

**Physician, heal thyself...  
The importance of  
self-care and self-reflection**

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# Disclosure

I have the following disclosures:

- COBRE/CIRCA
- Oklahoma Department of Mental Health and Substance Abuse Services

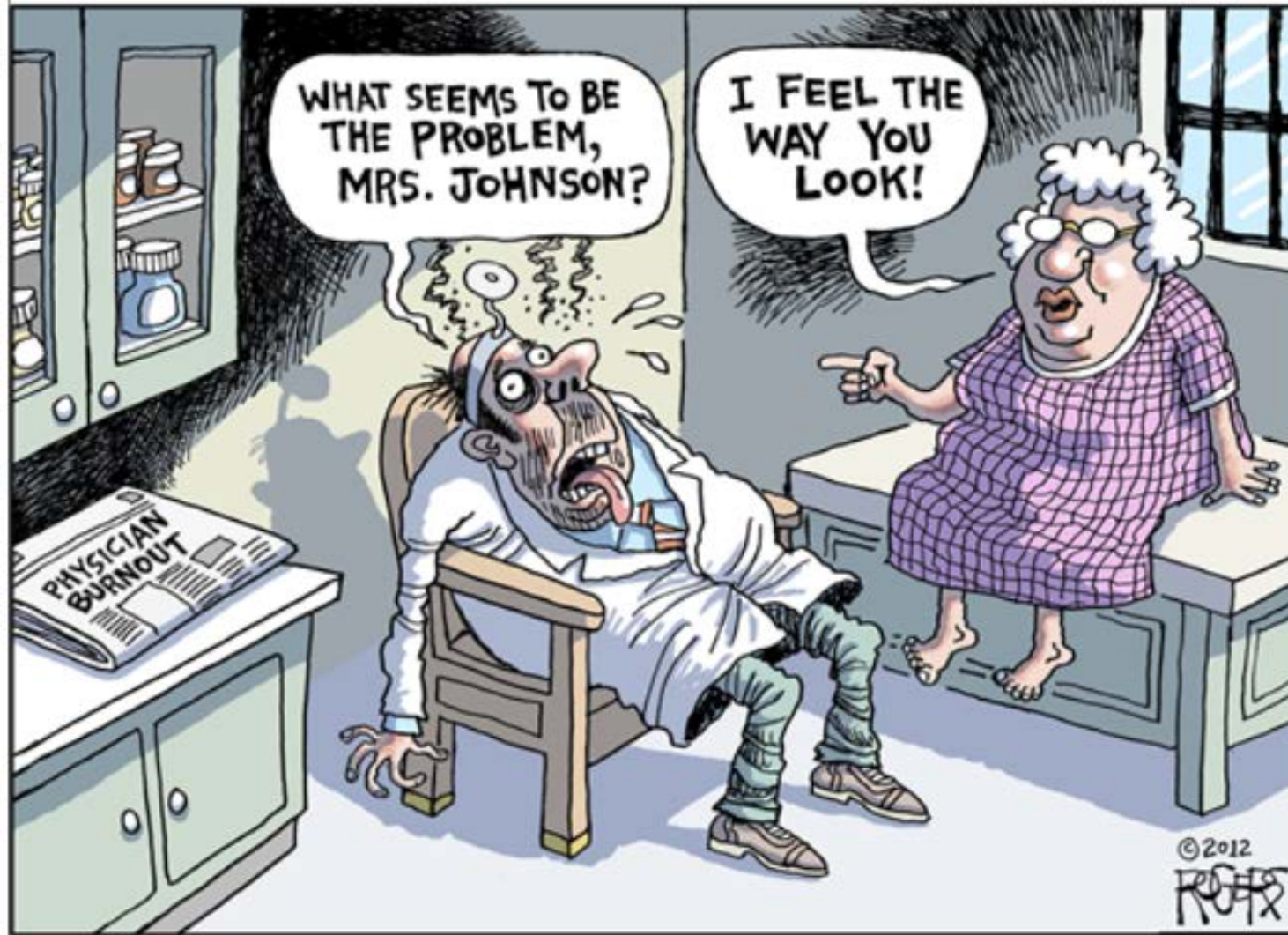
# Learning Objectives

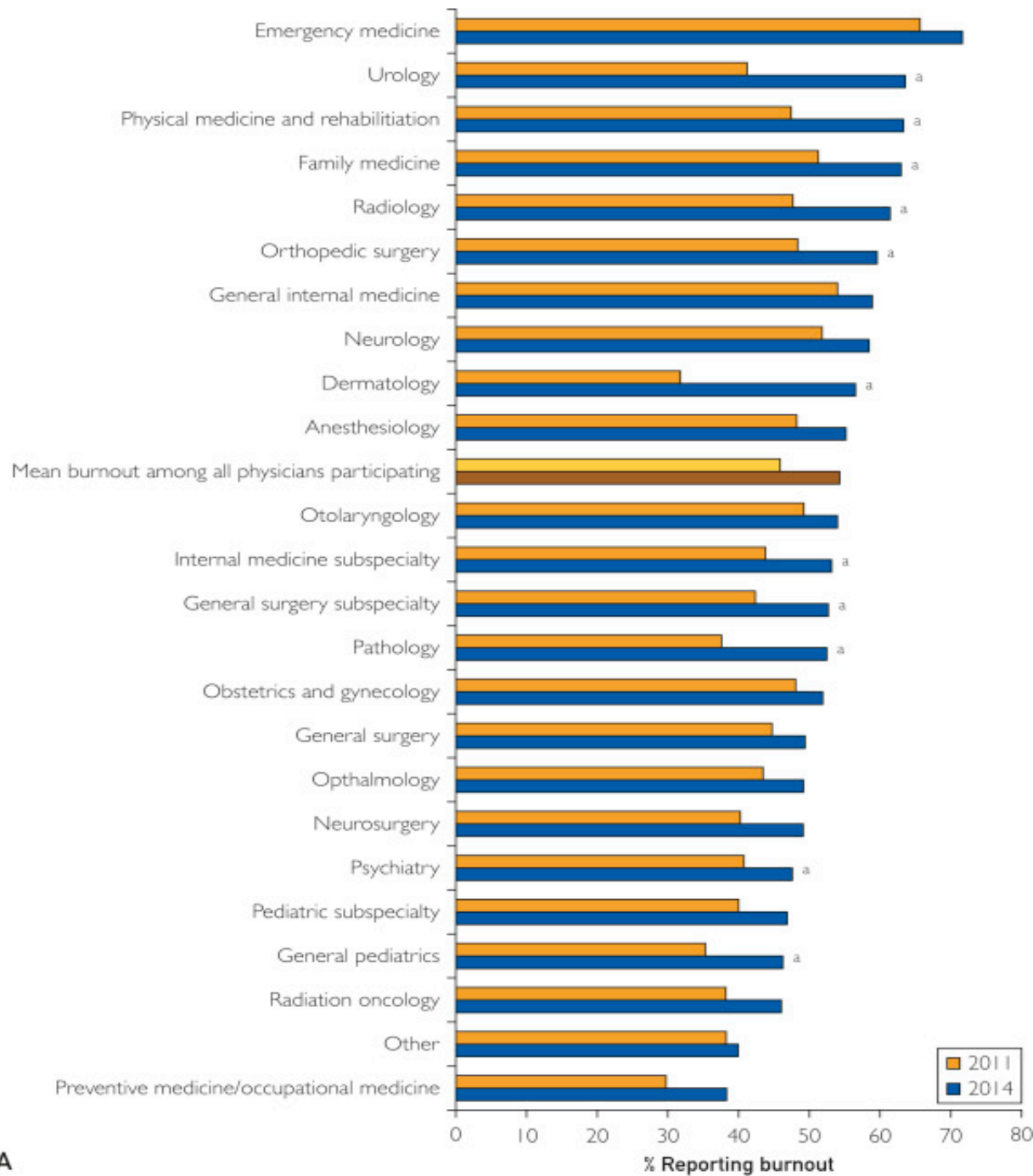
- To understand the prevalence of physician burnout
- To understand the difference between burnout and vicarious traumatization
- To participate in a self-reflective exercise
- To touch a beach ball
- To identify activities to improve individual wellness



# SECOND OPINION

BY ROB ROGERS

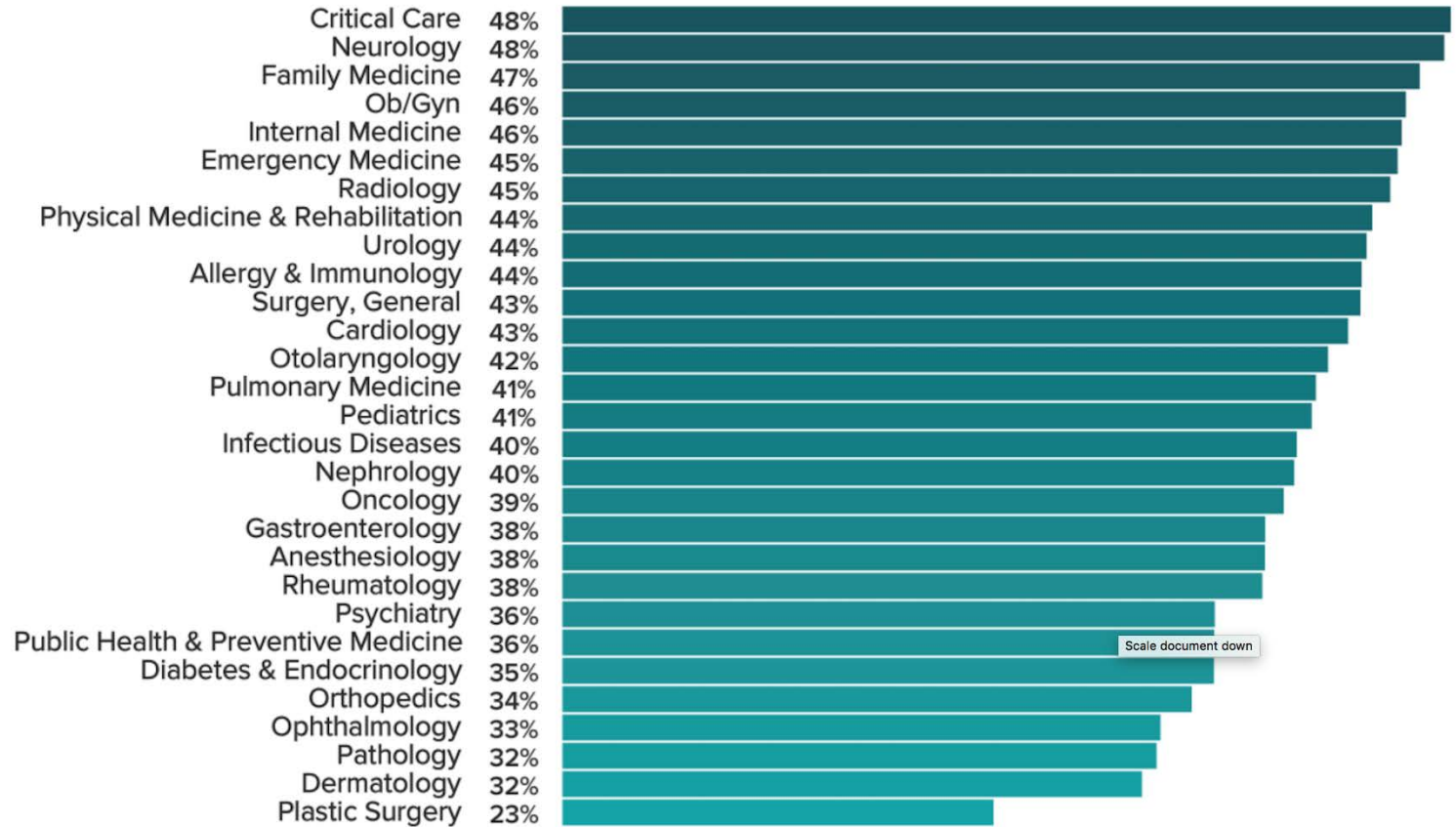




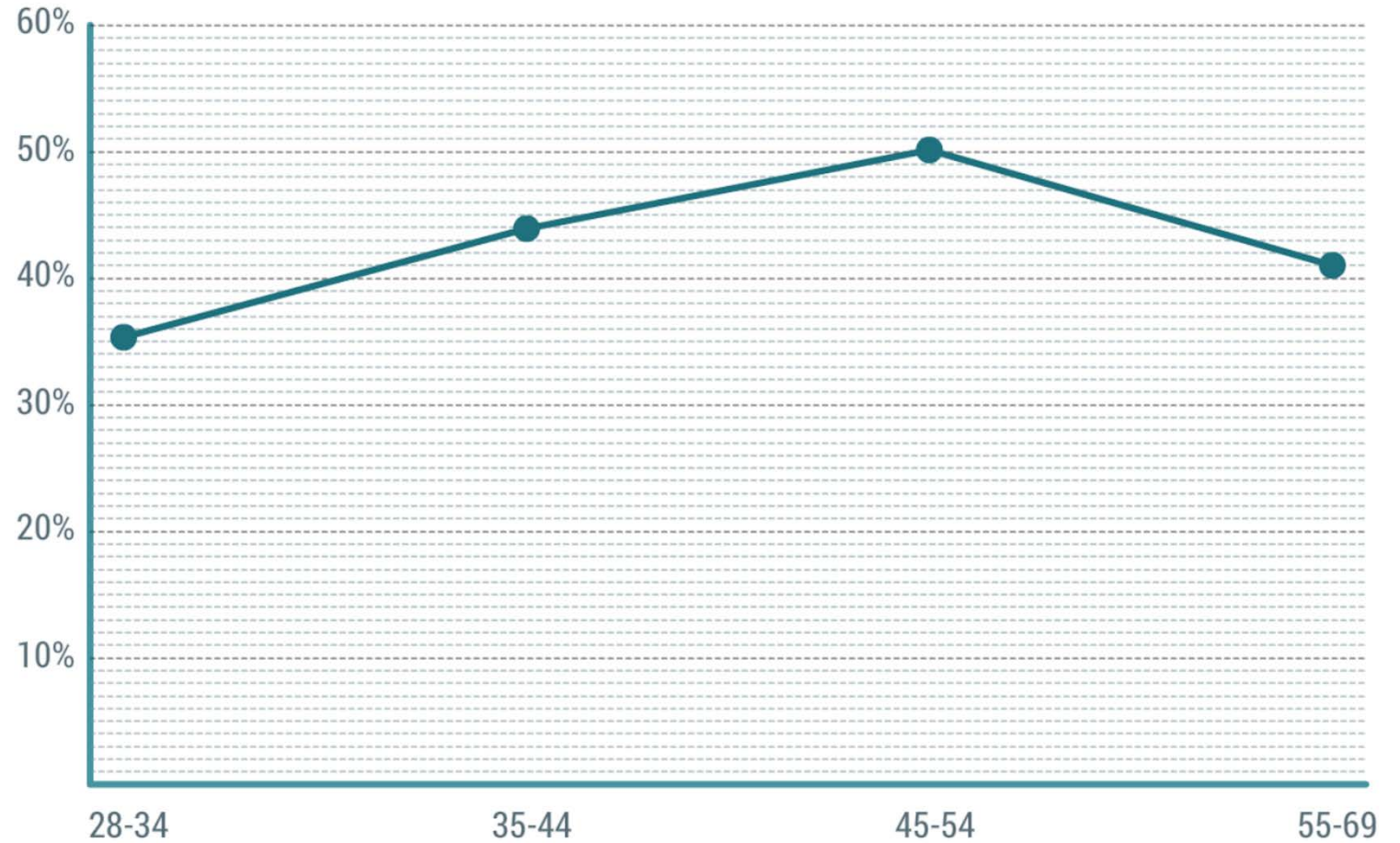
## Stress and Satisfaction With Work in Physicians and the Working Population Between 2011 and 2014

Authors: [Name], MBBS, MPH; Lotte N. Dyrbye, MD, MHPE; [Name]; Jeff Sloan, PhD; and Colin P. West, MD, PhD

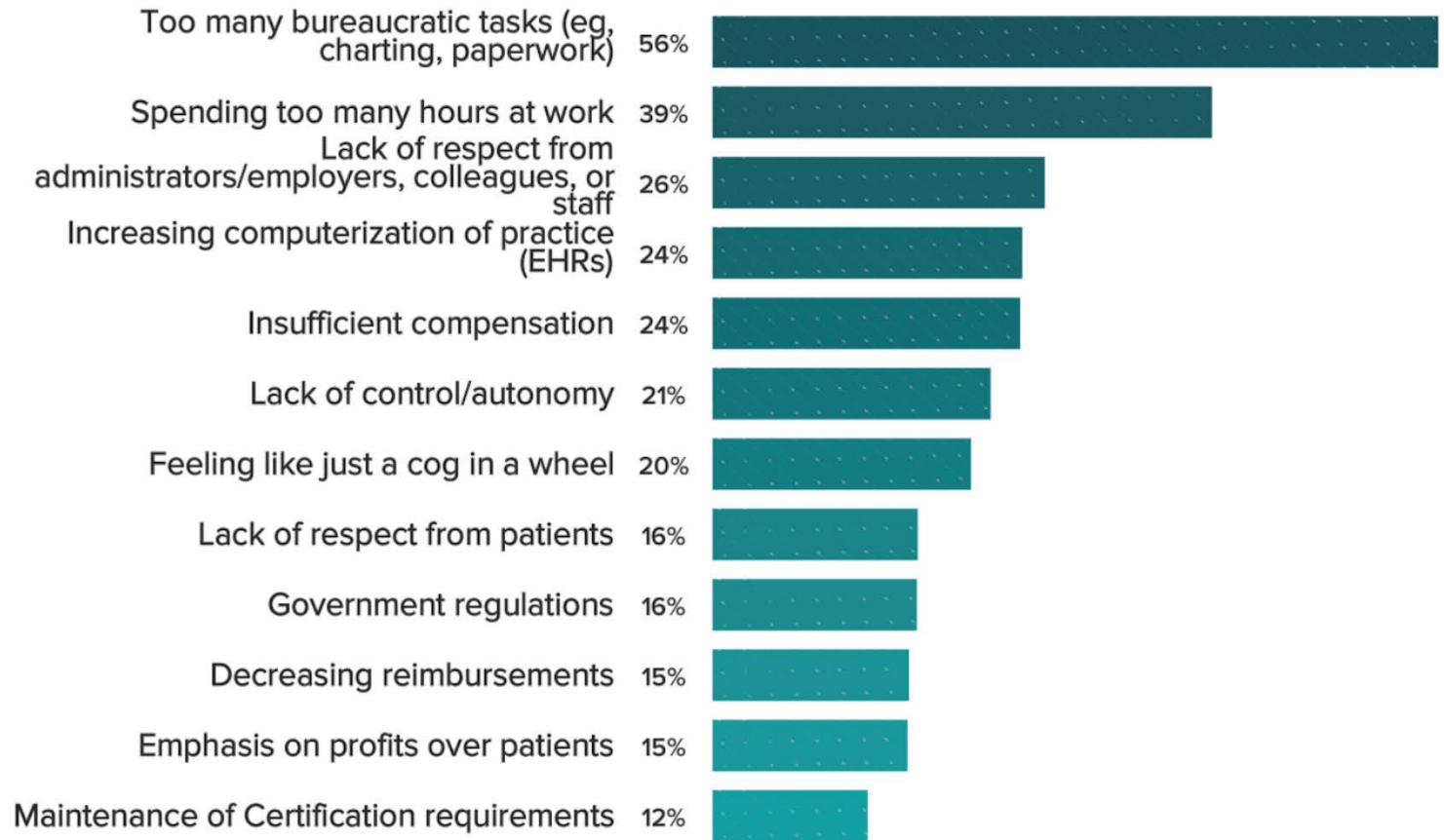
Which Physicians are most burned out?



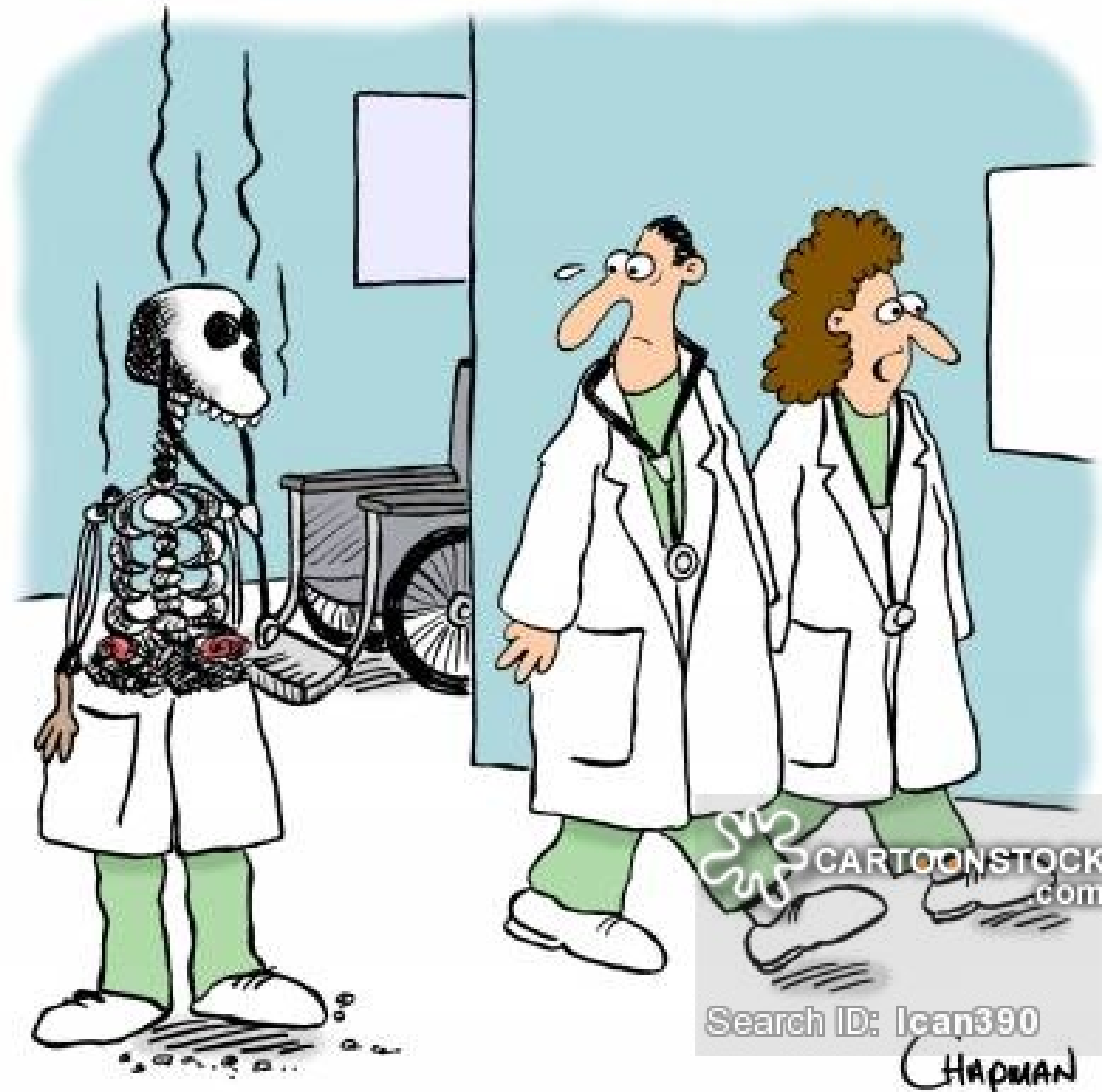
Are Older or  
Younger  
Physicians  
More  
Burned Out



What  
Contributes  
to  
Physicians'  
Burnout?







"Dr. Singh's the third E.R. burnout  
we've lost this week."

## Consequences:

- **Lower patient satisfaction and care quality**
- **Higher medical error rates and malpractice risk**
- **Physician alcohol and drug abuse and addiction**
- **Higher physician and staff turnover**
- **Physician suicide**

# Preventing and Treating Burnout

**Nonessential tasks**

**Goals, Skills and Work Passions**

**Sleep, Exercise, Diet**

**Daily Timeouts**

**Support Systems**

**Vacations**

## ***Self-Care Assessment Worksheet***

This assessment tool provides an overview of effective strategies to maintain self-care. After completing the full assessment, choose one item from each area that you will actively work to improve.

Using the scale below, rate the following areas in terms of frequency:

5 = Frequently

4 = Occasionally

3 = Rarely

2 = Never

1 = It never occurred to me

### **Physical Self-Care**

\_\_\_ Eat regularly (e.g. breakfast, lunch and dinner)

\_\_\_ Eat healthy

\_\_\_ Exercise

\_\_\_ Get regular medical care for prevention

\_\_\_ Get medical care when needed

# Learning Objectives

- To understand the prevalence of physician burnout
- To understand the difference between burnout and vicarious traumatization



# Burnout, Vicarious trauma and Secondary Trauma

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**Burnout: emotional exhaustion, a reduced feeling of accomplishment. Occurs as result of general occupational stress.**

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**Vicarious traumatization: harmful changes in professionals' views of themselves, others, and the world as a result of exposure to traumatic material**

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**Secondary traumatic stress: a syndrome among professional helpers that mimics Post traumatic stress disorder and occurs as a result of exposure to traumatic material**

# Secondary Traumatic Stress

A person is walking on a suspension bridge over a body of water. The bridge has a railing and several vertical cables. The background is a hazy, overcast sky and water, creating a somber and reflective atmosphere.

- Increase in arousal
- May Re-experience own personal trauma
- Avoidance
- Changes in memory and perception
- Alterations in sense of self-efficacy
- Sleeplessness
- Fear
- Chronic Exhaustion

# Secondary Traumatic Stress

- **Barriers to detection**

- Self-blame
- Shame
- Denial
- Self-Sacrifice
- Job-Security
- Pressure
- Cost





## Secondary Traumatic Stress: Personal Risk Factors

- **Personal Trauma**
- **Identifying with the victim**
- **Negative personal circumstances**
- **Low levels of social support**



## Secondary Traumatic Stress: Work-Related Factors

- **Inexperience on the job**
- **Poor or no supervision**
- **High frequency of exposure to traumatic material**
- **Exposure to critical incidents**



# Secondary Traumatic Stress: Organizational Factors

- High administrative burden
- Difficult families
- Conflicts with co-workers or supervisors
- Climate of pervasive, ongoing change
- Excessive emphasis on efficiency, cost-effectiveness and competition
- Unforgiving environment



# Learning Objectives

- To understand the prevalence of physician burnout
- To understand the difference between burnout and vicarious traumatization
- To participate in a self-reflective exercise



# Secondary Traumatic Stress Prevention



# Professional Quality of Life Scale (ProQOL)

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## *Compassion Satisfaction and Compassion Fatigue (ProQOL) Version 5 (2009)*

When you *[help]* people you have direct contact with their lives. As you may have found, your compassion for those you *[help]* can affect you in positive and negative ways. Below are some questions about your experiences, both positive and negative, as a *[helper]*. Consider each of the following questions about you and your current work situation. Select the number that honestly reflects how frequently you experienced these things in the last 30 days.

**1=Never**

**2=Rarely**

**3=Sometimes**

**4=Often**

**5=Very Often**

- \_\_\_\_\_ 1. I am happy.
- \_\_\_\_\_ 2. I am preoccupied with more than one person I *[help]*.
- \_\_\_\_\_ 3. I get satisfaction from being able to *[help]* people.
- \_\_\_\_\_ 4. I feel connected to others.
- \_\_\_\_\_ 5. I jump or am startled by unexpected sounds.

In this section, you will score your test so you understand the interpretation for you. To find your score on **each section**, total the questions listed on the left and then find your score in the table on the right of the section.

## Burnout Scale

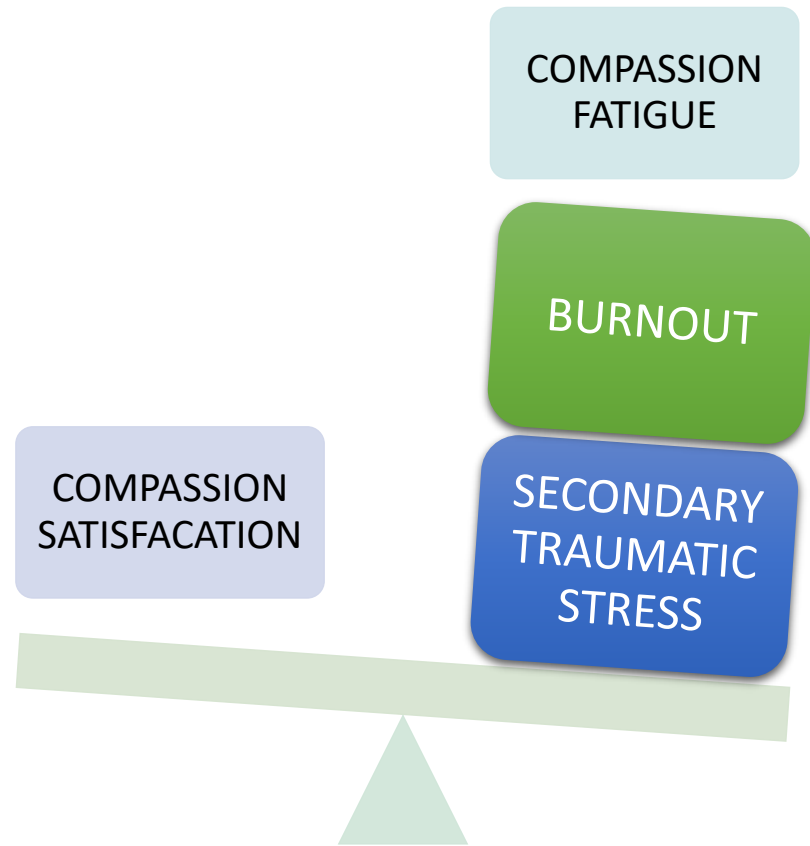
- On the burnout scale you will need to \*1. \_\_\_\_\_ = \_\_\_\_\_

## Secondary Traumatic Stress Scale

Just like you did on Compassion Satisfaction, copy your rating on each of these questions on to this table and add them up. When you have added them up you can find your score on the table to the right.

2. \_\_\_\_\_  
 5. \_\_\_\_\_  
 7. \_\_\_\_\_  
 9. \_\_\_\_\_  
 11. \_\_\_\_\_  
 13. \_\_\_\_\_  
 14. \_\_\_\_\_  
 23. \_\_\_\_\_  
 25. \_\_\_\_\_  
 28. \_\_\_\_\_  
**Total:** \_\_\_\_\_

The sum of my Secondary Trauma questions is	So My Score Equals	And my Secondary Traumatic Stress level is
22 or less	43 or less	Low
Between 23 and 41	Around 50	Average
42 or more	57 or more	High



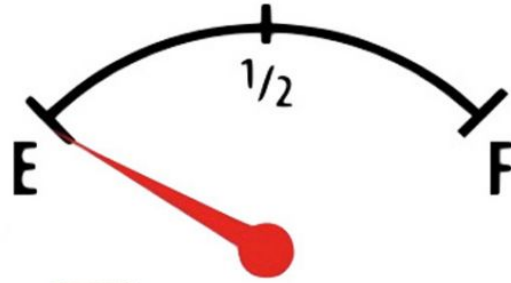
PROFESSIONAL QUALITY OF LIFE



慈悲

Compassion

# Compassion Fatigue

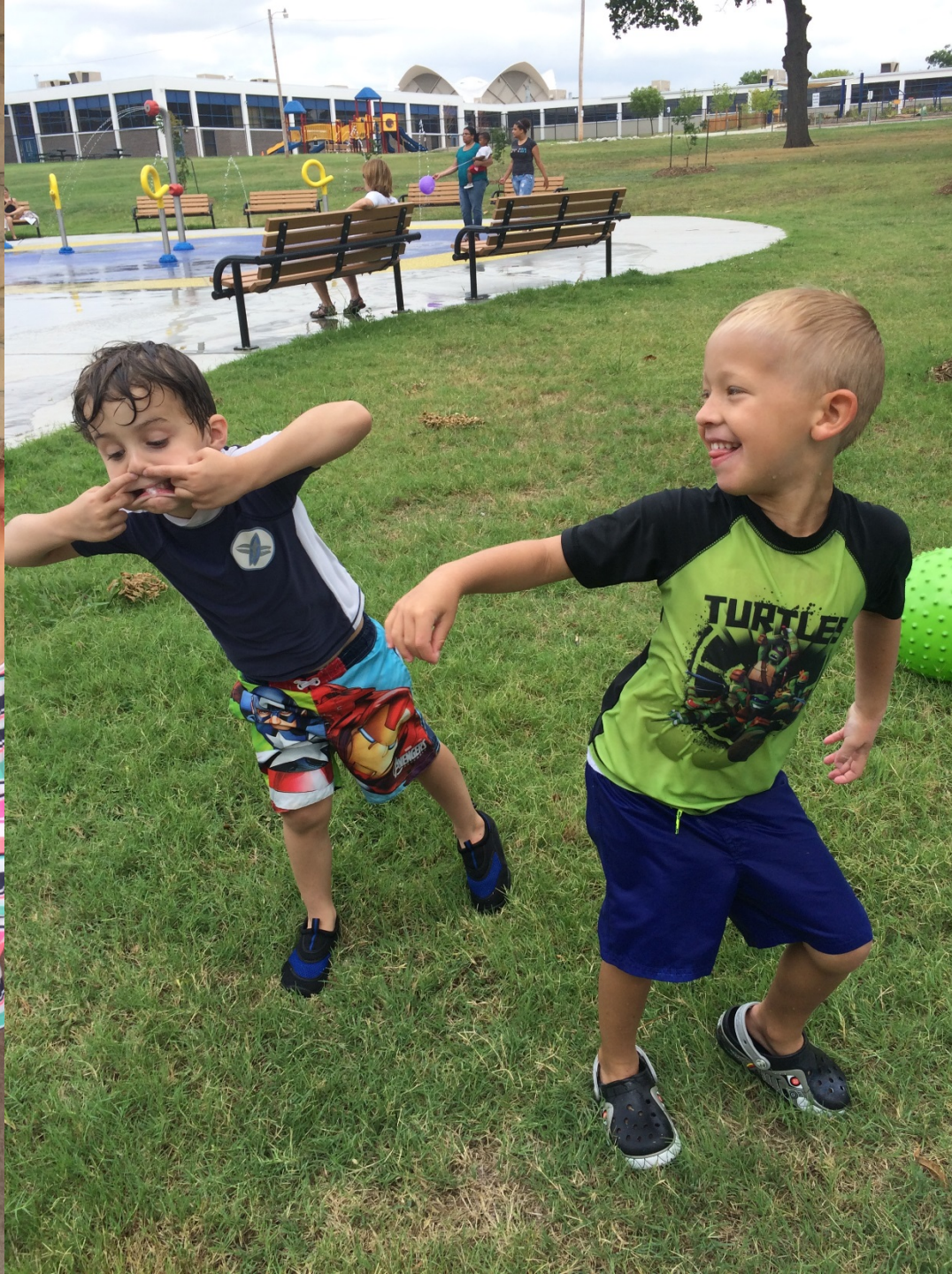


The word "Burnout" is written in a bold, black, serif font. The letters are partially obscured by a central graphic of a fire and smoke plume. The fire is bright orange and yellow, with a dark, irregular hole in the center of the word. The smoke is white and billowing, surrounding the fire. The entire graphic is set against a white background, which is itself centered on a dark red background.

**Burnout**



SECONDARY TRAUMATIC STRESS



# Play /plā/

## verb

verb: play; 3rd person present: plays; past tense: played; past participle: played; gerund or present participle: playing

1. engage in activity for enjoyment and recreation rather than a serious or practical purpose.

"the children were playing outside"

synonyms: amuse oneself, entertain oneself, enjoy oneself, have fun; relax, occupy oneself, divert oneself; frolic, frisk, romp, caper; informalmess around

"Aidan and Robert were playing with their toys"

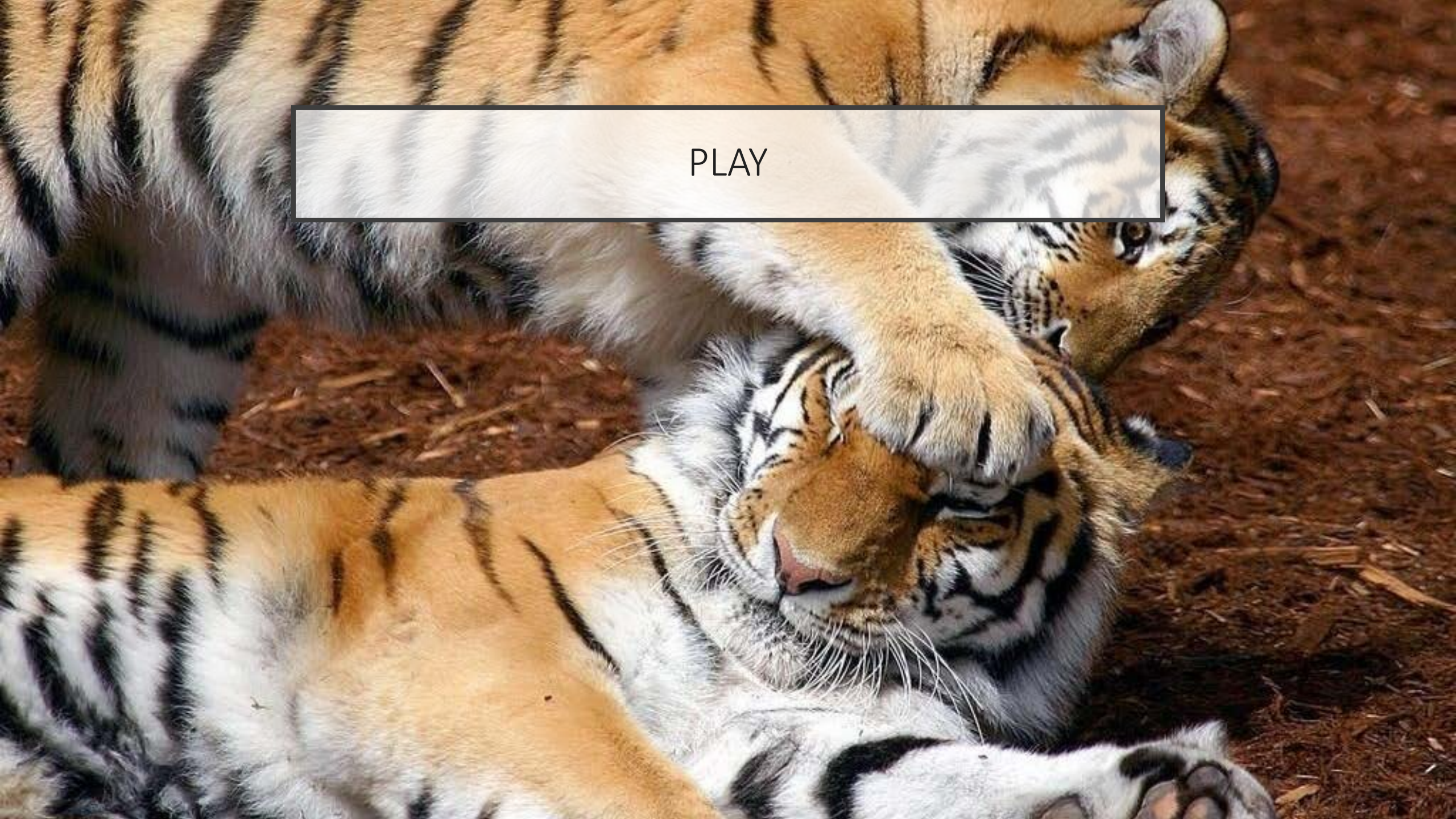
## Noun

1. activity engaged in for enjoyment and recreation, especially by children.

"a child at play may use a stick as an airplane"

synonyms: amusement, entertainment, relaxation, recreation, diversion, distraction, leisure; enjoyment, pleasure, fun, games, fun and games; horseplay, merrymaking, revelry; informalliving it up

"a balance between work and play"



PLAY



PLAY





PLAY

PLAY

Mind / Body  
Raison / Corps





11:20 AM

Calendars All Calendars +

November 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1

6 PM **Weekend!**

11:20 AM

Calendars All Calendars +

Friday, Nov 30 2012

5 PM

6 PM **Weekend!**

7 PM

8 PM

9 PM

10 PM

11 PM

# References

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