Burnout in Emergency Medicine

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Burnout and Satisfaction With Work-Life Balance Among US Physicians Relative to the General US Population

Tait D. Shanafelt, MD; Sonja Boone, MD; Litjen Tan, PhD; et al
Reason 1: The Calendar
Reason 2: The Fishbowl
Reason 3: The Boarding
Reason 4: The Finances
Reason 5: Consultants
Reason 6: It’s Busy

In 2017, 137 million visits were made.

SOURCE: CDC/NCHS, National Hospital Ambulatory Medical Care Survey
Reason 7: Administrators

Top 15 Potentially Preventable Reasons for Emergency Room Visits

- Upper respiratory infections
- Low back pain
- Abdominal pain
- Urinary tract infection
- Headache
- Neck sprains
- Fever
- Alcohol abuse
- Teeth problems
- Face injury
- Dizziness
- Anxiety
- Sore throat
- Backache
- Chest pain

Annual Number of Visits
Reason 6: Conflicting Interests

- Admit $\leftrightarrow$ Discharge
- Discharge $\leftrightarrow$ Assume liability risk
- Fewer Tests $\leftrightarrow$ Liability risk
- Prevent unnecessary visits $\leftrightarrow$ Livelihood
- Patient wants $\leftrightarrow$ Patient needs
Reason 7: EHR
Stuff I Didn’t Mention

- Opioid crisis
- Stressful cases
- Critically ill
- Death/dying
- Trauma
Stuff I Didn’t Mention

• Opioid crisis (but regulations are)
• Stressful cases (but complaint letters are)
• Critically ill (but sepsis metrics are)
• Death/dying (but futile resuscitations are)
• Trauma (but lack of gun control is)
Reasons to do EM

- The Calendar
- The Fishbowl
- The Finances
- The Consultants
- It’s Busy
- Administrators
- EHR
- (not boarding)
Burnout Solutions: Local

• Wellness program
  – Beach party, storytelling night, humanities day
  – Promotion of on-shift wellness – eat/break
• Dedicated night roles
• More control of schedule
• Focus groups, hospital emphasis on addressing burnout
Burnout Solutions: MACEP

8:00-8:10am  Welcome  
Kate Burke, MD, FACEP

8:10-9:10am  Best Practices to Promote Resilience and Avoid Burnout  
Jay Kaplan, MD, FACEP

9:10-10:15am  Stay Well: Reduce your risk by maximizing engagement and keeping your stress level sustainable  
Diana Dill, ED.D

10:15-10:30am  Break

10:30-11:30am  Keeping Fuel from the Flames: Wellness Education in Residency  
Lori Weichenthal, MD, FACEP

11:30am-12:30pm  PANEL  
The Creative Flame in an Emergency Medicine Life — Jay Baruch, MD, FACEP  
Recovery from the Boston marathon Bombing — Christina Hemon, MD  
Career Opportunities off the Front Line — Anita Karcz, MD  
The Role of Physician Health Services in Assisting Doctors Who are Burning Out — Steve Adelman, MD

12:30-12:45pm  Action planning: What will you do to douse the flames?

12:45-1:00pm  Pick up boxed lunches and proceed to break-out rooms

1:00-2:00pm  Break-out groups:
1. Jay Kaplan: ED Management Strategies to protect your staff
2. Lori Weichenthal: Teaching Residents Self-Care for Life
4. Anita Karcz: Careers out of the ED
Burnout Solutions: National ACEP

Join the Wellness Section of ACEP

Download this emergency physician-focused wellness guide now for free, compliments of ACEP. Written by Drs. Rita A. Manfredi, MD, FACEP; and Julia M. Huber, MD, FACEP; these wellness champions present the emotional, physical, financial, spiritual, social and intellectual well-being spokes of life in emergency medicine.

Resources compiled by the ACEP Well-being Committee
RESOURCES ON PTSD
RESOURCES ON PHYSICIAN BURNOUT
HANDLING LITIGATION STRESS
SO YOU’VE BEEN SUED MEDICAL PROFESSIONAL LIABILITY INSURANCE
LITIGATION STRESS - A PRIMER
PHYSICIAN BURNOUT BIBLIOGRAPHY

Wellness Resources
ZDOGGMD TALKS TO EMERGENCY PHYSICIANS ABOUT HAPPINESS AND HEALTH
WELLNESS IN STAGES OF YOUR CAREER
WELLNESS IN THE WORKPLACE
INFORMATION ON WELLNESS, RESILIENCE, MINDFULNESS RESOURCES
HEALTH RESOURCE DOCUMENT FOR EMERGENCY PHYSICIANS - INFORMATION PAPER

Of Interest to Residents
AVOID BURNOUT BY MANAGING YOUR STRESS
HOW TO DESIGN THE OPTIMAL SCHEDULE FOR WORKING SHIFTS
Burnout Solutions: National ACEP

Regular Rates

$1,095.00  ACEP MEMBER
$1,395.00  NON-MEMBER PHYSICIAN

- Preventing Burnout
- Work/Life Integration
- Leadership
- Self-Care

- Hiking
- Kids Camp
- Golf
- Cooking Demonstrations
The remedy for burnout will always be very personal and individualized. You could easily argue that anyone in emergency medicine could benefit from a counselor, maybe even medication, but that isn’t going to resonate with most. Maybe an after-shift sit-down with a colleague will work best for you. We all need some physical activity, but how much will vary for each person. Spend time with people who see the best in you (eg, family, a friend, or a group who is always glad to have you in their life). Finally, find some structure that you can weave into your day that supports growth and learning. When you are ready or when you have your next shift scheduled, take it easy on yourself, start slowly, keep your eye on the horizon that marks your way, and find refuge if you feel like you are low on resources.