

PHYSICIAN WELLNESS

***STRESS MANAGEMENT
IN ORTHOPAEDIC TRAUMA SURGERY***

TIM BRAY M.D.

NO CONFLICTS

“BURNOUT OR SURVIVAL”

EVIDENCE BASED OPINIONS

GOALS TODAY

1. DEFINE AND RECOGNIZE STRESS IN OUR **SURGICAL** WORKSPACE
2. WHAT IS **TRAUMA** BURNOUT ?
3. WHO IS AT RISK ?
4. FEW **SELF** STRATEGIES FOR MANAGMENT

GO

1. DEFINING
OUT

PR



AY

TRESS IN
CE,

SY

CAREERS IN ORTHOPAEDIC TRAUMA

**INCREDIBLE PROFESSIONAL
OPPORTUNITIES... INTERESTING
CASES, TRAVEL, PERSONAL
FINANCIAL SECURITY, PATIENTS
GENERALLY GET BETTER**

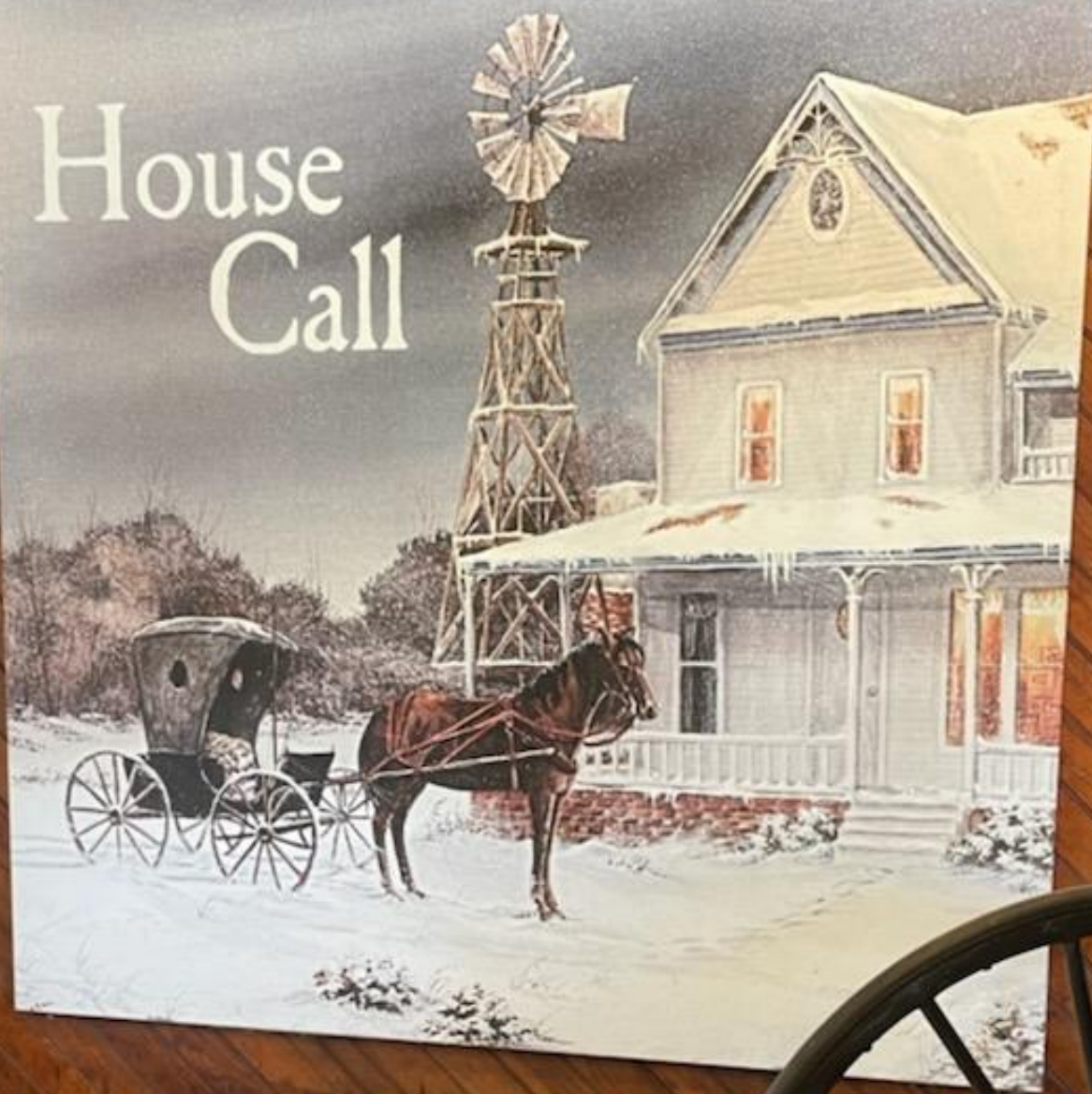
**FOR MOST FAR SUPERIOR THAN
ELECTIVE PRACTICES**

THE CHALLENGE **ORTHOPAEDIC** **TRAUMA**

**UNSCHEDULED LONG HOURS,
TURN OVERS, CONSTANT FIGHT
FOR RESOURCES, ACCESS TO THE
OR, DIFFICULT PATIENTS,
COMPLICATIONS, EMR**

AND OUR LIFEBLOOD..CALL

House Call





DOCTOR'S BAG

Doctors traveled with everything they might need to treat a patient from delivering a baby, to setting a broken bone, to stitching an injured farm hand. Pharmacists we know them today didn't exist. Doctors carried medications for a variety of illnesses. The family doctor carried a bag and continued to make house calls to Muscoot until the bag was sold in 19...











***GUNS, MVA, DOMESTIC, DRUGS,
ALCOHOL, TERRORISM***

LIFE STRESSORS

ORTHOPAEDIC TRAUMA

**SCHOOL, WORK, FAMILY,
RELATIONSHIPS, HEALTH,
ENVIRONMENT, FINANCES**





Danger signal



CNS – SENSORY CORTEX



CNS – LOCUS CERULEUS



**Sympathetic
nervous system**

**ADRENAL
MEDULLA**



EPINEPHRINE/NOREPINEPHRINE



**Flight and fright
response**



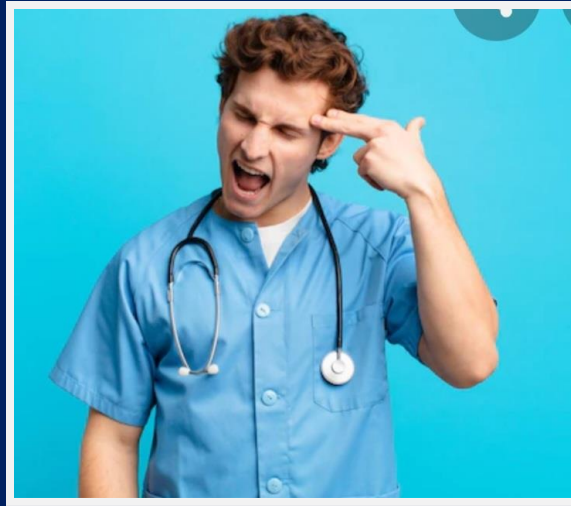
GOALS TODAY

2. WHAT IS BURNOUT IN ORTHOPAEDIC TRAUMA SURGERY?

Burnout is a form of exhaustion caused by constantly feeling swamped. It's a result of excessive and prolonged emotional, physical, and mental stress. In many cases, burnout is related to one's job. Burnout happens when you're overwhelmed, emotionally drained, and

PERSONALLY

**DEPRESSION
BROKEN RELATIONSHIPS
SUBSTANCE ABUSE
ADDICTION
PHYSICAL DECLINE**



PROFESSIONALLY;
POOR JUDGEMENT,
HOSTILITY TO PATIENTS,
DECISION ERRORS AND
EVEN SUICIDE

OPINION 1 hour ago

Military suicides undermine Army's ability to solve readiness crisis

Army struggles with meeting recruitment goals as it tries to address high suicide rate



OPINION

By Frank Larkin | Fox News



BUSINESS LEADERS

Published September 4, 2022 10:15am

EDT

Red Roth and



GOALS TODAY

3.WHO IS AT RISK ?

EVERYONE

2007 AOA CRITICAL ISSUE

FUNDED RESEARCH

***ALL LEVELS OF TRAINING
AND PRACTICE***

EXPERIENCE BURNOUT

17%-56%

FREQUENCY

STAFF

RESIDENTS

MED STUDENTS

PREMEDS



FREQUENCY

***2009 ACS SURVEY 7905
SURGEONS***

40% SYMPTOMS BURNOUT

30% DEPRESSED

20% DECREASED MENTAL QUALITY

7% SUICIDAL THOUGHTS

FREQUENCY

***2009 ACS SURVEY 7905
SURGEONS***

**75% WOULD DO SURGERY AS A
CAREER AGAIN,
54% WOULD NOT RECOMMEND
TO KIDS AS A CAREER CHOICE**

- **Professional Demands and Job Satisfaction in Orthopaedic Trauma: An OTA Member Survey**

Cunningham, Brian P.;
Swanson, David C.;
Basmajian, Hrayr; [More](#)

Journal of Orthopaedic Trauma. 29(12):e499-e503,
December 2015.

ORTHOPAEDIC TRAUMA

20% TRAUMA COLLEAGUES
CHANGE PRACTICES IN 2 YEARS

REASONS...

VARIED, BUT... FINANCES, LOCATION
“NOT THE RIGHT FIT”

MANAGEMENT

MANAGEMENT

**IN GENERAL, WE'RE NOT
VERY GOOD AT IT**

MANAGEMENT

**IN GENERAL, WE'RE NOT
VERY GOOD AT IT**

***WE HIDE OUR OWN
ILLNESSES***

***WE DON'T ASK FOR
HELP***

WE'RE BETTER 2022
**ORTHOPAEDIC
TRAUMA**

WE FINALLY HAVE RECOGNIZED
THERE IS A PROBLEM

***AAOS, OTA, AOA,
REGIONAL MEETING
TOPICS***

Task Force on Moral Injury, Advocacy and Membership Well-Being:

Matthew Garner (Chair), David Chafey, Derek Donegan, Jason Gould, Kelly Lefavre, Milton Little, Katy Metcalf, Anna Miller, Jeff Smith, Phil Wolinsky, Ryan Will, Heather Vallier

Task Force progress to date:

- Summer 2022 Webinar: [Drivers of Burnout and Moral Injury and How to Combat Them](#) (recorded content complimentary to OTA members, please “register” to access the content)
- [OTA Website Resources](#)
- 2021 Annual Meeting Symposium “How Can the OTA Support Your Well-Being? A Panel Discussion and Town Hall on Sustaining Your Career via Advocacy, Leadership and Wellness”
- Launch of the [Physician Wellness Index](#)

* We encourage any members who have not yet taken the time to complete this survey to do so.

As your leadership and as practicing clinicians, we want you to know that we understand the unprecedented difficulties that

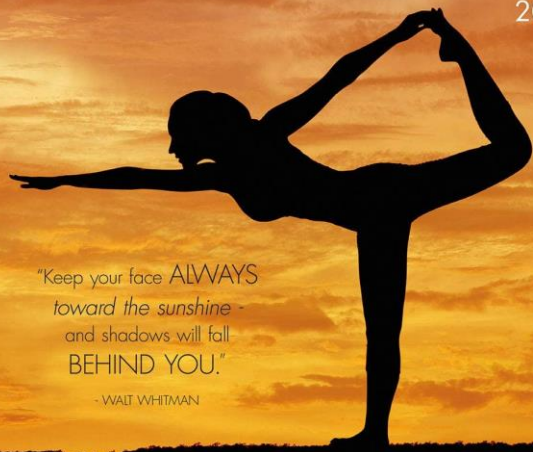
2022 OTA, COLLEAGUES RECOMMENDATIONS

JEFF SMITH M.D.
'WELLNESS COACHING PROGRAM'

ANDY SCHMIDT M.D.
LARRY MARSH M.D.
DAVE HALSEY M.D. AOA

YOGA

2021



"Keep your face ALWAYS
toward the sunshine -
and shadows will fall
BEHIND YOU."

-WALT WHITMAN

A good friend
is like a
four leaf clover,
hard find and
lucky
to have.
-irish proverb



Breathe

Apple

31 RATINGS

3.7



AGE

4+

Years Old

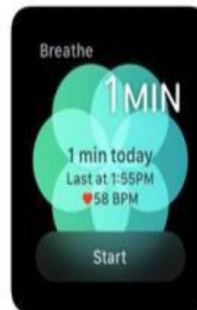
CATEGORY



Health & Fitness



Only on Apple Watch



Taking moments throughout the day to stop, relax, and practice mindfulness can help reduce stress and improve overall health. The Breathe app on Apple Watch keeps you centered by taking you through a series of deep, calming breaths.

through a series of deep, calming breaths.

ANDY SCHMIDT M.D.

JOT 2012

SUPPORT TEAM

5 YEAR PLAN

SPECIALIZE

MAINTAIN SKILLS

LARRY MARSH M.D.

JOT 2012

**FAMILY TIME, EXERCISE,
HOBBIES, YOGA,
MEDITATION, 6-8
CALLS/MONTH**

PERSONAL BIAS

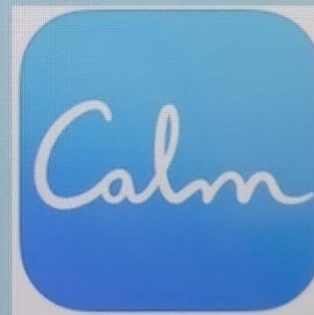
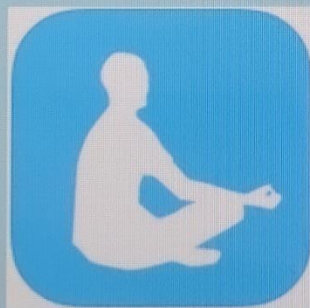
**LOTS OF SELF HELP
AVAILABLE**

APPS 2022

Free Apps

You have at your fingertips multiple resources through your electronic device to help you deal with stress:

- Complete Relaxation: Guided Meditation for a Happy, Stress Free Life
- The Mindfulness App
- Calm – Meditate, Sleep, Relax
- OmVana – Meditation for Everyone





NPWC
PHYSICIAN &
FAMILY

What to expect:

Access to a licensed psychologist with expertise in physician stress.

Open Monday through Friday, 9am-5pm.

Calls are answered within 24 hours with the purpose of providing in-the-moment support and linking the caller to needed resources.

PERSONAL BIAS

**NO WORK AT HOME, NO
HOME AT WORK
DIVERSIFY @ WORK
EXERCISE
WATER ACTIVITIES
“FIND A FRIEND”
BE NICE & WORK HARD**

PERSONAL BIAS

***WATER THERAPY, BLUE
MIND THERAPY:
SWIMMING, SAILING, SURFING,
FISHING,
BOATING, HYDROTHERAPY,
AQUARIUMS,
THE OCEAN
WHITE NOISE***

PERSONAL BIAS



CONCLUSIONS

BOSSEE
POLLACK



WE'RE BETTER 2022
ORTHOPAEDIC
TRAUMA

**SHIFT MEDICINE, TRAUMA
ROOMS, PASS OFF'S,
EMPLOYMENT MODELS,
QUALIFIED NON-MD
ASSOCIATES, ACS STANDARDS,
BETTER PAY-TOOLS-TRAINING**

CONCLUSIONS

**ACCEPT THAT YOU ARE AT
RISK
DON'T IGNORE THE
OBVIOUS
"FIND A FRIEND"**