The Road to Physician Wellness

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ROADMAP

Where We Have Been

Where We Are

Where We Are Going
Physician, heal thyself
WHERE WE ARE
Table 1. Comparison of first and third year students on depression items

Ludwig et al. BMC Medical Education (2015)15:141
400 per Year
What is Burnout?
What is Burnout?

Exhaustion

Burnout

Inefficacy  Cynicism

(Maslach & Jackson 1986)
Descent into the Inferno

- Driven by an ideal
- Working like a maniac
- Putting own needs last
- Miserable and clueless
- The death of values
- Frustrated and cynical
- Emotionally exhausted
- I morphed into what?
- Get away from me!
- Inner emptiness
- Who cares/why bother?
- Collapse
What is Well Being?

• “An individuals perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns. It is a broad ranging concept affected in a complex way by the person’s physical health, psychological state, personal beliefs, social relationships and their relationship to salient features of their environment.”

-World Health Organization, 1997
What is Well Being?

Resources  |  Well being  |  Challenges

WHERE WE ARE GOING
Changing the Culture in Medicine


Choice

Physician Wellness

Camaraderie  Excellence
Changing the Culture in Medicine

Faculty Health & Well-Being

How to Preserve Your Well-Being
And what your institution can do to help

With Tait Shanafelt, MD, Mayo Clinic
Model for Physician Wellness and Professional Fulfillment
Intervention to Promote Physician Well-being, Job Satisfaction, and Professionalism
A Randomized Clinical Trial

Colin P. West, MD, PhD; Liselotte N. Dyrbye, MD, MHPE; Jeff T. Rabatin, MD, MSc; Tim G. Call, MD; John H. Davidson, MD; Adamarie Multari, MD; Susan A. Romanski, MD; Joan M. Henriksen Hellyer, RN, PhD; Jeff A. Sloan, PhD; Tait D. Shanafelt, MD

RESULT:
- improved work meaning & engagement
- reduced depersonalization

2014 West, JAMA Internal Medicine
Physician Self Care

EMRA CELEBRATES
EM WELLNESS WEEK

WITH THE RESIDENTS AT UCSF FRESNO
Regular Wellness Checks
Can Mindfulness Make a Difference?

Mind Full, or Mindful?
Mindfulness Techniques for Physicians

• Body Work
  – Stretch
  – Scan

• Breath Work
  – Diaphragmatic breathing
  – 4-7-8 breathing

• Connecting with Patients
  – Touch the door
  – Compassion meditation

• Releasing Stress
  – Drain exercise
Body Work

Stretch it out!
Hold each stretch for 15-30 seconds

Regular stretching can help to improve blood flow and reduce muscle tension and risk of injury. Perform each stretch slowly and without bouncing. If you feel abnormal discomfort, stop the stretch and consult your physician before continuing with a stretching program.

- Neck
- Lower Back
- Chest
- Upper Back
- Forearm & Wrist
- Back of Thigh
- Shoulder
- Triceps
- Sidebend
- Calf
Breath Work

4-7-8 Breathing Exercise

1. Exhale completely through your mouth.
2. Close your mouth & inhale through your nose, counting to 4.
3. Hold your breath as you count to 7.
4. Exhale completely through your mouth, breathing out for a full count to 8.
Connecting with Patients
Releasing Stress
Conclusions/Questions

be happy.