

Depression and Well Being in Residents: Challenges and Opportunities

In recent years, there has been an increasing focus on the nature and extent of depression and burnout as they affect physicians, particularly trainees. This presentation will review some of the literature in this area, and will elucidate important distinctions between burnout issues in the workplace and other medical conditions such as depression which may worsen as a result of pressures in both the learning environment. Efforts to address these concerns will be discussed as will potential solutions and resilience strategies at both the individual and systemic levels.