

Muffins and Meditation: Combating Burnout in Surgical Residents

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How does a weekly
mindfulness practice and
wellness conference impact
**mindfulness, self-
compassion, flourishing,**
and **burnout** among
surgical residents?

Background

- Non-traditional topics are seldom taught in surgical residency
- Confidential “safe-space” conversations are not typically available for trainees
- High prevalence of burnout among surgical trainees has a deleterious effect on physicians, health systems, and patients

Hypothesis

- Participants with more frequent attendance at the conference will:
- Be more mindful and self-compassionate
 - Experience less burnout and more flourishing



Methods: Conference Structure

1. Create safe and confidential environment with **TRANCE** principles

Tolerance
Respect
Anonymity
Non-retaliation
Compassion
Egalitarian

2. Mindful Meditation

- 10 minutes of guided **silent meditation**
- Practice of drawing attention to a single focus
- Practice of **recognizing distractions and returning to a single focus**

3. Facilitated Discussion

- Focus on aspects of **professional development**
- Allow space for residents to **share their experiences** with burnout, adverse outcomes, substance abuse, depression

Methods: Analysis

Demographics and attendance self reported. Used validated tools to measure:

- Mindfulness (CAMS-R)
- Self-compassion (SCS-SF)
- Positive and Negative Affect (PANAS)
- Burnout (MBI)

Results

- 83% attended at least one conference
- On multivariate analysis, the sole predictor of burnout was not being married / in a committed relationship
- Qualitative feedback was overwhelmingly positive

Conclusions

- Surgical residents value a protected time and safe space to focus on wellbeing
- Marginally significant trends indicate more recent and frequent attendance was protective
- Improved individual attendance rates may result in a greater impact on burnout