

Muffins and Meditation: Combating Burnout in Surgical Residents. G Burnet (MD, SOM), C Platnick (MD, SOM), A Sauaia (MD, Ph.D), K Jaiswal (MD), and KB Platnick (MD), Department of Surgery, University of Colorado Anschutz Medical Campus, Denver, CO.

Muffins and Meditation is a wellness program for University of Colorado surgical residents and medical students. This study was designed to assess the impact of the program through validated tools measuring mindfulness, self-compassion, flourishing, and burnout. Our hypothesis was that participants with more frequent attendance would: 1) be more mindful and self-compassionate and 2) experience less burnout and more flourishing. An optional one-hour weekly breakfast conference was led by a senior surgical faculty member, and the time was protected from all clinical duties. Following a guided meditation, participants were given time for reflection and dialogue about their training experiences or led in a wellness exercise. TRANCE (tolerance, respect, anonymity, non-retaliation, compassion, egalitarianism) principles were utilized to create a safe and open environment. Residents were surveyed through REDCap at the end of the study period. When answering the two-question Maslach Burnout Inventory, 35.7% of residents reported feeling burned out by their work once a week or more, and 29.7% reported feeling more callous toward people once a week or more. After multivariate analysis, the only independent predictors of increased burnout were “not being married or in a committed relationship”, lower positive affect, and higher negative affect. Qualitative feedback was overwhelmingly positive, and residents expressed gratitude for the conference, the opportunity for self-reflection, and open dialogue with attendings and colleagues. Although we failed to identify independent associations between attendance and burnout rates, flourishing ratios, self-compassion, or cognitive and affective mindfulness scores, our survey results provided qualitative evidence of the value this conference holds for residents.