

Improving Resident Wellness

To help equip Yale Urology residents with better tools and techniques to manage stress, our department implemented a resident wellness curriculum to provide better support throughout their training. “We really wanted to implement this program to provide our residents with the tools to help them continue to develop into well-rounded and successful providers,” said Adam Hittelman, MD, PhD, Residency Director. “It is well documented that physicians have very high burnout compared to other professions and recent research has begun focusing less on averting burnout and more on physician wellness.”

A formal curriculum has been developed, integrating activities into existing schedules and prioritizing wellness education as a key piece of the resident experience and training. Using the Wellness Wheel (below)

as a framework to define eight overlapping dimensions of wellbeing, the structure of the program is designed to focus on the holistic resident wellbeing. The Accreditation Council for Graduate Medical Education (ACGME) has included resident wellness in the common program requirements in recognition of the importance this has in the training of newly minted doctors.

By way of Yale’s program design, its goal is to produce well-rounded physicians with enhanced coping skills for future success. “I have enjoyed being a part of this new initiative,” said Cynthia Leung, chief resident, Yale Urology. “Through the activities and unique programs we participate in, I can really see how the skills we are taking away will benefit us – and our patients – in the future.”



INTELLECTUAL WELLNESS The ability to open our minds to new ideas and experiences that can be applied to personal decisions, group interaction and community betterment.



EMOTIONAL WELLNESS The ability to understand ourselves and cope with the challenges life can bring.



OCCUPATIONAL WELLNESS The ability to get personal fulfillment from our jobs or chosen career fields while still maintaining balance in our lives.



ENVIRONMENTAL WELLNESS The ability to recognize our own responsibility for the quality of the environment that surrounds us.



FINANCIAL WELLNESS The ability to identify our relationship with money and skills in managing resources. An intricate balance of the mental, spiritual and physical aspects of money.



SPIRITUAL WELLNESS The ability to establish peace and harmony in our lives.



PHYSICAL WELLNESS The ability to maintain a healthy quality of life without undue fatigues or physical stress.



SOCIAL WELLNESS The ability to relate to and connect with other people in our world.