

# Fostering Community: Implementing a Virtual Book Club for OB/GYN Residency Program

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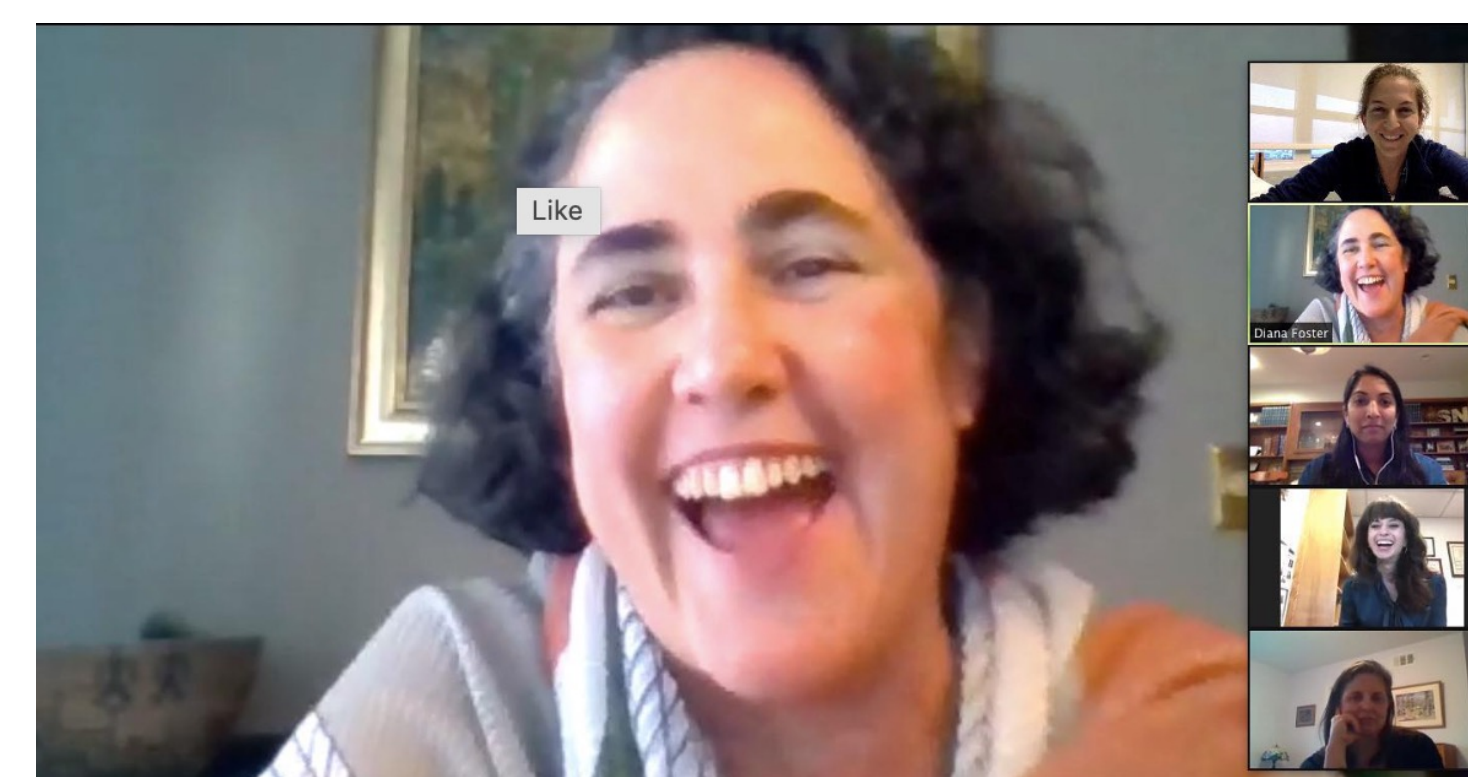
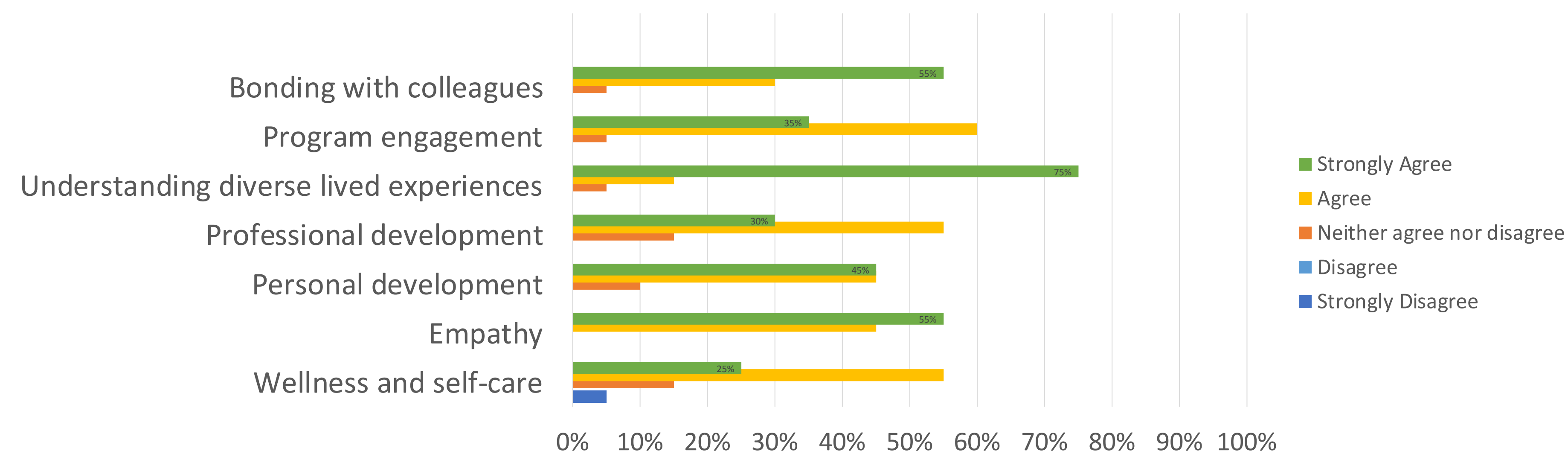
## Introduction

- Empathy is an important skill for physicians and improves patient outcomes, but empathy decreases as trainees progress through medical school and residency.<sup>1-4</sup>
- Empathy can be taught through didactic humanities.<sup>5-6</sup>
- Book clubs can be a novel intervention to reduce burnout, promote personal development, and encourage connection between residents and faculty.

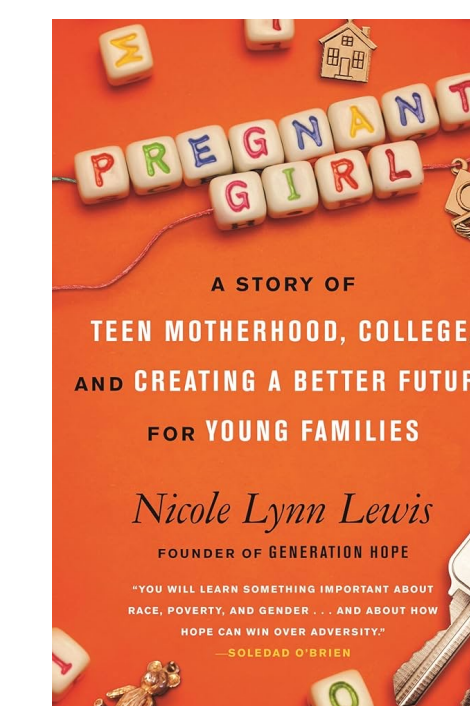
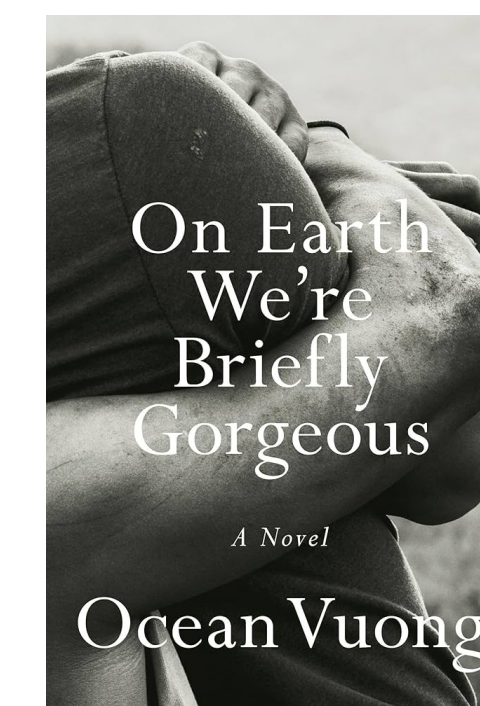
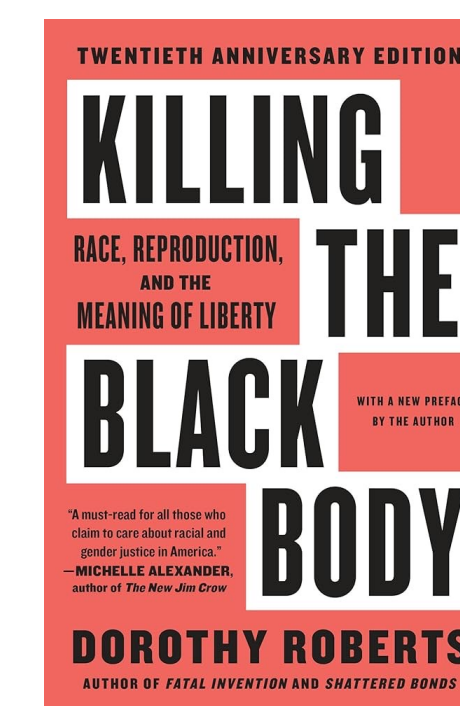
## Methods

- We developed a quarterly departmental book club exploring immigrant experiences, structural racism, reproductive justice, and LGBTQ+ issues.
  - Participants: residents, faculty, mid-level providers
  - Quarterly weekday evening
  - Outside formal curriculum
  - Zoom (started during peak of COVID-19)
- Participants completed an evaluative survey using a Likert scale and multiple-choice questions.

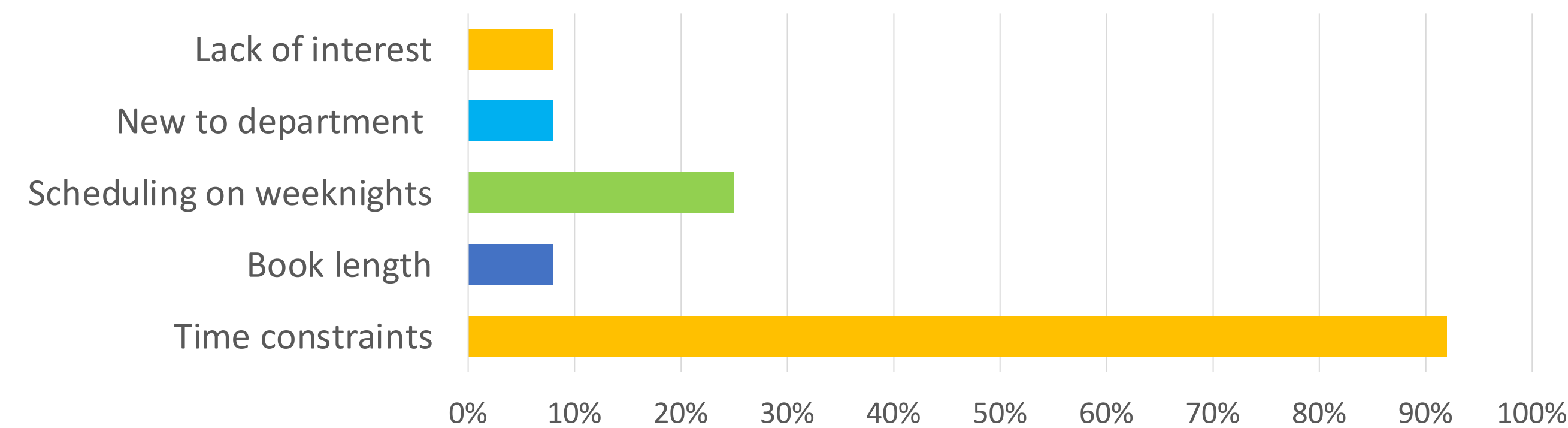
Rate your level of agreement that book club contributed to your:



Dr. Diana Greene Foster, author of The Turnaway Study



Barriers to Book Club Participation



## Results

- Of 22 respondents, 13 (60%) reported participating in at least one book club session from 2020 to 2022.
- 100% agreed the book club contributed to the development of empathy
- 95% felt the book club facilitated understanding of diverse experiences and perspectives
- Time constraints to reading pleasure was greatest participation barrier
- 86% were very likely or likely to participate in a future department book club

## Discussion

- A virtual book club is a feasible and novel intervention to mitigate burnout and teach empathy
- Promote program engagement and bonding between residents and faculty
- Can be spaces to address systemic racism and healthcare disparities through rigorous self-reflection and discussion of diverse lived experiences, not addressed elsewhere in residency curriculum
- Barriers to participation are mainly time constraints and scheduling, but interest is high

## Acknowledgements

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