

# Kintsugi: Thriving Through Connections

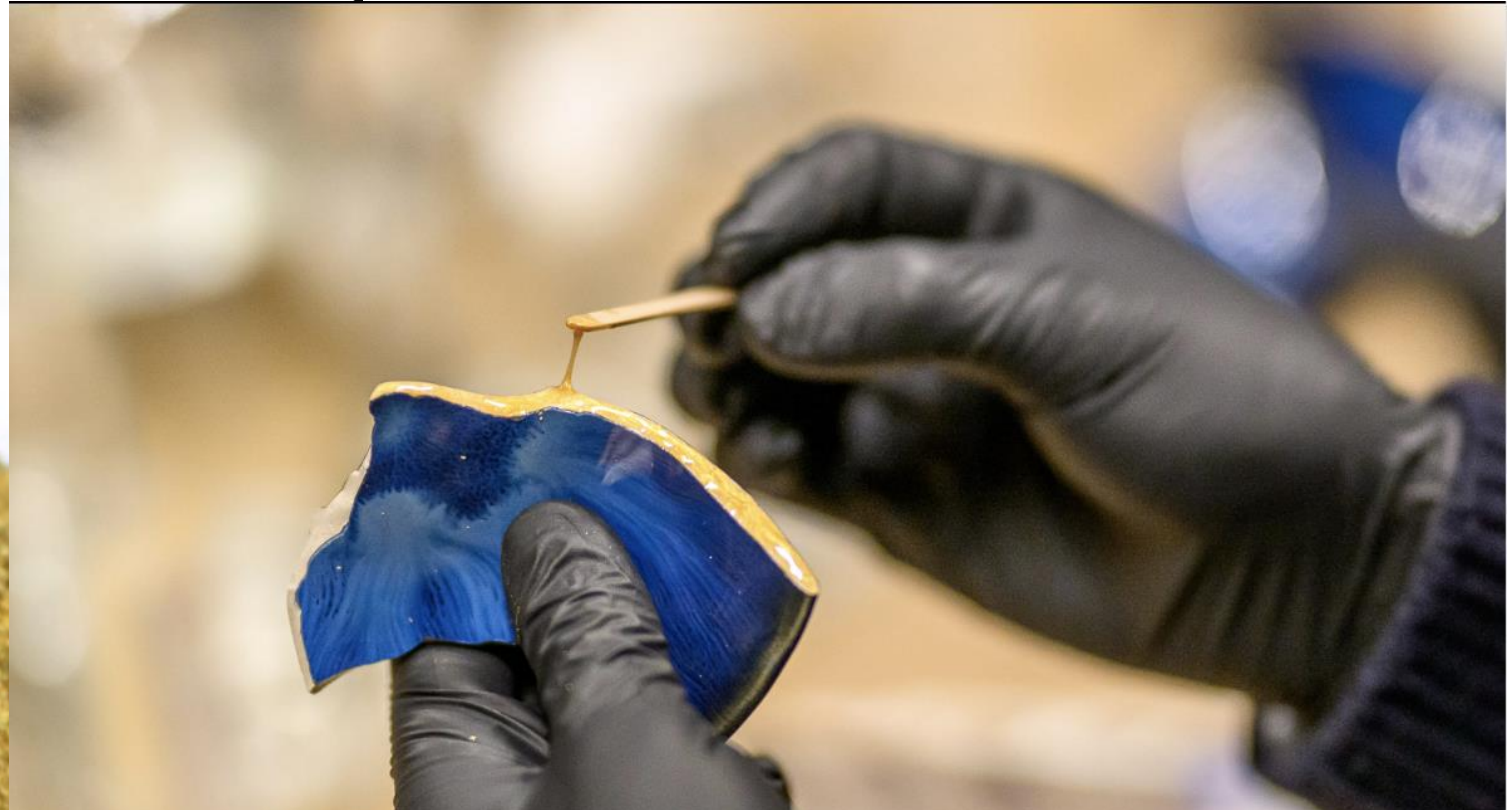
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# The Cracks

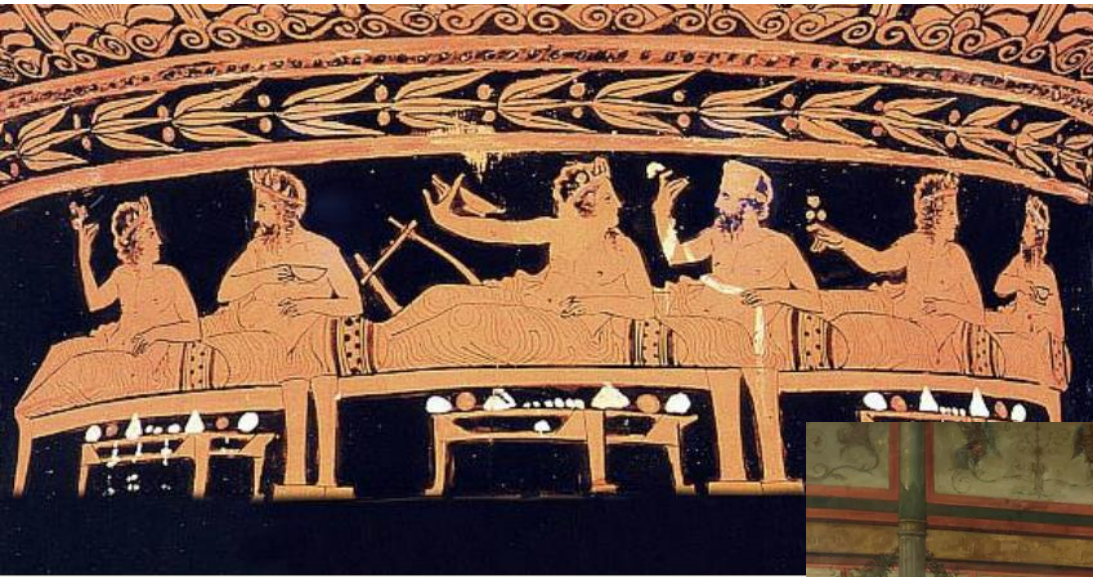
# The Gold



# Commensality



# Commensality Creates Community



A Symposium in Ancient Greece. *Symposium* comes from the Greek for 'drinking together'



Roman Feast by Roberto Bompiani



A State Dinner hosted by Indian Prime Minister Manmohan Singh for American President Barack Obama



Original Investigation

# Commensality Initiative: A Survey of Radiologists to Evaluate the Effects of Shared Meals on Burnout and Job Satisfaction

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**Rationale and Objectives:** Commensality, sharing meals, has long been recognized as a catalyst for connection, reflection, and community. In medicine, however, opportunities for communal gathering have diminished. This pilot study evaluated the impact of structured commensality groups on radiologists' well-being, including burnout, job satisfaction, empathy, and sense of connection, and assessed whether these effects persisted after 6 months.

**Materials and Methods:** An anonymous survey was distributed to 120 radiologists between September and October 2024 to assess interest in a commensality initiative. Three groups of seven faculty members participated in facilitated shared dinners three times over 6 months, with discussions centered on meaning, appreciation, and interpersonal connection. Identical pre- and postintervention surveys, including validated wellness instruments, assessed career satisfaction, burnout, and empathy. A subset of participants and non-participants completed a follow-up survey at 6 months.

**Results:** 59 radiologists responded to the baseline survey (49%), with 61% (36/59) expressing interest. Those reporting  $\geq 1$  symptom of burnout were more likely to be interested (83% vs. 65%,  $p = 0.05$ ). Among participants, burnout scores decreased significantly post-intervention ( $p = 0.023$ ), with directional improvements in career satisfaction and empathy. The proportion denying decreased connection to patients increased from 33% to 65% ( $p = 0.043$ ). At 6 months, participants continued to endorse the program as valuable (100% vs 76% of non-participants,  $p = 0.048$ ) and were more likely to express interest in future participation (100% vs. 57%,  $p = 0.001$ ).

**Conclusion:** Facilitated shared meals represent a feasible, low-cost intervention that enhances collegiality, empathy, and community while reducing short-term burnout.

**Key Words:** Surveys; Commensality; Shared meals; Burnout; Job satisfaction.

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# Shared Spaces



# Mentorship





# Movement



# Conclusion:

- Where Do We Place **the Gold?**
- **Connection:**  
Meals • Mentorship • Movement • Community
- Like **Kintsuji**, we are not just repaired, we are more resilient, connected and whole.
- ***We don't erase the cracks. We decide what fills them.***