

Achieving Well-Being in Family Medicine Residency Teams

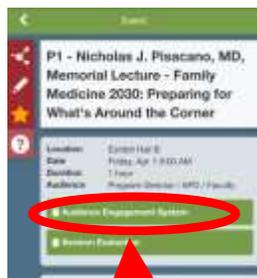
PDW and RPS Residency Education Symposium
Panel Discussion
March 24, 2018



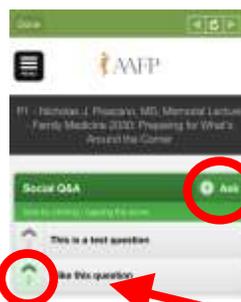
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Audience Q&A

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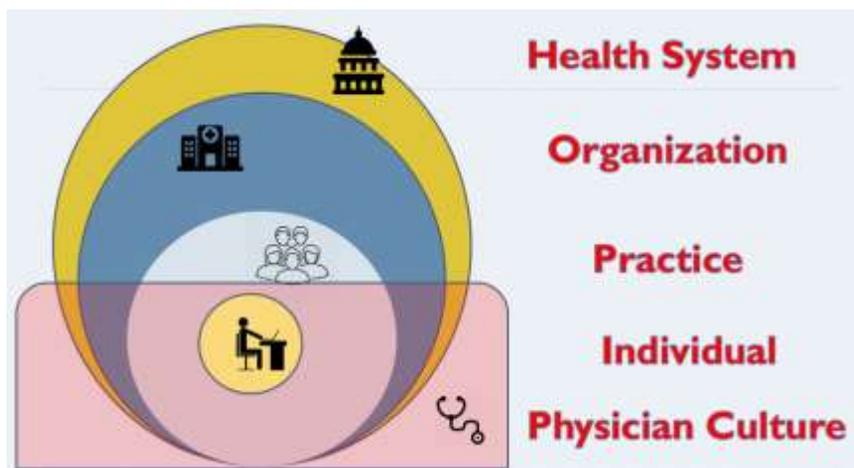
Panelists

- Clif Knight, MD, CPE, FAAFP
 - Senior Vice President of Education, AAFP
- Shelby Hahn, MD, FAAFP
 - Associate Program Director, Cox Family Medicine Residency Program; Assistant Professor, University of Missouri School of Medicine
- Mari Ricker, MD
 - Associate Professor; Director, University of Arizona GME Resident Well-being Program
- Christine Runyan, PhD, ABPP
 - Professor, Department of Family Medicine and Community Health, University of Massachusetts Medical School

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The Family Physician Ecosystem



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Original Investigation

December 6, 2016

Prevalence of Depression, Depressive Symptoms, and Suicidal Ideation Among Medical Students

A Systematic Review and Meta-Analysis

Lisa S. Rotenstein, BA^{1,2}; Marco A. Ramos, MPhil³; Matthew Torre, MD^{1,4}; et al

> Author Affiliations | Article Information

JAMA. 2016;316(21):2214-2236. doi:10.1001/jama.2016.17324

1 in 4
1 in 10
15.7 %

Key Points

Question Are medical students at high risk for depression and suicidal ideation?

Findings In this meta-analysis, the overall prevalence of depression or depressive symptoms among medical students was 27.2%, and the overall prevalence of suicidal ideation was 11.1%. Among medical students who screened positive for depression, 15.7% sought psychiatric treatment.

Meaning The overall prevalence of depressive symptoms among medical students in this study was higher than that reported in the general population, which underscores the need for effective preventive efforts and increased access to care for medical students.

Editorial

December 6, 2016

Medical Student Mental Health

Culture, Environment, and the Need for Change

Stuart J. Slavin, MD, MEd¹

> Author Affiliations | Article Information

JAMA. 2016

... student mental health outcomes must be viewed as critical program outcomes, as important as board scores and residency placements.

The meta-analysis by Rotenstein et al¹ highlights that the mental health of medical students is a global problem of significant proportion. Based on data from 167 cross-sectional studies (n=116 628) and 16 longitudinal studies (n=5728) from 43 countries, the estimated overall pooled prevalence of depression or depressive symptoms was 27.2% and ranged from 9.3% to 55.9%

Question 1

What will it take for medical schools to place appropriate emphasis on prioritizing and measuring student wellness as a metric of success?

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Question 2

What resources do you believe are the most important to support wellness of the care team and how can a residency program influence their sponsoring institution to provide these resources?

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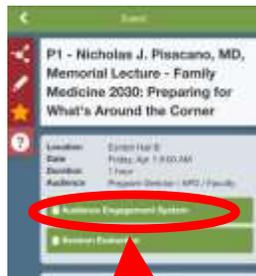
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Final Question

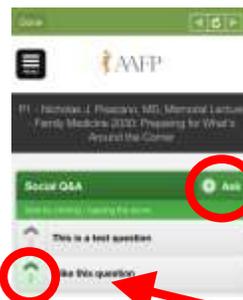
Based on what you've heard today, what should residencies prioritize or seek to implement in order to improve wellness of their teams? What pearls would you like to share in summary?

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