

WWATSD (What Would AT Still DO?)

An Osteopathic Perspective on Physician Self Care

Disclosures

None

Objectives

- Recognize signs and adverse effects of burnout
- Identify benefits of self care
- Identify elements of self care and how they correlate with Osteopathic tenets
- List ways for busy physicians to implement self care strategies

Burnout

- Syndrome of emotional exhaustion, depersonalization, and diminished sense of personal accomplishment
- More common in professions with intense interactions with people
- Nearly half of practicing physicians in the US experience burnout at some point in their career

Effects of Burnout

- ⦿ Lower work satisfaction, risk of substance abuse, risk of depression, disruption in personal relationships
- ⦿ Decreased productivity, increase in medical errors, reduced quality of patient care, lower patient satisfaction

Preventing Burnout

- ⦿ Intervention programs to prevent burnout have been shown to reduce rates of burnout
- ⦿ Programs can target organization-directed changes and physician-directed changes
- ⦿ Organization-directed changes make more impact
- ⦿ An individual can control the physician-directed changes

Physician-directed Changes

- Mindfulness techniques
- Cognitive behavioral techniques
- Personal coping strategies
- Stress management

What the heck is self care?

- PPE for your overall well being
- Taking care of your physical, mental, and spiritual self

Why Self Care?

- Reduce the risk of burnout
- Improve physical health
- Improve mental health
- Improve productivity
- Improve relationships

Osteopathic Tenets

- The body is a unit; the person is a unit of body, mind, and spirit
- The body is capable of self-regulation, self-healing, and health maintenance
- Structure and function are reciprocally interrelated
- Rational treatment is based upon an understanding of the basic principles of body unity, self-regulation, and the interrelation of structure and function

Osteopathic Tenets and Self Care

- The body is a unit; the person is a unit of body, mind, and spirit
- Achieving healthy balance requires addressing all facets of a person
- We are taught to treat our patients holistically; shouldn't we be doing the same for ourselves?

Osteopathic Tenets and Self Care

- The body is capable of self-regulation, self-healing, and health maintenance
- Being out of balance creates dysfunction
- Do the things that aid the natural self-healing process

Osteopathic Tenets and Self Care

- Structure and Function are reciprocally interrelated
- Stress adversely affects both structure and function
- The rule of the artery is supreme

Osteopathic Tenets and Self Care

- Rational treatment is based upon an understanding of the basic principles of body unity, self-regulation, and the interrelationship of structure and function.
- Dr. Still emphasized patient-oriented, preventive medicine
- Take care of your mind, body, and spirit

Mind

- Mindfulness improves outlook and productivity
- Reframe your thoughts
 - › It's difficult to be negative if you're focusing on gratitude
- Success is something you attract by the person you become
- Personal development is like CME for your mind

Body

- Food is fuel
- Inertia
- Exercise
- Stretch
- Rest
- Healthcare maintenance

Spirit

- ⦿ Higher power
- ⦿ Relationships
 - > Family
 - > Friends
 - > Patients
- ⦿ Meditation

Morning Routine

- ⦿ Start your day right
- ⦿ Maintain your focus on your priorities
 - > Live with intention
 - > Align your schedule with your goals
- ⦿ Do important things before you get distracted
- ⦿ Success leaves clues

But I'm so busy!

- Parkinson's law: Work expands to fill the time available for its completion
- You budget your money, shouldn't you budget your time?
 - › Time log
- Make sure your time commitments are consistent with your goals and priorities
- Use NET time (No Extra Time): Podcasts, audio books

But I'm so busy!

- Schedule time for leisure and relaxation
- Limit electronics
- Effective routines reduce decision fatigue
- Be an example
- Work on one thing at a time
- Consistency over time yields results

Pearls

- Growth and contribution lead to fulfillment
- Success occurs when our behaviors are in alignment with our values
- Crave the process of improvement and the elation of doing something good for yourself
- Progress, not perfection

Resources

- The Miracle Morning by Hal Elrod
- Better by Atul Gawande
- The Compound Effect by Darren Hardy
- 168 Hours by Laura Vanderkam
- Darren Daily (dd.darrenhardy.com)
- Jim Rohn, Tony Robbins, Darren Hardy, Brian Tracy
- Apps: Headspace, Calm

References

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- Thomas LR, Ripp JA, West CP. Charter on Physician Well-being. *JAMA*. Published online March 29, 2018. doi:10.1001/jama.2018.1331
- Panagioti M, Panagopoulou E, Bower P, et al. Controlled Interventions to Reduce Burnout in PhysiciansA Systematic Review and Meta-analysis . *JAMA Intern Med*. 2017;177(2):195–205. doi:10.1001/jamainternmed.2016.7674

Questions?

- Your life only gets better when you get better.
 - > -Brian Tracy