

Physician, Heal Thyself

Chelsea Slade, MD
McKay-Dee Family Medicine Residency
Ogden Surgical Medical Society
May 2017

Conflicts of Interest

- Nothing to disclose

Acknowledgments

- Thank you to Marion Gorder for data analysis support
- Thank you to Dr. Dike Drummond, CEO, TheHappyMD.com

Background

- Physician burnout
 - Lower patient care quality
 - Lower patient satisfaction
 - Higher medical error rates
 - Higher rates of malpractice suits
 - Higher physician and staff turnover
 - Physician alcohol / drug addiction / abuse
 - Physician suicide
- Do I practice what I preach?
- How are we doing in Ogden?

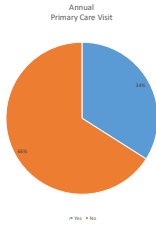
What Will Be YOUR Takeaway?

- Jot it down and do it

Methods

- Anonymous survey emailed to all physicians (MD / DO) in Ogden
- Total 112 responses

Results – Preventive Care Use Among Physicians



Cancer Screening among Physicians

Breast Cancer Screening



Colon Cancer Screening



Cervical Cancer Screening

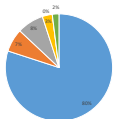


Substance Use Among Physicians

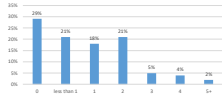
Tobacco Use



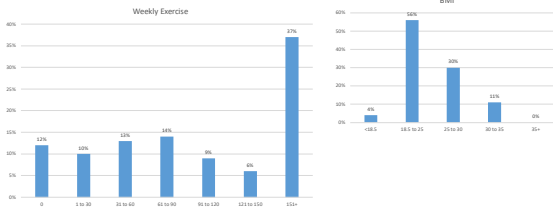
Weekly Alcohol Use



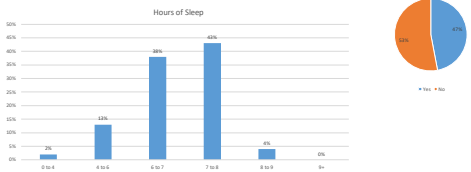
Daily Caffeine Use



Exercise and BMI Among Physicians



Sleep Among Physicians



Plug for Primary Care

- Second set of eyes
- Do you know the latest cholesterol and aspirin guidelines?
- Are you checking your own lab work?
- Can't do your own pap smear
- Someone to keep you accountable
- 30 minutes once a year

Burnout

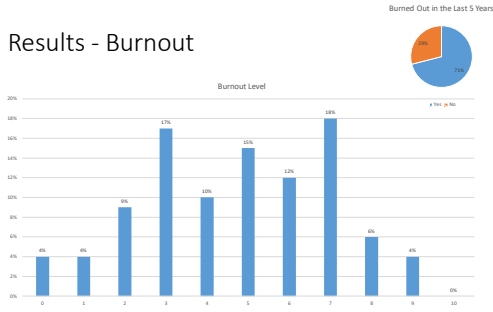
Cardinal Symptoms of Burnout

- Exhaustion
 - "I'm not sure how much longer I can keep doing this"
- Depersonalization
 - Cynicism, sarcasm
 - "compassion fatigue"
- Lack of efficacy
 - Doubting that your work makes a difference or has meaning or quality

Four Main Causes of Burnout

- Nature of the game of medicine
 - Great responsibility, little control; high stakes
- Your specific job
 - Call schedule, compensation formula, politics at your hospital
- Personal life
 - Conflicts with spouse; illness in family; financial stressors
- Double-edged sword of personality traits required for medical training
 - Workaholic, perfectionist, lone ranger, superhero

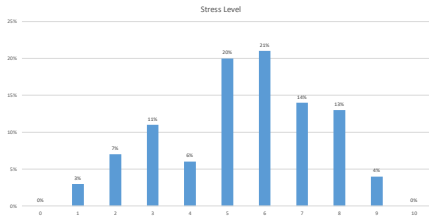
Results - Burnout



Satisfaction with Work-Life Balance



Stress Level



Tips from the Pros

- Open-ended question asking, "What techniques have you successfully used to reduce stress and maintain your own well-being during your career as a physician?"
- Included responses from those with self-reported "burnout score" of 5 or less out of 10; total of 44 individuals who chipped in:
 - Exercise
 - Outdoor activities
 - Time with family / spouse
 - Religion / spirituality / meditation
 - Work less / specific structured changes to your job
 - Vacation
 - Service
 - "beer"
 - "sex"

Correlation in Burnout Scores

- Not statistically significant: alcohol intake; BMI; frequency of losing your temper; number of vacations annually
- Correlation:
 - Sleeping less than 7 hours nightly = more burned out ($p = 0.0005$)
 - More satisfied with work-life balance = less burned out ($p < 0.0001$)
 - More stress = more burned out ($p < 0.0001$)

Tips from Dr. Drummond

- Move from EHR hater to power user
- Document the minimally necessary data set
- Automate what you can with your EHR
- Make documentation a team sport
- Try a scribe
- Team huddles
- Batch processing

What's YOUR Takeaway?

- Getting a physical exam?
 - Getting your colonoscopy?
 - Prioritizing sleep?
 - Change your approach to your EHR?
 - Change your lifestyle so you can work less?
 - Making structured job changes?
- If you aren't happy, what can you do to change that?

choose your own destiny

References

- Drummond, Dike. *Physician Burnout: Its Origin, Symptoms, and Five Main Causes*. Journal of Family Practice Management. 2015 Sept-Oct; 22(5): 42-47
- Drummond, Dike. *Eight Ways to Lower Practice Stress and Get Home Sooner*. Journal of Family Practice Management. 2015 Nov-Dec; 22(6): 13-18.
