

How to Run a Residency Retreat

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BACKGROUND

Teaching our residents self-care and resiliency requires a structured wellness curriculum. Hosting a retreat outside the stressful walls of the hospitals provides time for ventilation of frustrations, idea exchange, recreation, meals, and team building.

Problem: There is no instructional guide for planning a residency retreat.

OBJECTIVE

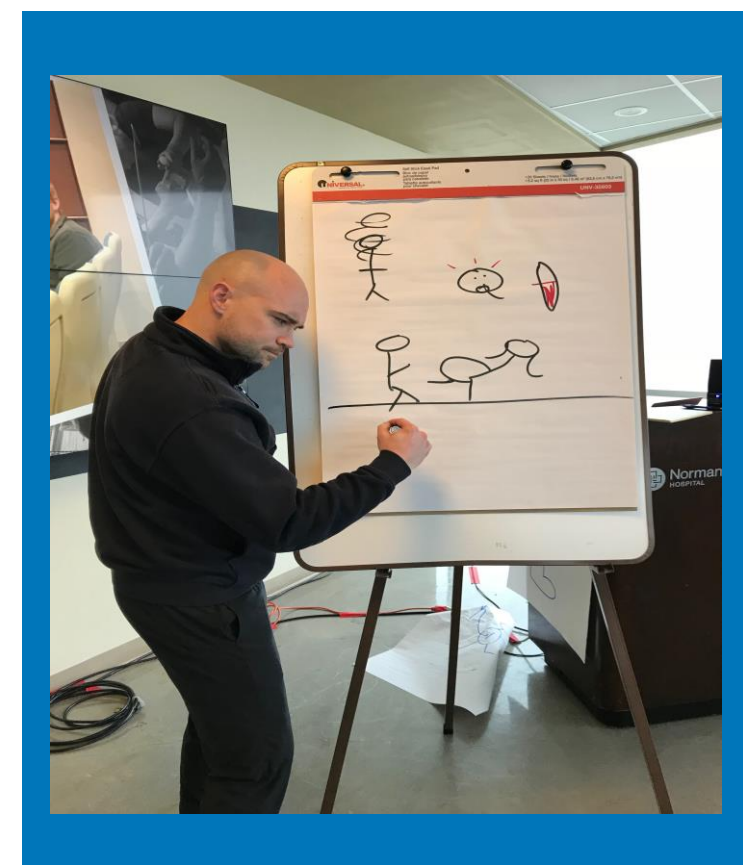
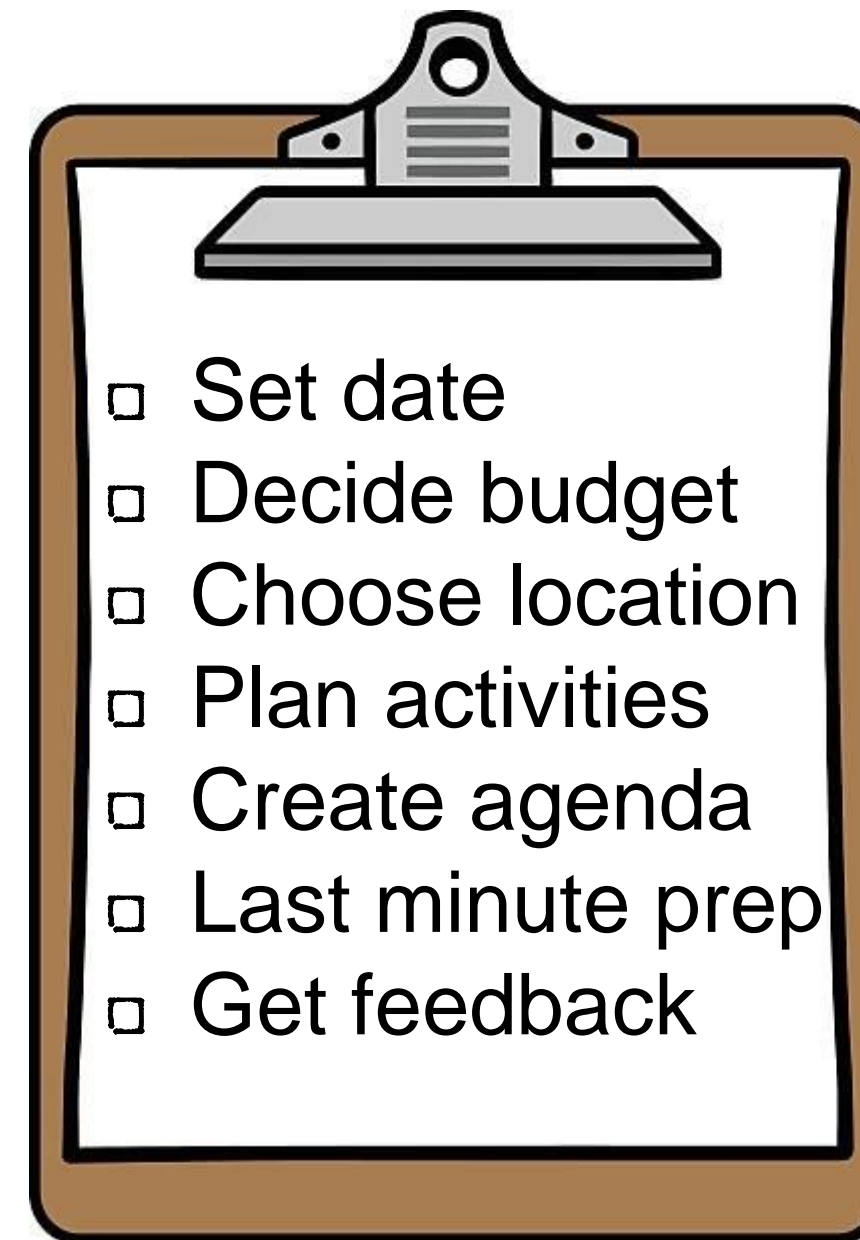
To plan and run an inaugural successful residency retreat.

METHODS

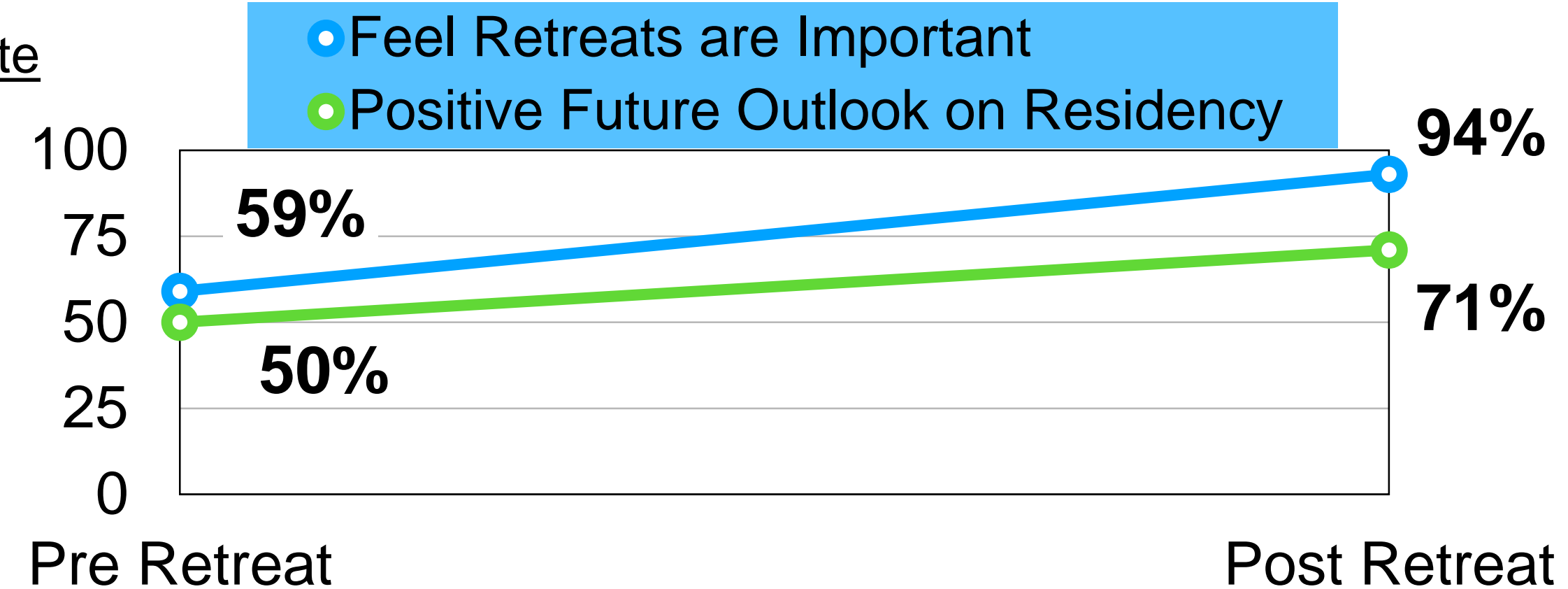
A 10 question survey was administered to the Council of Residency Directors in Emergency Medicine (CORD) to identify residency retreat trends including length, frequency, location, cost purpose, and activities. 93 CORD members responded. This data was used to develop a template for our residency's first retreat and can be used by any program looking to plan or update their current retreat.

A 7 question survey was given to our residents to assess their interest in a retreat and their level of burnout and wellness.

(Fig. 1) Retreat planning template



RESULTS



NRH Residents' Favorite Retreat Activities

- Surprise letters from loved ones
- Small group sessions
- Games (bowling & medical pictionary)

CONCLUSIONS

- Residency programs have the responsibility to ensure the "psychological, emotional, and physical well-being" of our residents.
- A yearly retreat should be planned to give our residents the opportunity to decompress from their stressful, time-consuming daily training.
- Our planning template (Fig. 1) proved to be a successful tool to create an impactful and enjoyable residency retreat.