

AEM Education and Training Editor's Pick

There are two articles and an [invited commentary](#) in the [January issue](#) of *Academic Emergency Medicine Education and Training* that explore the topic of burnout and grit. Burnout is a major issue for physicians and for our specialty in particular. Grit, a personality characteristic defined as perseverance and passion for a long-term goal, plays a role in personal well-being and burnout.

In the first article by Dr. Aaron Dam and colleagues, entitled [The Relationship Between Grit, Burnout and Well-being in Emergency Medicine Residents](#), the authors found an association between grit scores and resident burnout and well-being. Residents from five academically-affiliated emergency departments who had higher grit scores were less likely to experience burnout and low well-being. Given that grit is an important characteristic from a well-being perspective, how do we identify people with "high grit?"

In a second article, written by Dr. Nathan Olson and colleagues, researchers examined the correlation between faculty and residents' assessments of resident grit. The article is entitled [Faculty Assessment of Emergency Medicine Resident Grit: A Multicenter Study](#). Researchers found that faculty assessment of resident grit did not correlate with resident self-assessment of grit. The questions remain: How do we identify those individuals with low grit and hence potentially at risk for burnout. Are there ways to improve a resident's grit score?

As educators, it is our responsibility to look out for the well-being of our learners. As these articles suggest, we still have work to do. I'm looking forward to more research into this important area that dramatically impacts our specialty.

Best Wishes,
Susan Promes MD, Editor
AEM Education and Training