

Title

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Background

Your text---Burnout is a dynamic phenomenon, yet most studies in graduate medical education only measure residents' burnout as one component at one point in time. Little is known about how burnout changes during residency.

Objectives

Your text---The goal of this study was to determine prevalence rates of the components of burnout – emotional exhaustion (EE) and depersonalization (DP) - at multiple times in residency training to inform future interventions.

Results

Conclusions

Your text---PGY1s started their training reporting less EE and DP, but at six months there were no significant differences by PGY level. Burnout rates were not significantly different for PGY2s and PGY3s, but EE appears to peak early in PGY2 year and DP peaks in beginning of PGY3 year. These results suggest interventions to decrease burnout during Internal Medicine training may require addressing the components of burnout at different points during training. Ongoing work will track resident cohorts for consistent trends.

Methods

Your text---The Maslach Burnout Inventory (MBI) was administered to University of Utah School of Medicine Internal Medicine residents in postgraduate years (PGY) 1-3 at two time points: beginning (July 2016) and midpoint of the training year (January 2017). Non-parametric tests were used to compare distributions of residents with EE and DP by time point and PGY.

Acknowledgments