

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



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

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

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

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



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

[Home](#) » [Member Benefits](#) » Physician Wellness Programs

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 Section and the Telligen Community Initiative are partnering on a groundbreaking statewide physician wellness program that will offer free psychological counseling to any M.D. or D.O. in Oklahoma.

The new program provides Oklahoma M.D. and D.O. physicians with up to eight, confidential one-hour counseling sessions with a licensed psychologist who is part of the program's network. The program is available to eligible physicians from throughout the state, regardless of membership in the Oklahoma State Medical Association (OSMA), thanks to a generous grant from the Telligen Community Initiative and support from the OSMA Foundation.

The program is currently only available for licensed M.D.s and D.O.s in the state of Oklahoma.

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

Oklahoma County



Tulsa County



Rural Physicians



Non-Member Physicians



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