

MetroHealth Medical Center

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Abstract Submission Form

Poster Title: Wellness in General Surgery Residency: The Impact of Female Leadership

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Location of Laboratory:

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Background: Because general surgery residents experience high rates of burnout, the ACGME is increasingly emphasizing comprehensive well-being in training programs. We hypothesized that female representation in General Surgery residency programs (GSRP) would be associated with more emphasis on wellness in public-facing websites.

Methods: All American GSRP websites were evaluated. The primary outcome was any mention of wellness on the website; a Wellness Score (WS) ranging from 0-6 was also developed, using the American Medical Association measures of wellness (such as organized wellness events, access to exercise, and access to counseling). Gender data was collected for the residents and leadership, defined as the program faculty, program director (PD), associate/assistant PD (APD), and department chair. Program size and academic affiliation were also collected. Comparisons were made between programs which mentioned wellness and those that did not, using Wilcoxon rank sum; factors associated with wellness mentions were evaluated using logistic regression.

Results: Of 272 programs, 10 were excluded due to program closure or website unavailability. Approximately half the websites (51%, n=133) made no mention of wellness (WS=0). In two-group comparisons website mentions of wellness were more likely to occur in larger programs, programs with a larger proportion of female faculty, and university-affiliated programs (all $p < 0.05$). In logistic regression (Table), the proportion of female residents was associated with wellness being mentioned on the website (OR 13.11; $p = 0.039$). Having a female chair trended towards significance, but the sample size was small (OR 3.27, $p = 0.06$).

Conclusion: Wellness initiatives are not frequently discussed on GSRP websites, but are more frequently mentioned at programs with more female representation