

Creativity as an Outlet for Improving Physician Satisfaction

Swapna Deshpande, MD, DFAACAP
Rachel Franklin, MD, FAAFP
Lesa Mulligan, MD, FACOG
Nicole B. Washington, DO, MPH



Learning Objectives

- Identify signs of burnout
- Identify personal wellness goals
- Explore nontraditional ways to manage burnout and improve overall life satisfaction



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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



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Burnout symptoms

Fatigue

Emotional, physical, both

Increase in physical symptoms

Headaches, muscle tension, GI issues, agitation

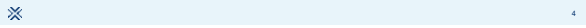
Irritability

Negative and sarcastic about things or people you work with

Negative feelings about clients

Change in performance

Bare Minimum approach



Causes of Burnout



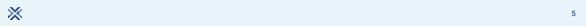
Budget constraints

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

Self-Care

- Scheduled
- Pervasive
- Intentional

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Professional Self-Care

- Work hours
- After hours
- The strategic yes
- Learning to say no
- Structuring your day
- Vacations

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Vacations



Vacation Time
 70% of non burned-out physicians took at least 2 weeks of vacation the year prior compared to 59% of the burned out physicians

Medscape, 2018

- 9% take less than 1 week
- 30% take 1-2 weeks
- 40% take 3-4 weeks
- 12% take 5-6 weeks
- 8% take more than 6 weeks

Medscape, 2022

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Physical Self-Care

- Diet
- Exercise
- Massage
- Health maintenance
- Addressing illness

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Financial Self-Care

- Retirement planning
- Tax planning
- Revenue outside of medicine

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Psychological Self-Care

- Therapy
- Peer groups
- Activities that bring you joy
- Realistic expectations
- Gratitude

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Gratitude

- Plan your gratitude activity
 - Gratitude wall
- Gratitude jar
- Create a gratitude calendar
- Link your gratitude exercise to an activity that you do regularly like brushing teeth

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Interpersonal Self-Care

- Nurture relationships
- Variety of relationships
 - Family
 - Friends
 - Professional friends

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Spiritual Self-Care

- Organized religion
- Meditation
- Prayer
- Religious reading

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Environmental Self-Care

- Outsourcing
- Making home your peaceful place

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Intellectual Self-Care

- Journals
- Keeping up with current standards of care
- CME

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Can I Leave Medicine?

We can't all leave!

Take back what you love about your field (or life in general) and get creative

- Podcasting
- Book writing
- Medical journalism/content review
- Blog/Vlog
- Speaking

Turn a hobby into a side gig or passion project

Check on any intellectual property clauses in your employment contracts beforehand if medicine related/adjacent

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Friendly Reminders:
You are an expert

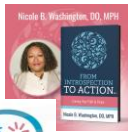
You know more about your field
than the average person out
there

Somewhere out there, there is
someone "educating" people on
something that you have worked
years studying and they don't
know a fraction of what you know





Nicole B. Washington, DO, MPH





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Swapna Deshpande, MD, FAPA, DFAACAP

Founder and CEO Swapna Live Well LLC,
www.swapnalivewell.com
Associate Clinical Professor
Department of Psychiatry, Oklahoma State
University
Board Certified Adult Psychiatry, Child and
Adolescent Psychiatry
Fellow American Psychiatric Association (FAPA)
Distinguished Fellow American Academy of
Child and Adolescent Psychiatry (DFAACAP)
President, Oklahoma Child and Adolescent
Psychiatry Council (2018-2021)





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Lesa Mulligan, MD

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