

Incorporating resilience, wellness, and self-care into critical care training

2025 SCCM Annual Congress Educational Leadership Luncheon
SCCM Postgraduate and Fellowship Education Committee

Five characteristics of successful wellness curricula

1. Changes at individual, program, and institutional levels
2. Engagement of trainees and faculty during curricular development and implementation
3. Inclusion of practical job-related competencies
4. Incorporation of multiple interventions
5. Use of validated assessment tools to track success

Ahart ER et al. *Postgrad Med J* 2023

Copenhagen Burnout Score

Personal burnout (α 0.87) (N = 1898)

- How often do you feel tired?^a
- How often are you physically exhausted?^a
- How often are you emotionally exhausted?^a
- How often do you think: "I can't take it anymore"?^a
- How often do you feel worn out?^a
- How often do you feel weak and susceptible to illness?^a

Total average score

Work-related burnout (α 0.87) (N = 1910)

- Do you feel worn out at the end of the working day?^a
- Are you exhausted in the morning at the thought of another day at work?^a
- Do you feel that every working hour is tiring for you?^a
- Do you have enough energy for family and friends during leisure time?^a (inverse scoring)
- Is your work emotionally exhausting?^b
- Does your work frustrate you?^b
- Do you feel burnt out because of your work?^b

Total average score

Client-related burnout (α 0.85) (N = 1752)

- Do you find it hard to work with clients?^b
- Does it drain your energy to work with clients?^b
- Do you find it frustrating to work with clients?^b
- Do you feel that you give more than you get back when you work with clients?^b
- Are you tired of working with clients?^a
- Do you sometimes wonder how long you will be able to continue working with clients?^a

Total average score

Kristensen TS et al. *Work & Stress* 2005

Five Domains of Wellness

1. Mental
2. Physical
3. Social
4. Intellectual
5. Occupational

Cherak SJ et al. *Med Educ Online* 2021

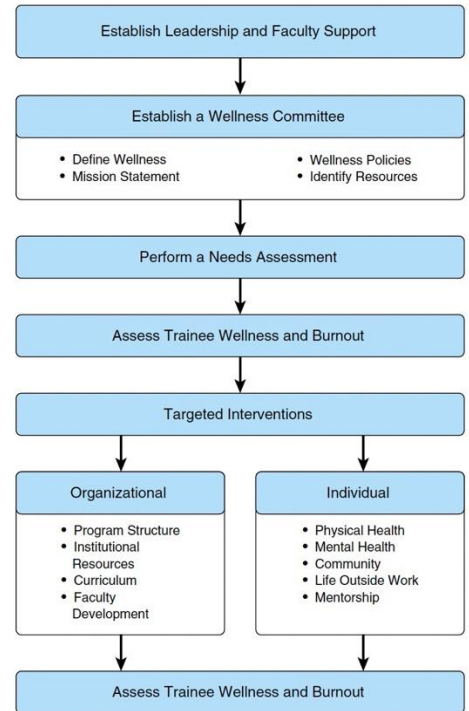


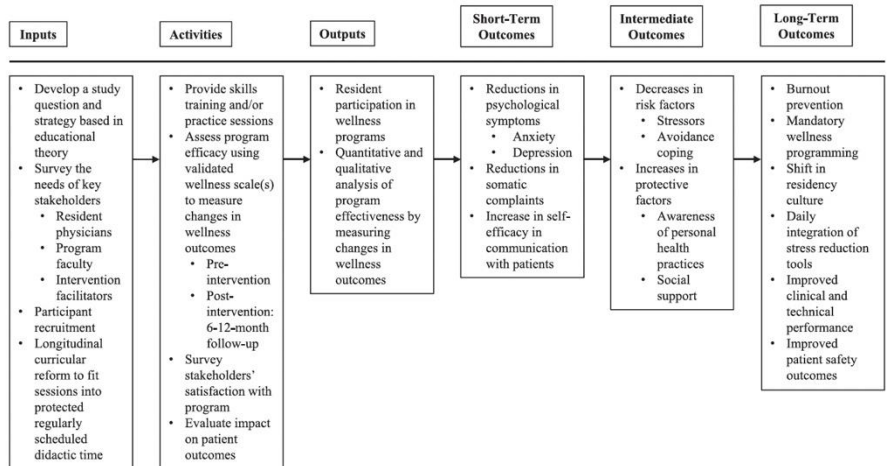
Figure 1. Steps to developing and implementing a wellness program.

Sharp M & Burkart KM. *Ann Am Thorac Soc* 2017

Resources and References



Scan me!



Assumption: Wellness interventions are implemented in graduate medical education programs for resident physicians of any specialty.

Contextual factors: Resident physicians experience burnout, which is associated with more patient safety incidents, poorer quality of care, reduced patient satisfaction, and increased health care costs.

FIGURE 2
Resident Physician Wellness Intervention Logic Model

Eskander J et al. *J Grad Med Educ* 2021