

ASSESSING COORDINATOR WELLNESS, STRESS AND BURNOUT



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Background

Program coordinators (PCs) are essential to an educational program's overall success. Although there is a national effort by the Accreditation Council for Graduate Medical Education (ACGME) to promote wellness at the trainee level, these efforts have not been formally extended to coordinators. Burnout is also an issue for coordinators, as their positions seem to have high turnover rate that can be disruptive to training programs. A review of pediatrics residency and subspecialty programs at a single institution over a five-year period revealed a turnover rate of 24 total program coordinators, with some programs experiencing as many as three changes in PC.

Aims

1. **To assess self-perceptions of burnout in pediatric residency and fellowship coordinators.**
2. **To compare sense of burnout at Stanford Health/Stanford Children's Health with national levels.**
3. To correlate levels of self-perceived burnout and secondary measures of stress.

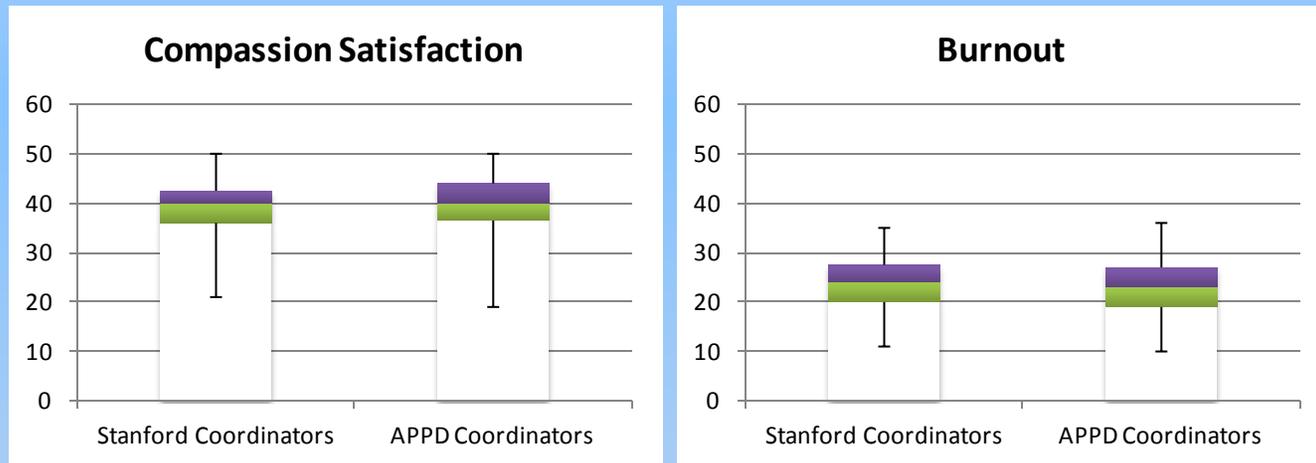
Study Design

A survey was created using Qualtrics, and included a modified Professional Quality of Life Scale (PROQOL 5). The survey was distributed using the Association of Pediatric Program Directors (APPD) Coordinators listserv and internal coordinators listservs at Stanford Health and Stanford Children's Health.

Preliminary Results

Participants:

1. PCs at Stanford Health and Stanford Children's Health. Of 112 institutional PCs, 52 completed the survey, 9 excluded for partial responses.
2. Pediatric PCs on the APPD Coordinator listserv. Of 622 pediatric PCs, 188 completed the survey, 5 excluded for incomplete responses.



Preliminary results show average to high levels on the compassion/satisfaction scale and low to average levels on the burnout scale for APPD and Stanford coordinators alike. Nonetheless, 59% and 57% of respondents, respectively, indicated they would or might leave their job today given the chance.

Future Plans/Timeline

We believe that an increased focus on coordinator wellness could decrease feelings of burnout and increase PC retention. Further analysis of survey results is needed to assess correlation of secondary measures to perceived burnout and levels of stress. Secondary measures include: length of time in job, number of programs to coordinate, number of trainees, level of other administrative support, and sense of support from within and without the institution (Program Directors, Associate Program Directors, ACGME, etc). Analysis will occur in the next 2 months.

Future steps:

1. Circulation of survey to other programs/institutions (e.g. all of ACGME)
2. Assess Program Director levels of burnout using comparable survey.