

Physician Wellness Resources

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Learning Objectives

- Compare and contrast differences between burnout and depression
- Identify signs and symptoms that a peer may be experiencing mental health or substance challenges
- Name resources available in the state of Oklahoma to help physicians with mental health or substance use disorders

Beyond Objectives

It is my hope that everyone here who has direct influence on other physicians (department chairs, supervisors, residency program directors) will not only take this information in on a personal level but also think about how all of this affects those physicians who work under you and your physician patients

Physician Burnout

Demand is perceived as exceeding the individual resources

Burnout symptoms

- Fatigue
 - Emotional, physical, both
- Increase in physical symptoms
 - Headaches, muscle tension, GI issues, agitation
- Irritability
 - Negative and sarcastic about things or people you work with
 - Negative feelings about clients
- Change in performance
 - Bare Minimum approach

Causes of Burnout



- Budget constraints
- Increasing workload
- System inefficiencies
- Overstressed
- Administrative

Causes of Burnout

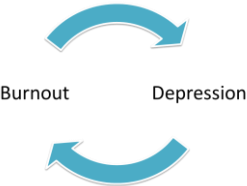
- Policing and complaints
- HER
- Insufficient Income
- Long work hours
- Too many bureaucratic tasks
- Culture of medicine



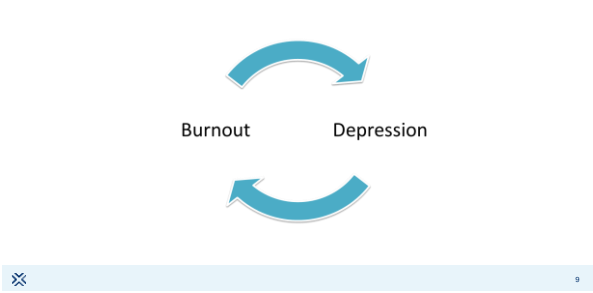
Causes of Burnout

- Lack of respect from administrators/employers, colleagues, or staff
- Lack of respect from patients
- Emphasis on profit over patients
- Lack of control
- Culture of medicine
- Overly empathic
- Stress of working with marginalized communities





Burnout Depression



Physician Depression

24% of physicians reported clinical depression

64% of physicians reported colloquial depression

How many of these are depressed?

Physician Depression

Over half felt that depression didn't affect their patient care

34% reported being easily exasperated with patients

23% Less motivation to be careful with taking patient notes

11% Making errors that might not normally be made

14% Expressing frustration in front of patients

2/3 of physician reported no history of seeking care in the past and no plan to seek care in the future

Medscape, 2022

Physician Depression

Of those who said they were depressed:

Nearly 22% of physicians reported thoughts of suicide but not attempting

1% have attempted suicide

Nearly 40% with suicidal thoughts have not spoken to anyone about those thoughts

Medscape, 2020

Physician Suicide

300-400 physician completed suicide annually

Women physicians at increased risk
Higher suicide rates than male physicians
Dutheil et al. (2019)

Physician Anxiety

Difficulty falling asleep/staying asleep

Impaired concentration

Fatigue

Physical restlessness/difficulty relaxing

Irritability

Worry thoughts



• Primary trauma

• Secondary trauma

Trauma Experiences and Burnout

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PTSD

- Exposure to trauma
 - Directly experience
- Witness it occur to someone else
- Learning that a trauma happened to someone close
- Experiencing repeated or extreme exposure
 - First responders, Police officers, Mental health workers, Physicians, etc

PTSD – Intrusion Symptoms

- Recurrent memories
- Recurrent dreams
- Flashbacks
- Distress with exposure to reminders

PTSD – Avoidance Symptoms

- Internal memory
- External cues

PTSD – Altered Cognitions/Mood

- Inability to remember an important aspect of trauma
- Decreased interest or participation in activities
- Negative beliefs about oneself,others or the world
- Feeling detached or estranged from others
- Inability to experience positive emotions
- Self-blame
- Negative emotional state



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PTSD – Altered arousal and reactivity

- Irritable behavior/anger outbursts with little or no provocation
- Reckless/self-destructive behavior
- Hypervigilance
- Exaggerated startle response
- Impaired concentration
- Impaired sleep



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Substance Use Disorder

- Using for longer time or larger amounts than intended
- Unsuccessful attempts to stop or cut down
- Spending a lot of time obtaining, using, or recovering from the effects
- Cravings, urges to use
- Interferes with ability to fulfill major obligations
- Continued use despite interpersonal problems



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Substance Use Disorder

- Limiting recreational, social, or occupational activities as a result of substance use
- Recurrent use in physically unsafe environments
- Persistent use despite knowing that it may cause or exacerbate physical/psychological problems
- Tolerance
- Withdrawal

Treatment avoidance

2/3 of physician reported no history of seeking care in the past and no plan to seek care in the future

Medscape, 2020

Treatment avoidance

- 49% - I can deal with this without help from a professional
- 43% - Don't want to risk disclosure to medical board
- 32% - Concerned about it being on my insurance record
- 25% - Concerned about my colleagues finding out
- 22% - Concerned the medical profession will shun me
- 11% - I don't trust mental health professionals

Medscape, 2022

Oklahoma Physician Wellness Program

EDUCATION

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OKCMHS Goals

Physician Wellness Program

Physician Wellness



To help physicians navigate this challenging time, the Oklahoma State Medical Association (OSMA) Foundation, Oklahoma County Medical Society, Tulsa County Medical Society, OSMA Rural Physician Society and the Tellegen Community Institute are partnering as a groundbreaking research physician wellness program that will offer two parallel pathways to help MDs and DOs in Oklahoma.

The non-urgent pathway (OklahomaMD) and OS physicians with acute, high-risk, confidential on-line counseling support with a national psychologist who is part of the program network. The program is available to eligible physicians for 12 months or less, regardless of membership in the Oklahoma State Medical Association (OSMA). Results to a physician group from the Tellegen Community Institute and support from the OSMA Foundation.

The program is currently only available for licensed MDs and DOs in the state of Oklahoma.

Select the region where you practice for more details on the Physician Wellness Program in your area.

Oklahoma County



Tulsa County



Rural Physicians



Non-Member Physicians



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