How to Prevent Medical Burnout and The Jar of Happiness

Where did you find that? I've been searching for it everywhere.

I created it myself.
Work in medicine is great what problem are you talking about??

I don’t see a problem??
• **Medical Burnout**

• Between 2011 and 2016, satisfaction with work-life balance also decreased from **48.5% to 40.9%**

• *(P < .001)* despite no increase in the median number of hours worked per week.

• Specialties varied considerably in rates of burnout (40%-73%) and satisfaction with work-life balance, but all specialties had increased rates of burnout between 2011 and 2016.
• **Highest percentages reporting burnout in 2016 were in emergency medicine,** urology, physical medicine/rehabilitation, family medicine, and radiology.

• Lowest percentages reporting burnout in 2016 were in preventive/occupational medicine, radiation oncology, pediatrics, and psychiatry.
Between 2011 and 2016, other working US adults had minimal changes in burnout or satisfaction with work-life balance, resulting in even greater disparity in burnout and satisfaction with work-life balance in physicians vs the general working population.

In other words, people in medicine are more burned out.
Compared with other workers, physicians had nearly double the risk for burnout (OR, 1.97; 95% CI, 1.80-2.16; P < .001) and were 32% less likely to be satisfied with work-life balance (OR, 0.68; 95% CI, 0.62-0.75; P < .001), after pooled multivariate analysis with adjustment for age, gender, relationship status, and hours worked per week.

These studies adjusted for many different factors.
On the basis of their findings, the investigators concluded that burnout and satisfaction with work-life balance in US physicians worsened from 2011 to 2016, and that more than half of US physicians now report professional burnout.

In other words things got worse from 2011 to 2016
Why are things so bad?

- pressures of “assembly-line medicine”
- merciless scheduling demands
- fights with insurance companies
- growing regulations
- and an explosion in scientific literature with which their knowledge must remain current
- Their debt burdens often total hundreds of thousands of dollars
- work in constant fear of malpractice suits
The Job Isn’t Over Until the Paperwork is Done

- Documentation requirements are a constant work overload. What you have to do - and document - to get paid is a game where the rules are always changing.
• Male doctors killed themselves at a rate 70 percent higher than other professionals

• among female doctors, that rate ranged from 250 to 400 percent higher.
Yoshimasa "Yoshi" Makino, MD
Yoshimasa "Yoshi" Makino, MD, an assistant professor of clinical medicine at Keck School of Medicine of USC, died Dec. 12, 2014 committing suicide on the USC Health Sciences Campus. Makino, a gastrointestinal medicine specialist, had worked as a faculty physician at USC since 2010 and cared for patients at LAC+USC Medical Center as well as in the Internal Medicine practice and at the USC Norris Cancer Hospital GI Laboratory.

Makino is survived by his wife, Akiko Makino, and their 14-month-old son, Brent, as well as his parents, Tetsuo and Yasuyo Makino, and a sister, Aiko Makino.
Physician Burnout in 2015: A Deeper Look at a Serious Problem

**BURNOUT IS GETTING WORSE**

The number of physicians experiencing burnout has increased by 16% in the past 2 years. Now, 46% of all physicians report burnout.

**SPECIALTIES WITH THE MOST BURNED-OUT PHYSICIANS**

- Critical Care: 53%
- Emergency Medicine: 52%
- Family Medicine: 50%
- Internal Medicine: 50%
- General Surgery: 50%

Percentage of Physicians Who Report Burnout
**RELATIONSHIP BETWEEN BURNOUT AND LIFESTYLE CHOICES**

**Overall Health**
Burned-out physicians report being less healthy.

- In “Very Good” Health:
  - Not burned out: 70%
  - Burned out: 50%

**Exercise**
Physicians who are burned out tend to exercise less.

- Exercise At Least 2x Per Week:
  - Not burned out: 68%
  - Burned out: 56%

**Finances**
Physicians who are burned out have less savings/more debt.

- Minimal Savings to Unmanageable Debt:
  - Not burned out: 28%
  - Burned out: 39%
Personal Life
Physicians who are married are less likely to experience burnout.

- Married: 45%
- Never Married: 57%

Percentage of Physicians Who Report Burnout
TOP 5 CAUSES OF BURNOUT

1. Too many bureaucratic tasks
2. Spending too many hours at work
3. Income not high enough
4. Increased use of EHRs and computers
5. Impact of the Affordable Care Act
How do I Prevent Burnout?
Medical environment currently is like a storm
We can change you
1. Healthy Outlets
   - Exercise, walking, swimming, biking, outdoor activities, camping, fishing, gardening

2. Music

3. Pets

4. Spirituality

5. Lack of social media

6. Keep things in perspective
1. Healthy Outlets
Healthy Outlets

• Exercise, walking, swimming, biking, outdoor activities camping, fishing, gardening

1. Tom Scheve "Is there a link between exercise and happiness?" 22 June 2009. HowStuffWorks.com 16 April 2017

http://science.howstuffworks.com/life/exercise-happiness.htm


Music and Happiness

3. Pets
1. Is Human-Animal Interaction (HAI) Linked to Positive Youth Development? Initial Answers
Megan K. Mueller

2. Applied Developmental Science Vol. 18, Iss. 1, 2014

3. Friends with benefits: On the positive consequences of pet ownership.

4. McConnell, Allen R.; Brown, Christina M.; Shoda, Tonya M.; Stayton, Laura E.; Martin, Colleen E.


- Dog's gaze at its owner increases owner's urinary oxytocin during social interaction

Spirituality
Lack of social media
The relationship between cell phone use, academic performance, anxiety, and Satisfaction with Life in college students

*Computers in Human Behavior*

*Volume 31*, February 2014, Pages 343–350
Daily averages:

- YouTube: 40 minutes
- Facebook: 35 minutes
- Snapchat: 25 minutes
- Instagram: 15 minutes
- Twitter: 1 minute

Total time per day = 116 minutes = approximately 2 hours/day
Across a lifetime, this amounts to the following breakdown across popular social media platforms and apps:

- YouTube: 1 year, 10 months
- Facebook: 1 year, 7 months
- Snapchat: 1 year, 2 months
- Instagram: 8 months
- Twitter: 18 days

**Lifetime Total = 5 years 3 months**
We Do Not Have

WiFi ... ★ ★

Talk To Each Other

Pretend It's 1995
At some point, you just have to let go of what you thought should happen and live in what is happening.
Keep things in perspective
This is where the next picture was shot from in space from the Voyager 1 February 14, 1990 at the request of Carl Sagan
This speck is home “Think about it”
1. Healthy Outlets
   - Exercise, walking, swimming, biking, outdoor activities 
     camping, fishing, gardening

2. Music Therapy

3. Pets

4. Spirituality

5. Lack of social media

6. Keep things in perspective
EXCELLENCE IS NOT AN ACT BUT A HABIT

ARISTOTLE
Where did you find that? I've been searching for it everywhere.

I created it myself.
Remember to take care of yourself. You can’t pour from an empty cup.