

MEDICAL EDUCATION

SPEAKERS NETWORK

ESTD  DATE

MESN Trending Topic

Physician Burnout and Suicide

If your medical staff has expressed any degree of physician burnout, consider contacting our office to book a speaker on this topic at 714-505-4777 or info@speakersnetwork.com.

What is the problem (C2)?

Physician burnout is common in the United States, with half of family physicians feeling physical and psychological burnout. According to a recent survey, there has been a substantial increase in burnout among family physicians younger than 35 years, where 43% are now reporting burnout, compared to only 10% in 2013. Physicians have a more than two-fold increased risk over the general population for dying by suicide. Approximately 400 physicians commit suicide every year. Many aspects of patient care may be compromised by burnout. Burnout has been associated with reduced patient satisfaction and patient adherence to treatment plans. Physicians who have burnout are more likely to report making recent medical errors, score lower on instruments measuring empathy, have higher job dissatisfaction, and are more likely to retire early. Two major contributors to burnout are communication and self-care. This didactic provides a contextual shift in the impact of burnout and leaves providers empowered with new tools that they can begin implementing immediately to achieve increased balance, satisfaction, and fulfillment in their lives.

How do we know this is a problem (C2)?

https://www.medscape.com/viewarticle/896257?nlid=122269_4503&src=wnl_dne_180508_mscpedit&uac=143831FT&implID=1626983&faf=1
<http://www.medscape.com/viewarticle/838878>
<http://jama.jamanetwork.com/article.aspx?articleid=1161849>
<http://www.businessinsider.com/over-half-of-us-doctors-are-burned-out-and-need-sleep-2015-12>
<https://www.medscape.com/viewarticle/869777>

Why does this problem exist? (C2)

X Lack knowledge about the problem(s)
X Lack strategies to apply knowledge to practice (competence)

What do attendees need? (C2)

Attendees need education on the importance of self-care, as well as tools for communication, listening, and acknowledgment, to decrease physician burnout.

Learning Objectives (C3)

At the conclusion of this activity, the learners will be able to:

1. Identify how physicians of different age, culture and gender deal with stress and burnout.
(IMQ's CLC requirement)
2. Understand how their well-being affects the interaction with the patient and therefore patient outcomes
3. Administer a contextual shift in the area of self-care such that they are enrolled to take action and be accountable for their well being
4. Identify new options and tools for balancing work and life.
5. Be empowered to create a structure for fulfillment for their own self-care and an accountability partner

Educational Delivery Method (C5):

- Didactic lecture
- Question and answer session
- Interactive Inquiry

Rationale for Delivery Method (C5):

- Knowledge conveyed in a short time
- Application of knowledge to potential practice

Professional Competencies (C6):

- Patient Care** - Provide care that is compassionate, appropriate and effective treatment for health problems and to promote health.
- Medical Knowledge** - Demonstrate knowledge about established and evolving patient and staff communication models, and their application in the patient care setting.
- Interpersonal and Communication Skills** - Demonstrate skills that result in improved interaction and collaboration with patients, staff, and colleagues (e.g., fostering a therapeutic relationship that is ethically sound, uses effective listening skills with non-verbal and verbal communication; working as both a team member and at times as a leader).

SPEAKERS ARE AVAILABLE FOR ONLINE ACTIVITIES

Our speakers are available for web-based activities as well as in-person activities. Our speakers can also produce pre- and post-test questions if your organization requests for compliance with the AMA's assessment requirement for online activities.