



Physician Mental Health

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Why do doctors struggle?

- Unforgiving high pressure profession
- Legal fears
- Administrative pressure
- Neglecting those we love
- Neglecting ourselves
- Carry others pain and suffering
- Obligation to appear healthy
- Asking for help seems selfish



Physician mental health statistics

- 300-400 physicians commit suicide per year
- Suicide is the second most common cause of death amongst resident physicians
- Higher suicide completion rate

Source: A Tragedy of the Profession: Medscape Physician Suicide report March 4, 2022

Have You Ever Felt Suicidal or Attempted Suicide?



Source: A Tragedy of the Profession: Medscape Physician Suicide report March 4, 2022

Type of Depression Among Physicians



24% Clinical depression (severe depression lasting some time, not caused by a normal grief event)

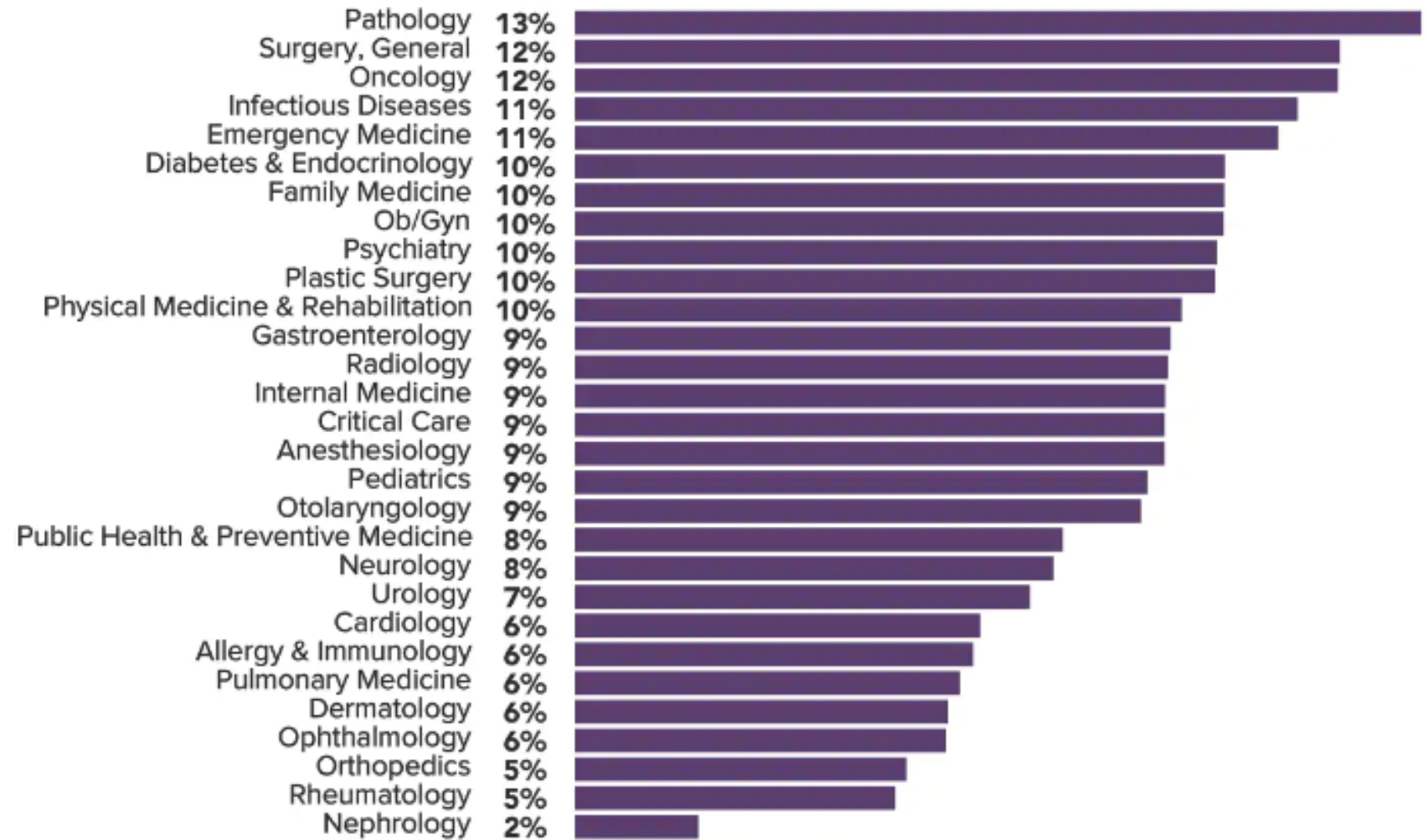
64% Colloquial depression (feeling down, blue, sad)

6% Other

5% Prefer not to answer

Overall Depression in Physicians: **21%**

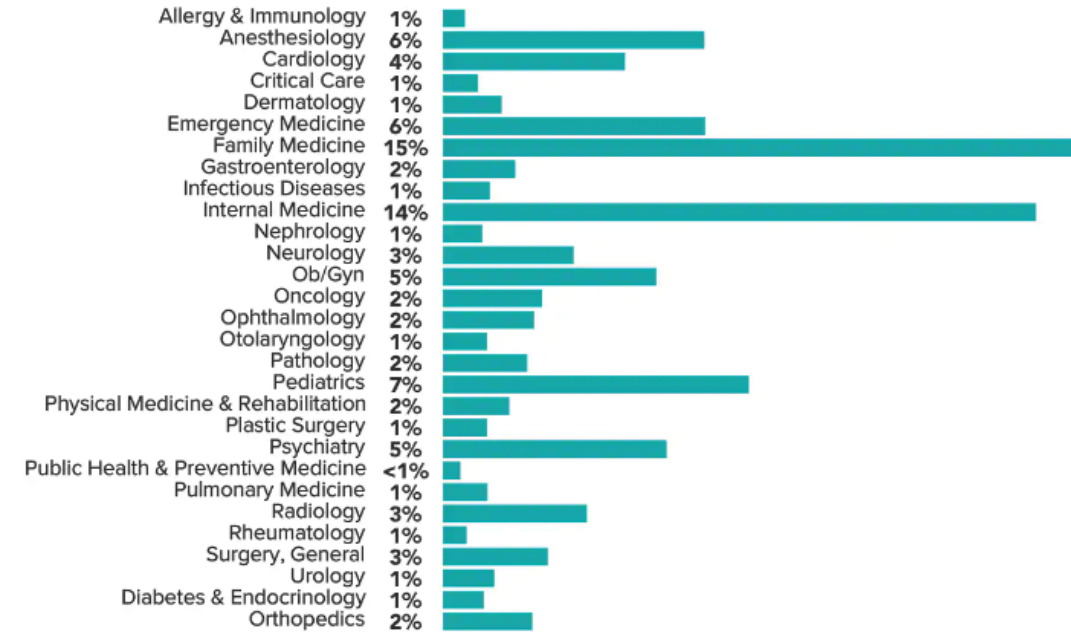
Suicidal Thought Among Some Specialties



Methodology

- Survey Method: Medscape member physicians were invited to participate in a 10-minute online survey.
- Screening Requirements: Respondents were required to practice in the United States.
- Sample Size: 13,069 physicians across 29 specialties met the screening criteria and completed the survey; weighted to the American Medical Association's physician distribution by specialty and state.
- Recruitment Period: June 29, 2021 through September 26, 2021
- Sampling Error: The margin of error for the survey was $\pm 0.85\%$ at a 95% confidence level using a point estimate of 50%.

Demographics by Specialty



What can we do?



EAT, SLEEP, EXERCISE



Nutrition

- Diets with high glycemic index, refined grain, and dietary sugars increase the likelihood of depression ¹
- Diets with higher consumption of fiber, non-juice fruits, and vegetables lower the likelihood of depression ¹
- Drink water ²

myfitnesspal

LOGIN

Good health starts with what you eat.

Want to eat more mindfully? Track meals, learn about your habits, and reach your goals with MyFitnessPal.

START FOR FREE



1-High glycemic index diet as a risk factor for depression: analyses from the Women's Health Initiative. Am J Clin Nutr. 2015 Aug;102(2):454-63.

2-Drinking plain water is associated with decreased risk of depression and anxiety in adults: Results from a large cross-sectional study. World J Psychiatry. 2018 Sep 20;8(3):88-96.

Exercise

- Start small
- Walk for 20 minutes 3 days per week
- Give yourself grace
- Your mind is exhausted, but your body needs to move

Source: Pearce M, Garcia L, Abbas A, et al. Association Between Physical Activity and Risk of Depression: A Systematic Review and Meta-analysis. *JAMA Psychiatry*.2022;79(6):550–559.

FITNESS MAGGIE

NO EXCUSES. YOU GOT THIS.

My workouts are quick & easy to follow. No equipment needed. Minimal time required. Do them anywhere. **Completely excuse-proof!**

I have designed them to be appropriate for **all** fitness levels – so you can jump in at Series 1.0 or 10.0 and feel taken care of.

The Workout & Yoga Series found on this page are available **FREE** with your Amazon Prime membership. If you do not have Prime or live outside of the USA, you can access with an On Demand membership (see below).

Thank you for choosing to workout with me. I promise to have your back & keep you moving forward as long as you stay committed & consistent.

Maggie



15-Minute Series ^{1.0} Weekly Workout Schedule

MONDAY: 15-Minute Full Body Burn 1.0

TUESDAY: 15-Minute Upper Body Sculpt 1.0

WEDNESDAY: 15-Minute HIIT 1.0

THURSDAY: 15-Minute Lower Body Chisel 1.0

FRIDAY: 15-Minute Core Challenge 1.0

Sleep

- Set a bed time
- Avoid caffeine, nicotine, and alcohol before bed
- Avoid TV and computer prior to sleep
- If you can't sleep, don't just lie in bed. Read, listen to calming music, meditate

Source: Scott AJ, Webb TL, Martyn-St James M, Rowse G, Weich S. Improving sleep quality leads to better mental health: A meta-analysis of randomised controlled trials. *Sleep Med Rev.* 2021 Dec;60:101556. doi: 10.1016/j.smrv.2021.101556. Epub 2021 Sep 23. PMID: 34607184; PMCID: PMC8651630.



Mindfulness

Moment to moment, non-judgemental awareness, Appreciating this instance as it unfolds

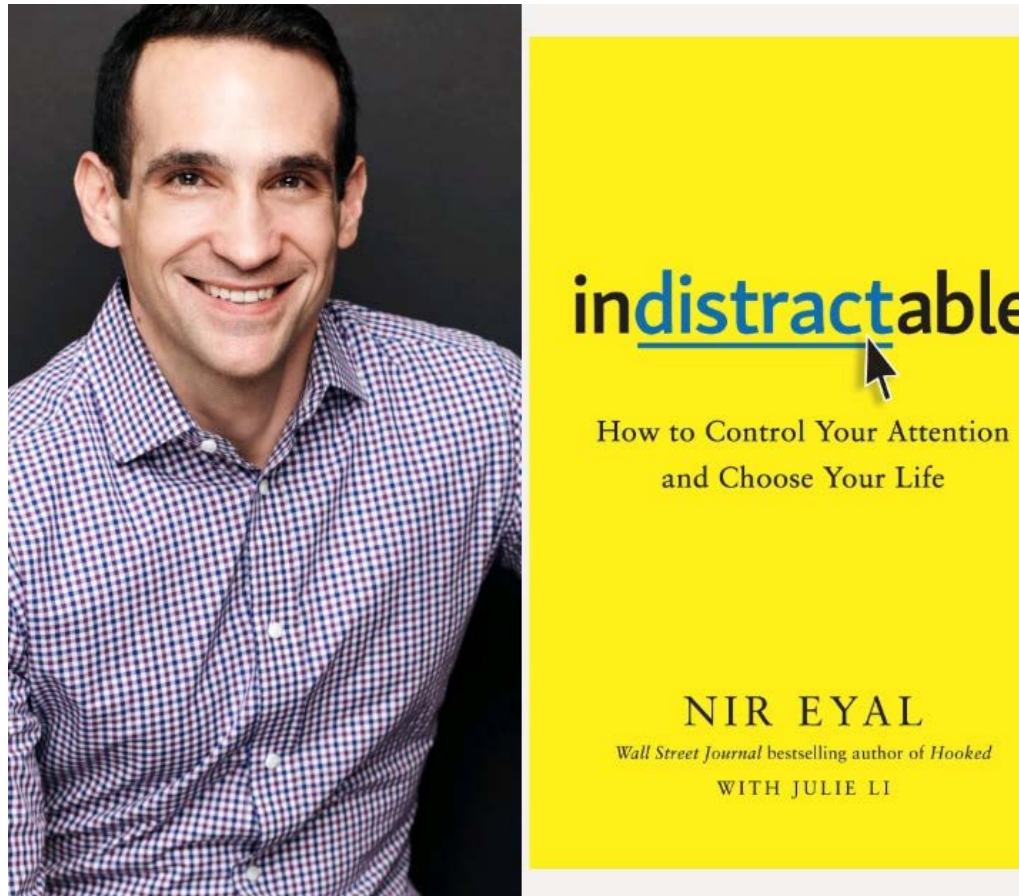
Mindfulness

- Allow yourself to live and react in the present



Indistractable

- Being fully engaged in one task
- You can't control how many problems are thrown at you, but try to control how many you address at once
- Make time in your schedule for what is important to you



How to improve Mindfulness

- Pay attention to a single breath
- Feel each step to the patient room
- Feel the coolness of the door handle
- Make eye contact
- Be curious
- Accept and acknowledge current physical sensations and emotions
- Let go of all distractions and just listen to patient's heart and lungs
- You are an individual that is present in this moment in time. You are not a robot or computer. You are human. You feel and adapt to the moment.



Reframing

Identifying and changing the way situations, experiences, events, ideas, or emotions are viewed

How to reframe in the clinical setting

What you see:	After Reframing:
Rude patient	Suffering
Non-compliant	In need of a coach
Drug seeker	Need to know you care, and have their best interest in mind
Talkative	Need someone to listen

How to reframe physician challenges

Initial perception	Reframed
Running late	You are doing the best you can.
Failure	You are not a failure. You had an undesirable outcome.
Computer and paper work	Relax time
Work that feels like drudgery	Our work makes a difference. Even if some don't remember, some always will.
Defeated	Remember your wins. Make a win wall.

3 minute breathing exercise

- Minute 1
 - Describe your current emotional state in one word
 - Describe all body sensations and thoughts associated with this word
 - For an entire minute, be open and accepting to these feelings
- Minute 2
 - Focus on one breath at a time
 - If mind drifts, slowly bring focus back to one breath at a time
- Minute 3
 - Expand focus to sensation of whole body in process of breathing

Simplify your why

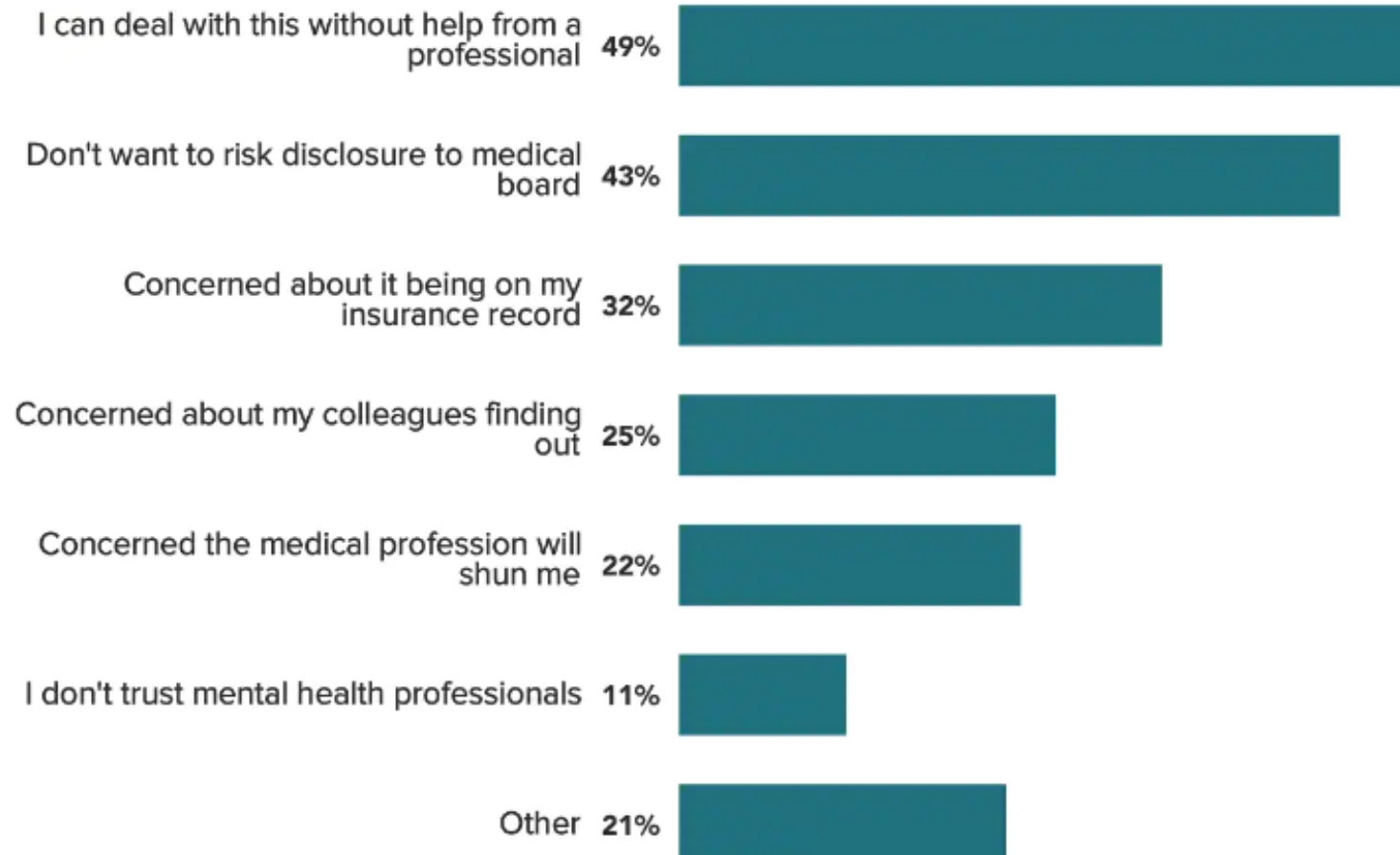
- Find or rekindle something you are passionate about in medicine
- Advocate for something you believe in



What now ?

I feel like I have done everything in my power, and I just can't climb out of this.

Why Have You Not Sought Help for Burnout or Depression?



Question 7

- 7. Do you currently have any mental, physical or emotional condition that may impair your ability to practice osteopathic medicine safely? If you are a participant in the Oklahoma Health Professionals Program ("OHPP"), whether voluntarily or by Board Order, you may respond "No." Please contact the Executive Director of the Board if you have any questions about responding to this question. Yes, or No; if Yes: explain in detail.**

- 8. Within the last twelve (12) months, or since your last renewal, have you received, entered, or completed a treatment program for alcohol or substance abuse? If you received, entered, or completed a treatment program as a participant in the Oklahoma Health Professionals Program ("OHPP"), whether voluntarily or by Board Order, you may respond "No." Please contact the Executive Director of the Board if you have any questions about responding to this question. Yes, or No; if Yes: explain in detail.**

- 9. Within the last twelve (12) months, or since your last renewal, were you arrested, indicted, charged with, agreed to a deferred sentence, or convicted of any crime**

Impairment per (Federation Of State Medical Boards)

- The inability of a physician to provide medical care with reasonable skill and safety due to illness or injury
- Illness does not constitute impairment
- With appropriate treatment, the issue of impairment may be prevented or resolved while the diagnosis of illness may remain

Indicators of impairment per (OHPP)

- Personal
 - HTN, Tachycardia, Gout, Gastritis, Insomnia, deterioration in appearance or physical health
- Family and interpersonal
 - Family members assume duties and obligations of impaired person
 - Family cover up for impaired person's behavior
 - Family members accept blame
 - Unsuccessful attempts to normalize
- Work history
 - Unexplained gaps in resume
 - Frequent job changes
 - Difficulty verifying references
- Professional relationships
 - Inappropriate behavior at medical meetings
 - Concern by associates of change in attitude and or/behavior
 - Long absences from office with disruption of patient appointments
 - Professional enablers
 - Complaints by personnel/patients
 - Malpractice suits/medical errors

I am not impaired, but I am not okay

- Loss of a patient
- Loss of a family member
- Legal stress
- New life-altering medical diagnosis
- Marital stress/family stress
- Recent traumatic event in the workplace



THE ISSUE

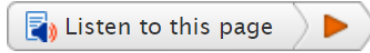
Like Lorna, physicians and health care providers suffer from a critically high degree of burnout and stress. Currently, more than one physician in the United States dies by suicide every day. The COVID-19 pandemic of 2020 has magnified the issues faced by frontline health care providers, yet many continue to suffer in silence out of fear of the professional stigma of seeking help.


If this can happen to Lorna, this can happen to any healthcare provider.



Summary: H.R.1667 — 117th Congress (2021-2022)

[All Information](#) (Except Text)



There are 4 summaries for H.R.1667. Public Law (03/18/2022)  [Bill summaries](#) are authored by [CRS](#).

Shown Here:

Public Law No: 117-105 (03/18/2022)

Dr. Lorna Breen Health Care Provider Protection Act

This bill establishes grants and requires other activities to improve mental and behavioral health among health care providers.

Specifically, the Department of Health and Human Services (HHS) must award grants to hospitals, medical professional associations, and other health care entities for programs to promote mental health and resiliency among health care providers. In addition, HHS may award grants for relevant mental and behavioral health training for health care students, residents, or professionals.

Additionally, HHS must conduct a campaign to (1) encourage health care providers to seek support and treatment for mental and behavioral health concerns, and (2) disseminate best practices to prevent suicide and improve mental health and resiliency among health care providers.

HHS must also study and develop policy recommendations on

- improving mental and behavioral health among health care providers,
- removing barriers to accessing care and treatment, and
- identifying strategies to promote resiliency.

Furthermore, the Government Accountability Office must report on the extent to which relevant federal grant programs address the prevalence and severity of mental health conditions and substance use disorders among health care providers.

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.

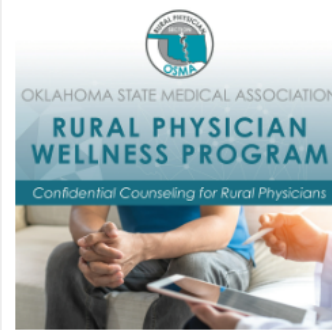
Oklahoma County



Tulsa County



Rural Physicians



Non-Member Physicians





Tulsa County Medical Society Physician Wellness Program

Confidential Counseling for Physicians

BEING A PHYSICIAN ISN'T EASY - NEITHER IS ASKING FOR HELP

Most physicians struggle to find a balance between the intense demands of practicing medicine and their personal lives.

A professional counselor can help you cope and regain your natural resilience. The important thing to remember is that there is always a solution.

The Physician Wellness Program (PWP) can help you address any problems or concerns you may be experiencing. You do not need to be in crisis, but the access to program psychologists are here if you need them.

Take the first step...

To learn more or schedule an appointment, contact the therapist of your choice below. Please reference "Tulsa County Medical Society Physician Wellness Program" when you speak with the counselor.

Some of the concerns counseling can help address:

- Stress and work difficulties
- Relationships and family issues
- Depression and anxiety
- Adverse patient outcome

Program Features:

- **Confidential** counseling by psychologists, therapists, counselors experienced in counseling physicians.
- **FREE:** Up to 8 1-hour sessions for physician members.
- **No diagnosis is made; No insurance is billed;**
- **No reporting to Oklahoma medical boards or credentialing entities.**
- **Telemedicine sessions available.**
- **Appointment hours are flexible with physician's schedule in mind.**
- **Urgent appointments may be available.**

Cheryl A. Kilpatrick, PhD

Licensed Clinical Psychologist, Certified Health Services Provider

Specialties:

- Anxiety
- Depression
- PTSD
- Relationships
- Work Adjustment Problems
- Grief
- Life Transitions

918.749.7605

Mary Anne Lewis, EdD

Licensed Psychologist

Specialties:

- Depression
- Life after Retirement
- Stress Management
- Traumatic Stress
- Anxiety Disorders
- Adjustment Disorders
- Sexual Identity/Orientation
- Sexual Abuse

918.747.1600
ext. 209

Kevin Bonifield, LPC, NCC

Licensed Professional Counselor

Specialties:

- Anger Management
- Anxiety
- Depression
- Grief
- Men's Issues
- Relationship Issues
- Role Transitions
- Suicidal Ideation

918.982.6411

Racquel Colbert-Dawson, LPC-S

Licensed Professional Counselor

Specialties:

- African-American and Other Racial or Ethnic Background
- Anxiety
- Depression
- Female Entrepreneurs/Work Life Harmony
- Life Coaching
- Stress

918.396.8261

For More Information

Contact:

Mark McElreath, MPA
Executive Director
Tulsa County Medical Society & TCMS Foundation

P: 918.743.6184
F: 918.743.0336
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Help for the Healer ECHO: Resiliency in Health Care Provides and Administrators in the Time of COVID and After



Check on each other

- Watch for subtle behavior changes
- Do not assume anyone has it all together
- Invite deeper conversation
- State the obvious. You respect them, encourage to get help, and remind them you will be there.

We need to improve our quality of life together

- We need to share ideas about what works
- AAFP Physician Health and Well-being Conference

AAFP / Events / Physician Health & Well-being Conference

2023 Physician Health & Well-being Conference

Tuesday, April 25 - Friday, April 28, 2023
Renaissance Esmeralda Resort & Spa
Indian Wells (Palm Springs), CA

REGISTER

Already registered? You may [edit your registration](#) anytime.



ADD TO CALENDAR

Join us where rejuvenation and peace of mind meet.

You've worked hard caring for your patients over the last two years. It's time to focus on you and treat yourself to some well-deserved renewal and rejuvenation. You'll find that and more at the AAFP's **2023 Physician Health and Well-being Conference**, April 25–April 28, in Indian Wells (Palm Springs), CA.

The Renaissance Esmeralda is the ideal destination for this one-of-a-kind experience to learn, grow, and connect. With over 50 interactive workshops facilitated by highly rated faculty, you'll find inspiration for a renewed perspective on your well-being.

Join us at this unique four-day event and:

- Get the tools, coaching and resources you need to improve day-to-day professional satisfaction
- Network with colleagues

You'll leave feeling revitalized with a plan to boost your individual, practice, and organizational well-being.

Possible goals

- Confidential and worry-free access to mental health providers
- Reduce broad, invasive, mental health questions on applications
- Bring public awareness to the priority of physician wellness
- Create a community comprised of physicians to emotionally support each other
- Collaborative effort to reduce physician workload and administrative pressure
- Work on legislation to protect physicians from the public

Benefits of Depression

- Use it as a clue to deeply reflect and make positive changes
- Depression can be a stepping stone and not a stumbling block



Stepping Stones Over Water With Sky Photograph by Peter Cade - Fine Art America

The difference is you



I am a physician, but I am so much more



Sources Cited

- A Tragedy of the Profession: Medscape Physician Suicide report March 4, 2022
- Gangwisch JE, Hale L, Garcia L, Malaspina D, Opler MG, Payne ME, Rossom RC, Lane D. High glycemic index diet as a risk factor for depression: analyses from the Women's Health Initiative. *Am J Clin Nutr.* 2015 Aug;102(2):454-63.
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- Eyal, Nyir. *Indistractable*. BenBella Books; Illustrated edition (September 10, 2019)
- AAFP
- Federation of State Medical Boards
- Oklahoma Health Professionals Program
- Dr. Lorna Breen Heroes Foundation
- Oklahoma State Medical Association
- Project ECHO, <https://medicine.okstate.edu/echo/index.html>



Thank You

Jason Keith Miles D.O.

