

## **Winner – APPD 2020 Trainee Research Award**

### **BRINGING RESIDENTS BACK TO BEDSIDE THROUGH TRADING CARDS**

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**Background:** Physician burnout is well documented in residents. In response to these concerns, the ACGME launched the Back to Bedside initiative and sponsored projects that encouraged residents to engage with patients on a deeper level. The Resident Trading Card Program was created by pediatric residents as part of this movement. **Objective:** To evaluate the impact of a patient-centered communication program on the physician-patient relationship, as perceived by first year pediatric residents over 12 months at a large tertiary care children's hospital. **Methods:** Each first year resident received their own "trading cards" which contained a photograph of the resident with interesting biographical facts. Residents used their cards as an introduction to patients and families on two inpatient medical-surgical units. Patients were then invited to create their own cards, which were shared with residents. Following participation in the program, residents were asked to describe a meaningful interaction between themselves and their patient. Inductive qualitative methods were used to identify common themes. Questions adopted from a validated survey tool were used to elicit resident perceptions. **Results:** 34 first year residents participated. Over 200 provider-patient interactions took place. The most common themes in the qualitative analysis of resident responses were: 1) Strengthening of the physician-patient relationship; 2) Influence of patient centered wellness on communication; 3) Impact of a nonclinical interaction on patient wellness; and 4) Improving ability to provide care. Residents felt the program increased feelings of connectedness with families (mean response score: 6.9) and improved communication (mean: 6.3). They reported the trading cards were useful from the perspectives of the provider (mean: 6.6), the patient (mean: 7.1), and the patients family (mean: 7.1). Residents did not feel the program's activities were intrusive to their work (mean: 4.0). **Conclusion:** The Resident Trading Card Program is a novel initiative to bring residents back to their patients' bedside and engage more deeply with both patients and family members.