Wellness Grand Rounds Series

• Promote a culture where there is the expectation that we care for our colleagues and ourselves
• Foster ongoing dialogue on physician wellness and eliminating burnout
• Demonstrate DoIM leadership in physician health and wellness
Mindful Medicine: Tools for Practice

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Salutogenesis

- Emotional & Mental Balance
- Sleep & Restoration
- Physical Activity & Structural Balance
- Environmental Protection
- Personal Development
- Nutrition

Pathogenesis

- Spiritual & Social Community
- Emotional & Mental Balance
- Health & Resiliency

Health & Resiliency

Tree with roots:
- Nutrition
- Physical Activity & Structural Balance
- Sleep & Restoration
- Environmental Protection
- Personal Development
- Spiritual & Social Community
- Emotional & Mental Balance
Burnout among physicians participating in different specialties.

- Emergency medicine
- General internal medicine
- Neurology
- Family medicine
- Otolaryngology
- Orthopedic surgery
- Anesthesiology
- Obstetrics and gynecology
- Radiology
- Physical medicine and rehabilitation
- Mean burnout among all physicians participating
- General surgery
- Internal medicine subspecialty
- Ophthalmology
- General surgery subspecialty
- Urology
- Psychiatry
- Neurosurgery
- Pediatric subspecialty
- Other
- Radiation oncology
- Pathology
- General pediatrics
- Dermatology
- Preventive medicine, occupational medicine, or environmental medicine

50% Reporting Burnout
Quick Stress Test

• Quick assessment tool

• Participants asked to find differences between two dolphins jumping out of the water (dolphins are identical – next slide)

• Predict
  • Those under stress would find differences between the two dolphins: the more differences, the more stress

• Results
  • 4 or more differences correlated .65 with clinically significant anxiety (SCID)
What influences burnout rates more?

Self Help or Institutional Environment

Institution!

Mindfulness Defined...

Being in the present moment, on purpose, without judgement
MINDFULNESS RESEARCH PUBLICATIONS BY YEAR, 1980 - 2013

Source: D.S. Black (2014)
Abbreviated Mindfulness Intervention for Job Satisfaction, Quality of Life, and Compassion in Primary Care Clinicians: A Pilot Study

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Compared to other professions, we are exhausted!!

Compared to a non-physician, general population control group, Physicians were at higher risk for:
- emotional exhaustion (32.1% vs 23.5%),
- depersonalization (19.4% vs 15.0%),
- and overall burnout (37.9% vs 27.8%) \( P = .001 \) for all.

Fortney L, Luchterhand C, Zakletskaia L, Zgierska A, Rakel D. Abbreviated Mindfulness Intervention for Job Satisfaction, Quality of Life, and Compassion in Primary Care Clinicians: A Pilot Study. Ann Fam Med. 11(5); 412-420. 2013
Significant improvements with depression, anxiety and stress

Fortney L, Luchterhand C, Zakletskia L, Zgieska A, Rakel D. Abbreviated Mindfulness Intervention for Job Satisfaction, Quality of Life, and Compassion in Primary Care Clinicians: A Pilot Study. Ann Fam Med. 11(5); 412-420. 2013
Cost of ARI/year = $40 billion

Potential Cost Savings w/ Mediation = $28 billion (70% savings)

Three Steps

Step One:
Pause and recognize how the mind has been conditioned

Step Two:
Be Present and focus on one thing well

Step Three:
Connect to authentic beauty and joy
8 Sane people admitted to different psych hospitals

All given the diagnosis of schizophrenia in remission

Avg length of stay: 19 days (7-52 days)
Which thumb on top?
Seeing through the child’s eye…..
The Info-Medical Cycle

Rakel D, Shapiro D, Textbook of Family Medicine. 6th Ed.
How Many F’s?

FINISHED FILES ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE OF YEARS.
Genius means little more than the faculty of perceiving in an un-habitual way

-William James-
#2 Focus on One thing well
A Wandering Mind Is an Unhappy Mind

Matthew A. Killingsworth*, Daniel T. Gilbert
Science 12 November 2010: Vol. 330 no. 6006 p. 932

2250 Adults in US.
Mean age = 34

How are you feeling right now?

What are you doing right now?

Are you thinking about something other than what you’re currently doing?
#3 Connect to Authentic Beauty and Joy

Clearing Clutter to See Authenticity
“All the qualities of your natural mind—peace, openness, relaxation and clarity are present in your mind as it is”

-Yongey Mingyur Rinpoche-
I am an old man and have known a great many troubles, but most of them never happened.

-Mark Twain-
Awe!

Authenticity

Awareness
Joe, From Ohio
"Everything can be taken from a man but...the last of the human freedoms - to choose one’s attitude in any given set of circumstances, to choose one’s own way."

Billions of Possibilities

Perception:
You won't amount to anything

Collapsed into Despair

Billions of Possibilities

Perception:
I believe in you.

Collapsed into Hope
The Bell Curve

Health