

# **Integrating Blue Zones Power 9 into Resident Physician Well- being Curriculum**

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# Disclosures

- no financial disclosures



# Who We Are

- University-based
- Residency Programs
  - Family Medicine
  - Family Medicine/Psychiatry
- Fellowships
  - Geriatrics
  - Sports medicine
  - Faculty development
  - Palliative Care
  - Research



# Background

- Residents have high burnout rates and poor self-care.
- Poor personal wellness can lead to suboptimal patient care and medical errors.
- Inadequate training on nutrition, diet, exercise, and resiliency .

# ACGME Common Program Requirements 2017 “Well-Being”

*V1.C In the current health care environment, residents and faculty members are at increased risk for burnout and depression. Psychological, emotional, and physical well-being are critical in the development of the competent, caring, and resilient physician. Self-care is an important component of professionalism; it is also a skill that must be learned and nurtured in the context of other aspects of residency training.*

***Programs and Sponsoring Institutions have the same responsibility to address well-being as they do to ensure other aspects of resident competence.***

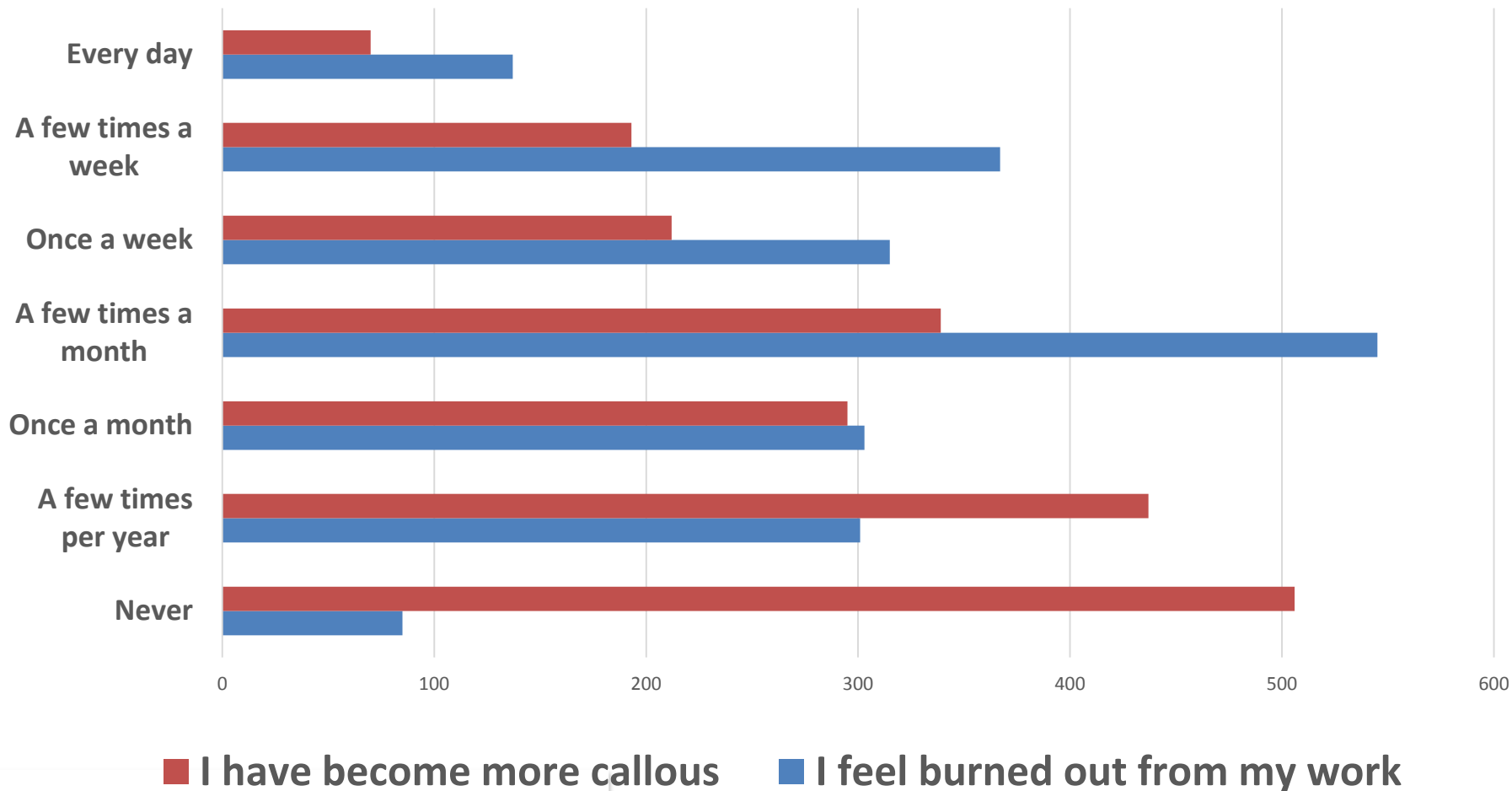


# ACGME Common Program Requirements

- Efforts to enhance the meaning that the resident finds in the experience of being a physician
- Policies and programs that encourage optimal resident and faculty member well-being
- Attention to resident and faculty member burnout, depression and substance abuse



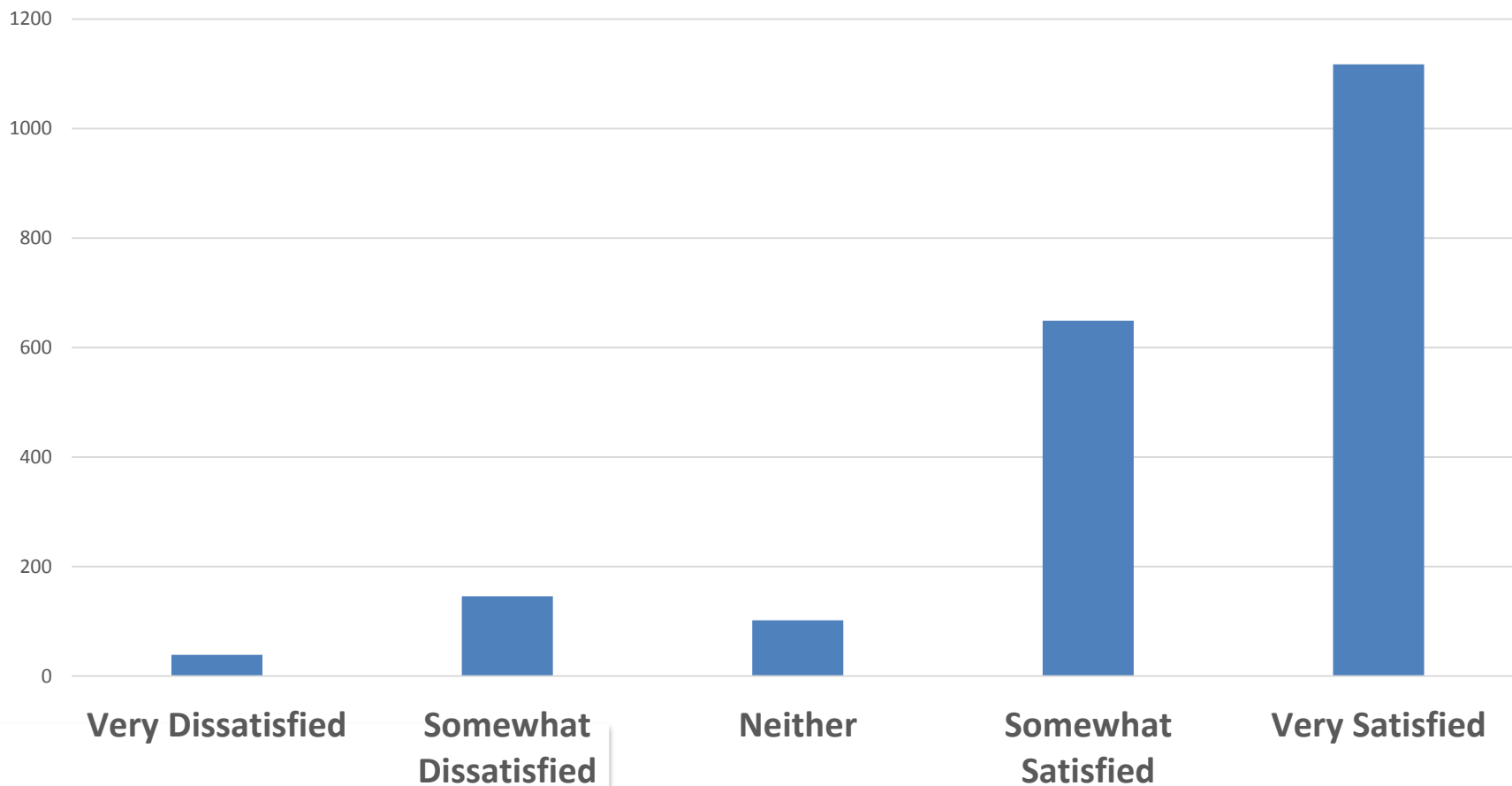
# ABFM National Family Medicine Residency Graduate Follow-up Survey, 2016





# ABFM National Family Medicine Residency Graduate Follow-up Survey, 2016

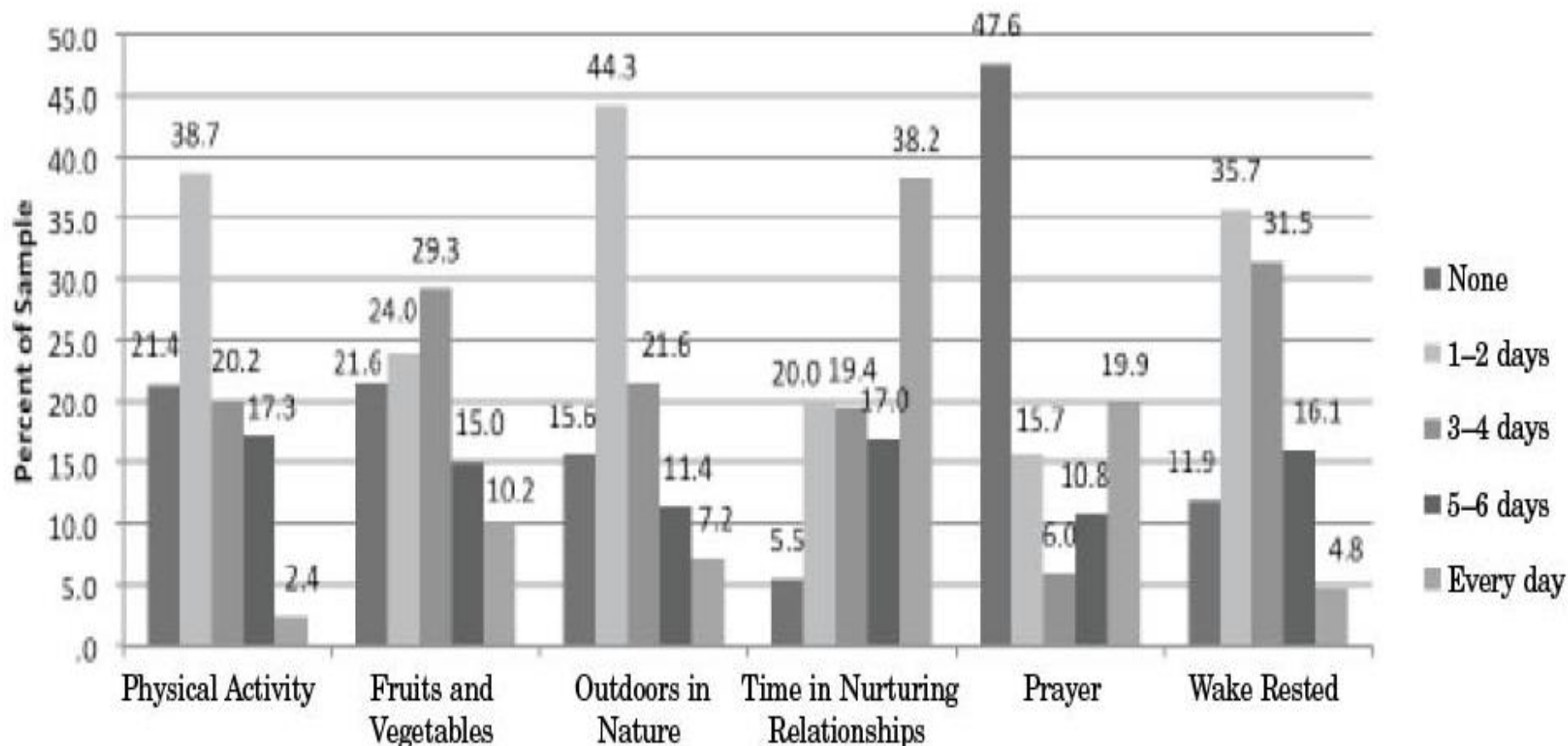
## Choice of Medicine as Profession





# Resident Wellness Behaviors: Relationship to Stress, Depression, and Burnout

Frequency of daily wellness behavior












Below is a list of common feelings and attitudes that people experience. For each, fill in the circle corresponding to how often you have experienced or felt them *during the past week including today*.

Feeling/attitude	Rating scale				
	Never	Rarely	Sometimes	Often	Always
1. Enthusiasm about career goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Willingness to do 'whatever it takes'.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Feeling calm, poised, and stress-free.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Feeling confident with challenging patients.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Feeling satisfied with progress so far in the residency.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Pleased with life overall.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Below is a series of faces that represent common mood states that residents experience. Fill in the circle corresponding to the face that best illustrates how you have been feeling *during the past week, including today*.

						
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



# Motivation for Wellness Curriculum

- PEC goal
- Residents expressed goals
  - Patient counseling
  - Personal wellness
- Iowa City Community Blue Zones Designation



# Program Goals

1. Improve resident physician wellness
2. Improve resident lifestyles
3. Decrease resident burnout and depression
4. Improve patient education comfort & skills

1



# Pre-program Survey

- N=19 residents
- Self-reported health
  - 21% very good
  - 0% excellent
- 11% reported exercising 5 days/wk for >20 minutes
- 94% abstain from tobacco products
- 56% unhappy with current weight
- 72% do not use an activity tracker
- 60% felt burned out within last week

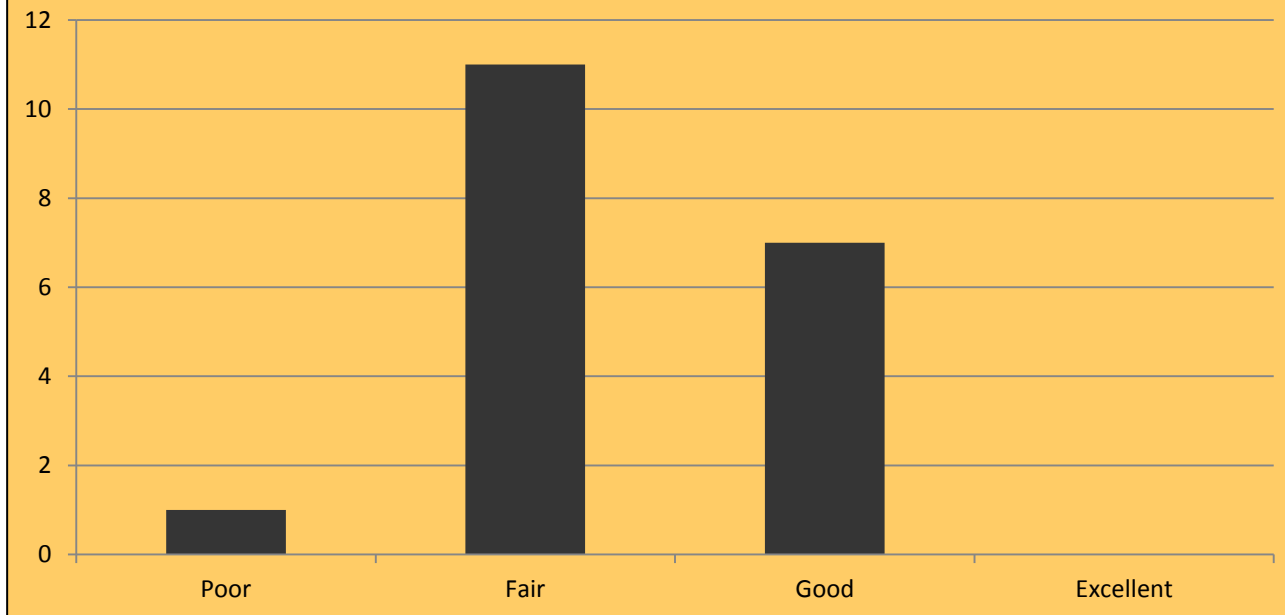




Activity	Mean days per week	Range
Moderate exercise (20 min)	2.15	0-5
Fruits/Vegetables	4.84	1-7 (median 3-4)
Mind-body activity	1.63	0-5
Spiritual practice	1.58	0-7 (median 0-1)
Nurture social relationships	5.21	1-7
Spend time outdoors	2.16	0-4
Use activity tracker	1.32	0-7 (74% at zero)
1-2 alcoholic beverages	5.52	0-6
Restful sleep	3.47	0-6



**My professional ability to successfully advise  
patients to improve their nutritional and lifestyle  
habits is:**







BLUE ZONES  
PROJECT

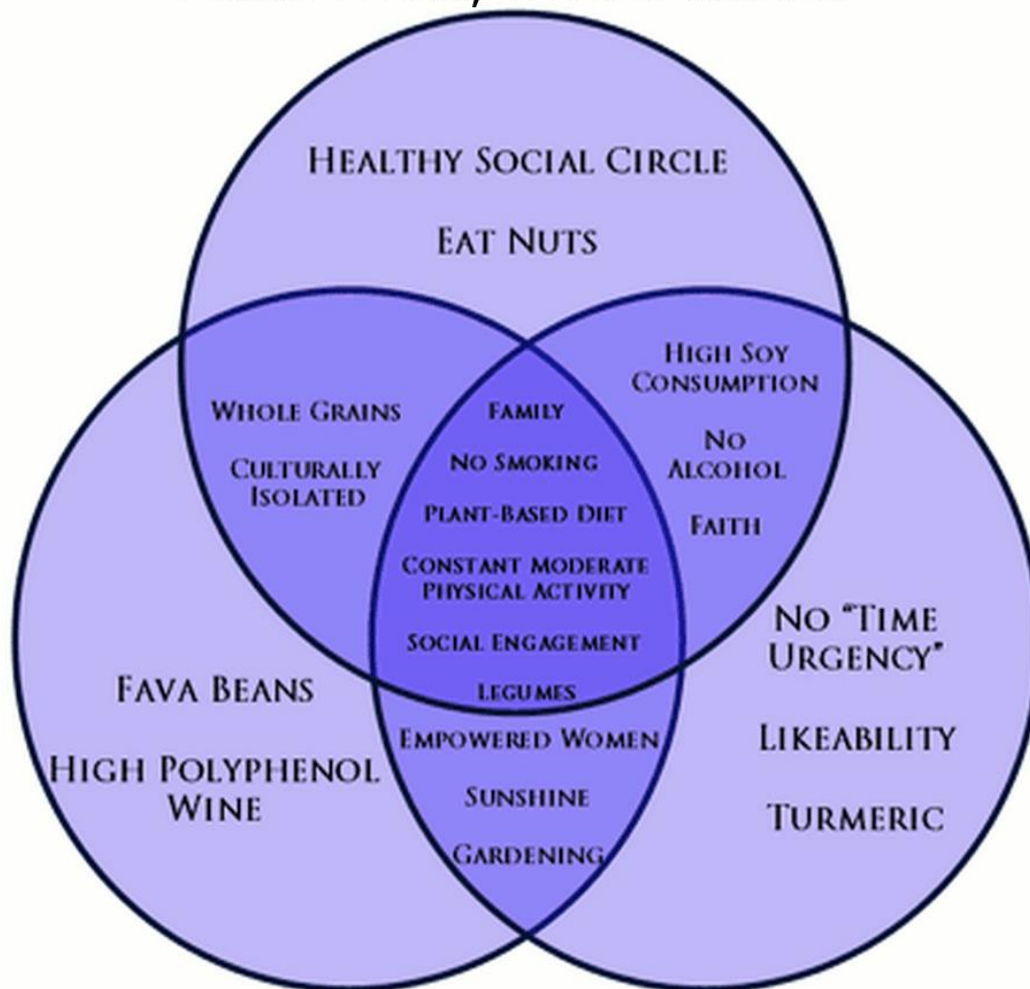
# What is a Blue Zone?

- Areas of the world with high concentrations of the longest living people.
- HAPPIER and HEALTHIER with QUALITY years.





## Loma Linda, United States



Okinawa,  
Japan

Sardinia,  
Italy

# Blue Zones Power 9 Principles



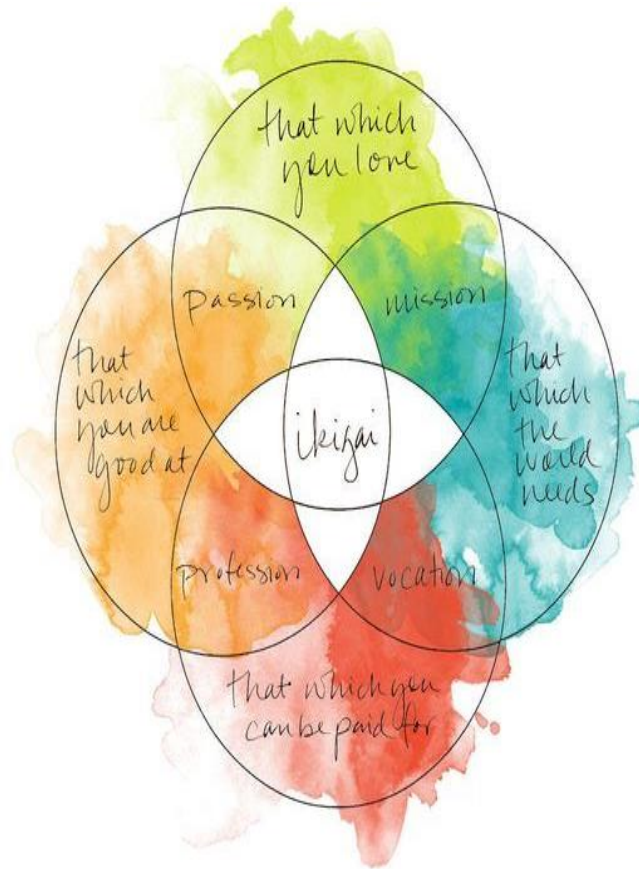


# Move Naturally





# Know Your Purpose





# Downshift



# 80% Rule





# Plant Slant





# Wine @ 5





# Belong





# Family First





# Right Tribe





# Program Components

- Curriculum: Monthly themes based on Power 9
  - Educational session + activity
  - Bulletin boards

# Example Themes

## Move Naturally

- Benefits of, recommendations for, and tips to incorporate exercise
- Stair climbing contest
- BB: Ways to increase physical activity
- Prize: Bike lights

## 80% Rule

- Presentation: portion control, meal planning, plates & utensils
- Portion sizes activity
- BB: Hara Hachi Bu and portion sizes
- Prize: Sporks

## Loved ones first

- Thank you note-writing
- BB: Holiday To-Do List
- Prize: pens

## Wine @ 5

- Benefits of red wine consumption
- Activity: opening bottle without corkscrew
- Prize: wine-tasting tickets



# What Is Purpose?

- Why we get up in the morning.
- What drives us to act/live.
- What you do and love so much that you completely lose track of time.
- The elusive “meaning of life”





# Why is Purpose Important?

- Reduces stress
- Helps reduce chances of Alzheimer's, arthritis, and stroke.
- Individuals who have a clear goal in life live longer and are sharper than those who don't.

THE TWO MOST IMPORTANT  
DAYS IN YOUR LIFE ARE  
THE DAY YOU ARE BORN,  
AND THE DAY YOU FIND  
OUT WHY.

MARK TWAIN



# Why Should We As Physicians Bring Purpose To the Workplace?

- Isn't being a doctor our purpose?
  - Physician burnout, suicide, substance abuse are on the rise!
- Helps us to deal with the stress of our jobs
- Helps us enjoy our our jobs and our home lives more.
- You have to take care of yourself before you can take care of others.

# Zdogg MD

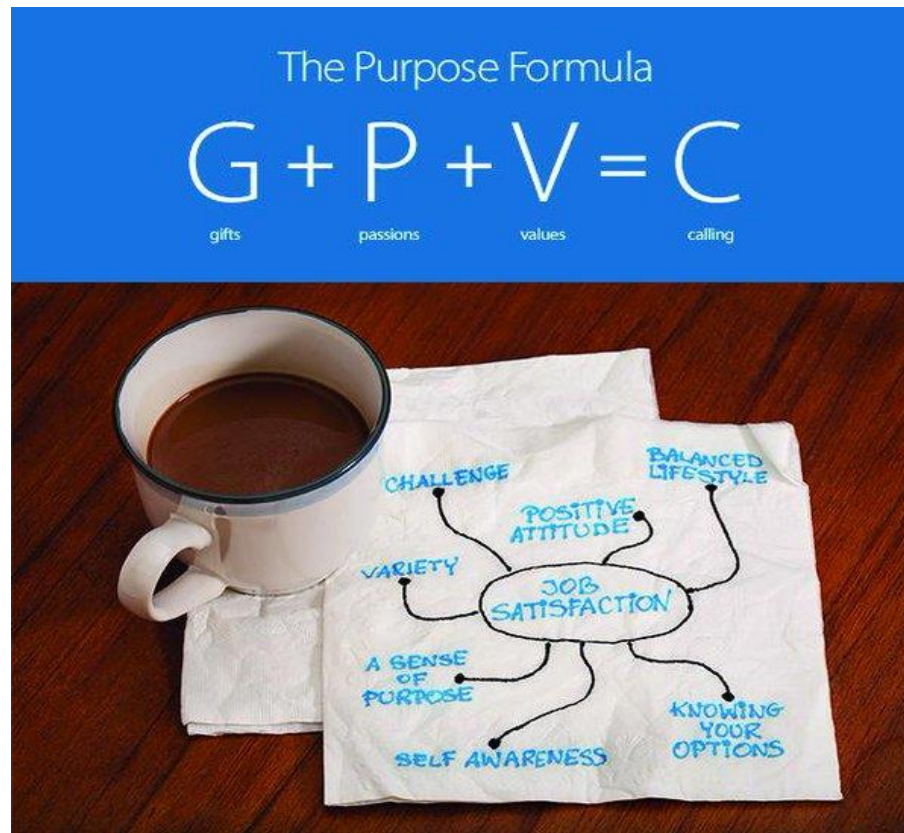




# What Is A Purpose Statement?

- Is a mission statement about who you are.
- Provides clarity about your gifts and what makes you happy.
- Defines/directs how you should live.

# How Do We Discover Our Purpose?







# My Purpose Statement...

“I want to use my gifts for Adding Humor, Getting to the Heart of Matters, and Seeing Possibilities and passions for Social, Music and Well-being to create an impact on My Clients, My Friends and My Family because I value Honesty, Loyalty and Compassion. This will help me to Feel more peaceful, Be present and Feel less critical.”



# Know Your Purpose Activity







# Program Components

- Curriculum: Monthly themes based on Power 9
  - Educational session + activity
  - Bulletin boards
- **Progress evaluation - Anonymous**
  - **Pre and post surveys**
  - **Biometric data**
  - **Fitbit monitoring**



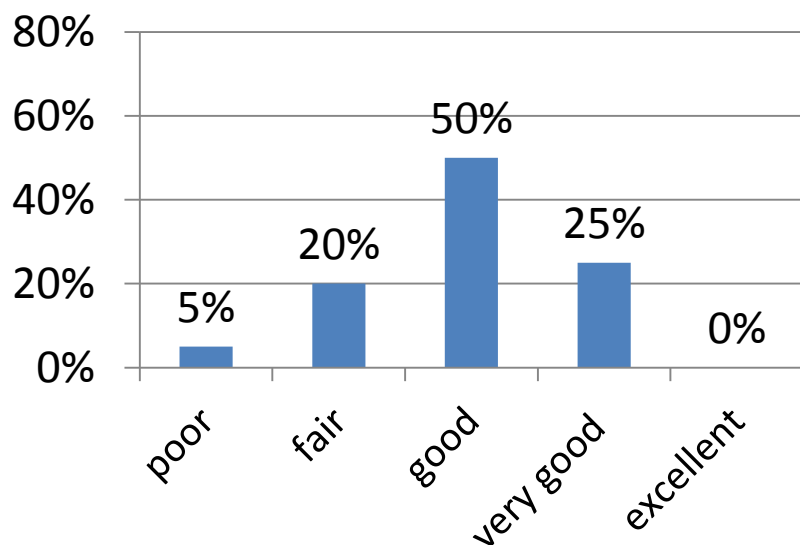
# Results

- Survey comparisons
- Fitbit data:
  - Steps
  - Sleep

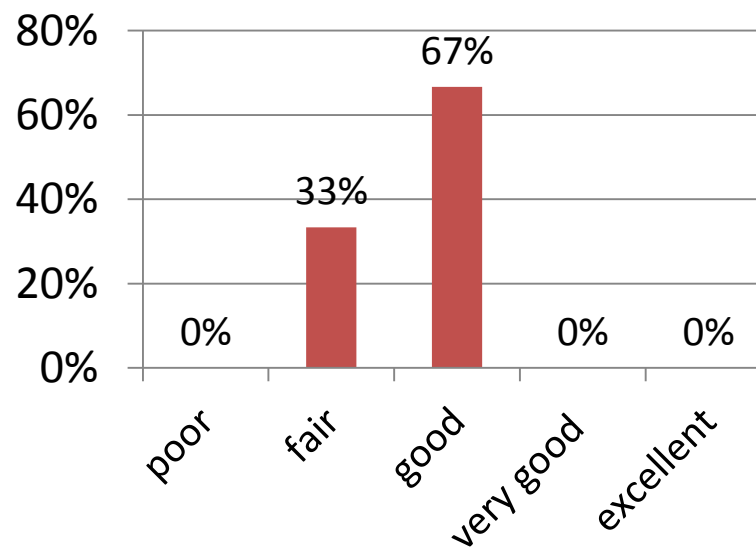


# How do you rank your current health?

Pre



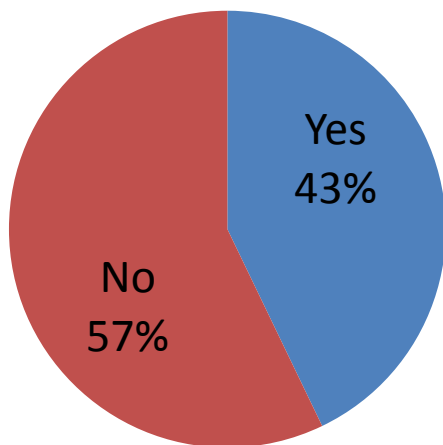
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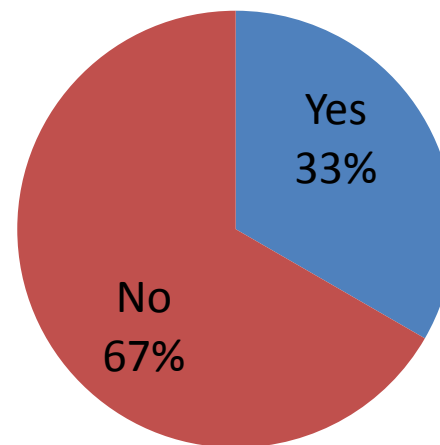


# Are you happy with your current weight?

Pre



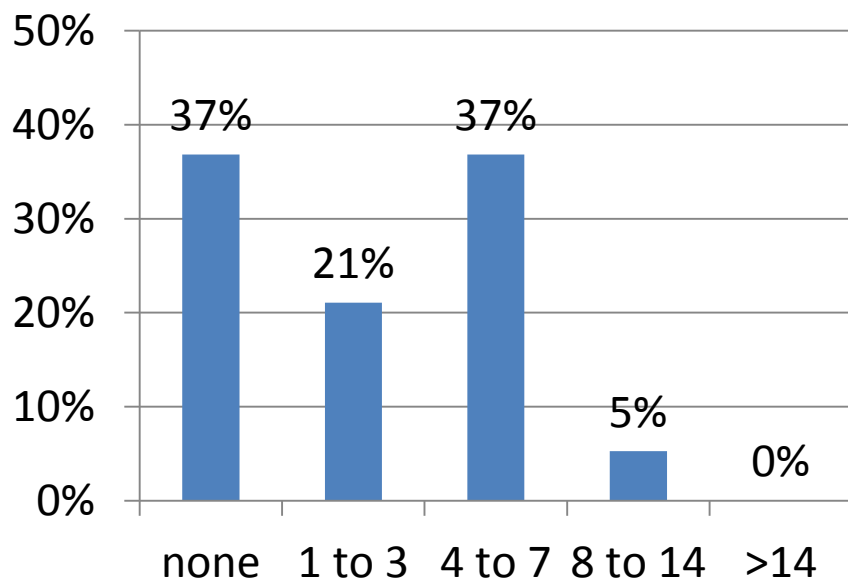
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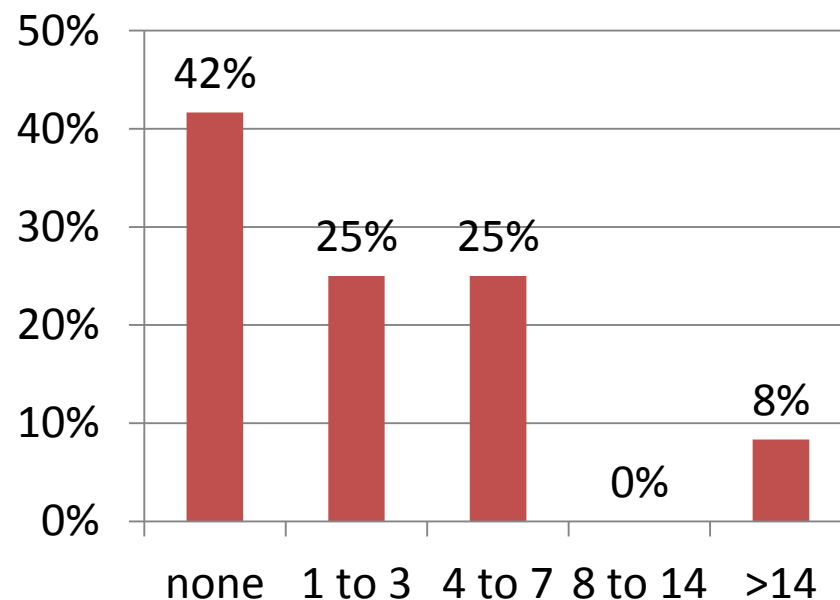


# What is your current weekly alcohol intake?

Pre



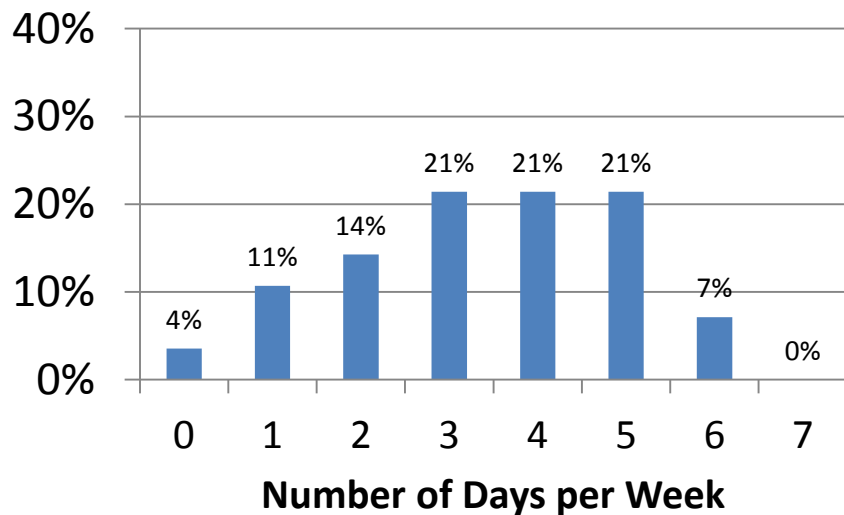
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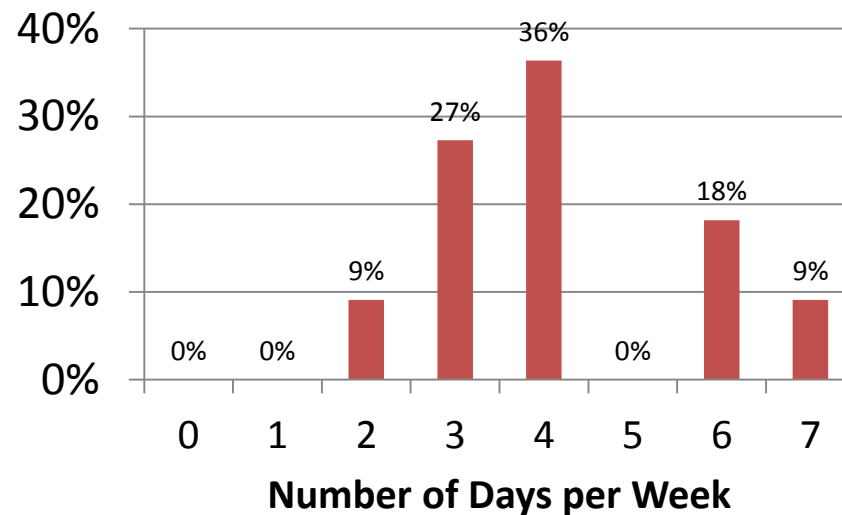


# How many days per week do you get enough sleep to feel rested the following day?

Pre



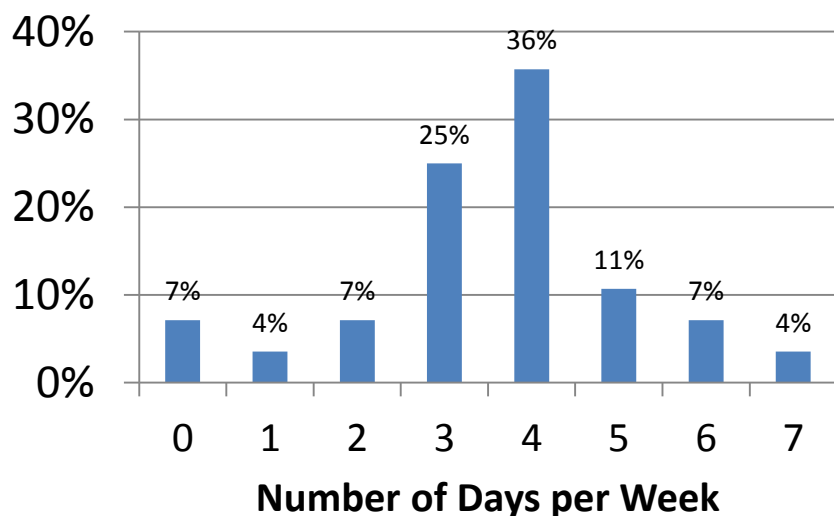
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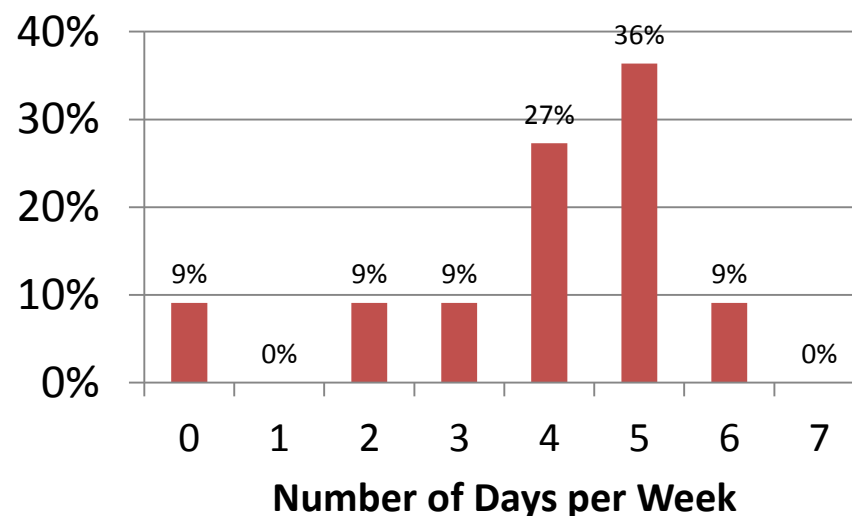


# How many days per week do you consume at least 5 servings of fruits and vegetables?

Pre

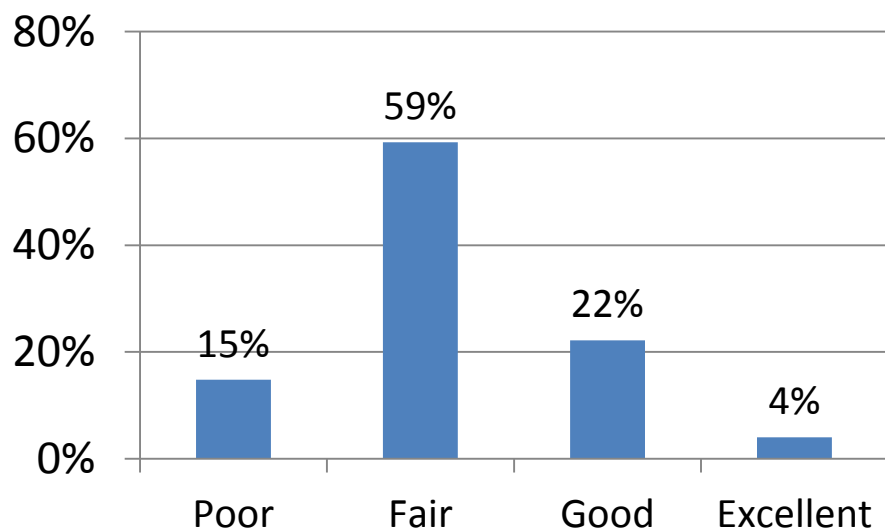


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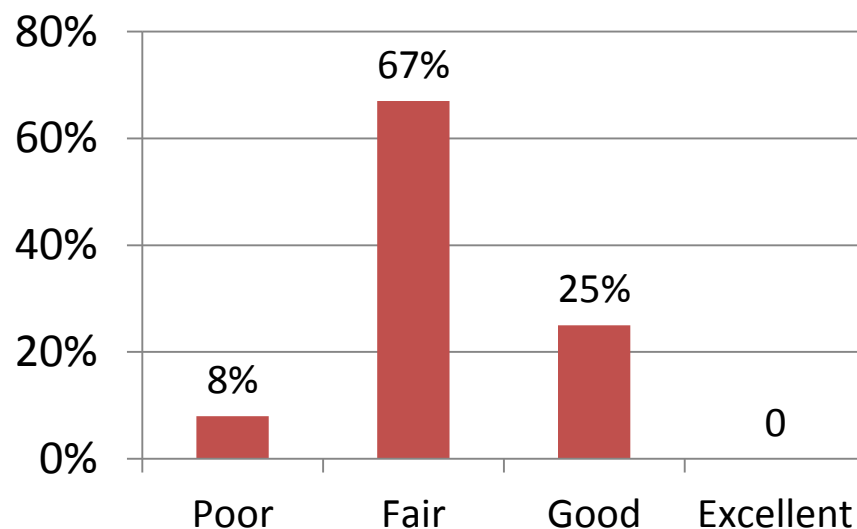


# My professional ability to assess a patient's nutritional status is:

Pre

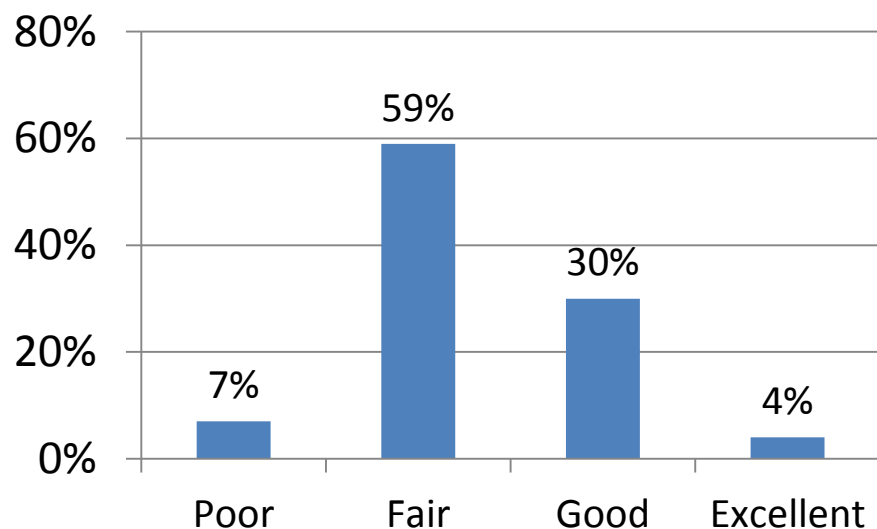


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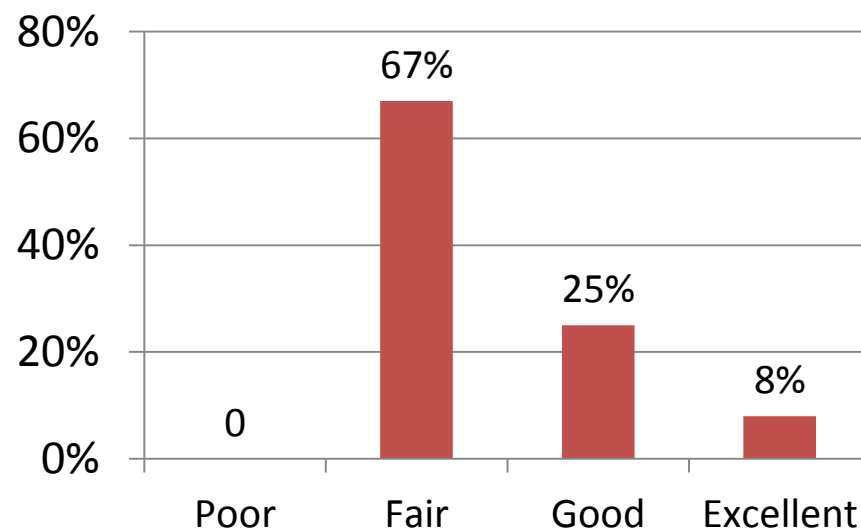


# My professional ability to successfully advise patients to improve their nutritional and lifestyle habits is:

Pre



Post



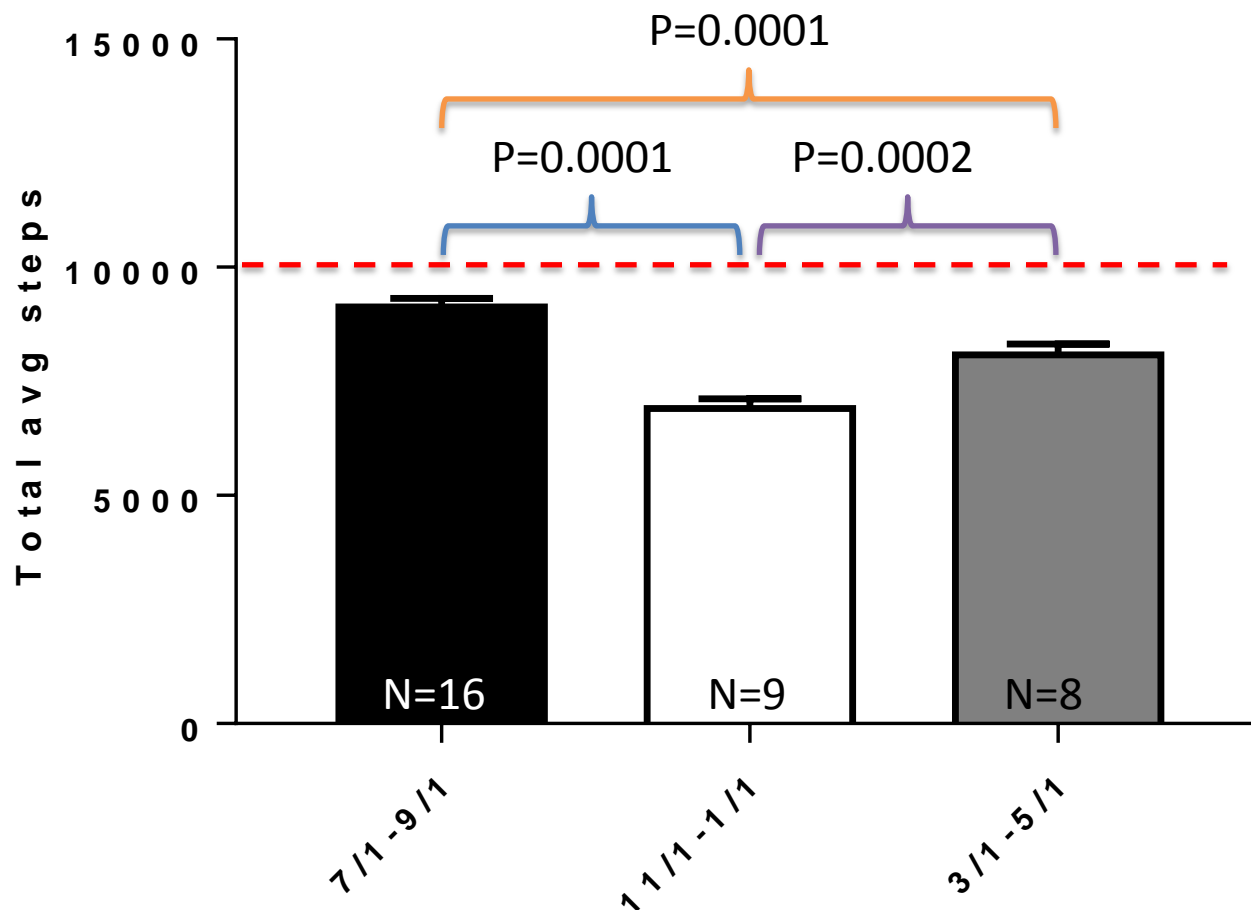


# Fitbit Data



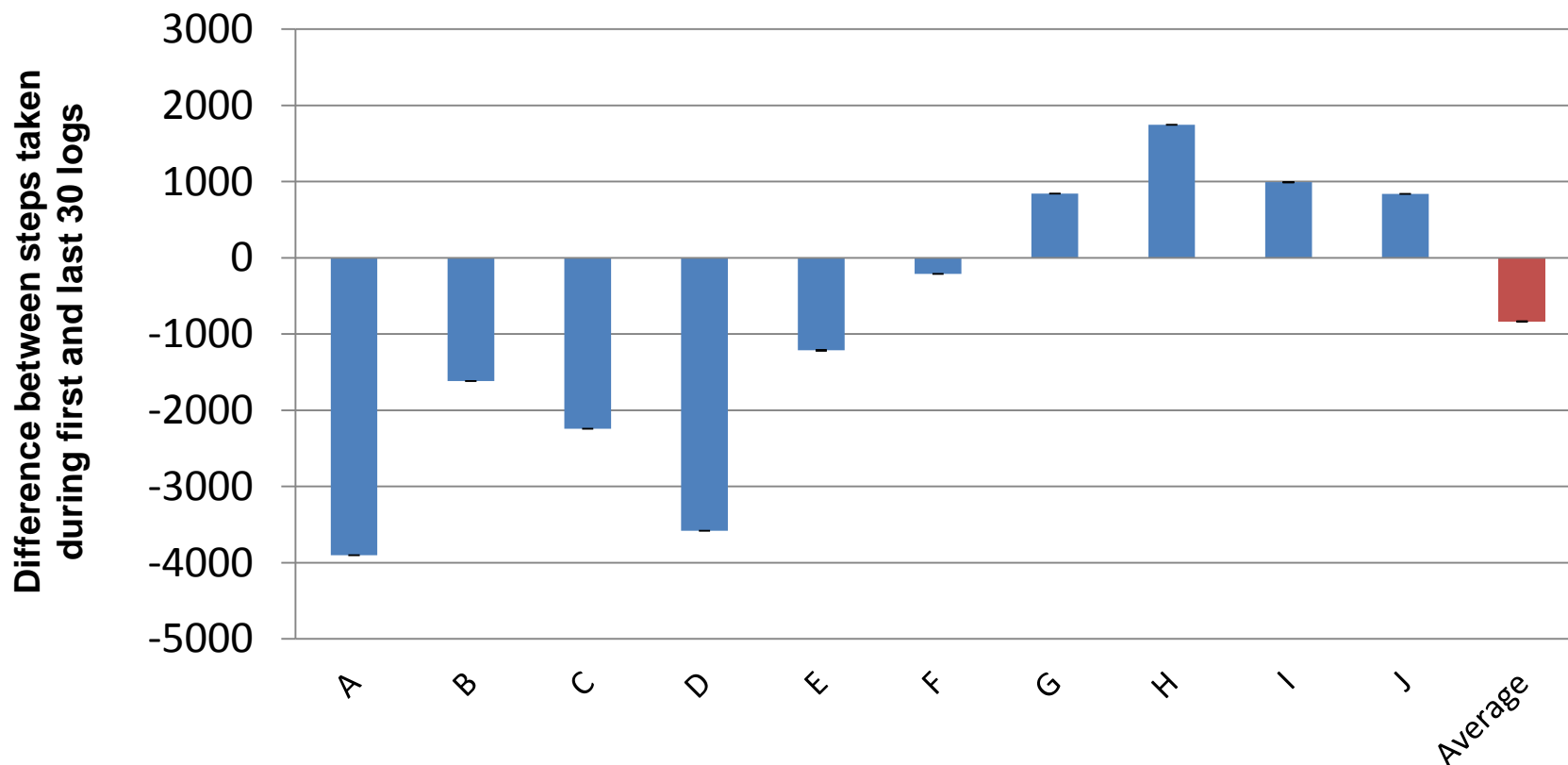


# Average steps taken by all residents has decreased over time



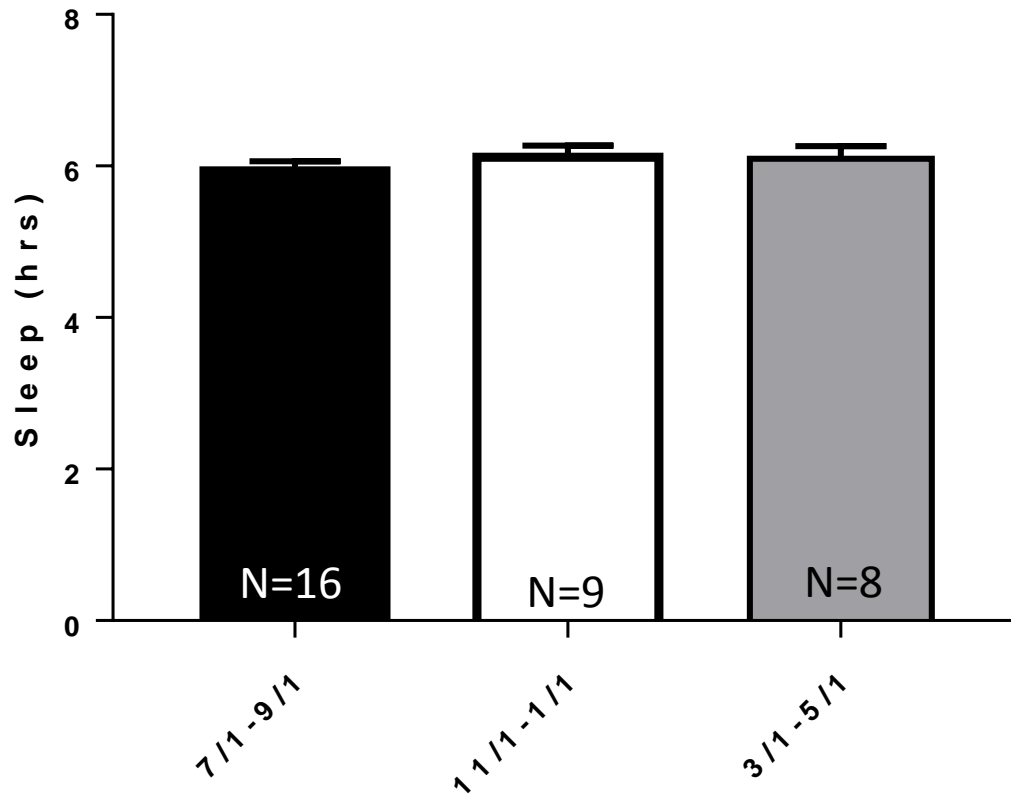


## Residency negatively impacts steps taken by individual residents





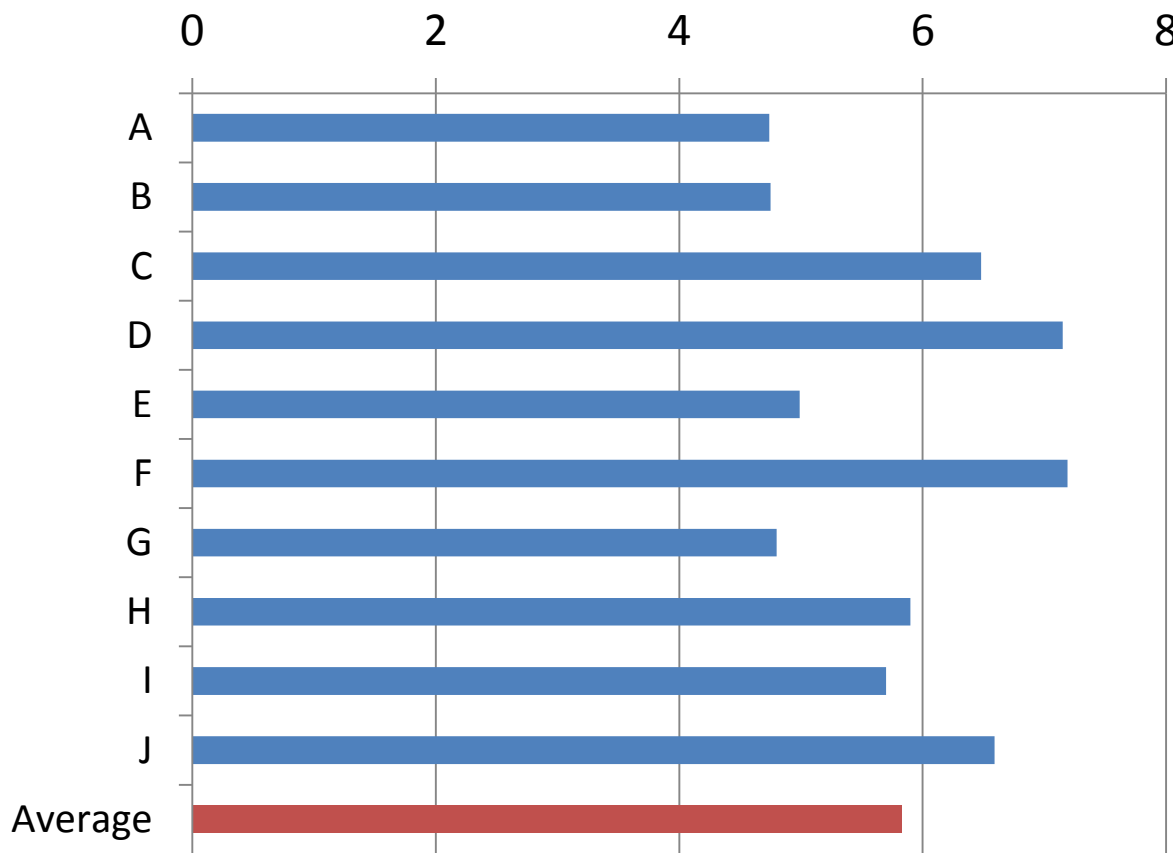
# No changes in total sleep received through the course of the year



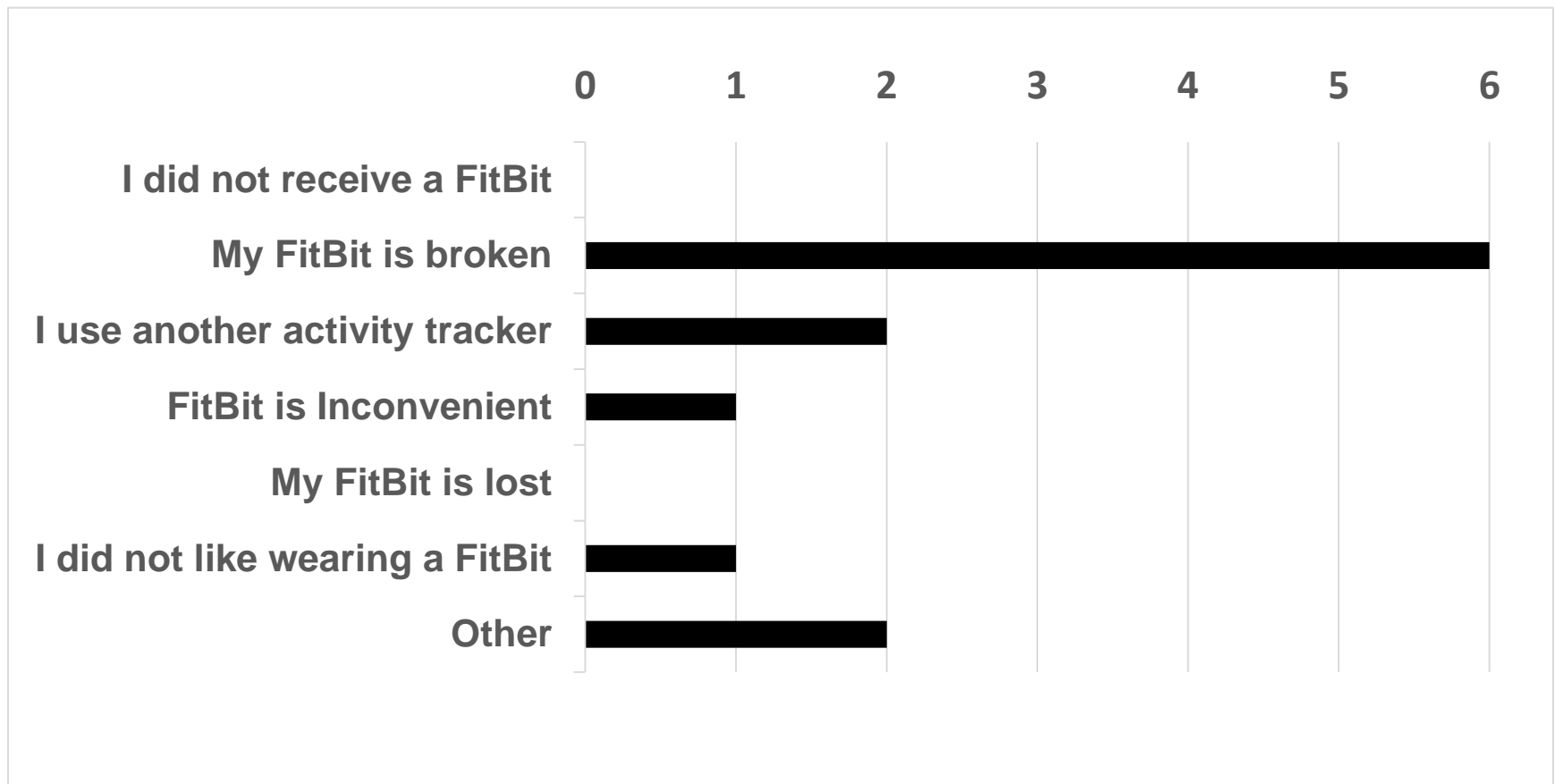
ANOVA  $p=0.624$



# Individual average time spent asleep (in hours)



# Reasons people did not use the Fitbit activity tracker:





# Conclusions and Reflections

- Successful strategies for implementing wellness are difficult
- Activity trackers don't correlate with improved outcomes
- Curriculum did improve resident comfort with patient counseling
- Resident buy-in is essential
- Wellness needs to be intentional, not an after thought



# Moving Forward

- Resident buy-in
  - Continuously assessing needs
  - Adjust based on time of year/season/cohort
- Succession planning/resident champion
- Program Blue Zones designation
- Departmental involvement



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# Questions?



# References

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