

Oregon Wellness Program

Physician Burnout: Dealing With Burnout

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Oregon now has available to all licensed physicians, physician assistants, and other select health care professionals, free and confidential access to clinicians who are experts in helping those of us who are struggling with the loss of love, investment and pride in our professional lives; the burn out syndrome. Though familiar with the disorder and its consequences, we usually only recognize that we are professionally exhausted, struggling to enjoy our professional work, and unable to accomplish our goals. **The Oregon Wellness Program (OWP) can help.**

The OWP offers access for all Oregon licensed healthcare professionals, described above, to free counseling services, eight per year, provided by experienced PhD, PsyD, or MD, DO mental health specialists. The program is designed, developed and implemented by physicians for peer healthcare professionals. Appointments are available in person or via telemedicine within 48 hours of requests. On the website, www.oregonwellnessprogram.org, there is clear program information, including the mental health professionals' names, credentials, and addresses; and a central call in number (541-242-2805). Visits are free and only accepted through self- referral. There are no accessible records, no reporting, and no insurance record. No required referrals are accepted. There is complete confidentiality. Services are offered in person in vicinities close to each of the OWP county medical society partners' locations: the Medical Society of Metropolitan Portland, Lane County Medical Society, Central Oregon Medical Society; and Marion-Polk County Medical Society. The individual's name, phone number and secure email address are the only information requirements. A healthcare professional seeking care is entitled to see any member of the group of listed mental health providers on the website.

The OWP was formally implemented last year with the four medical society programs listed here as partners. It is now a formal program of The Foundation for Medical Excellence (TFME), which serves as its fiduciary. TFME is a long established and highly reputed NW regional institution that has brought countless courses and educational programs relating to physician wellbeing to our region. Since 2012, when the first partner program began, more than 300 physicians have been seen and completed more than 1500 visits. With the establishment of the state program, utilization has already notably increased.

Today, the majority of us suffer from some degree of burnout. Colleagues--please reach out for consultative help. Take the time and make the call. The service will offer you insights that can begin the restorative process. As healthcare professionals we can only serve best if we are well. We deserve to be well. Services are free, confidential, and with absolute anonymity.