

MetroHealth Medical Center**RESEARCH DAY 2023****Abstract Submission Form**

Poster Title: How Critical is Trainee Wellness? A Review of Surgical Critical Care Fellowship Website Wellness Content

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Background: Surgeons in high-stakes careers are increasingly recognizing the importance of work-life integration, but there is a lack of consensus on wellness programs to support trainees. Public-facing program websites are the primary source for trainees to gather information about wellness initiatives when considering programs. Our prior work demonstrated that General Surgery Residency (GSR) websites with female leadership had more robust Website Wellness Content (WWC). We hypothesize that Surgical Critical Care (SCC) program websites would have more WWC than GSR programs, and that SCC female leadership would also be associated with increased WWC.

Methods: WWC was collected from 126 SCC websites and 269 GSR websites. Program characteristics, including geographic location, program type, number of fellowship positions available annually, faculty gender ratios, and genders of program leaders. Programs with WWC were compared to those without WWC using Chi-square for categorical and Wilcoxon rank-sum for continuous variables. Factors associated with WWC were evaluated using multivariable logistic regression.

Results: 25/126 (19.8%) SCC websites had WWC, compared to 129/269 (48%) of GSR sites ($p < 0.001$). Of the SCC websites with WWC, 4 (16%) had a wellness tab incorporated into their website design by default and 6 (24%) mentioned wellness without further elaboration. Most programs required the fellows to seek help, rather than offering universal support for all trainees. Wellness resources were found on 16/25 (64%) websites, among which 11/16 (68.7%) offered counseling services. In logistic regression (Table), SCC programs with a female fellowship director were more likely to have WWC (OR=3.34, $p=0.03$).

Conclusion: While program websites are crucial for trainee information, SCC fellowship websites lack WWC overall. Improving programs' WWC can showcase dedication to trainees' success and promote inter-program collaboration to bolster wellness efforts, systems, and processes.