

Physician burnout is real

DOCTOR, HAVE YOU REACHED YOUR LIMIT?

DO YOU SEE YOURSELF IN THESE STATISTICS?

- 44% of physicians experience symptoms of burnout
- 8% of medical residents suffer from depression
- Approximately 400 American physicians commit suicide each year
- 10-12% of physicians have a substance use disorder
- 40% of physicians are reluctant to seek care for mental health

IS THIS YOUR REALITY?

- High workload
- Complex patient population
- Short patient visit times
- High volume of administrative/clerical work
- Lack of open communication with leadership
- Poor work/life balance
- High level of student debt
- Trauma following a medical error or poor patient outcome

AND COVID ISN'T HELPING

- Lack of PPE and supplies
- Extended shifts
- Separation from usual colleagues
- Altered standards of care and ethical challenges
- Fear of getting the virus or infecting friends/family members
- Being placed into positions or roles with limited training
- Witnessing the death of patients

YOU MAY BE SUFFERING FROM BURNOUT

Here are some common symptoms:

- Emotional exhaustion
- Depersonalization (detachment from self and identity)
- Reduced sense of personal accomplishment
- Feeling devalued

HOW CAN BURNOUT AFFECT YOUR LIFE?



IMPACT ON PHYSICIANS

- Substance abuse
- Depression
- Suicidal thoughts
- Car accidents
- Lack of self-care

IMPACT ON PATIENTS

- Lower quality care
- Medical errors
- Longer patient recovery times
- Lower patient satisfaction
- Negative treatment environment

WE KNOW THE BARRIERS TO SEEKING TREATMENT

- Concern about confidentiality
- Concern that seeking treatment could imperil medical licensure
- Medical culture has stigmatized mental health conditions and those who seek help
- Physicians tend to internalize distress as part of their professional identity

SO, WHAT IS THE SOLUTION?

You don't have to go it alone. ArMA has created a FREE, informal program designed to help all licensed Arizona physicians deal with burnout.

It's called the Virtual Doctors' Lounge, and it provides confidential, peer-led support to physicians ... by physicians.

This is not a "session." It's just a chat.

Doc to doc.

ENJOY BEING A PHYSICIAN AGAIN

www.VirtualDoctorsLounge.org

Sponsored by the Arizona Medical Association (ArMA) in partnership with ADHS and AHCCCS