

## 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

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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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### Physician Burnout

Demand is perceived as exceeding the individual resources

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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

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### Causes of Burnout



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

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**Causes of Burnout**

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

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**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




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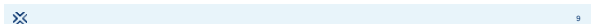
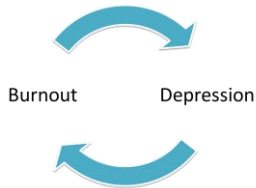
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**Physician Depression**

24% of physicians reported clinical depression  
64% of physicians reported colloquial depression  
How many of these are depressed?

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**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

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**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

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**Physician Suicide**

300-400 physician completed suicide annually

Women physicians at increased risk  
Higher suicide rates than male physicians

Dutheil et al. (2019)

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**Physician Anxiety**

Difficulty falling asleep/staying asleep

Impaired concentration

Fatigue

Physical restlessness/difficulty relaxing

Irritability

Worry thoughts

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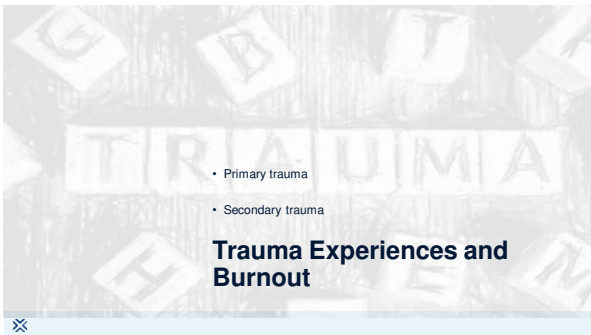
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• Primary trauma  
• Secondary trauma

**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

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**PTSD – Intrusion Symptoms**

Recurrent memories

Recurrent dreams

Flashbacks

Distress with exposure to reminders

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**PTSD – Avoidance Symptoms**

Internal memory

External cues

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**PTSD – Altered Cognitions/Mood**

- Inability to remember an important aspect of trauma
- Negative beliefs about oneself, others or the world
- Self-blame
- Negative emotional state

- Decreased interest or participation in activities
- Feeling detached or estranged from others
- Inability to experience positive emotions

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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

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**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

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**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

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