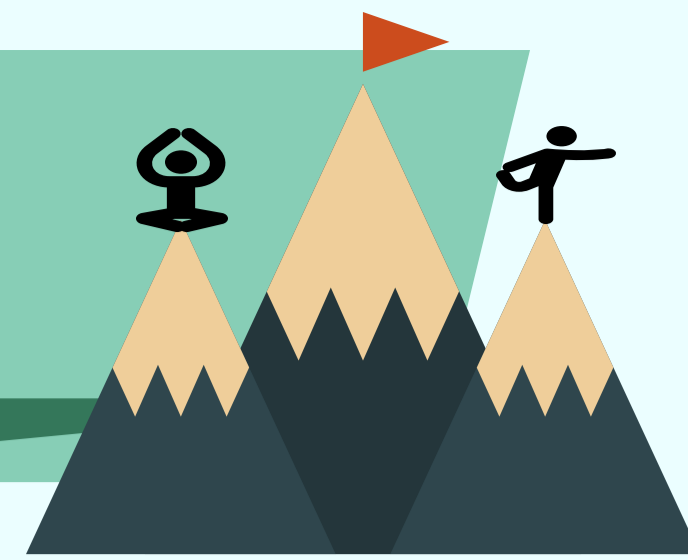


Wellness Criteria for P.E.

Objectifies the likelihood of Practice Enjoyment (P.E.)



Emotional

Clinical signs and symptoms of happiness

No 0

Yes +3

Financial

Income > \$55,000

No 0

Yes +3

Physical

Exercise at least 3 d/week OR yoga 3 days/week

No 0

Yes +1.5

Spiritual

Fulfillment is #1 diagnosis OR equally likely

No 0

Yes +1.5

Occupational

Previous objective PE* (Practice Enjoyment) or DVT (Doing Various Things)

No 0

Yes +1.5

Intellectual

Reads non-textbooks (ever)

No 0

Yes +1

Social

Outings with friends within 6 months, or has a healthy long-term relationship

No 0

Yes +1

When to use:

The Wellness Criteria risk stratifies residents for P.E. (practice enjoyment) and provides an estimated pre-test probability. The resident's program can choose what further testing is required for diagnosing practice enjoyment (e.g. Do they care for patients? Do they help colleagues?)

Residency programs should have a low threshold to use The Wellness Criteria on their residents.

The score aids in potentially increasing resident participation in EM Wellness Week

Pearls/Pitfalls:

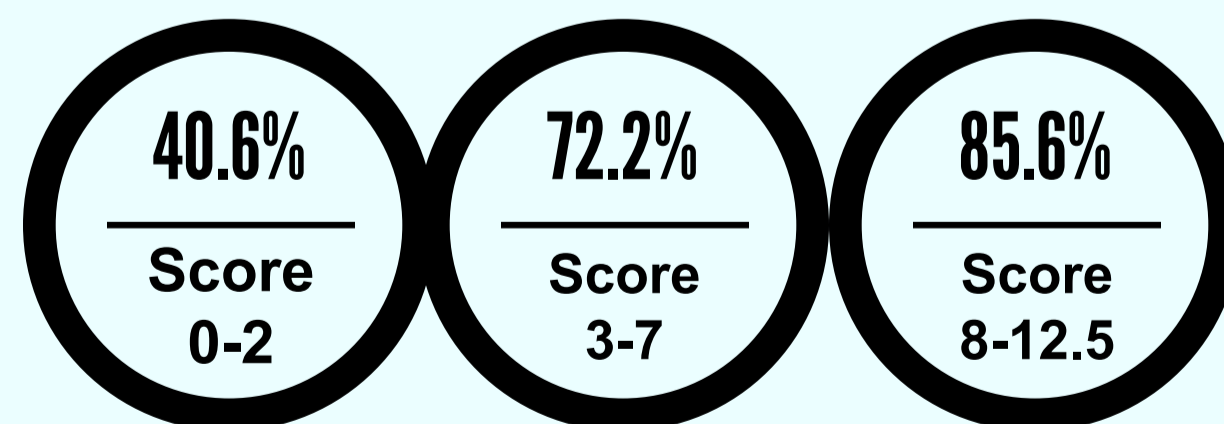
The Wellness Criteria has not been validated in any way, shape, or form in any human, animal, laboratory, or virtual setting. This score is often used in conjunction with human interaction to inquire about practice enjoyment during residency.

There must first be clinical suspicion for P.E. (practice enjoyment) in the resident. This score should not be applied to all residents who smile or meet deadlines, for example.

The Wellness Criteria has been criticized as "fake news", "extremely subjective", and "not validated". These are extremely valid points.

The Wellness Criteria is not meant to diagnose P.E. (practice enjoyment), but to be used as a tool by programs and residents during EM Wellness Week 2018.

Chance of P.E. in an ED population



This infographic was created for the 2018 Canadian Association of Emergency Wellness week by:

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CAEP | ACMU

