

## Money, Time, & Medicine: Is it Worth it?

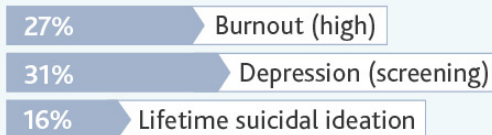
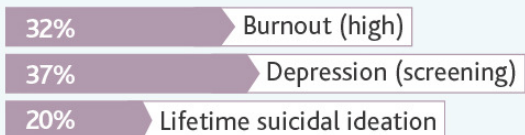
FMF 2018

Session #F332

Dr. Magbule Doko

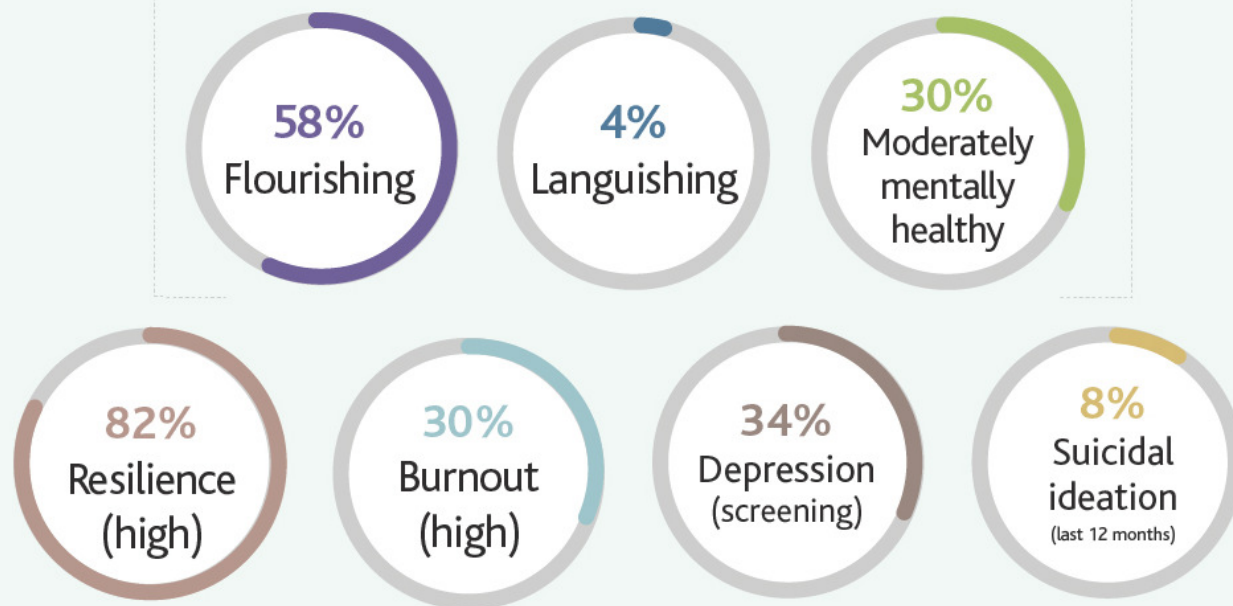
- OMA – ONTARIO PHYSICIAN HEALTH PROGRAM [1.800.851.6606](tel:18008516606) CONFIDENTIAL
- VIDEO ABOUT BURNOUT FROM CMA: [https://www.youtube.com/watch?time\\_continue=15&v=FpkaJEgV50o](https://www.youtube.com/watch?time_continue=15&v=FpkaJEgV50o)
- Check with your Provincial Medical Association for a Wellness Program/Confidential Hotline
- Dr. Pamela Wiebe in USA is a good resource, she is investigating physician suicide & factors involved
- Check your local, provincial, national medical associations for conferences/talks about physician mental health and wellbeing
- “The Basics” Booklet from OMA: <http://php.oma.org/wp-content/uploads/2017/06/TheBasics-full-version.pdf>
- Consider incorporating Minimalism in your life: [www.theminimalists.com](http://www.theminimalists.com), Film: Minimalism (watch!)
- Additional Articles for Reading:
  - Part-Time Doctors: <http://www.cmaj.ca/content/190/35/E1055>
  - “The Doyen of Physician Wellness” April 2018. The Medical Post <http://www.canadianhealthcarenetwork.ca/physicians/magazines/the-medical-post/april-2018>
  - It is Just a Job: <https://www.linkedin.com/pulse/those-four-words-may-offend-you-also-just-save-louis-m-profeta-md>
  - Doctors are burning out more now than in the past: September 2018. The Medical Post. <http://www.canadianhealthcarenetwork.ca/physicians/magazines/the-medical-post/september-2018>
  - How to Tell if your doctor is burned out: <https://www.cbc.ca/radio/whitecoat/doctor-burnout-1.4395549/how-to-tell-if-your-doctor-is-burned-out-1.4395655>
  - Why this doctor went public with her story of burnout: <https://www.cbc.ca/radio/whitecoat/doctor-burnout-1.4395549/why-this-doctor-went-public-with-her-story-of-burnout-1.4395640>
  - Getting Help for burned-out doctors: [https://www.cbc.ca/amp/1.4610808?\\_twitter\\_impression=true](https://www.cbc.ca/amp/1.4610808?_twitter_impression=true)
  - Physician burnout takes a toll on US patients: <https://www.reuters.com/article/us-health-physicians-burnout/physician-burnout-takes-a-toll-on-u-s-patients-idUSKBN1F621U>
  - Why the good doctor is burning out: <https://www.theglobeandmail.com/opinion/article-why-the-good-doctor-is-burning-out/>
  - Canadian Doctors are suffering from burnout at an alarming rate, survey finds: <https://www.thestar.com/news/gta/2018/10/10/md-burnout-an-alarming-problem-cma-president-says.html>
- 2017 CMA National Physician Health Survey
  - 3000 physicians participated
  - Link for results summary: <https://www.cma.ca/Assets/assets-library/document/en/advocacy/nph-survey-e.pdf>

## PREVALENCE OF PSYCHOLOGICAL VARIABLES: BY GENDER









## PREVALENCE OF PSYCHOLOGICAL VARIABLES:





### OVERALL MENTAL HEALTH



# PREVALENCE OF PSYCHOLOGICAL VARIABLES (%)

BY AREA OF PRACTICE	 Family medicine/ general practice	 Internal medicine	 Medical specialty	 Surgical specialty	 Laboratory specialty	 Admin position
Overall mental health:						
• Flourishing	58	60	57	56	47	74
• Languishing	4	3	4	5	9	2
• Moderately mentally healthy	30	29	31	32	38	12
Resilience (high)	82	82	83	84	77	93
Burnout (high)	32	31	29	29	28	19
Depression (screening)	35	33	32	39	40	19
Suicidal ideation (last 12 months)	9	7	8	7	10	3

BY PRACTICE SETTING	 Hospital	 Private office/clinic	 Academic	 Admin/ corporate office
Overall mental health:				
• Flourishing	57	60	55	75
• Languishing	4	4	4	2
• Moderately mentally healthy	33	29	34	14
Resilience (high)	82	81	84	91
Burnout (high)	29	31	28	25
Depression (screening)	36	34	31	33
Suicidal ideation (last 12 months)	8	8	9	2