

Investigating Wellness and Burnout Initiatives for Medical Trainees

The Gratitude Journal Mobile Application

- Burnout affects residents and practicing physicians across most specialties, and it is especially widespread in emergency medicine, critical care, and anesthesiology.
- Physicians and residents who have burnout are more likely to be involved in medical errors and suffer lapses in professionalism, which may undermine the medical teamwork dynamic and patient safety.
- Although data from qualitative studies and randomized trials are limited, the available evidence suggests that interventions to reduce burnout and promote resident wellness are most successful when they are led or co-led by residents, and when they have buy-in from both administration and resident leaders.
- Individuals who journal about gratitude report higher positive states of alertness, enthusiasm, determination, attentiveness, and energy compared with individuals who focus on hassles or a downward social comparison.
- We set out to develop a novel smartphone app centered on cultivating point-of-care gratitude practice and community building.
- A prototype was developed, which allows residents to practice gratitude at all hours and share messages of gratitude with their fellow healthcare workers.