Physician, heal thyself...
The importance of self-care and self-reflection

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Disclosure

I have the following disclosures:

• COBRE/CIRCA

• Oklahoma Department of Mental Health and Substance Abuse Services
Learning Objectives

• To understand the prevalence of physician burnout
• To understand the difference between burnout and vicarious traumatization
• To participate in a self-reflective exercise
• To touch a beach ball
• To identify activities to improve individual wellness
SECOND OPINION

BY ROB ROGERS

WHAT SEEMS TO BE THE PROBLEM, MRS. JOHNSON?

I FEEL THE WAY YOU LOOK!

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Job and Satisfaction With Practice in Physicians and the Aging Population Between 2011 and 2014

n, MBBS, MPH; Lotte N. Dyrbye, MD, MHPE; § Jeff Sloan, PhD; and Colin P. West, MD, PhD
Which Physicians are most burned out?
Are Older or Younger Physicians More Burned Out
What Contributes to Physicians’ Burnout?

- Too many bureaucratic tasks (e.g., charting, paperwork): 56%
- Spending too many hours at work: 39%
- Lack of respect from administrators/employers, colleagues, or staff: 26%
- Increasing computerization of practice (EHRs): 24%
- Insufficient compensation: 24%
- Lack of control/autonomy: 21%
- Feeling like just a cog in a wheel: 20%
- Lack of respect from patients: 16%
- Government regulations: 16%
- Decreasing reimbursements: 15%
- Emphasis on profits over patients: 15%
- Maintenance of Certification requirements: 12%
"Dr. Singh's the third E.R. burnout we've lost this week."
Consequences:

- Lower patient satisfaction and care quality
- Higher medical error rates and malpractice risk
- Physician alcohol and drug abuse and addiction
- Higher physician and staff turnover
- Physician suicide
Preventing and Treating Burnout

- Nonessential tasks
- Goals, Skills and Work Passions
- Sleep, Exercise, Diet
- Daily Timeouts
- Support Systems
- Vacations
**Self-Care Assessment Worksheet**

This assessment tool provides an overview of effective strategies to maintain self-care. After completing the full assessment, choose one item from each area that you will actively work to improve.

Using the scale below, rate the following areas in terms of frequency:

5 = Frequently  
4 = Occasionally  
3 = Rarely  
2 = Never  
1 = It never occurred to me

**Physical Self-Care**

____ Eat regularly (e.g. breakfast, lunch and dinner)  
____ Eat healthy  
____ Exercise  
____ Get regular medical care for prevention  
____ Get medical care when needed
Learning Objectives

- To understand the prevalence of physician burnout
- To understand the difference between burnout and vicarious traumatization
Burnout: emotional exhaustion, a reduced feeling of accomplishment. Occurs as result of general occupational stress.

Vicarious traumatization: harmful changes in professionals’ views of themselves, others, and the world as a result of exposure to traumatic material.

Secondary traumatic stress: a syndrome among professional helpers that mimics Post traumatic stress disorder and occurs as a result of exposure to traumatic material.
Secondary Traumatic Stress

- Increase in arousal
- May Re-experience own personal trauma
- Avoidance
- Changes in memory and perception
- Alterations in sense of self-efficacy
- Sleeplessness
- Fear
- Chronic Exhaustion
Secondary Traumatic Stress

- Barriers to detection
  - Self-blame
  - Shame
  - Denial
  - Self-Sacrifice
  - Job-Security
  - Pressure
  - Cost
Secondary Traumatic Stress: Personal Risk Factors

- Personal Trauma
- Identifying with the victim
- Negative personal circumstances
- Low levels of social support
Secondary Traumatic Stress: Work-Related Factors

- Inexperience on the job
- Poor or no supervision
- High frequency of exposure to traumatic material
- Exposure to critical incidents
Secondary Traumatic Stress: Organizational Factors

- High administrative burden
- Difficult families
- Conflicts with co-workers or supervisors
- Climate of pervasive, ongoing change
- Excessive emphasis on efficiency, cost-effectiveness and competition
- Unforgiving environment
Learning Objectives

• To understand the prevalence of physician burnout
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Secondary Traumatic Stress Prevention
Professional Quality of Life Scale (ProQOL)

Compassion Satisfaction and Compassion Fatigue
(ProQOL) Version 5 (2009)

When you [help] people you have direct contact with their lives. As you may have found, your compassion for those you [help] can affect you in positive and negative ways. Below are some questions about your experiences, both positive and negative, as a [helper]. Consider each of the following questions about you and your current work situation. Select the number that honestly reflects how frequently you experienced these things in the last 30 days.

1 = Never  2 = Rarely  3 = Sometimes  4 = Often  5 = Very Often

1. I am happy.
2. I am preoccupied with more than one person I [help].
3. I get satisfaction from being able to [help] people.
4. I feel connected to others.
5. I jump or am startled by unexpected sounds.
In this section, you will score your test so you understand the interpretation for you. To find your score on each section, total the questions listed on the left and then find your score in the table on the right of the section.

**Burnout Scale**

On the burnout scale you will need to

*1. _____ = _____

**Secondary Traumatic Stress Scale**

Just like you did on Compassion Satisfaction, copy your rating on each of these questions on to this table and add them up. When you have added then up you can find your score on the table to the right.

<table>
<thead>
<tr>
<th>Secondary Trauma questions is</th>
<th>So My Score Equals</th>
<th>And my Secondary Traumatic Stress level is</th>
</tr>
</thead>
<tbody>
<tr>
<td>22 or less</td>
<td>43 or less</td>
<td>Low</td>
</tr>
<tr>
<td>Between 23 and 41</td>
<td>Around 50</td>
<td>Average</td>
</tr>
<tr>
<td>42 or more</td>
<td>57 or more</td>
<td>High</td>
</tr>
</tbody>
</table>

Total: _____
PROFESSIONAL QUALITY OF LIFE

- Compassion
- Compassion Fatigue
- Burnout
- Secondary Traumatic Stress
- Compassion Satisfaction
Compassion
Compassion Fatigue
Burnout
SECONDARY TRAUMATIC STRESS
Play /plā/

verb
verb: play; 3rd person present: plays; past tense: played; past participle: played; gerund or present participle: playing

1. engage in activity for enjoyment and recreation rather than a serious or practical purpose. "the children were playing outside"

synonyms: amuse oneself, entertain oneself, enjoy oneself, have fun; relax, occupy oneself, divert oneself; frolic, frisk, romp, caper; informalmess around
"Aidan and Robert were playing with their toys"

Noun

1. activity engaged in for enjoyment and recreation, especially by children. "a child at play may use a stick as an airplane"

synonyms: amusement, entertainment, relaxation, recreation, diversion, distraction, leisure; enjoyment, pleasure, fun, games, fun and games; horseplay, merrymaking, revelry; informalliving it up
"a balance between work and play"
References


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• Linzer, M., & FACP. (2016). *Preventing physician burnout*. Retrieved August 18, 2016, from https://www.stepsforward.org/modules/physician-burnout In-line Citation: (Linzer & FACP, 2016)

• Gray, P. (2012). *Free to learn: Why unleashing the instinct to play will make our children happier, more self-reliant, and better students for life*. New York: Basic Civitas Books. In-line Citation: (Gray, 2012)


