Practicing in the New Reality: Avoiding Physician Burnout

July 20, 2020

Here is the link to the recording. Use passcode Gu65kbjX to unlock.
Send us Your Questions Using the Webex Chat Feature

Using a computer:
1. Click at the bottom of the screen to open Chat.
2. In the To drop-down list, select All Panelists.
3. Enter your message in the chat box, then press Enter on your keyboard.

Using the Webex mobile app:
1. Tap the at the top of the screen.
2. Tap the at the bottom of the screen.
3. Tap Chat with All Panelists.
4. Enter your message in the chat box, then tap Send.
Practicing in the New Reality: Avoiding Physician Burnout

Sandra Morgan, HCA Healthcare
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#CareLikeFamily
Meet our Presenters

Frank Drummond, MD, MBA

HCA Healthcare
Chief Medical Officer, Psychiatry
Meet our Presenters

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Facility Director, Mission Hospital
Practicing in the New Reality: Avoiding Physician Burnout

Dr. Frank Drummond and Dr. Chris Flanders
Our New Reality

Personal Health  Family Health  Financial Stability  Job Satisfaction  Exhaustion
I’m still a doctor. What’s different?

- PPE
- No Families
- End of Life Alone
- Repetition
- Surge Volumes
What’s the good news?

- Elevated Status of Healthcare Workers
- Still Saving Lives
- Celebrating Wins
- Staff Bonding
Why is physician burnout important?

**Symptoms**
- Cynicism
- Loss of enthusiasm for one’s work
- Decline in satisfaction and joy
- Increased detachment
- Emotional Exhaustion

**Consequences of physician burnout include:**
- Higher physician and staff turnover
- Higher medical error rates, malpractice risk
- Physician alcohol and drug abuse and addiction, physician suicide
- Lower patient satisfaction and care quality
COVID-19 and the Mind

• It is not just COVID – we are up against our evolutionary programming!
• The Human Mind has evolved with a negative bias
  • Lean towards a state of vigilance and anxiety
  • Running negative simulations of the future
  • Rerunning past regrets and scenarios
  • Remembering the bad over the good
• Negative Bias plus an objectively negative reality is why HCWs have increasing rates of:
  • Stress
  • Anxiety
  • Depressive Symptoms
  • Insomnia
Raising the Baseline

It is critical to learn techniques and habits to counteract our negative bias and raise our baseline – science can help!!!
Raising Our Baseline Wellness

Exercise  Relationships  Gratitude  Meditation  Sleep  Compassion Cultivation
Exercise

Anaerobic Exercise

• Enhanced mood\textsuperscript{1,2}
• Increased resiliency to:
  • Stress
  • Enhanced learning
  • Greater productivity
• Improved physical health\textsuperscript{3}
Exercise

- Nonaerobic Exercise
  - Yoga
  - Pilates
  - Stretching
  - Weight Training
- Yoga increases GABA⁴
Relationships

• Feeling connected to others improves our health and overall wellbeing

• Intentional Connection
Cultivating gratitude led to improved overall wellbeing, including fewer health complaints and a more positive outlook towards life.\(^{10}\)

Gratitude Practices (It takes Practice!!!)
- Daily Cues, journaling
- Family and friends
Sleep

• Numerous studies find insufficient sleep increases risk for developing obesity, diabetes and cardiovascular disease

• Positive affect and well-being are directly associated with good sleep and may buffer the impact of psychosocial risk factors including financial strain, social isolation, negative social interactions"
Meditation

- Mindfulness meditation can ease psychological stresses like anxiety, depression and pain.\(^6\)
- Increased Focus \(^7\)
- Enhanced Pain Tolerance\(^8\)
- Slower Mental Aging\(^9\)
What to Avoid!

- Alcohol
- Social Isolation
- Overconsumption of News
Resources

All Physicians:

- Healthcare professional burnout, depression and suicide prevention
- PsychHub - COVID-19 Mental Health Resource Hub
- CDC: Healthcare Personnel and First Responders: How to Cope with Stress and Build Resilience During the COVID-19 Pandemic
- AA as a Resource for Healthcare Professionals
- How to Fall Asleep in Ten Seconds
- HCA Healthcare Clinical Resources
- Subscribe to the AMA’s Burnout Management Tip of the Week

Physicians with an HCA 3-4 ID:

- Caregiver and Colleague Wellness Atlas Site
- HCAHRAnswers
- HCA Healthcare Brave Conversations: Mindfulness Matters
- Deep Breathing Animation
Questions?

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Appendix
Bibliography


2. Peter Hassmén, Nathalie Koivula, Antti Uutela. Physical Exercise and Psychological Well-Being: A Population Study in Finland, In Preventive Medicine, Volume 30, Issue 1, 2000, Pages 17-25, ISSN 0091-7435,


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10. Emmons & McCullogh 2003