Five articles were written by members of the MSS-NY Physician Stress and Burnout Task Force and appeared sequentially in the Society’s monthly publication, *News of New York*. Each focuses upon various components and interventions to reduce burnout. These articles are available along with numerous other materials as part of the *Physician Burnout Resources* which can be found under the Practice Resources tab on MSSNY’s website.

For your convenience and ease of reference, we have put these articles together in one compendium. We hope you find these useful in your own efforts to reduce burnout in our healthcare clinicians, as our patients and clinicians are counting on us.

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2. **Physician Burnout - The State of the State: MSSNY Task Force on Physician Stress and Burnout Survey Findings**

3. **Burnout Reduction for the Individual Clinician**

4. **Physician Burnout - Systemic/Organizational Issues and Solutions - A Roadmap for Leaders**

5. **Burnout: Advocacy Efforts**
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In May of 2016, the MSSNY created a Stress and Burnout Task Force. This Task Force was charged to formulate a strategy and plan of action to fight burnout and reduce stress among the constituents of the MSSNY. The following article is the first of a miniseries that will address the following topics: the problem of burnout, current state of the State (burnout survey), solutions at the individual and organizational level, and opportunities for collaboration and advocacy.

**INTRODUCTION AND DEFINITION**

Physicians and other healthcare professionals are the proximal reason for the quality of care provided to patients. What effect does increasing high-level and chronic occupational stress imposed from multiple uncoordinated sources have on them personally and ultimately the patients they serve? There is overwhelming evidence that the effect is devastating, but the level of awareness of this fact is slow to be recognized by the clinicians, the healthcare systems, and the sources of the stress.

**Burnout is defined as a psychological syndrome involving emotional exhaustion, depersonalization, and a diminished sense of personal accomplishment** [1]. Each one of these definition criteria can have deleterious effects on the provider-patient interaction as shown in table 1.

The human condition of burnout is the same across many healthcare professions, but the specific stressors differ by profession. This article will focus upon physician burnout as a personal and public health issue, calling the question to reassess the best use of resources and better understanding the forces involved.

**AN INCREASINGLY RECOGNIZED EPIDEMIC FORGES A REFOCUS ON THE EXPERIENCE OF PROVIDING CARE**

The widespread problem of physician burnout has made it into many press outlets including the New York Times, Time, US News and World Report, and Forbes to name a few. Our patients know we are going through this dilemma as a group and now so do health care institutions.

From the period of 2011 to 2014, burnout in physicians rose from 46% to 54% while burnout in the general population remained about the same. Work/life balance went up in the general population and decreased in physicians during the same time [2].

**Table 1.**

<table>
<thead>
<tr>
<th>Burnout Criteria</th>
<th>Effect on Staff-Patient Interaction</th>
</tr>
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<tbody>
<tr>
<td><strong>Emotional Exhaustion</strong></td>
<td>· Delay of needed interactions with patient</td>
</tr>
<tr>
<td></td>
<td>· Less tolerance, irritability</td>
</tr>
<tr>
<td></td>
<td>· Not much left to give</td>
</tr>
<tr>
<td></td>
<td>· Decreased Patient Satisfaction</td>
</tr>
<tr>
<td><strong>Depersonalization/ Callousness</strong></td>
<td>· Withdrawal from patient</td>
</tr>
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<td></td>
<td>· Decreased compassion</td>
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<td></td>
<td>· Decreased listening to patient</td>
</tr>
<tr>
<td></td>
<td>· Increased cynicism and sarcasm</td>
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<tr>
<td></td>
<td>· Increased risk of patient-on-staff workplace violence</td>
</tr>
<tr>
<td><strong>Decreased Efficacy</strong></td>
<td>· Poor occupational confidence</td>
</tr>
<tr>
<td></td>
<td>· Think making poor decisions</td>
</tr>
<tr>
<td></td>
<td>· Later, actually making poor decisions</td>
</tr>
<tr>
<td></td>
<td>· Cognitive Flexible Memory (CFM) switches to Habit Memory (HM) causes less differential diagnosis and poorer care plan</td>
</tr>
<tr>
<td></td>
<td>· HM: Reflex responses to stimuli—survival mode</td>
</tr>
<tr>
<td></td>
<td>· Cognitive impairments of decreased executive function: Decreased attention, focus, situational awareness, long term perspective, ability to anticipate patient and family needs &amp; other patients on unit</td>
</tr>
</tbody>
</table>

**Physician Burnout as an Individual and Public Health Issue:**

The Need to Reassess Best Use of Resources

Michael R. Privitera, MD  Chair, MSSNY Physician Stress and Burnout Task Force  Director, Medical Faculty and Clinician Wellness Program  University of Rochester Medical Center

Fouad Atallah, MD  Director of Patient Safety, Department of Obstetrics and Gynecology, Maimonides Medical Center, Brooklyn NY
The forces involved in the creation of burnout are often considered nebulous, sometimes subterranean because they are an accumulation of a massive number of factors. Our own medical culture of endurance and somewhat super-human internal perceptions of ourselves and external perceptions others have of us have contributed to the delays in awareness of how stressful and toxic the healthcare work environment has become. As author Dike Drummond MD states: “It’s not a fair fight” as a final acknowledgement that in total, the job description has become actually impossible to achieve. He also describes the multiple factors as “death by a thousand paper cuts” as an imagery to try to understand this accumulation effect [3].

The emerging evidence of how clearly burnout affects the healthcare system and the quality and safety of the care provided to our patients now squarely promotes the needed opportunity for collaboration among educators, administrators, quality and safety advocates, patient experience advocates and the healthcare industry. It has become clear that The Triple Aim framework of a better quality of care, and enhanced patient experience at a reduced cost is an incomplete view of what needed to occur for sustainability of practice and safety in patient care. Since many decision-makers in healthcare and the support industry to healthcare are non-clinicians, a “perfect storm” occurred 1) externally: over-expectation of demands of healthcare workers and 2) internally: over-expectation of human capabilities by the healthcare workers themselves. Two publications on The Quadruple Aim framework include the fourth aim – improving the experience of providing care such that the healthcare workforce of physicians, nurses and employees find joy and meaning in their work. This framework addresses the human factors in the delivery of care that are essential to the success of the other three aims of patient experience, cost, and quality of care.

A SPECIFICALLY VULNERABLE POPULATION: PHYSICIANS IN TRAINING

College graduates who are enrolled into medical school have lower burnout and depression ratings than the general population. Two years in medical school, this group has higher burnout and depression ratings than the general population [7]. At the beginning of internship before it starts, the incidence of depression is about 3.9%. Three months into internship it becomes over 6 times higher at a rate of 27.1% and stays high throughout internship [8]. Suicidal ideation before internship is at 2.5%, at 3 months becomes 4.0%, at 6 months becomes over four times higher at 11.1% and stays high throughout the rest of into internship [9]. We also know that acute and chronic depression can affect medical decision making increasing the rates of errors. We need to examine what we are doing to these humans in both the educational experience and early work experience as a physician.

WHAT ARE THE WORK-RELATED STRESSORS THAT CONTRIBUTE TO BURNOUT?

At the extremes, burnout can be viewed either as an internal/individual problem that can be solved by better selection of physicians, mindfulness and yoga practice, and enhancing resilience or as an external/organizational problem in which burnout is equated with abuse and organizations are the main culprit. Evidently, these polarized views are too simplistic. Six categories of work stress have been identified to contribute to burnout [10]:

1. Excessive workload: physical, cognitive, or emotional.
2. Lack of control in being able to influence work environment.
3. Poor balance between effort and reward.
4. Lack of community: or of a culture of mutual appreciation and team work (This gets worse the busier the physician becomes).
5. Lack of fairness in resources distribution.

Of note, a denialist view of burnout -that burnout can’t be a major problem- is superficially justified by the fact that plenty of people still go to medical school and doctors still show up for work. If physicians for a moment go back to their pre-med experiences and the motivating factors to become a physician, it becomes fairly clear that becoming a physician is a calling and not a series of transactions that may be the focus of the business of medicine. This dissonance needs to be better acknowledged and reduced, but is beyond the scope of this article.

THE IMPACT OF CLINICIAN BURNOUT IS COSTLY

There are multiple dose-related relationships such that the higher the burnout the higher the incidence.

Institutional and patient toll:
- Increased medical errors and malpractice claims.
- Disruptive behavior.
- Reduced empathy for patients, patient satisfaction.
- Reduced patient adherence to treatment regimens.

Financial Toll:
- Reduced in-patient satisfaction scores.
- Major contributor to turnover costs.
- Increased medical claims by employees.
- Major contributor to short-term and long-term disability costs.

Personal Toll:
- Reduced career satisfaction.
- Higher Suicide Rate among physicians (about 400/year).
- Substance abuse.
- Divorce.
- Coronary Heart Disease.
- Depression.

MECHANISMS OF IMPACT, THE CASE FOR BIOLOGICAL PLAUSIBILITY

Physicians are trained to use what they have learned for medical decision making (MDM). The prefrontal cortex (PFC) is the part of the physician’s brain that (together with widespread neuronal networks) is responsible for executive function (EF). EF weighs the multiple factors at hand to make the best diagnosis and treatment plan and is a limited resource. EF includes the ability to manage time, attention, switch focus, plan and organize, remember details, curb inappropriate behavior and speech, and integrates past experience (e.g. medical training) and experiences with present needed action to practice medicine of the highest competence. PFC is the most evolved brain region and subserves our highest-order cognitive abilities. Unfortunately, it is also the brain region that is most sensitive to the detrimental effects of stress exposure. Even quite mild acute uncontrollable stress can cause a rapid and dramatic loss of prefrontal cognitive abilities, and more prolonged stress exposure causes architectural changes in prefrontal and amygdala nerve cells. This constant prioritization processing induced by uncoordinated mandates and subsequent diminished attentional resources available then increases “goal shielding” that attempts to help the doctor filter out other factors and get overly narrow in focus. Over-focus on specifically allocated task-relevant processing (for example, making sure all the Meaningful Use in the electronic record are noted
as “marked as reviewed” by properly clicking the appropriate buttons), then detract from cognitive flexible memory (CFM) needed in the clinical moment with the patient needed to weigh factors at hand. Habit memory (HM) then predominates over CFM that would have been used to examine factors in more accurate diagnosis, more comprehensive and effective care planning, as well as the emotional availability to the patient and family.

Cognitive processing capacity of the human mind is limited by the cognitive load put on these capacities. Intrinsic vs. extraneous vs. germane cognitive load are the factors involved in best decision making. Intrinsic load refers to the inherent difficulty of the mental task. Extraneous load refers to a burden of unnecessary information that uses up cognitive processing. Germane load refers to an organized pattern of thought that helps in efficient learning and mental tasks.

Excessive extraneous cognitive load will deplete EF away from the ability to make good medical decisions (see reference 11 for multiple supporting references).

OUR CURRENT HEALTH ECOSYSTEM

Figure 1 displays the current health care system ecosystems of interacting factors.
- Macro level describes national state industry and regulatory factors.
- Meso level is at the hospital or healthcare system factors.
- Micro level describes individual clinicians with other staff and with patients and their families.
- Exo level describes the individual physician and their family in daily life outside of medicine.

The individual physician is surrounded by an environment that promotes the medical culture of endurance and self-effacement such that how you feel does not matter, and you have to remain professional at all times (as opposed to acknowledging your feelings but choosing your behaviors). Internally, there is a sense of altruism, workaholism, perfectionism, and obedience to authority. There is also the well-known fact that everyone is evaluating their competence around them and they don’t want to be seen as ‘weak’ with so much at stake: all the personal sacrifice, debt, and a family that is depending upon them.

Some factors are well intended for patient care but are not coordinated, harmonized, but these mechanisms are paradoxically making patient care less safe. With the rapid roll out of healthcare reform, and many non-clinicians involved in making the decisions, a ‘halo bias’ led to the adoption of too many measures that are attempting to quantify quality. Just because someone calls it “quality” it must be good (since the word ‘quality’ has a halo over it). The tsunami of these measures slipped by sufficient scientific scrutiny. Too numerous chaotic

Figure 1

Uncoordinated Excessive Cognitive and Emotional Load

**Socio-political Factors, Public Interest Groups, Business of Medicine and Profit Agendas, Bad outcomes: Reactive preventive measures**

**Macro Level-**
National, state, industry, regulatory

**Reasonable Goal: Achieving excellence in patient care**

**Meso Level-**
Hospital/Healthcare system

**Malpractice Risk Management**

**Being a clinician**
Dealing with pain, sickness, death.
Emotion work with stressed patients and families
Delivering bad news

**Individual Clinician**

External world
“Hidden curriculum” in training
Medical culture of endurance
Complaining = whining
Self-effacement- how feel not matter

Internal world:
Altruism, workaholic, perfectionism, obedience.
Everyone is evaluating my competence, Don’t want them to think I can’t handle this …..after all the sacrifice.

Suppression of feeling as cultural norm.
Work it out yourself. Buck-up, don’t be seen as weak.

**Personal Life**
Debt from training
Duties in family
Relationships
Wishes
21 years of education
Self-sacrifice

**Exo Level-**
Individual and their family in daily life outside of medicine

**Hospital opportunity**

**Reasonable profit margin:**
Helping growth and sustainability of healthcare company.

**Mitigate or Amplify = ?**

**National, state, education, regulatory, industry, opportunity**
and unproven quality metrics are not good and in fact harmful [12]. Some factors are not well intended, and are actually devised to wear down the physician as a means of cost control, by harsse factors that physicians experience while trying to achieve care for their patients. There really is no justifiable room for the continuance of these wear-down methods by the healthcare business industry given the seriousness consequences of burnout.

Table 2 outlines a number of strategies to be considered to reduce burnout in physicians. The combination of individual and organizational interventions is required to be effective and sustainable [13,14].

CONCLUSIONS
1. Burnout can no longer be ignored among physicians as it can take a toll on both the physicians and their patients.
2. Attention to the fourth aim (experience of physician as each is responsible for factors that contribute to the problem and must own their part of the solution” [15].

In the next article, we will review how you can measure burnout, and what the current state of the State is in terms of burnout, its causes, and its consequences. We will also address how we can cope with it, as well as strategies for organizational intervention based on literature and the results of the recent MSSNY survey.

RECOMMENDED READING:
• Noseworthy J, Madara J et al. Physician Burnout is a Public Health Crisis: A Message To Our Fellow Health Care CEOs Health Affairs Blog March 28, 2017
• The AMA’s Steps Forward program is an excellent source of helping the individual and the organization.
• https://www.stepsforward.org/

REFERENCES

Table 2

<table>
<thead>
<tr>
<th>INDIVIDUAL</th>
<th>ORGANIZATIONAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Encourage recognition of Burnout in the face of Medical Culture and “Hidden Curriculum”</td>
<td>• Overcome the medical culture of endurance where staff must deny stress</td>
</tr>
<tr>
<td>• Physicians start off more resilient than general population: Individual interventions must be paired with organizational interventions</td>
<td>• Leadership style and concern is key</td>
</tr>
<tr>
<td>• Wellness Seminar series as “safe place”</td>
<td>• Establish: Wellness Initiative Strategic Planning Work Group</td>
</tr>
<tr>
<td>• Avoid blaming the victim</td>
<td>• Include human factor issues in healthcare delivery</td>
</tr>
<tr>
<td>• Normalize self care</td>
<td>• Neuro-cognitive and organizational ergonomics</td>
</tr>
<tr>
<td>• Normalize boundaries between work and home despite technology</td>
<td>• The Quadruple Aim Framework:</td>
</tr>
<tr>
<td>• Multiple individual interventions available</td>
<td>• Costs, Quality, Patient experience, and Fourth Aim: Experience of providing care.</td>
</tr>
<tr>
<td>• Mindfulness</td>
<td>• Attempt to understand the front line problems:</td>
</tr>
<tr>
<td>• Resiliency training</td>
<td>• Anonymous survey to learn key pain points for clinicians, round table discussion of aggregate findings and leadership commitment to action.</td>
</tr>
<tr>
<td>• Gratefulness</td>
<td>• Encourage stronger administrator/physician partnerships</td>
</tr>
<tr>
<td>• 3 Good Things</td>
<td>• Use clinician wellness and career satisfaction metrics and tie these into quality of care, reduction of malpractice, errors, and patient satisfaction.</td>
</tr>
<tr>
<td>• Yoga</td>
<td>• Block out time and resources to help organize completion of all mandator.</td>
</tr>
<tr>
<td>• Coaching</td>
<td>• Regulations</td>
</tr>
<tr>
<td>• Employee Assistance-Wellness Division</td>
<td>• No reporting of seeking mental health care on licensure, malpractice carrier, credentialing applications or renewals.</td>
</tr>
<tr>
<td>• Self Help websites and literature</td>
<td>• Confidentiality in seeking help</td>
</tr>
<tr>
<td>• Peer Support</td>
<td></td>
</tr>
<tr>
<td>• Clinician ombudsman to have work/life balance representation</td>
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INTRODUCTION AND METHODOLOGY
In the fall of 2016, the MSSNY Task Force on Physician Stress and Burnout sent out to the membership via email a survey with the purpose of identifying the prevalence of burnout among NYS physicians, as well as to get more insight into the potential factors associated with it, and the ways in which they cope with it.

While it is understandable that doing something about burnout is overdue [1], the task force members acknowledged that, prior to embarking on any further action, measurement was necessary as a first step to gauge the magnitude of the problem and to probe the ways in which help can be provided based on the voice of the customer.

In the survey, the Mini Z was the validated tool used to measure burnout [2]. In addition, demographic and pertinent questions were added based on the known stressors of burnout from the literature, prior surveys, as well as expertise from task force members.

INITIAL FINDINGS
Of the 8,109 physicians who opened their email to the survey, 1,191 responded for a response rate of 14.68 %. It was noted that the data was very rich and bared some in-depth analysis of both quantitative and qualitative nature (of the free text answers). In the following figures, we share with you some of the major findings of the survey that would hopefully reflect the bigger picture of burnout in NYS. So let us see what we found without delay.

DEMOGRAPHICS AND SPECIALTY: HARD FACTS
The following 3 figures show the rate of burnout by age, gender and specialty. They show a higher prevalence of burnout among female physicians, and across a wide interval of age [25-64 years], and across many specialties. These are considered to be factors that are hard to modify in general. These findings are consistent with the published literature on burnout [3].

CORRELATIONS: WORKLOAD, CONTROL, TIME
The next figures show the rate of burnout by workload reflected in hours worked per week, sense of control over the workload, and the time available for documentation. The sources of these burdens have been understood to come from national, state and industry decisions that heavily affected physicians.

These are factors associated with burnout. Research has illuminated that for every hour with a patient, 2 hours is now either EMR or desk work [4]. While MSSNY continues to work on the sources of these burdens, these factors may be amenable to modification partly through improving efficiency, scribes, time management, office efficiencies, creating or recruiting extenders that alleviate some of the work if possible.
WORKPLACE CONDITIONS, LEADERSHIP ROLE AND WORK-LIFE BALANCE: THE DIFFICULTY IN MAINTAINING AN UNSTABLE EQUILIBRIUM

The following 3 slides demonstrate the relationship between workplace conditions, (mal)alignment with professional values as reflected by departmental leadership, and the overflow of work to home “thanks to” the technological capabilities of Electronic Medical Records. Regardless of Proficiency with EMR, burnout rate is 53-62% (Not clearly differentiate or trend by proficiency)

While these are also modifiable, they differ from the previous factors in that they often require external environmental modifications. While learning time management and improving efficiency may help, they likely will require a higher level intervention aimed at improving work conditions. This would include leadership style, and a reduction in the “intrusion” of the EMR into private life in the name of accessibility by appropriate policy, work environment culture change and the personal decision to finish charting at work. The latter resolution may mean trimming down documentation to essentials clinically, for billing and for medical-legal reasons.

WORK RELATED STRESSORS: THE HEAVY HAND OF REQUIREMENTS

When asked about the top work-related stressors, the top 10 winners reflect the requirements at the individual level (e.g., CMEs), hospital or departmental level (e.g., Quality metrics, pre-authorizations), and regulatory level (e.g., documentation requirements).

Of these Top 10 Work Stressors of NYS Docs, 80% are organizational/systemic. This list raises the need for local and state-wide advocacy and for a national awareness and action.

The percent of respondents who answered “Definite Barrier” to the question: “How important a barrier would it be for physicians to receive mental health care if they would have to report this on:

- License Applications and Renewals……………....67%
- Malpractice Carrier Applications and Renewals…..62%
- Hospital Privileging Applications and Renewals …64%

Which number best describes the atmosphere in your primary work area

- Calm 23%
- Busy but reasonable 50%
- Hectic/Chaotic 79%
SUMMARY AND CONCLUSIONS

In summary, 70% of New York physicians feel a great deal of stress because of their job and 57% are burned out. Half of them are not satisfied with their jobs and only 58% would choose to be a physician if they could revisit their career choice.

On average, 2/3 of doctors believe that having to report mental healthcare on license applications and renewals, malpractice carrier applications and renewals, and hospital privileging applications and renewals would be a definite barrier to receiving mental health care. We must figure out a way to protect the public, while still promoting the mental health of those taking care of the public in currently highly stressful healthcare environment.

These numbers reflect the need to act, and to act with traction, and soon, before the implications of this epidemic affect the physicians and the patients any further. While research agendas have been proposed and they are laudable efforts for a better understanding and for a better “case”, there are many interventions that can be useful now in the fight against burnout, at the individual, organizational and national level. We will explore them in the next few articles. Stay tuned.

REFERENCES

Many professions experience burnout from occupational stress, especially in healthcare.

Specific sources of occupational stress differ by profession. Our focus in this article is on clinician burnout. Burnout is defined on several realms: 1) Exhaustion, physical and/or emotional, 2) Depersonalization/callousness, which is a dysfunctional coping mechanism that distances you from patients and others, and 3) Lack of efficacy, which can be imagined or real, and as it progresses, it contributes to a loss of self-confidence and sense of purpose.

Occupational stress is defined as the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker. Job stress is a workplace hazard that can lead to poor health and even injury.

**MOST DEDICATED AT RISK**

It has been noted by researchers that clinicians at greatest risk for burnout are those most dedicated and committed to their work, who may get consumed by their job, and have difficulties drawing healthy boundaries between work and home. Society would consider these individuals our "ideal doctors." However, in today’s culture of medicine with over-expectations becoming an unsustainable norm (roll out of numerous compliance and quality initiatives), no central agency or office looks after the wellbeing of the individual clinician. Therefore, being able to recognize how occupational stress is affecting you as a clinician is critical for your wellbeing.

Numerous and complicated factors discourage clinician wellness. Some are internal and many are external (**Figure 1**). Caring for yourself was challenging enough in our old culture of medicine where we had more autonomy in decisions and intrinsic motivation was the driver of our workload. "Working hard" and choosing to stay late to take care of patients felt much different in the old culture than our current culture of medicine where it is considered an expectation included in the current calculations is the human effort required to achieve compliance authorities in healthcare. The airlines industry has to report to one authoritative agency, the FAA (Federal Aviation Administration). Healthcare has to report numerous siloed authorities, each with their own set of regulations, laws, or mandates, without one authority that oversees it all. Full additive compliance is neither humanly possible to do, nor safe for clinicians or patients. More national awareness about this paradoxical backfire from over regulation has occurred.

**REWARD AND PUNISHMENT**

Rapid roll out of numerous federal, state, certification and industry initiatives tended to focus upon 'carrot and stick' methods of reward and punishment for desired behaviors in healthcare practice. Hence decision-makers concerned about the bottom line of the institution or practice naturally insist upon compliance to different agencies. More big-picture thinking healthcare administrators are picking up on this human factor gap. However, until your institution begins to recognize this fact, or even while they are in the process of addressing these human factor issues, this article is for your self-care.

**RULES MADE BY NON-CLINICIANS**

Over 75% of physicians in the United States are now employed. Many decisions about compliance with the tsunami of regulations are made by people who are far removed from the clinician-patient interface and often, are not clinicians. Each law, regulation, or mandate may individually be well-meaning and sold as "quality-" or "safety-" related. Hence, enforcement can make sense to those whose job it is to do so. What is not
coping mechanisms. At this point, small triggers may send you “over the edge” to mini breakdowns (see “Point A”), and continue to progress to significant impairments in human function. The clinician who looks OK to his or her staff at the start of a procedure, then with some stress “loses it”, is likely living at this “Point A” and may not realize it. This is dangerous to the clinician and his patient.

The external healthcare environment still may drive unrealistic expectations (see “fantasy” endpoint). We, individual clinicians, have the responsibility to take care of ourselves. Healthcare institutions are slowly coming to understand that the fourth aim (the experience of providing care) is critical to patient care and safety, to the health of individual practitioners and to the healthcare system as a whole. The fourth aim is essential to the success of the usual Triple Aim of reducing costs, improving quality of care and patient experience of receiving care.

**MEDICAL STUDENTS TOO**

Physicians start off more resilient than the general population. Two years into medical school this relative relationship reverses with more burnout and depression in medical students than in the general population of same age and education.

Yet the “hidden culture” in training programs dictates that clinicians maintain a ‘stiff upper lip.’ Therefore, it is imperative to recognize signs of stress and burnout in self and others (such as feeling drained, or easily frustrated with people, or becoming careless) as well as unhealthy strategies (like self-medicating with alcohol, drugs, or stress eating).

Hence, individual interventions must be paired with organizational interventions. Reduce the stress organizationally while working on individual interventions. In this paper, we will focus on individual interventions. Our subsequent article will focus on organizational interventions.

**INDIVIDUAL INTERVENTIONS**

The following have been accumulated from many sources, several of which are listed in websites or references below. In our experience, there is no one size that fits all. Clinicians need to determine which best fit their needs, their personality, and their time.

I General steps

Many overall steps to promote personal well-being have been suggested:

1. **Identify personal and professional values and priorities.** Consider ranking each group in order. This may help to determine where to focus when managing conflicts of time or other priorities.

**Figure 2. Human Function Curve in Average Clinician**

![Figure 2. Human Function Curve in Average Clinician](image)

Due to ‘Culture of Endurance’ in training, persistent self-challenge, clinicians think they are pushing to “The HUMP” as if **Eustress**

......not realizing they are actually pushing into **Distress**

---

**Medical Students Too**

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Other Personal Tools or Pearls

**Gratefulness/3 Good Things Journaling:**
Gratitude has been defined as a warmly or deeply appreciative attitude for kindnesses or benefits received. It may be helpful in reducing duress and reframing a personal situation. Check this link to a review article that explores gratitude at work further, and on this YouTube link to learn more about the Three Good Things Intervention at Duke University.

**The Happy MD:**
Dike Drummond, MD provides a rich resource of short helpful videos, book available, free personal discovery hour to set up your plan to address burnout. He has been a consultant to physicians for many years and has gone through burnout himself twice. He gives an individual and organizational model of reducing stress and improving recharge. Click here.

**Yoga**

**Better nutrition**

**Sustainable amount of exercise:**
Start small and simple, frequent and fun

**Narrative medicine:**
To vent past traumas in training and practice

**Personal trainer/coach (fitness, communication, performance, lifestyle)**
Honoring Self:
You are the only one that can take care of yourself, and it is not only OK to do so, but necessary for being the best physician, colleague, spouse, friend, parent, you can be.

**Set a boundary ritual between work and home:**
As an example, listening to relaxing music or doing mindful breathing during the car ride home, or doing a Mr. Rogers routine (yeah, the sweater, the sneakers!)

**Bucket list activities:**
Write them down and start doing the list.

**Regular vacation:**
Don’t run yourself ragged before you decide to take off.

**Important relationships:**
Prioritize and invest adequate time to strengthen emotionally important relationships

**Advocacy or volunteerism for something that you are passionate about**

**Spirituality:**
Put work within the larger context. Try to get back in touch with the original reasons that motivated you along this road to become a clinician.

**Check your institution or community resources on stress reduction or wellness offerings**

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2. **Enhance areas of work that are most meaningful.**
   a. What is your ideal practice, the Blue-sky version?
   b. How can you maximize the overlap between your current job and your blue-sky version?

3. **Identify and nurture personal wellness strategies of importance to you.**
   a. Protect and nurture your relationships, and spirituality practices.
   b. Respect basic human needs such as sleep, nutrition or exercise.
   c. Develop hobbies and interests outside of medicine.

**II Resources from State and National Organizations:**

1. **American Medical Association (AMA)**
The AMA has set up the resource website called STEPS Forward that helps with individual and organizational/practice methods that can reduce burnout. STEPS Forward™ offers innovative strategies that will allow physicians and their staff to thrive in the new health care environment. It includes modules on physician burnout and resilience.

2. **Medical Society of the State of New York (MSSNY)**
The MSSNY Task Force for Physician Stress and Burnout has developed a resource library geared for individuals, those that help individuals, and those who are administrators hoping to improve the situation at their institution. Visit the MSSNY Physician Burnout Library.

**III Peer Support Programs**
Peer support is the existence of positive psychosocial interactions with others with whom there is mutual experience, trust, concern and empathy. These relationships contribute to positive adjustment and may buffer against stressors and adversities. Peers, because they have undergone and survived relevant experiences, are credible supports for others. Interactions with peers who are successfully coping with similar situations are more likely to result in the development of resilience. MSSNY Burnout Task Force is currently working on ways to help make this means of support more available in our state. Becoming burned out can be an isolating experience. Social support and community can mitigate stressors that contribute to burnout. Consider community building activities such as meet and greets, journal clubs, book clubs, etc.

**IV Institution-based efforts to help individuals.**
Some institutions are offering a series of wellness seminars that would qualify for CME and if attend enough seminars would qualify for malpractice reduction.

Wellness seminars, when offered at an institution, can be a safe place to start to address self-care. Volunteer faculty may not be experts in certain areas but may be able to have an interest to learn more and be able to teach others on various topics for seminars and be the new local expert. The discussions that come from the assembly around the topic itself can be therapeutic and the beginning of a safe space to begin to deconstruct the culture of endurance and silence. Many suggestions can begin to give form to organizational interventions that need to be done. These seminars became an invaluable intervention by creating a safe space to open up the topic of occupational stress and the toll that it takes. Even the process of advertising the seminars is a powerful supportive intervention by means of their stress-validating topic titles promoted from a ‘mainstream’ institution-based entity like a Faculty Development Office. Examples of seminar titles: Overview of Burnout: Causes, Mechanisms and Reduction; Put Your Oxygen On First as You Take Care of Others; The Emotional Life of the Clinician; Finding Meaning in Medicine and Healthy Approaches to Clinician Stress.

**V Mindfulness Based Stress Reduction (MBSR)**
MBSR training can occur in person, if arrangeable in your schedule, or some are online. Here are some resources:

1. **URMC Mindful Practice**
2. **Ohio State University Center for Integrative Health and Wellness** (online)
3. **Mindful.org** (online)

**VI Web-based Cognitive Behavioral Therapy**
For busy practitioners or those in training who find it difficult to make it to outside appointments, a web-based program of Cognitive Behavioral
The following Q&As – prepared by Terrance Bedient, FACHE, Vice President/Director of Committee for Physician Health of MSSNY—relate to attending physicians, residents, medical students and physician assistants in New York State:

Q1. Does it affect my license to have seen a mental health provider?

A1. No. When an attending physician, resident, medical student or physician assistant (physician) is applying for initial licensure or biennial re-registration, the forms include NO question about having been seen by a mental health provider. Further, any information learned by a physician while providing treatment to another physician is considered absolutely confidential. NYS Public Health Law §230-11.e.

Q2. Does it affect my malpractice to have seen a mental health provider?

A2. Applications to the state’s major medical malpractice carriers typically do not query if an applicant has seen a mental health professional. CPH’s experience with all the medical malpractice carriers have been very physician-friendly.

Q3. Do I need to declare this on my license renewal application?

A3. No. When a physician applies for biennial re-registration, the forms include NO question about having been seen by a mental health provider.

Q4. Does it make a difference for any of the above, whether I see a Lifestyle professional (EAP) compared to a Disease management specialist (Behavioral Health Partners, private therapist, or psychiatrist, etc.).

A4. No. The confidentiality provisions apply equally to employee assistance, Behavioral Health Partners, private therapist or psychiatrist.

Q5. Does it make a difference as to whether I had psychotherapy or whether medications were needed?

A5. The confidentiality of treatment remains for all diagnoses and treatments.

Q6. Can it be considered misconduct by having the diagnosis of a mental disorder, even though it is stable?

A6. It is not misconduct to be maintained on an approved therapeutic regimen that does not impair the ability to practice. NYS Education Law §6530-8. It would be misconduct if practicing the profession while impaired by alcohol, drugs, physical or mental disability. NYS Education Law §6530-7.

REFERENCES


Therapy was studied in interns to help reduce depression and suicidal ideation. Click here.

VII Time Management

Example of time management would be:

1. E-mail grouping in batches during the day (e.g.,11:30 and 4:30 PM). This reduces the unnecessary expenditure of your brain’s neural resource that gets used up, just in the process of starting and stopping one activity, recovery after interruptions, etc.
2. Documentation in charts: re-think how much you need to document. Write smart, not write long. The EMR templates promote obsessiveness and over-documentation. Use the clock to limit the time you will spend on each note.
3. Schedule the things you are going to do outside of work. Get them on your calendar that you can see at work.

Consult this link for further information on time management.

VIII Learning ways of dealing with upset patients and upsetting situations

See if local mental health colleagues can pull together a seminar on de-escalation, dealing with angry, demanding patients and families. These skills are not taught in medical school yet are dealt with on an almost daily basis. It does not help to talk over them, recite rules, etc. Learn when listening, understanding words and empathy can help, and when situations go beyond empathy and words no longer can help, and you have to think of your own well-being. People can also advocate for discussion programs within their own institutions such as psychological first aid, multi-perspective programs like Schwartz Center Rounds.

IX Employee Assistance Program (EAP) or private therapist, psychotherapy and/or medication

Psychotherapy and or medication can be life-saving when burnout gets to the level of depression and having someone else to help you find strategies to take back the life and self-care needed to sustain the practice of medicine.

CONCLUSION

No matter what method(s) you choose that best appeal to you, try to follow through. Persistence in the resolve to take better care of yourself in this very chaotic healthcare work environment is the first step. Just keep moving in a better direction, no matter how slow the progress. It is not part of our DNA to take care of ourselves, so this requires practice until our work environment starts catching on to how important this is, and just maybe the environment will become less stressful. As we tell our patients, you need to care for yourself to be able to care for another. Self-care requires practice and maintenance.

Stay tuned for the next MSSNY article which will focus upon organizational/Systemic interventions to reduce clinician burnout.
Previous articles in this series examined various aspects of physician burnout, including: the definition of burnout; the endemic nature of burnout among physicians; the impact of burnout on institutions, organizations, patients, and physicians and their families; and, in broad strokes, the drivers of burnout among physicians in New York State and elsewhere in the country.

Until very recently, most of the physician burnout research and literature focused on strategies that individual physicians could employ to help reduce the effects of burnout. However, many observers of the current healthcare ecosystem believe emphasis on the individual may be tantamount to “blaming the victim” (1). This belief has given rise to an evolving view that we must look with a critical eye at the causes of burnout intrinsic to our professional work units, systems and organizations, and the broader health care environment. Over the past several years, Dr. Mark Linzer and Dr. Tait Shanafelt, and their respective colleagues, have made important contributions to our understanding of how these dynamics contribute to physician burnout by identifying the various drivers as well as strategies for mitigation (2, 3).

There is mounting evidence that burnout and loss of well-being among physicians and the concomitant loss of joy and purpose in our work, diminishes patient safety, patient satisfaction and the quality of care (4). These factors, coupled with an increase in physician turnover, early retirement and/or abandonment of direct patient care, contribute to a public health crisis that should capture the undivided attention of our organizational and institutional leaders (5). This makes the issue of burnout as “burning” (pun intended) as the financial pressures that healthcare institutions need to overcome. In a previous article (6), we showed based on a survey of NYS physicians that the majority of stressors emanate from organizational or systemic roots. [Figure 1]

This leaves plenty of room for improvement in terms of identifying ways of either eliminating or mitigating them. As mentioned by Shanafelt and Noseworthy, the imperative to address these issues goes beyond any economic advantage; it is a moral imperative (7).

While it is always important to identify the causes and reasons to intervene, the purpose of this article is to share with healthcare leaders what could be a simplified roadmap for their institutions to follow and guide them in the adoption and implementation of burnout-reducing interventions.

Figure 2 gives an overview of concepts involved in addressing organizational/systemic contributions to Burnout.

**Organizational Intervention Concepts for Burnout Reduction**

- **Overcome the medical culture of endurance**
- **Leadership style and concern is effective**
- **Establish: Wellness Initiative Strategic Planning Work Group**
  - Include human factor issues in healthcare delivery
  - The Quadruple Aim Framework:
    - Costs, Quality, Patient experience, and Fourth Aim: Experience of providing care.
- **Understand the front line problems:**
  - Anonymous survey to learn key pain points
  - Round table discussion of findings
  - Leadership commitment to action.
- **Encourage stronger administrator/physician partnerships, with participatory management (see Responsibility Matrix)**
- **Use clinician wellness and career satisfaction metrics**
  - Tie these into quality of care, reduction of malpractice, errors and patient satisfaction.
- **Organize completion of all mandatorios, regulations**
- **No reporting of seeking mental health care on:**
  - licensure
  - malpractice carrier
  - credentialing applications or renewals.
- **Confidentiality in seeking help**

A comprehensive (even though it does not claim to be) roadmap can be found in the article by Shanafelt and Noseworthy (7).
**FIRST: “WE CARE ABOUT YOU”—ADOPTING PHYSICIAN WELL-BEING AS AN ORGANIZATIONAL VALUE**

Knowing that an institution cares about the wellbeing of its employees does matter. It need not be one of the core values of the institution, but stating it, inquiring about it and, more importantly, acting on it, sends a strong message to physicians and staff and boosts productivity.

This may take form in circulated statements, town hall meetings, leadership rounds and, most importantly, in reporting the state of burnout to the leadership and medical staff on a regular basis.

Hence, the second measure.

**SECOND: MEASURE IT – NO MEASUREMENT, NO IMPROVEMENT**

There are a few validated measurement tools that are available. The key is to make sure that the measurement is systematic, periodic and easy to administer. A systematic approach to measurement (and later, improvement) is not only a sign of rigor but also of commitment. It can include forming a committee or designating a champion or a “wellbeing officer” who would be in charge of measurement and implementation of the interventions and subsequent reporting.

Periodic measurement is necessary to evaluate for improvement (or worsening) of burnout. There are no strict guidelines about the frequency of measurement but yearly or biennial measurement is acceptable. The measure needs to be anonymous with respect to identifiers traceable to the individual physician in order to be accurate and honest. Online versions of the tools involve a third party that ensures anonymity of the source but makes available aggregate data to institution administrators.

Administrators must keep in mind that, getting physicians to reveal what the stressors are, must overcome the culture of medicine that includes a culture of endurance, silence and complaining/whining, and it begins with physicians in training (8). Yet, identifying the organizational problems is the critical step to ease these burdens as well as improve safety.

Ease of administration of the measure is an important factor to consider. The longer the survey the less likely to obtain complete answers or a high response rate. Format is also another factor. In a small unit, it might be easier to use a paper format, but in larger institutions an online survey might be easier to administer.

In sum, measurement is an essential step that can guide leaders to the direction of change and to the effectiveness of interventions.

**THIRD: IDENTIFY YOUR BURNOUT PHENOTYPE**

Depending on the setting in which physicians practice, the phenotype of burnout might be different. For example, in a busy office practice, administrative burdens might be the main culprit. In a unit where practice focuses on chronic

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**Table 3 - Responsibility Matrix**

<table>
<thead>
<tr>
<th>Physician Responsibility</th>
<th>Administrator Responsibility</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Action</strong></td>
<td><strong>Comment</strong></td>
</tr>
<tr>
<td>Acknowledge Change</td>
<td>New issues, understand their impact, understand how to adapt</td>
</tr>
<tr>
<td>Own Safety and Quality</td>
<td>Acknowledge variability of care and its impact on outcomes, improve care delivery</td>
</tr>
<tr>
<td>Promote Accountability and Peer Mentoring</td>
<td>Must hold each other accountable, and be proactive to advance this responsibility</td>
</tr>
<tr>
<td>Stop Bad Behavior</td>
<td>Have to stop yelling, bullying, lack of follow-up, not responding or outright verbal or physical abuse.</td>
</tr>
<tr>
<td>Practice Humility</td>
<td>Respect the knowledge and skills of our non clinical colleagues.</td>
</tr>
<tr>
<td>Lead By Example</td>
<td>Physicians are looked up to for guidance and advice and people closely follow their actions.</td>
</tr>
</tbody>
</table>

Adapted from Merlino J. August 19, 2015: [www.beckershospitalreview.com](http://www.beckershospitalreview.com)
disease management or palliative care, dealing with compassion fatigue might be the main issue. The predominant burnout drivers can differ by units, and will present clues to interventions. One way to identify the main issues that are problematic in the workplace is to simply ask the staff “What matters?” as discussed in the IHI white paper, “Finding Joy at Work.”(9)

**FOURTH: START WITH LOW-HANGING FRUIT**

Some interventions may be easy to implement, gain favor among physicians and help “break the ice.” For example, carving out time for practitioners to catch up with administrative duties without asking them to make up for that time can go a long way. Additional interventions may include a mingle dinner for staff to “vent” and get to know each other better, a peer support or second-victim program, or a retreat for emotional and cognitive rejuvenation. Regardless of the cost or complexity of the intervention, it should be targeted and well-implemented.

**FIFTH: SUPPORT AND DEVELOP YOUR LEADERS**

Strong leadership is undoubtedly one of the essential elements of reducing burnout in the workplace(10). Characteristics of effective leaders include good listening skills, accountability, a sense of fairness and being supportive. Leaders who share the core values of physicians and staff increase engagement throughout the organization, which helps reduce feelings of helplessness that come from loss of control (10), and “leaders who engage their teams meaningfully create work environments more likely to engender a sense of well-being and less likely to engender burnout.” (11).

For additional strategies, please consult the article by Shanafelt and associates on executive leadership and physician wellbeing (7).

Linzer and associates (12) proposed several realistic solutions from their Healthy Work Place Study, including workflow redesign and improvement in communication. Improving workflows reduced burnout 6-fold, targeted quality improvement projects addressing clinician concerns reduced burnout 5-fold, and improving communication between team members improved professional satisfaction 3-fold. (13) Specific interventions include use of medical assistants for data entry, pairing of medical assistants (MAs) and physicians, providing...

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**Figure 4**

**External Environment:** Legal but downstream effects on health: Tobacco industry, carbon emission-based industries, pharmaceutical industry cost effect on affordability, etc.


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**Healthcare Ecosystem**

- **Macro Level:** Federal and State Government Initiatives, Healthcare Law; Healthcare Policy; Healthcare Industry; Economic Pressures; Public Interest Groups; Political Climate
- **Meso Level:** Healthcare Center Leadership and Management: Patient load, staffing, resource allocation, Organizational cultures including: Cultures of Safety, Quality, Wellness, Respect; leadership involvement, leadership soft skills & awareness of human factors in delivery of care, employee development
- **Physical Environment:** Layouts, distractions, noise, ventilation, temperature, lighting
- **Human-System Interfaces:** Medical devices, Clinician Human factor incorporation in design of IT software
- **Org/Social Environment:** Authority gradients, Gatekeeper effect on information flow, Communications: top down and bottom up, Work/Life Quality
- **Nature of work:** Treatment complexity Workflow, Individual vs. Teamwork, Competing tasks and interruptions physical, emotional and cognitive requirements

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**Micro Level:** Individual characteristics, interaction with staff, patients and families

Knowledge, skills, experience, alertness, fatigue, motivation, attitude, burnout, depression, cultural competency.

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Adapted from: Kerm Henriksen; Elizabeth Dayton; Margaret A. Keyes; Pascale Carayon; Ronda Hughes

Chapter 5, Understanding Adverse Events: A Human Factors Framework.

Patient Safety and Quality: An Evidence-Based Handbook for Nurses.

Hughes RG, editor.Rockville (MD):

adequate time for MAs to perform tasks previously done by physicians, improved teamwork, and routine clinical meetings to discuss important topics and surveying physicians for their "wish list" issues. Other potential organizational steps include promotion of part-time careers and job-sharing, protected time for meaningful personal activities, maintenance of manageable primary care panel sizes, hiring physician floats to cover predictable life events and allocation of adequate resources to primary care clinics. (14)

More recently, Shanafelt and associates (15) outlined the business case for investing in physician well-being by analyzing costs associated with burnout. These include physician turnover, lost revenue due to decreased productivity and organizational threats posed by lower quality of care, decreased patient satisfaction and reduced patient safety. It is estimated that the organizational cost to replace a single physician is between $500,000 and $1,000,000 when considering costs of recruitment and lost revenue. Studies have also shown that loss of a physician causes increased burnout for colleagues and other members of the care team.

It’s important for organizations to understand the factors that drive burnout and to realize that they can make substantive changes in many of these drivers, and often at relatively little cost. Nonetheless, even low-cost interventions can be challenging because change is always difficult. This dynamic highlights the importance of change management and the capacity to lead an organization through change. See Figure 3 for a responsibility matrix that addresses physician responsibilities and administrator responsibilities in improving physician/administrator relationships. The business case to reduce burnout, when coupled with the moral and ethical imperatives, creates an even more compelling argument for organizations to act.

Despite the IOM’s 1999 To Err is Human report and its clear message of how organizational/systemic issues cause the majority of errors, most of the efforts, investigation, training and blame have focused on end actors i.e. the clinicians (16). A similar story has emerged that ‘blaming the victim’ has been the approach in reducing burnout until recently. The majority of stressors affecting physicians are organizational/systemic (6). In quality and safety arenas, as well as burnout reduction programs at hospitals, we have a quality and safety opportunity as well as a moral responsibility to look at and improve systemic/organizational contributions to error and burnout.

Beyond the institutional and organizational factors, we have considered in this article, many important drivers of physician burnout and dissatisfaction are external to the organizations in which we work, yet are systemic ills in the healthcare ecosystem. These include laws, rules and regulations imposed upon the practice of medicine by state and federal governments as well as public and private payers. Without attempting to address these issues as well, the positive consequences of organizational change will be limited. Organized medicine in general, and MSSNY in particular, have a history of effective advocacy efforts to change public policy, and this will be the subject of the fifth, and final, article of this series.

REFERENCES

INTRODUCTION

The present crisis of burnout faced by physicians – along with, many individuals in all aspects of our society – negatively impacts work performance and general health. A 2014 survey found that health care professionals – and physicians in particular - are affected by a reported range of burnout of more than 50% in almost every medical specialty.1

In a recent survey of NYS physicians conducted by MSSNY, this same statistic was confirmed among physicians at various points in their careers.2 The characteristics of burnout include emotional exhaustion, depersonalization with loss of empathy, and the feeling of lack of worth in one’s job performance. This creates an environment where public safety is affected, as burnout may lead to an increase in medical errors.3 To help reverse this trend and improve physician wellness, we need a better understanding of the issue. In addition, increased advocacy by – and for – physicians is necessary.

This article seeks to provide both insight into the problem of burnout and the motivation for individual physicians to become involved in helping to effect change.

DISCUSSION

Studies show that all physician practice models are affected by burnout, and the loss of autonomy and control to other authorities has a very deleterious effect on physicians’ job satisfaction. These factors also dramatically increase the stress level in all aspects of the delivery of care. It is also recognized that 80% of the stressors are organizational/systemically based, as opposed to individually generated.

We have been living in a medical culture where time and effort is spent creating steps to maintaining our ability to cope with the increasing burden of regulation and practice change, rather than finding ways to improve the system. We have allowed other organizations to decide our career paths and take the joy out of medicine.

MSSNY and County Medical Societies have been actively involved with the state legislature, insurance carriers, regulatory authorities and society to look for ways to decrease the mushrooming burdens of approval and documentation, most with no proven benefit. We need to strive to have the recognition of the “Quadruple Aim” where the care provider takes equal recognition with cost, quality, and patient satisfaction in the goals of health care.

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Accomplishing these goals will require all New York State physicians to become involved with MSSNY and other influential organizations.

A PERSONAL PERSPECTIVE

During my years in medical school and residency, my lack of knowledge and understanding brought about feelings of inadequacy. I had colleagues who were not able to admit weakness and did not know where to look for help and support. I witnessed addictive behaviors in my peers and inappropriate treatment of them by superiors and did not know where to turn to get help or support for those individuals. Tragically, one colleague in particular died by suicide several years later as a result of some of these circumstances.

As a result of these experiences, I made the decision to become actively involved in advocacy for physicians. I saw the need to help my peers find balance and wellness in their lives. All physicians should know they are given a very important privilege in the social contract they receive from society to care for their patients’ health and well being. This requires a commitment by the profession of self regulating their performance and conduct and when we breach that oath, we have a duty to report the misconduct or behavior.

Although I provided extensive mentoring over the years, my formal advocacy began when I was asked to serve on the Board of Professional Medical Conduct. Six years ago, I took over Chairmanship of the Board. Although there are board members who keep their positions quiet, I have believed it is important to acknowledge my role. It is a way of showing New York State physicians that there are those who not only accept the position to protect the public, but are there to see they receive due process and care about their wellness. The goal is to keep physicians in active practice if their behavior and performance permit. This work has offered me the opportunity to meet with the MSSNY Board several times to address their concerns and work to improve the understanding and relationship between the two entities.

Commitment to this issue has brought new opportunities, including my increased responsibility at the Federation of State Medical Boards (FSMB). As chair, I selected burnout and wellness as my platform for the FSMB to engage and help state boards become involved in addressing their role and making an impact. It also afforded me the opportunity to work with the leadership of the Federation of State Physician Health Programs to learn of their methods to encourage physician wellness. The additional activity that has opened for me is the inclusion as the FSMB representative to the National Academy of Medicine Action Collaborative for Physician Wellness and Resilience. This is a major national effort to address the crisis and find potential solutions.

Nationally, FSMB is involved with the ACGME, AMA, AAMC and their physician wellness initiatives that support the state board’s involvement. Additionally, there is an FSMB workgroup meeting and pending report that addresses the states’ perspectives on burnout issues. There are 14 national organizations, each of whom gives guidance to state medical boards’ involvement in this workgroup that will produce additional suggestions for improving the working environment for physicians.

MSSNY is very active at the state level, following a successful survey of over 1,500 physicians in NYS that helped identify the top 10 stressors to physicians. Through this work it was recognized that 80% of the stressors are systemic, which strengthens the importance of strong advocacy engagement and PAC support for all physicians. MSSNY is also developing a peer support program as a resource to physicians who could find relief in the support of colleagues with a shared experience. Finally, the Monroe County Medical Society, of which I am a member, has developed a compendium of resources to support physicians and is available on their website. This includes: free Android/iPhone applications for guided meditation; books, videos, podcasts and articles related to stress/anxiety/burnout; a partnership with local wellness centers that...
offer drop in yoga and meditation programs as well as access to acupuncturists, nutritionists and natural food selections; and private practice therapists who have marked experience in working with physicians and who will prioritize scheduling for physicians who reach out in need.

Now is the time to engage. Now is the time to support the work of the State and County medical societies and join other physicians to amplify our voices. The more voices at the table, the louder we are, and easier we are to hear. MSSNY has established a Physician Advocacy Network but it only operates with our support. We as physicians must own the following items:

1. Encourage colleagues to join (and perhaps re-join) MSSNY. Membership is everyone’s job. If you aren’t sure what to say, call Eunice Skelly: (516) 488-6100 ext. 389 or your County Medical Society Executive Director.

2. Keep an eye out for Advocacy Alerts from MSSNY and/or your County Medical Society and communicate with your legislator’s office. MSSNY’s Grassroots Action Center is easy to use and in less than 3 minutes you can send well written letters to your legislators. Phone calls are just as simple – and if you prefer to leave a voicemail, call in the evening and leave a message. They keep track of the calls and letters they receive, and it really does make a difference.

3. Meet with your legislators, share your concerns and educate them on what is important to physicians and our patients. If you aren’t sure where to start, call Moe Auster at (518) 465-8085 ext. 319 and ask how you can get started. Depending on your County, the Executive Director may join you in those meetings. Remember that even if you meet with staff of the legislator these meetings are reported back to them. Every contact with your legislator’s office makes a difference.

We want to encourage physicians to understand the opportunities that exist to help fulfill not only their own goals – but also to assist in maintaining the health and wellness of the profession. In so doing, we are protecting the public by providing quality health care for all of society.

MSSNY and the County Medical Societies all have multiple ongoing initiatives to address all of the points made in this article. We require your backing and active involvement to make the necessary changes – and to bring the joy back to medicine!

Consider identifying ways that you can personally monitor your own wellbeing leveraging measurements discussed in the previous article. We encourage you to reach out to your county or state medical society to get involved, and further encourage you to share this article with just one of your colleagues who is not a MSSNY member. You are the best communicator of the value of our work.

REFERENCES


