



## ACR Well-Being Curriculum for Radiology Residency Programs

### 5. Provide access to appropriate tools for self-screening

In 2017, the Accreditation Council for Graduate Medical Education (ACGME) revised 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 requirements 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.e).(2) Provide access to appropriate tools for self-screening.</p>	<ul style="list-style-type: none"> <li>Participate in the ACR Radiology Well-Being program using the Mayo Clinic-created Well-Being Index.</li> </ul>

These activities are intended for program directors/coordinators and assistant/associate program directors.

Instructions:

1. Read the section *Theme 1: You Cannot Manage What You Cannot Measure* in the following article.
  - a. [A Road Map to Foster Wellness and Engagement in Our Workplace](#), which discusses the rationale for measuring burnout, well-being, and resilience and tools for collecting this data.
2. Evaluate available well-being self-screening tools.
  - a. The ACR offers your radiology residents and faculty free access to Mayo Clinic’s [Well-Being Index \(WBI\) personalized self-assessment](#). Read page 2 below for access instructions.
3. Read the following articles.
  - a. [A Pragmatic Approach for Organizations to Measure Health Care Professional Well-Being](#) offers considerations to guide you to select an appropriate measurement instrument for your institution.
  - b. [Valid and Reliable Survey Instruments to Measure Burnout, Well-Being, and Other Work-Related Dimensions](#) includes an overview of each validated instrument to assess work-related dimensions of well-being.
  - c. [Ability of the Physician Well-Being Index to Identify Residents in Distress](#) offers information on screening instruments used to assess resident well-being.



## ACR RADIOLOGY WELL-BEING PROGRAM AND WELL-BEING INDEX

The ACR offers radiology residents and faculty free access to Mayo Clinic's [Well-Being Index \(WBI\) personalized self-assessment](#). This completely anonymous, web-based tool that evaluates multiple dimensions of distress in just nine questions. It evaluates well-being and gives immediate feedback based on basic demographics and individual responses. Individuals can then compare their results with their peers based on national averages and track their well-being over time by reassessing as often as once per month.

Based upon the individual's results, the WBI suggests resources for next steps. Each of the resource topics includes an up-to-date, brief video that provides an overview of research on the topic, national and ACR-curated, radiology-specific resources, specific activities, and links to select publications on the topic.

Residency programs that choose to access the WBI through the ACR will not receive response data for their residents/faculty; individual identifying information is not captured or tracked to protect user privacy.

Your radiology residents and faculty may access the WBI at no cost using the instructions below:

1. [Access the WBI](#) now or download the mobile app from the [iTunes store \(for iPhone\)](#) or from [Google Play \(for Android\)](#).
2. Click on "Register Here" and enter the appropriate **invitation code**:
  - Radiologists and radiation oncologists: **ACRPHYSICIAN**
  - Residents and fellows: **ACRRFS**
  - Medical students: **ACRMEDSTUDENT**
3. Register and complete the 9-question survey. If you have an existing account, WBI can merge accounts, ensuring you retain any previous scores. After verifying your password, check the box to "Make this my primary organization" in order to see the radiology-specific resources curated by the ACR.
4. View your results and how your level of well-being compares to others in your demographic group. The comparative groups include more than 7,000 physicians, 1,700 residents and fellows, and 2,000 medical students. The resource categories provided are based on your score.
5. Track your well-being over time by returning to the WBI and repeating your self-assessment. Resources are available any time, and the survey can be completed monthly.