

# Maintaining Physician Wellness Workshop Part 2

Donna Schwabe PhD

Carrie Horwitch MD,MPH,FACP

Eileen Barrett MD,MPH,FACP

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# Outline

- Discuss resiliency and individual techniques for improving wellbeing
- Small group exercises
  - Pizza making
  - Card toss
  - Yes, and...

# Resiliency



- Definition: capability of a strained body to recover its size and shape after deformation caused by compressive stress
- Psychological resilience\*: individuals ability to properly adapt to stress and adversity
- Work resiliency: capacity to take on challenges, bounce back from difficulties and thrive at work

# Individual skills

- Manage energy- take breaks, eat lunch w/others
- Calibrate expectations: of yourself, pts and staff
- Recognize emotional overload: get help
- Reframe cognitive distortions: instead of “I didn’t do that well” say “I am proud of what I did and will look for ways to improve”
- Savor resonant moments: keep a “feel good file”
- Find healthy boundaries: keep personal commitments that are important (ie exercise, dinner w/family)
- Discover meaning daily: remind yourself why you chose a health care career

• Adapted from Back et al. 2016; [resilientclinician.org](http://resilientclinician.org)

# Individual Resiliency techniques

- Laughter
- Mindfulness
- Breathing
- Gratitude
- Exercise
- Music/Art/Reading

# Benefits of laughter

- Reduces cortisol (stress reliever)
- Eases muscle tension
- Favorable effect on arterial stiffness
  - Sugawara et al
- Increases immune function
  - Berk et al. Altern Ther Health Med 2001
- Improves ventilation/oxidative status
- Reduces renin levels in DM
  - Nasir et al. Intl J Mol Medicine 2005
- Increases pain tolerance (endorphins)
  - eCAM 2009;6:271-6; Dunbar et al. 2011 Proc R Soc
- Burns calories
  - Buchowski et al. Int J of Obesity 2007

# Optimism vs cynical hostility

## Incident CHD and mortality

- Women's Health Initiative: N=97,000+
- Optimism: life orientation test
- Cynical hostility: Cook Medley questionnaire
- AHR (adjusted hazard ratio) reduced in optimists
  - 16% incident MI
  - 30% CHD related mortality
  - 14% all cause mortality

Cynical hostility associated with higher AHR for all cause and cancer related mortality

- Tindle et al. Circulation 2009;120:656-662

# Promoting Joy of Practice Resources

American College of Physicians: Advocacy, tools and resources

Patients before Paperwork:

[www.acponline.org/advocacy/where-we-stand/patients-before-paperwork](http://www.acponline.org/advocacy/where-we-stand/patients-before-paperwork)

Practice Advisor: <https://www.practiceadvisor.org/>

American Medical Association; tools and resources

[www.stepsforward.org](http://www.stepsforward.org)

Mayo Clinic Wellbeing: <http://www.mayo.edu/research/centers-programs/physician-well-being-program/overview>

Stanford University Well MD: <http://wellmd.stanford.edu/>

U-Penn Authentic happiness: <https://www.authentichappiness.sas.upenn.edu/>

University of Colorado: Dimensions Toolkit for Physicians: <http://www.bhwellness.org/toolkits/Work-and-Well-Being-Toolkit-for-Physicians.pdf>