

WHY PHYSICIANS BURN OUT?

AZIZA SHAD, MD

MECC PALLIATIVE CARE MEETING

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CASE PRESENTATION

Subject: Aziza Shad, MD

- Job description:
 - Academic Physician
 - Clinical Researcher
 - Chief of Division
 - Mother of 3 children
 - Wife of an academician

CASE PRESENTATION

- Work entails:
 - Complex patient care
 - Teach medical students and residents
 - Participate in research activities
 - Administration
 - Attend meetings (hospital and university)
 - Fund raising
 - International activities
 - Getting homework done and getting children to activities, such as Boy Scouts

CASE PRESENTATION

- Add in a couple of situations like this:
 - Parents of a 14 year old girl with end stage metastatic bone cancer and respiratory distress want everything done – do not want to make her a DNR
 - Housestaff and nurses are very upset with both situations and want speedy resolution
 - A couple of nurses in clinic are on leave and the others are feeling the stress
 - My son is not doing well in math and needs help at home

STRESSORS IN ONCOLOGISTS

- Majority felt their burnout was directly related to:
 - Insufficient personal or vacation time
 - Administering terminal care
 - Heavy workload
 - 100% clinical care
- Academic physicians experienced less burnout as compared to private practitioners
 - Research , teaching, other activities

MY BIGGEST STRESSORS

- Trying to provide the highest quality of care in a personalized manner
- Patient load
- Dealing with death and suffering of patients
- Balancing my personal and professional life
- Maintaining my academic position
 - Research
 - Conferences –international and national

HOW DO I COPE?

- I have developed a philosophy to dealing with death and end-of-life care
- I find meaning in my work
- I maintain a positive outlook on things
- I discuss stressful aspects of my work with colleagues
- I rely on my religious and spiritual beliefs
- I do research and international education for developing countries which keeps me energized
- I am trying very hard to have protected time with my family
- I am trying to exercise regularly

I TOOK THE MIND BODY MEDICINE COURSE!!!!

CASE PRESENTATION

- A terminally ill 14 year old patient with cancer responds to a new, relatively untested drug – but is tired of treatment and refuses more therapy
- Parents of a 14 year old girl with end stage metastatic bone cancer and respiratory distress want everything done – do not want to make her a DNR
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- My son is not doing well in math and needs help