

Mindfulness Training for Psychiatry Residents

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Abstract:

The healthcare community has rallied around the Triple Aim, acknowledging that to improve healthcare delivery professionals should provide an enhanced patient experience, reduce costs, and improve overall population health. However, to be able to achieve these heady aims, it has been recently suggested that a fourth aim be added - to improve the lives of healthcare providers (Bodenheimer & Sinsky, 2014). Many physicians experience burnout and compassion fatigue during their careers. These feelings can manifest as depersonalization and decreased levels of personal efficacy (Epstein, 2017). Mindfulness is one modality that has been shown to reduce burnout (Kabat-Zinn, 2013; Epstein, 2017). We have developed a four-week curriculum to introduce mindfulness to psychiatry residents. We will study the effects of mindfulness to help decrease burnout by using the Maslach Burnout Inventory-HSS (MBI-HSS) and the Kentucky Inventory of Mindfulness Skills (KIMS) survey. We believe this will help not just the mental and emotional health of participants but also improve quality of patient care.