Building resilience is one promising method to combat burnout among trainees. Few interventions to enhance resilience in trainees have been described. Our introductory resilience skills curriculum, piloted with Internal Medicine (IM) interns, was well received. Our needs assessment demonstrated that senior IM residents:

- experience difficult clinical events regularly.
- prefer to discuss events with their teams.
- have not received training on debriefing.

**Objective**

To develop and pilot an advanced resilience skills curriculum for senior residents.

**Innovation**

- Curriculum led by chief residents in 2015-2016 during outpatient schedule blocks.
- Sessions included: small group discussion, reflection, didactic lecture, and simulated skill-building exercises.
- Each session included 8-15 residents.
- Residents surveyed pre and post-curriculum.

1. **Resilience:** Connor-Davidson Resilience Scale (CD-RISC 25). Scores range 0-100; higher scores indicate higher resilience.
2. **Burnout:** Validated, single item question.
3. **Difficult clinical events**

**Background**

- Building resilience is one promising method to combat burnout among trainees.

**Results**

- **Survey response rate:** Pre-curriculum: 41/62 (66.1%); Post-curriculum: 34/62 (54.8%).
- **Resilience:** Pre-curriculum: 70.78 ± 9.45 (Range 44-93); Post-curriculum: 74.06 ± 8.66 (Range 53-96). Pre v. post: p=0.12.
- **Burnout:** Pre-curriculum: 26.8%; Post-curriculum: 26.5%. Pre v. post: p=1.00.

**Discussion**

- More residents had skills to help their team cope after difficult clinical events.
- No change in burnout or resilience.
- Residents found sessions helpful and thought they should continue.
- Curriculum shows promise but more in-depth interventions may be necessary.

**Next Steps**

- Continuation of curriculum with future classes.
- Doesn’t require additional resources.
- Incorporate into protected learning time.
- Transfer to other programs.
- GME wide survey at University of Chicago across specialties and plan for "Resilience Week".
- Faculty development in this area.

**Curriculum**

- **Session #1:**
  - Review resilience skills from intern lectures.
  - Workshop: Building resilience as team leader.
- **Session #2:**
  - Discuss experience with difficult events.
  - Introduce team-based reflection framework.
  - Small group leadership practice.

**Sample tool from curriculum**

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