Resilience in the veterinary profession

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Introduction
Resilience is an essential veterinary graduate attribute, and crucial to longevity and career satisfaction in veterinary practice. Despite this, the factors contributing to veterinarian resilience are currently ill-defined with the majority of research focusing on stress and burnout. Increasing attention is being paid to fostering resilience in the veterinary profession, and this must be underpinned by a thorough understanding of the personal and contextual factors that influence resilience, as well as an understanding of the resilience process.

Methodology
This poster presents the results of a literature review of studies published on veterinary mental health from 1995 to present (n=59). Qualitative analysis software (NVivo 10.2.2, QSR International) was used to code text within included papers, and to interrogate the literature by text search for resilience factors. After reviewing search results to ensure the word appeared in the correct context, the number of papers mentioning each term as a resilience factor was calculated. In order to better understand these factors, we used the four key groupings identified in a recent conceptualization of teacher resilience:1 those being personal resources, contextual resources, strategies, and outcomes.

Results
The diagram below shows an overview of resilience factors mentioned in the veterinary mental health literature (number of papers in parentheses).

Key Points
Resilience is a dynamic and multifaceted process in which individuals demonstrate the capacity to draw on personal and contextual resources, and utilise specific strategies in order to navigate challenges and work towards adaptive outcomes.¹ Resilience is thus a capacity, a process, and an outcome.

Themes important in veterinary resilience are: emotional competence, motivation, personal resources, social support, organisational culture, life balance, and wellbeing strategies.

References