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**ACOG 2020 DISTRICT II VIRTUAL ANNUAL MEETING  
Junior Fellow Research Day Oral Presentation and iPoster Session Contests**

**RESEARCH ABSTRACT FORM**

**Name:** Emily B. Rosenfeld, DO

**Title:** The Effect of a Physician Wellness Curriculum on OB/GYN Resident Burnout during the COVID-19 Pandemic

**Authors:** Emily B. Rosenfeld, Amanda Kadash, Melanie Peters, Taryn Boucher, Julia Keltz

**Introduction:** In March 2020, the greater New York City area became the first major novel coronavirus-2019 (COVID-19) hotspot in the United States. The virus rapidly spread throughout communities, depleting resources and forcing physicians to the frontlines. Healthcare workers are at high risk of burnout during natural disasters and pandemics. We sought to mitigate physician burnout by initiating the use of the ACOG/CREOG Wellness Curriculum during the peak of the COVID-19 outbreak and evaluate the impact in a small New York Metropolitan OB/GYN residency program.

**Methods:** A prospective cross-sectional study evaluating OB/GYN resident burnout during the COVID-19 pandemic using the Maslach Burnout Inventory-Human Services Survey for Medical Personnel (MBI-HSS (MP)). The MBI-HSS (MP) addresses three realms of burnout: emotional exhaustion, depersonalization, and personal accomplishment. Survey responses were collected prior to and following the implementation of a wellness curriculum that consisted of four lectures and small-group exercises conducted from May to June 2020.

**Results:** Fifteen residents completed both surveys. The mean age of participants was 30.2 (SD 2.5) and two (13%) were male. The mean number of lectures attended was 3.6 (SD 0.6). After the intervention, those who attended all four lectures had an improvement in measures of depersonalization ( $p=0.05$ ). There was no change in emotional exhaustion or personal accomplishment.

**Conclusions:** Wellness interventions may prevent worsening physician burnout of OB/GYN residents working during the COVID-19 pandemic. More research needs to be done to find ways to best support the wellness of our frontline workers.