

***Physician Renewal and Resilience:
Calming the Mind, Healing the Body and
Renewing the Spirit***

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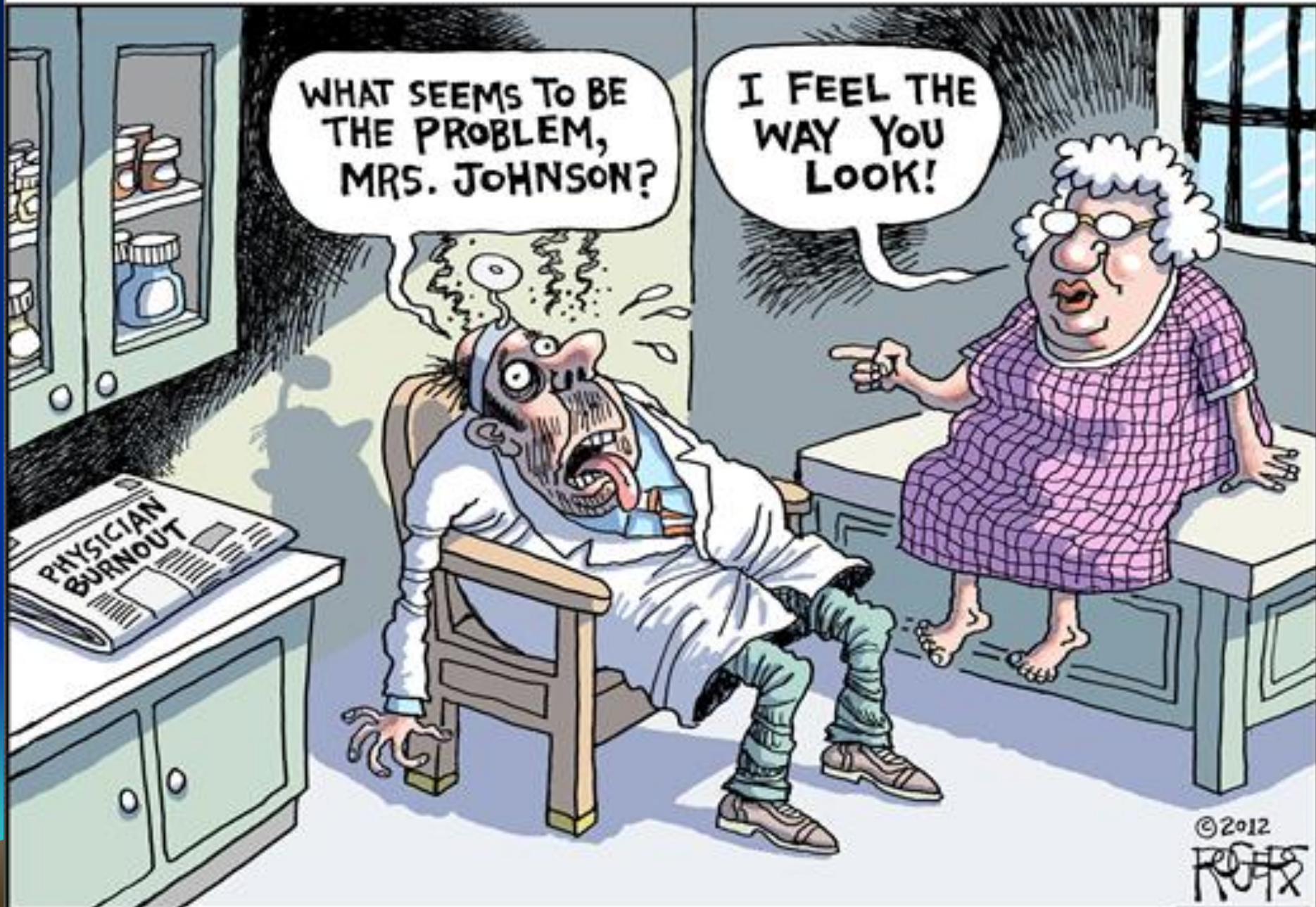
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SECOND OPINION

BY ROB ROGERS



What is Physician Burnout?

- Three dimensions of burnout:
 - Emotional Exhaustion
 - Loss of interest and enthusiasm for work
 - Depersonalization
 - Creates cynicism and lack of empathy for patients
 - Inefficacy
 - Reduced personal accomplishment
 - Loss of meaning and purpose

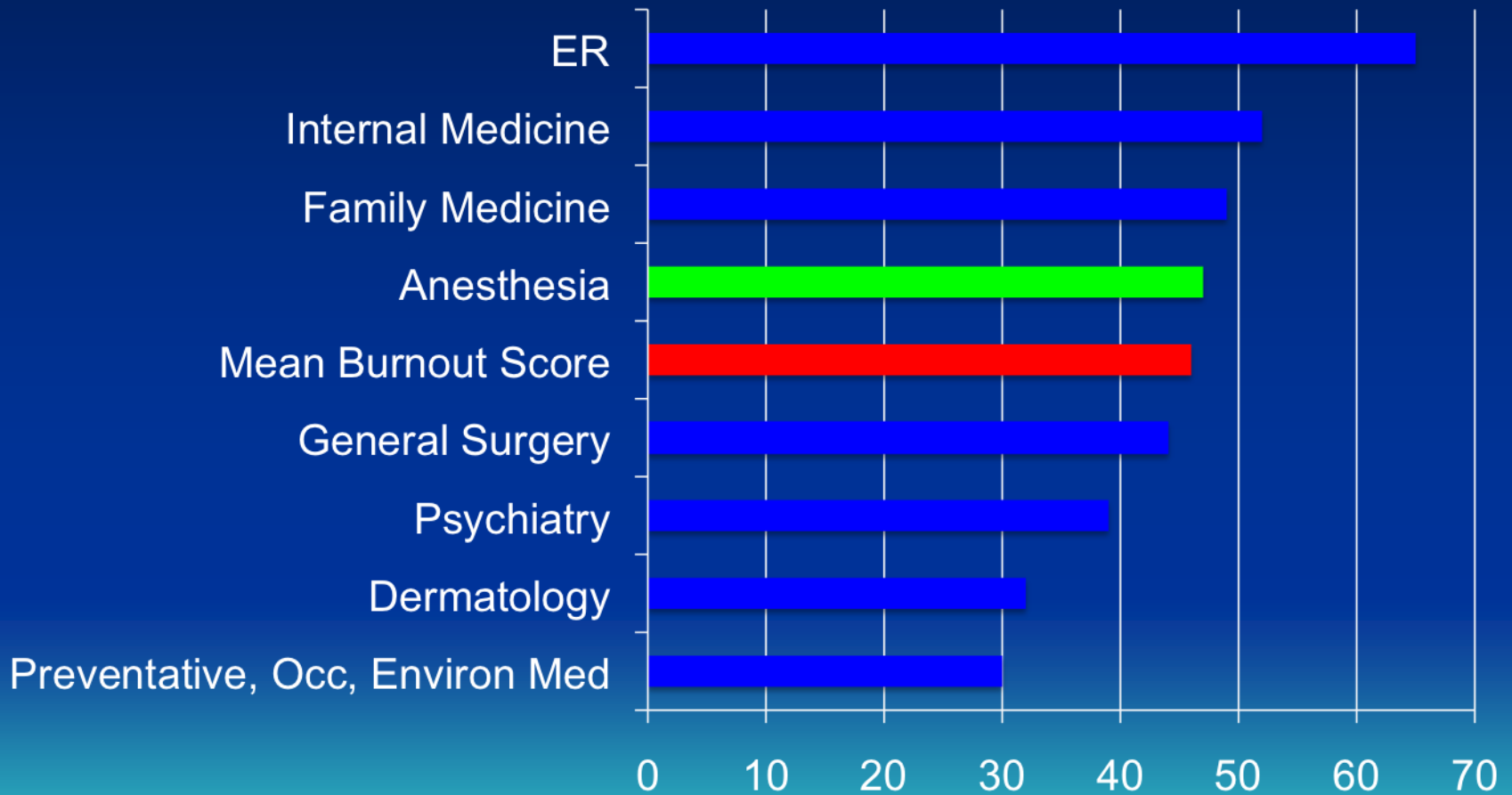
Effects of Physician Burnout

- Poor quality of patient care
- Increased medical errors
- Increased patient dissatisfaction
- Increased malpractice lawsuits
- Decreased ability to express empathy

Krasner, Epstein, et al; *Association of an Educational Program in Mindful Communication with Burnout, Empathy, and Attitudes Among Primary Care Physicians*, JAMA, 2009, Vol 302: 1284-1293



Physician Burnout by Specialty



How can we transform:

Emotional Exhaustion → *Excitement*

Depersonalization → *Compassion*

Feelings of ineffectiveness → *Fulfillment*



- ***Cultivating self-awareness***
- ***Creating a positive perspective***
- ***Developing strong collegial relationships***



Mindfulness Meditation



What is Mindfulness Meditation?

Focusing on one specific thing intentionally and nonjudgmentally in the ***present moment.***

Kabat-Zinn, *Full Catastrophe Living: Using the Wisdom of your Body and Mind to Face Stress, Pain and Illness*,
New York: Delacourt, 1990



What is Mindfulness Meditation?

- The mind is constantly filled with distracting thoughts.
- When we are able to focus on just what is happening in the present moment, our minds cannot be anxious, worried or distressed about other issues.



What is Mindfulness Meditation?

Meditation is about *being* rather than *doing*

- It enables us to slow down and to bring self-awareness and insight into our daily lives – so that we can more easily make decisions that are appropriate for us.
- When our lives are filled with constant *doing*, meditation can provide periods of stability, clarity, balance, perspective, and inner peace.



What is Mindfulness Meditation?

Meditation is a process rather than a goal.

It is most effective when we:

- are able to let go of judgment and expectations
- are open and accepting of whatever happens
- are gentle and non-judgmental with ourselves
- let go of trying to do it perfectly
- trust in ourselves
- are patient



What is Mindfulness Meditation?

Method:

- Assume a comfortable position.
- Bring your full attention to your breath – noticing each inhalation and each exhalation.
- When thoughts, feelings, sounds or sensations flow through your mind, notice them, accept them and gently bring your attention back to your breath.



Benefits of Meditation

Physiological Benefits:

- Decrease in hypertension
- Lower heart rate
- Lower levels of cortisol
- Strengthened immune system
- Reduced levels of chronic pain
- Reduced incidents of headaches



Benefits of Meditation

Psychological Benefits:

- Decreased anxiety
- Reduced stress level
- Decreased depression
- Increased empathy
- Lower incidents of irritability and moodiness
- Improved confidence and concentration
- Increased peace of mind, optimism and self-worth
- Improved learning ability and memory



Benefits of Meditation

Spiritual Benefits:

- Identifying one's purpose in life
- Finding meaning in illness
- Connection with higher aspects of self
- Connection to other people
- Connection to Higher Power outside of self



General Guidelines for Meditation

- Be open and receptive to whatever happens
- Be gentle and nonjudgmental with yourself
- Let go of expectations
- Let go of trying to do it perfectly
- Be patient



Experiential Exercise

