



# ***Ultra-Efficient Resilience Training: A feasible strategy to reduce burnout in physicians and nurses***

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# Project Objective

- Pilot evaluation of a novel ultra-efficient intervention to reduce symptoms of burnout in physicians and nurses





# Background

- Burnout occurs in a high proportion of physicians and other healthcare providers
- Mindfulness-based interventions (MBIs) can reduce burnout
- However, ‘traditional’ MBIs are too time-consuming to be feasible or cost-effective for broad dissemination





# Background

- Develop and pilot an intervention of increased time-efficiency in order to increase feasibility and cost-effectiveness
- draw upon and integrate mindfulness-based, cognitive, behavioural, and relational approaches



# Design Comparison

	Traditional MBI	Pilot
Classroom time	24-30 hrs.	10 hrs.
Home practice	60 min./day	10-20 min./day
Course duration	2 months	1 month



# Methods

- **Stage I: Survey of Healthcare Providers**
  - N = 100
  - Interest?
  - Willingness?
  
- **Stage II: Pilot of Intervention**
  - N = 11
  - Pre/post scores on Emotional Exhaustion (EE) subscale of Maslach Burnout Inventory





# Results: Stage I

## Survey of Healthcare Providers

Response Rate	45%
Interest	95.6%
Willingness	69.8%

# Results: Stage II

	Pre x (SD)	Post x (SD)	p	<i>d</i>
EE ( $\geq 17$ ) n=11	30.5 (8.68)	24.3 (6.94)	<b>0.018</b>	<b>0.79</b>
EE ( $\geq 27$ ) n=7	36.0 (4.65)	25.7 (6.16)	<b>0.001</b>	<b>1.89</b>

EE: low 0-16; mod 17-26; high  $\geq 27$

Adherence = 100%





# Conclusions

- Increased efficiency, improved feasibility and preserved efficacy
  - Impact appears particularly dramatic for participants with high burnout at baseline
  - More rigorous testing is warranted
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