



## ACR Well-Being Curriculum for Radiology Residency Programs

### 1. Attention to scheduling, work intensity, and work compression that impacts resident well-being

The Accreditation Council for Graduate Medical Education (ACGME) regularly updates Section VI of its Common Program Requirements for all accredited residency and fellowship programs regardless of specialty to address well-being more directly and comprehensively. The updated requirements below emphasize that psychological, emotional, and physical well-being are critical in the development of the competent, caring, and resilient physician.

The ACR joins the ACGME in prioritizing physician well-being. The curriculum for radiology residency program leaders provides resources and experiential exercises to strengthen your residency and meet the VI.C. Well-Being requirements.

ACGME VI.C. Well-Being Requirement	ACR Learning Objectives
<p>The responsibility of the program, in partnership with the Sponsoring Institution, to address well-being must include:</p> <p>VI.C.1.a) attention to scheduling, work intensity, and work compression that impacts resident well-being.</p> <p>VI.C.1.b) evaluating workplace safety data and addressing the safety of residents and faculty members;</p>	<ul style="list-style-type: none"><li>• Identify scheduling best practices including factors that impact the well-being of residents.</li><li>• Demonstrate ability to adapt resident schedules and workloads to meet the changing needs and life events of residents.</li><li>• Design a schedule for residents that allows for personal needs.</li></ul>

These activities are intended for program directors/coordinators, assistant/associate program directors, chief residents, and those responsible for resident scheduling.

Instructions:

1. Read the following article.
  - a. [Residency Schedule, Burnout and Patient Care Among First-Year Residents](#), which evaluates which elements of the residency schedule were associated with resident burnout and fatigue and whether resident burnout and fatigue were associated with lower perceived quality of patient care.
2. Complete exercise 1 in the Considering Resident Wellness in Scheduling/Workload module below.
3. Read the following articles.
  - a. [Using Wellness Days to Mitigate Resident Burnout](#), an institution-specific study that looks at the use of scheduled sick or wellness days.
  - b. [Sink or Night Float](#), a study that demonstrates the results of a 12-hour night float system, versus a traditional 24-hour night float system.



4. Read “Wellness Days” and complete exercise 2 in the Considering Resident Wellness in Scheduling/Workload module.
5. Read the following article.
  - a. [Resident Case Volume Correlates with Clinical Performance](#), a study that examines whether the total number of studies interpreted during radiology residency correlates with clinical performance as measured by objective criteria.
6. Read “Work Intensity” and complete exercise 3 in the Considering Resident Wellness in Scheduling/Workload module.
7. Read the following articles.
  - a. [Factors Related to Physician Burnout and Its Consequences](#), a review that covers the contributing factors leading to physician burnout and its consequences for the physician’s health, patient outcomes, and the healthcare system.
  - b. [Work Compression in the Era of Duty Hour Restrictions](#), which evaluates the need for solutions that address the problems associated with work compression to fully achieve the goals of residency duty hour reform.
8. Read “Work Compression” and complete exercise 4 in the Considering Resident Wellness in Scheduling/Workload module.