

#PsychResChat: A Twitter-based Pilot Project to Improve Resident Wellbeing

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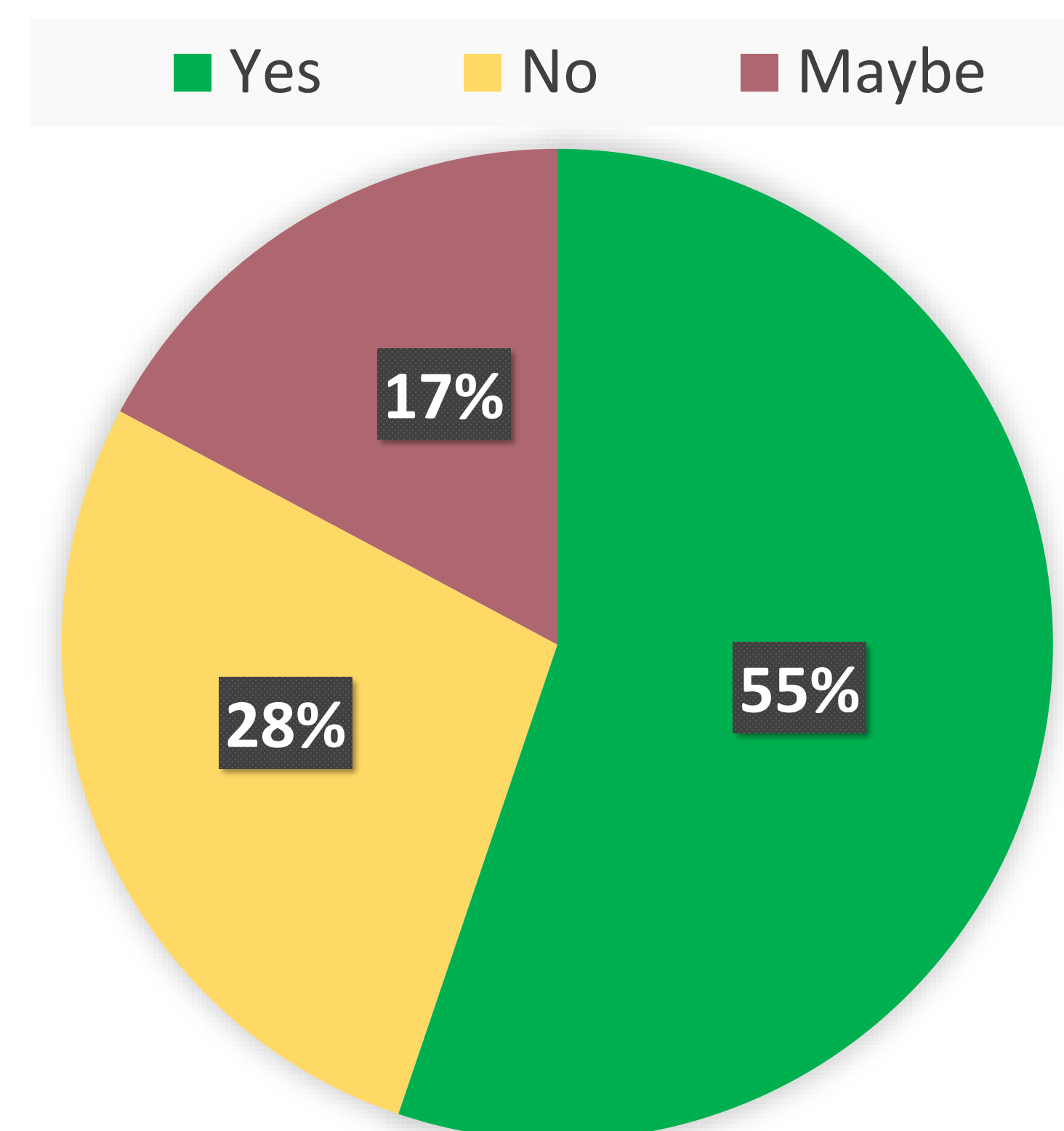
Introduction

- Burnout during residency training has been found to be increasingly prevalent¹.
- Building a sense of community has been identified as a factor that contributes to reducing physician burnout and moral injury²
- Social groups and networks provide a sense of shared identity among individuals which serves as a means of coping during stress.
- Haslam et al (2009) states that “groups that provide us with a sense of place, purpose, and belonging tend to be good for us psychologically
- Previous initiatives have been implemented at the institutional level, but few efforts have been made nationwide to build community within the resident physician population.
- PsychResChat Twitter account was created by a multi-institutional panel of psychiatry residents with the goal of creating a virtual community via monthly online discussions centering on pertinent topics impacting resident life and to build a sense of community in psychiatry residents.

Methods

- The PsychResChat Twitter account was created in August 2019.
- Social networking was utilized to recruit participants to the Twitter platform
- After six bimonthly chats, participants were asked through a poll survey to rate how instrumental the chat platform had been in building their sense of community in residency
- Results were collected via Twitter analytics

Has @ PsychResChat been instrumental in building your sense of community in residency?

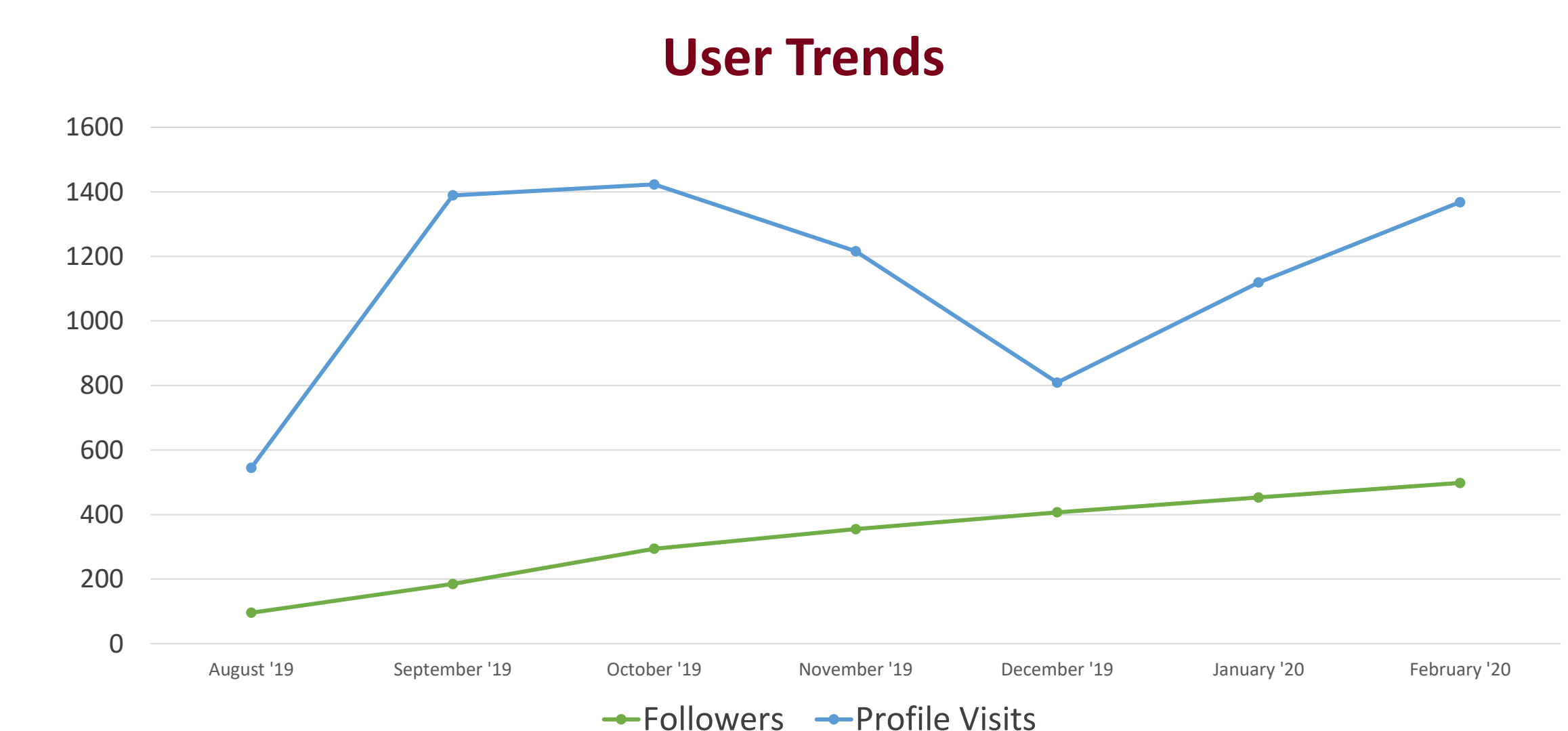


Join the conversation

@PsychResChat

Results

- A majority of respondents (n=29) reported the chat as a source of community in residency
- The first chat had 9 participants which consisted of 7 psychiatry residents and 2 medical students interested in psychiatry
- Participation in the chats increased overtime with the highest participation seen during the 4th chat



Discussion

- Twitter can be an effective tool for developing virtual, asynchronous community development opportunities
- Our program has demonstrated that social media can help to build resident sense of community
- Future directions include:
 - ❖ improving resident engagement in chats
 - ❖ developing cross-national networking opportunities for early career psychiatrists
 - ❖ determine the longitudinal impact of online community building in terms of career development and clinical outcomes

References

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