

# Stress level, wellness approach wellness curriculum in Emory trainees: a cross-sectional

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## BACKGROUND & PURPOSE

Anesthesiology residents and fellows, whether in the operating room, intensive care units, or pain clinic, are exposed to a multitude of challenging and stressful situations. These trainees are expected to assimilate a vast amount of knowledge and technical skills, integrate into fluctuating teams, and navigate dynamic clinical situations under time constraints to maintain efficiency. When suboptimally managed, these pressures can result in adverse effects on emotional and physical well-being, professionalism, productivity, and patient care (1,2,5). The prevalence of burnout (including emotional exhaustion, depersonalization, and a sense of reduced personal accomplishment) in a large national cross-sectional survey of Anesthesiology residents and first-

## METHODS

### OVERALL GOAL:

Conduct a web based survey of Emory Anesthesiology residents and fellows to measure their perceived current utilization of wellbeing techniques, and components of a wellness curriculum.

### SPECIFIC AIMS:

- Collect demographics of Emory Anesthesiology residents and fellows which may influence perceived stress
- Assess the trainee's current perceived stress level using the 10 question Perceived Stress Scale (PSS-10)
- Determine the current tools utilized by the trainees to manage life stress
- Determine components of the wellness curriculum like