



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"> Participate in the free version of the Mayo Clinic-created Well-Being Index.

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 Mayo Clinic’s [Well-Being Index \(WBI\) personalized self-assessment](#) is available free of charge.
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.