

2026 Davee Foundation Lecture and Resident Research Day

Abstract

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Title: Financial Wellness in Residency: Exploring the use of a Financial Wellness Curriculum for Family Medicine Residents

Background: Resident physician wellness is a critical factor in reducing burnout, improving retention, and ensuring high-quality patient care. Financial stress is a well-documented contributor to physician distress, yet most trainees report feeling underprepared to manage personal finances. Evidence suggests that structured financial education during residency can enhance financial literacy, reduce stress, and support overall well-being. Despite these benefits, formal curricula addressing personal finance remain uncommon in graduate medical education, creating an opportunity to explore the impact of dedicated financial training on resident wellness.

Methods: A literature search was performed using PubMed, PubMed Clinical Queries, Cochrane Library, and ECRI Guidelines Trust.

Results and Conclusions: Based on literature review, studies demonstrate that higher financial well-being among residents is positively associated with exposure to personal finance curricula during residency. Despite demonstrating better financial habits and higher overall financial literacy compared to the general population, most residents report feeling uncomfortable with financial topics, underprepared for financial decision-making, and strongly supported incorporating formal financial education into residency training. Interest in additional education is high across all surveyed topics, particularly in areas like investment principles, retirement planning, insurance, and taxes. Improving financial education could reduce financial stress, enhance physician well-being, decrease attrition, and ultimately improve patient care. Future directions would include creating a need based financial wellness curriculum to present to residents to determine if there is a measurable increase in financial wellness post exposure to financial curricula.