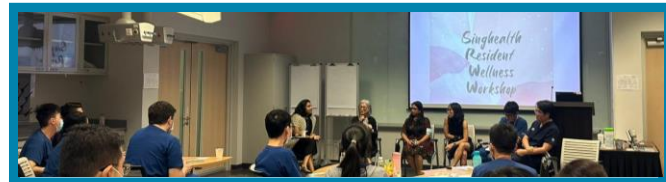
- That I actually achieved something in my life.
- That I am not alone when it comes to difficulties/challenges
- A good opportunity to reflect on my strengths/ weaknesses
- Did not learn anything new



Please share one new practice that you have learnt and plan to adopt



Would you like to be part of the future workshops?



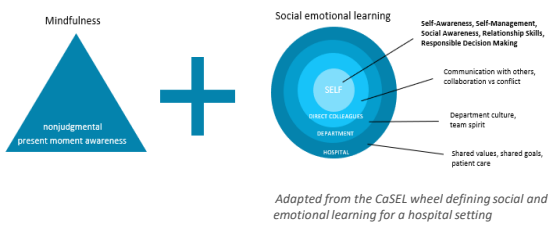
Panel discussion was the most popular segment

Faculty feedback and comments

- Good way of getting the conversation started amongst all residents on emotions, stress and coping strategies.
- Understanding their and their peers' strengths and weaknesses will help them to integrate better and not become victims of peer comparison.
- A good start by involving multiple faculty
- Yes, I think some of them have a lot of self doubt at the start of the residency cos it's a subspecialty with little exposure in medical school/wards so learning curve is steep. It's important for them to reflect on their strength that got them this far in their career and what will keep them going.

Discussion

Synergistic benefit of Mindfulness and Social Emotional learning when taught and learnt together³



Principles on which workshop is designed

- Mindfulness and its 7 principles:
- Non-judgment
 - Beginner's Mind
 - Trust
 - Non-striving
 - Patience
 - Acceptance/Acknowledgement
 - Letting Go/Letting Be

Benefits of the workshop

For Residents	For Faculty	For Workplace
Learn adaptive strategies and mindfulness interventions	Increase awareness of mindfulness-based interventions	Promotes a culture of mindfulness and continuous learning
Reduce burnout and perceived stress; Improve overall wellbeing	Embrace their own journeys and vulnerabilities through the workshop	Promote more mutual support and empathy at workplace

Conclusion

Many studies have demonstrated that mindfulness-based interventions can significantly improve the psychological well-being of healthcare professionals. Our workshop served as an initiative to promote resilience and well-being among residents. Future studies with larger sample sizes and longer follow-up period will be essential to assess its effectiveness in residency training.

Acknowledgements

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References

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