CONTROL ID: 2476020

TITLE: Sources of Pain, Sources of Meaning and Joy across the Medical Education Continuum: Implications for Change

CONTACT (NAME ONLY): Stuart Slavin

SUBMISSION ROLE: Emerging Solutions and Workshops

PRESENTATION TYPE: Emerging Solution

CURRENT CATEGORY:

ABSTRACT BODY:

Short Description: High rates of depression, anxiety, and burnout exist in medical students, residents, and academic physicians. In order to design effective interventions to address, and ideally prevent, these mental health problems, a deep understanding of the lived experience of those in the medical education system is needed. This interactive session will explore sources of pain, meaning, and joy across the medical educational continuum as well as potential interventions to enhance well-being of trainees and faculty.

Abstract: Title: Sources of Pain, Sources of Meaning and Joy across the Medical Education Continuum: Implications for Change

Topic: High rates of depression, anxiety, and burnout exist across the medical educational continuum affecting large numbers of medical students, residents, and academic and practicing physicians. More and more institutions are trying to implement programs to address these problems. In order to design effective interventions to try to address, and ideally prevent, these mental health problems, a deep understanding of the lived experience of those in the medical education system is needed.

Presenters:
Liselotte Dyrbye, MD, MHPE  Professor, Departments of Medical Education and Medicine, Mayo Medical School, Rochester, MN

Lyuba Konapacek, MD  Designated Institutional Officer, NewYork-Presbyterian Hospital, New York City, NY

Douglas Mata, MD, MPH  Resident in Anatomic and Clinical Pathology, Brigham and Women’s Hospital, Boston, MA

Srijan Sen, MD, PhD, Research Associate Professor, Molecular and Behavioral Neuroscience Institute, University of Michigan, Ann Arbor, MI

Stuart Slavin, MD, MEd (convener/ moderator) Associate Dean for Curriculum, Saint Louis University School of Medicine, St. Louis, MO

Conceptual Viewpoints: Mental health problems are multi-factorial in nature and are likely to result from both conditions in the educational and clinical environment as well as from personality traits, values, and attributes of learners and physicians. Having a rich understanding of the sources of pain, meaning, and joy in the environment and in individuals themselves can help guide interventions to improve mental health across the medical education continuum. The presenters will explore views they have developed from their work in understanding and addressing the mental health crisis in medicine. Questions to be addressed include:

What are the sources of pain, meaning, and joy in the educational and clinical environment that can distress or sustain individuals?

What are the personal attributes, psychological profiles, and values of medical students, residents and physicians that can make them susceptible to mental health problems?

Session Plan: The session will be 120 minutes in length and will begin with a brief introduction of the presenters and background on the scope of the mental health problem in medicine. (10 minutes- Drs. Slavin and Dyrbye) The session will continue with a panel discussion (rather than individual sequential presentations) in which panelists will share their perspectives on sources of pain, meaning, and joy in each phase of medical education- preclinical,
clerkship year, fourth year, residency, and for academic faculty. Each of these segments will last approximately 10 minutes. (50 minutes total)

At three points during the session (after the medical school portion, the residency portion, and the faculty portion), audience members will be asked to explore questions related to each of the preceding segments. Questions that will be posed include:

Do the sources of pain, meaning, and joy resonate with their experience in their institution?
Are there any other sources that were not mentioned that should have been included?
How could these sources guide change in medical education designed to support mental health of trainees and faculty?
What barriers exist that could make change difficult?

Each of these segments will last approximately 20 minutes with 2/3rds of the time spent in small group and 1/3rd having representatives from some tables offer their brief perspectives of key points to the large group. (60 minutes total)

**Outcome:** A summary of the session will be submitted to iCollaborative or formatted for possible submission to Academic Medicine.

**References:**


**Level of Audience:** Early-career

**Focus of Presentation:** Continuum


**PRESENTER:** Stuart Slavin

**AUTHORS/INSTITUTIONS:** L. Dyrbye, Mayo Medical School, Rochester, Minnesota, UNITED STATES|L. Konopasek, Presbyterian Hospital, New York, New York, UNITED STATES|S. Sen, University of Michigan, Ann Arbor, Michigan, UNITED STATES|D. Mata, Brigham and Women's Hospital, Boston, Massachusetts, UNITED STATES