



ACR Well-Being Curriculum for Radiology Residency Programs

Curriculum Objectives

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](#) that must be implemented by July 1, 2019.

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.b) Attention to scheduling, work intensity, and work compression that impacts resident well-being.</p>	<ul style="list-style-type: none"> • Identify scheduling best practices including factors that impact the well-being of residents. • Demonstrate ability to adapt resident schedules and workloads to meet the changing needs and life events of residents. • Design a schedule for residents that allows for personal needs.
<p>VI.C.1.d) Policies and programs that encourage optimal resident and faculty member well-being.</p>	<ul style="list-style-type: none"> • Recognize policies, practices, and behaviors that encourage or discourage resident/faculty well-being in your institution. • Propose a method to cultivate a current positive well-being related program or policy or reduce a negative one at your institution.

ACGME VI.C. Well-Being Requirement	ACR Learning Objectives
<p>VI.C.1.e) Attention to resident and faculty member burnout, depression, and substance abuse. The program, in partnership with its Sponsoring Institution, must educate faculty members and residents in identification of the symptoms of burnout, depression, and substance abuse, including means to assist those who experience these conditions. Residents and faculty members must also be educated to recognize those symptoms in themselves and how to seek appropriate care.</p>	<ul style="list-style-type: none"> • Identify internal and external causes of burnout and describe their impact. • Implement actions, practices, and tools that can increase personal and/or professional resiliency. • Apply conflict resolution techniques and constructive behaviors that promote a culture of respect and well-being. • Distinguish burnout symptoms in others and respond appropriately.
<p>VI.C.1.e).(1) Encourage residents and faculty members to alert the program director or other designated personnel or programs when they are concerned that another resident, fellow, or faculty member may be displaying signs of burnout, depression, substance abuse, suicidal ideation, or potential for violence.</p>	<ul style="list-style-type: none"> • Explain implications of and educate to reduce stigma as it relates to mental health of residents and faculty. • Practice behaviors that encourage constructive discussion around mental health and well-being. • Recognize how other institutions have provided sensitive and effective avenues for reporting at-risk persons.
<p>VI.C.1.e).(2) Provide access to appropriate tools for self-screening.</p>	<ul style="list-style-type: none"> • Participate in the ACR Radiology Well-Being program using the Mayo Clinic-created Well-Being Index.
<p>VI.C.1.e).(3) Provide access to confidential, affordable mental health assessment, counseling, and treatment, including access to urgent and emergent care 24 hours a day, seven days a week.</p>	<ul style="list-style-type: none"> • Recognize the value of resident/faculty access to mental health providers and justify the need for affordable care. • Evaluate and promote access to available mental health resources at your institution. • Propose additional mental health resources to administration based on offerings from other institutions.