

The impact of COVID-19 on Family Medicine Residents'

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Abstract:

Background

The purpose of this study is to investigate the impact of COVID-19 on Family Medicine residents' wellbeing and potential experiences of discrimination.

Methods

Study participants were recruited in March 2020 via snowball sampling methodology, utilizing several sources, including social media outlets and personal contacts. Inclusion criteria consisted of ability to provide informed consent and active enrollment in an accredited Family Medicine Residency Program. Exclusion criteria consisted of individuals who not in an accredited program. The survey instrument was created using a collection of previously validated survey questions, which included information on participant demographics, perception of discrimination, COVID-19 exposure, access of personal protective equipment, HERO Daily Experience Index (an instrument which evaluates an individual's wellbeing and health in the workplace), and lastly COVID-19 impact on daily activities.

Preliminary Results

Of 75 participants, 62 completed the full survey. The group was geographically diverse, with representation from 17 states. Based on HERO survey, residents reported feeling tired (63%) and stressed (63%) in greater frequency than anger (15%) or physical pain (12%). The perception of discrimination scale demonstrated that the largest percentage of witnessed discrimination was a result of patient discriminating based on providers' race (50%), gender (49%), ethnicity (34%), and/or sexual orientation (21%). The largest percentage of personal harassment/threatened discrimination reported by respondents was based on race (6%), gender (24%), ethnicity (2%), and/or sexual orientation (2%).

Conclusion

Health disparities and discrimination continue to exist. Unfortunately, given limitations of sample size it is difficult to make broad inferences in regards to discrimination experienced during the pandemic. However, the data provides a snapshot of resident wellness during the early stage of the pandemic and can potentially help tailor wellness interventions moving forward.