

# A Supportive Culture Maintains General Surgery Wellness During the COVID-19 Pandemic

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## BACKGROUND

- The COVID-19 pandemic has been linked to increased depression and burnout
- Traditional wellness initiatives focused on events and in-person gatherings
- New social restrictions require creative solutions

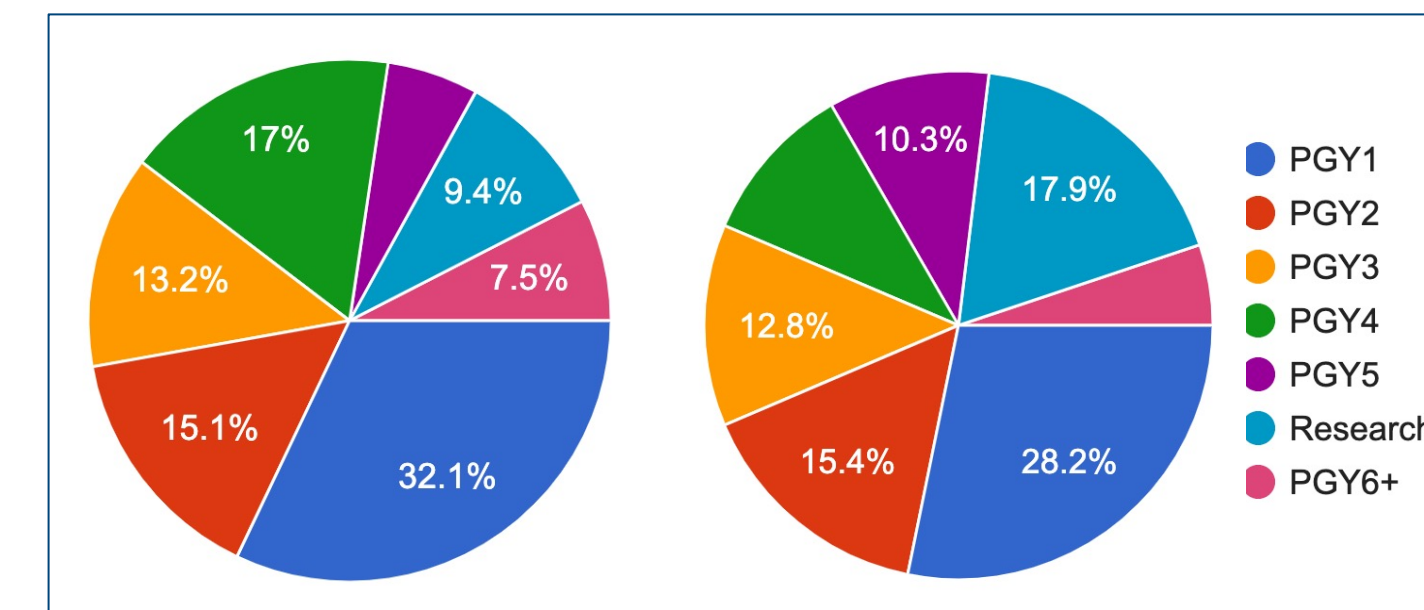
## HYPOTHESES

- Effective wellness initiatives could be implemented in line with masking mandates and social distancing.
- Resident-driven initiatives focusing on team building and inclusion would build on a culture of wellness and could overcome lack of in-person events

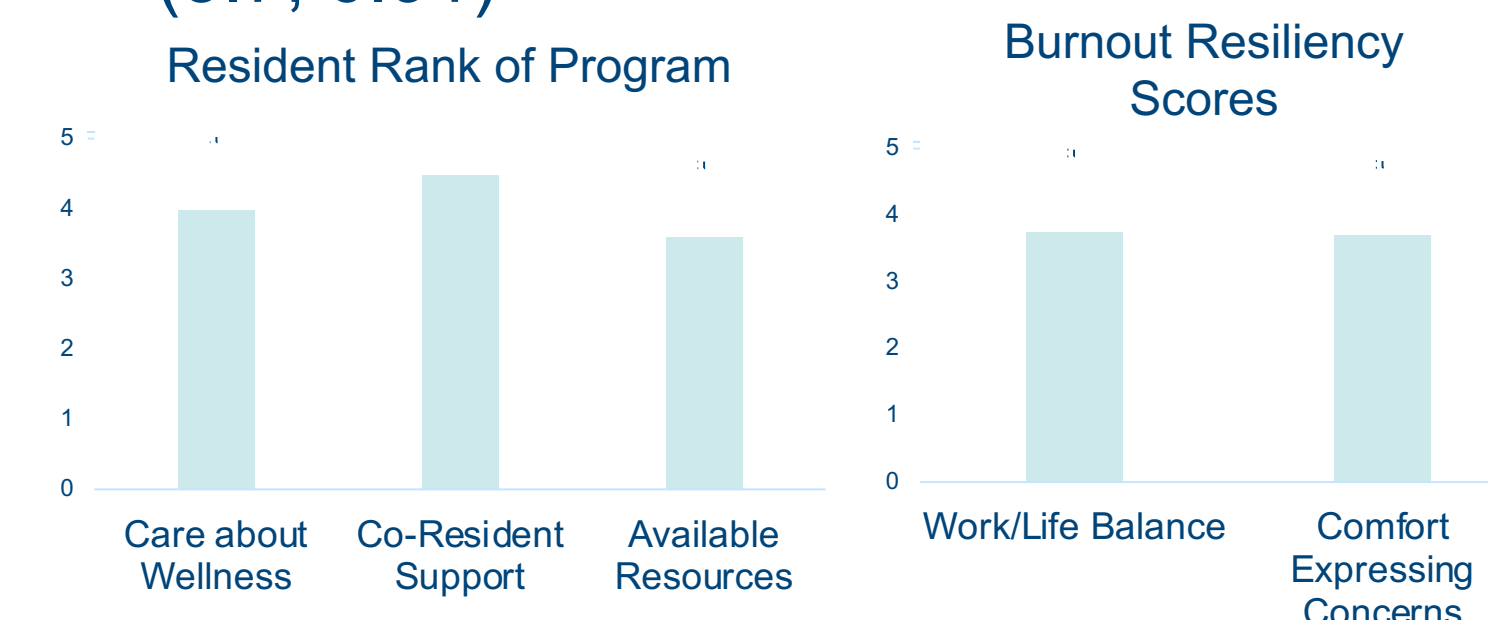
## METHODS and RESULTS

- Two-part survey was administered six months apart (August 2020 and February 2021)
- The survey consisted of Five-point Likert scale questions ranking the importance of resident needs and requests
- The Wellness Committee, composed of residents and faculty, reviewed and enacted improvements based on these results
- Improvements included:
  - Additional resident workspace and mindfulness space (Wellness Room)
  - Holiday Call Schedule
  - Peer Mentorship Program
  - Department of Surgery Apparel
- Pre and post-intervention survey data were compared with Mann-Whitney U test

- Pre- and post-intervention surveys were completed by 71.6% (n=53) and 48.6% (n=36) of residents, respectively

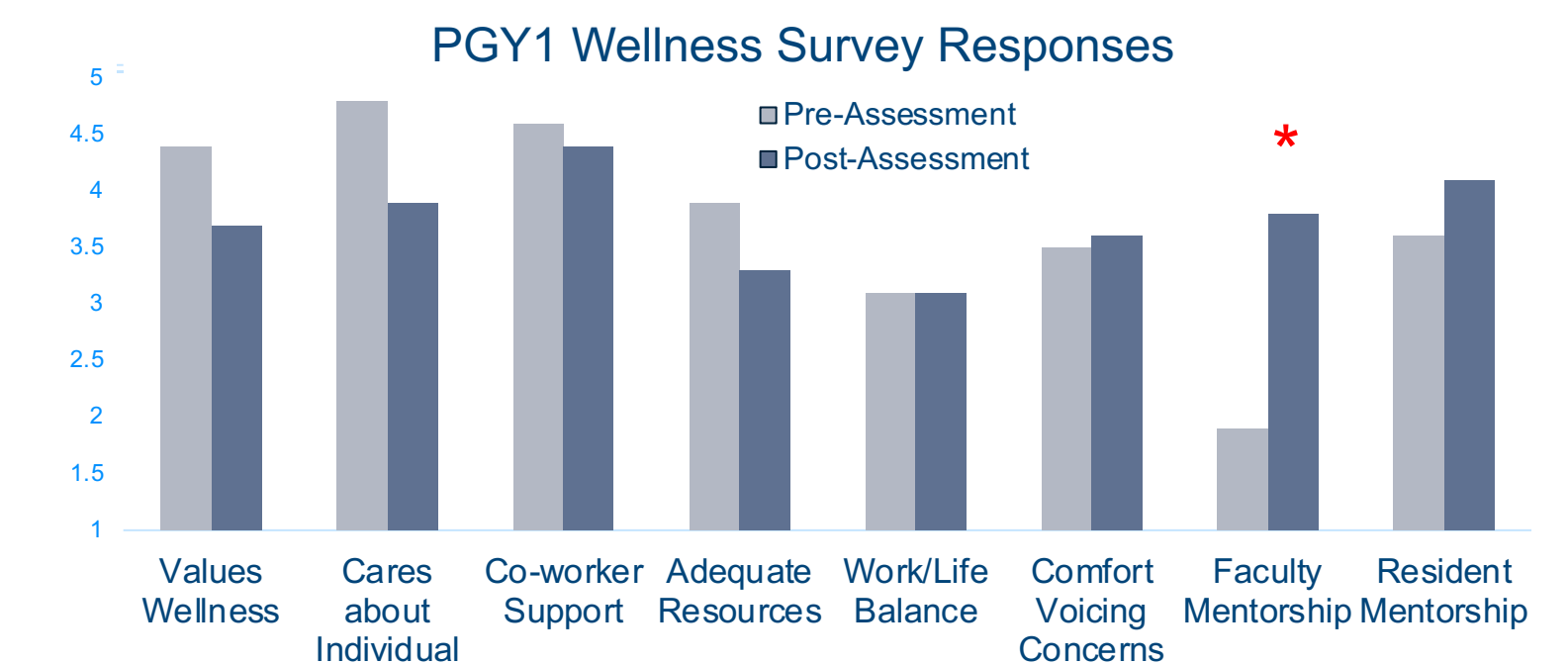


- Residents ranked the program highly in metrics of caring about wellness (mean: 3.98, SD: 0.87), co-resident support (4.49, 0.58), and availability of wellness resources (3.6, 0.88)
- Residents endorsed satisfaction with their work/life balance (3.74, 1.04) and felt comfortable expressing concerns (3.7, 0.91)



## RESULTS continued

- Statistically significant improvement in Faculty Mentorship was noted in post-assessment in the PGY-1 subgroup



## CONCLUSIONS

- Despite limitations due to COVID-19 restrictions, there are avenues for improved wellness by providing one-on-one mentorship, institutional apparel, and greater workplace support
- Resident-driven interventions in the workspace and more intimate social support programs have shown to have a lasting impact on wellness and protection from burnout
- Questions? Contact [quinnkr@musc.edu](mailto:quinnkr@musc.edu)

