Finding joy and meaning in medicine
Gratitude Rounds for Pediatric Residents

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I do not have an affiliation (financial or otherwise) with a pharmaceutical, medical device or communications organization.

Je n’ai aucune affiliation (financière ou autre) avec une entreprise pharmaceutique, un fabricant d’appareils médicaux ou un cabinet de communication.
Resident wellness

- Clinical burnout is well documented
- Residency may represent the nadir of a physician’s personal wellness
- Established resident wellness programing at BC Children’s Hospital
  - Focus has been on recognizing burnout and ameliorating the many challenges of residency
  - Emphasis on maintenance of wellbeing outside of work
Joy in residency

- Sense of accomplishment, pursuit of passion
- Meaningful relationships with colleagues
- Positive connections with patients and their families
gratitude noun

grat-i-tude | ˈgrat-i-ˌtуд, -ˌtyūd

: thankful appreciation
: readiness to show appreciation for, and to return kindness
: an affirmation of goodness
: the recognition of value in one’s life or experience
: a choice, an attitude or a disposition
Why gratitude?

• The practice of gratitude increases positive emotions and joy
• Greater work satisfaction results in more engaged workers
• There is a correlation between work satisfaction and:
  > Improved workplace efficiency
  > Reduction in medical errors
  > Increased patient satisfaction
  > Reduced employee turnover
Moment of gratitude

Take a moment to reflect on one thing for which you are grateful for today
Gratitude Rounds at BC Children’s Hospital

- Monthly on the Clinical Teaching Unit (CTU) rotation
- Facilitated discussion acknowledging appreciation and gratitude for our colleagues, our patients and their families, and self
Gratitude Rounds Facilitator Guide
Drs. Megan Kilvert, Mia Remington, Matt Caverley, Dianna Louie

Introduction:
The practice of gratitude and meaning-making in medicine has been identified as a protective factor against burnout. Attention to resident well-being has become an integral part of our training culture. However, most of our resident wellness interventions focus on ameliorating the challenges of residency. Gratitude Rounds was created to provide a space for us to attend to the joy and meaning that comes from the practice of medicine.

Discussion of creative writing exercise (about 5-10 mins)
1. We hope you all received our email earlier this week and had some time to reflect (and ideally write down your reflections) on the following prompt:
   - Think of your most meaningful or gratifying interaction with a patient this block. What made it so memorable? Does anyone feel comfortable sharing any part of their written reflection?

Sample questions to guide discussion (about 30 mins)
1. Think about one of your most satisfying days at work over the last month. What made this day so professionally satisfying?
2. Did you notice a colleague go above and beyond this month? Who was it and what did they do?
3. What is something that you have done this block that you are proud of?
4. What has been your favourite part about being a pediatric resident this month?
5. Brainstorm ways to promote collegiality in your hallway or work unit.
Facilitator Guide

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4. What has been your favourite part about being a pediatric resident this month?
5. Brainstorm ways to promote collegiality in your hallway or work unit.
Feedback

“A great opportunity to make space for appreciating colleagues”

“Reminds you why you love the job”

“I love these! Positivity breed positivity”

“A nice opportunity to reflect with your team”

“Nice to see the rewarding parts of your job and thank your colleagues”
Summary

• We need to reclaim joy and meaning in our work
• Gratitude Rounds can be a simple tool to help residents recognize the positives of their day to day work, thereby promoting resiliency and reducing burnout
Questions?

If you are interested in starting your own Gratitude Rounds, we would be more than happy to share our facilitator guide – Please contact us at mremington@cw.bc.ca

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