Introduction

Hurst Happenings (HH) was a chief resident run electronic newsletter put out in the 2016-2017 year on a bimonthly basis to increase awareness of resident activities both in and outside of the hospital. The primary goals were to celebrate excellence in the workplace, share significant life events, and feature resident stories to improve community in a large residency program. We surveyed our residents and faculty members of the residency leadership committee to gauge the impact of the newsletter.

Newsletter Impact

Demographics: 50 responses

22% PGY 1
22% PGY 2
24% PGY 3
22% Faculty

The newsletter promotes a well-balanced life outside the hospital (50 responses)

40% Strongly agree
14% Agree
4% Neutral
14% Disagree
40% Strongly disagree

The newsletter fosters a supportive culture (50 responses)

42% Strongly disagree
8% Disagree
20% Neutral
20% Agree
10% Strongly agree

Newsletter Sections

The following are sections of the newsletter with the percentage of survey respondents who stated they enjoy reading the section:

<table>
<thead>
<tr>
<th>Section</th>
<th>% favorable responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Celebratory corner (Wedding, engagement, birth announcements)</td>
<td>87.5%</td>
</tr>
<tr>
<td>#RealResidentHeroes (celebrates residents going “above and beyond”)</td>
<td>85.4%</td>
</tr>
<tr>
<td>#hurstlife updates (description of past social wellness events and upcoming events calendar)</td>
<td>64.6%</td>
</tr>
<tr>
<td>Program Director’s Message</td>
<td>52.1%</td>
</tr>
<tr>
<td>Jeopardy Appreciation</td>
<td>50%</td>
</tr>
<tr>
<td>PRIME corner (Recent resident publications, meeting presentations)</td>
<td>37.5%</td>
</tr>
</tbody>
</table>

Summary and Conclusions

We received 50 survey responses with an even distribution of training level. 53.1% of respondents reported reading HH “every time”, 38.8% “skimmed it”, and the remainder read it “sometimes”. The most frequent reason cited for not reading was “no time” (71.4%, n = 5). The majority of respondents see the newsletter as helping to foster a supportive culture (89.8%) and promoting a well-balanced life outside the hospital (55.1%), with some (43.5%) seeing it as improving a sense of wellness.

In conclusion, an electronic newsletter is a low-cost initiative that has broad positive impacts, including fostering a supportive culture and promoting wellness within a large residency program.