

KSKidsMAP

Kansas Together for Pediatric Mental Health Care Access

Physician and Clinician Wellness

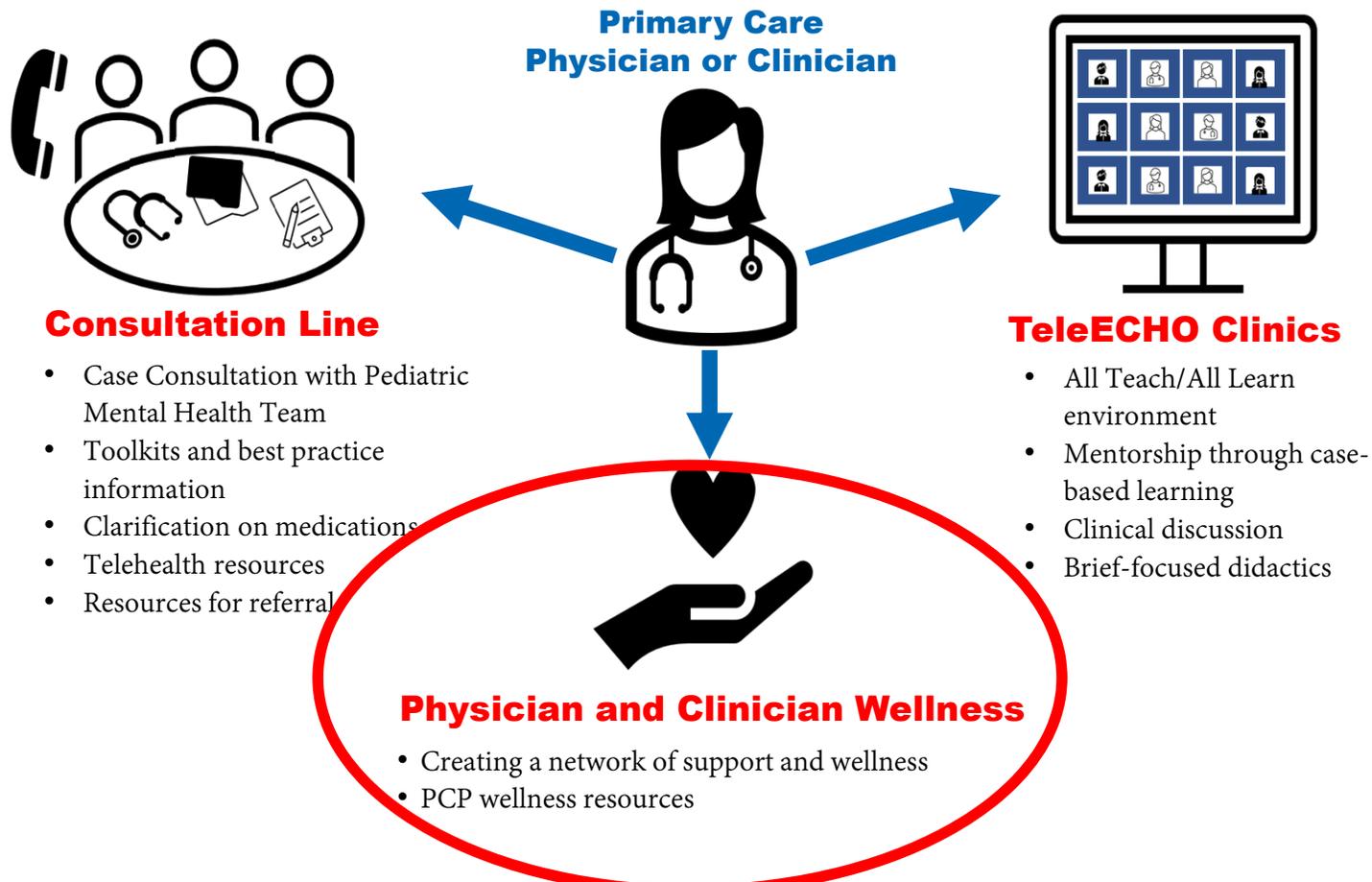
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Expert Support for Primary Care Physicians and Clinicians



“How are you?”

Broken. Useless. Alone. Clueless.
Confused. Betrayed. Fragile. On the verge
of tears. Depressed. Anxious. About to
break down. Ready to give up. Pathetic.
Annoying. I’m just a burden. Distant.
Lonely. Bitter. Heartbroken. Lonely.
Rejected. Crushed. I feel like I’m going to
just fall apart at any moment. Empty.
Defeated. Never good enough.

Fine.



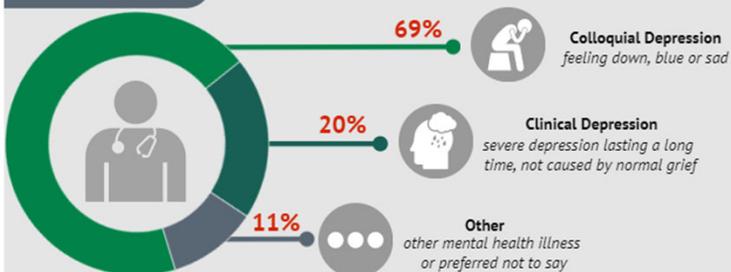
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The Mental Health Strain of Physicians

Physicians from all specialties were asked questions about their mental health in the fall of 2020:

Are you depressed?



of the physicians who reported having depression

Have you ever felt suicidal or attempted suicide?



The suicide rate among physicians is **2x** higher than the general public

The Pandemic and Burnout Will Have a Lasting Impact on Health Care

Health Care Burnout Has Increased During the Pandemic

Studies estimated that between **35% - 54%** of U.S. nurses and physicians had substantial symptoms of burnout in 2019

76% of health care workers reported exhaustion and burnout in September 2020



Which Physicians are Experiencing Burnout



https://nihcm.org/publications/physician-burnout-suicide-the-hidden-health-care-crisis?utm_source=NIHCM+Foundation&utm_campaign=feebfc4834-03222021_Physician_Burnout_Infographic&utm_medium=email&utm_term=0_6f88de9846-feebfc4834-167760896



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This has been an **incredibly hard year** for all of us. **But healthcare professionals have been hit especially hard.** We have put our own lives on the line to care for sick and dying COVID-19 patients. And then we come home to **social media attacks** and *lost friendships* over unnecessary politically fueled nonsense about if COVID is even real or if doctors are being paid more to put COVID on a death certificate or if vaccines are part of some conspiracy theory and actually more dangerous than this horrible virus. And so healthcare workers are leaving their jobs in droves. They simply can't take it anymore. We have gone from "healthcare heroes" to villains in a matter of months.

We have “gone from “healthcare heroes” to villains in a matter of months.”

Enrollment

Are you interested in receiving information on physician wellness?

Yes No Not at this time

- CLASSES AND PROGRAMS
- FREQUENTLY ASKED QUESTIONS
- RESILIENCE TOOLBOX
- EMOTIONAL EXPRESSION
- HOPE AND OPTIMISM
- INSOMNIA
- NUTRITION
- PAIN MANAGEMENT
- SELF-CALMING
- TAI CHI

Resilience Toolbox

Everyone can benefit from learning about resiliency and how it can help in your daily life – chronic illness or not. Through these resiliency training programs, you can learn the skills to manage your everyday stressors in the most effective ways possible.

Online programs and support available. Email Abby Barry for additional information or call 913-574-0900. We will call you back promptly.

Turning Point's Resilience Training Program
 SELF-AUT
 YOGA BREATH
 TAI CHI
 SELF-DISTRACT
 THOU
 EVERY

DIKE DRUMMOND, MD

PHYSICIAN BURNOUT

Its Origin, Symptoms, and Five Main Causes



Burnout is everywhere, but you can't fight an enemy unless you recognize it.

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8 Ways to Lower Practice Stress and Get Home Sooner



avoid burnout, you have to address the stressors in your practice.

In this three-part series, we discussed the origin and pathophysiology of physician burnout. In this article, we will concentrate on the latter – methods to avoid burnout by lowering stress in your practice. (See "Stressors Overview," page 16.)

Improving the work life of physicians to help the avoid burnout is such an important goal that recent are now calling it the "fourth aim" of health care, so as improving population health, enhancing the patient experience, and reducing costs. Clearly, it's a big deal.

our energy deplets by creating balance in our lives 1) decrease our energy withdrawal by reducing stress 2) decrease our energy withdrawal by reducing stress In this article, we will concentrate on the latter – methods to avoid burnout by lowering stress in your practice. (See "Stressors Overview," page 16.)

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family physician, CEO of TheHappyMD.com (<http://www.TheHappyMD.com>), and author of the Burnout First, containing more than 117 ways physicians and organizations can work together to lower stress in the workplace. He was a general session speaker at the 2015 AAFP Scientific Assembly. Author disclosure: Dr. Drummond is consultant on the subject of physician burnout. © 2015 DiKe Drummond, MD.

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4 Tools for Reducing Burnout by Finding Work-Life Balance



YOU CAN be a Happy MD

Home Blog Book Burnout Leadership Coaching Retreats Speas

ABOUT DiKe Drummond MD, CEO TheHappyMD.com – Physician Coach and Healthcare Speaker

DiKe Drummond MD is a Mayo trained Family Practice Physician and the leading coach, trainer and consultant

- The prevention of burnout in individual physicians
- The realization of the Quadruple Aim in healthcare organizations

[CLICK HERE for Dr. Drummond's full Bio](#)

Dr. Drummond is the CEO and Founder of TheHappyMD.com where the website receives 25,000 website visitors a month and hosts an online community of over 18,000 physicians from 63 countries around the world.

Dr. Drummond has over 3000 hours of one-on-one physician coaching experience and has trained over 40,000 doctors on behalf of 175 corporate clients to date. His comprehensive experience with individual doctors in all specialties and healthcare organizations of all sizes has lead him to create the ground breaking resources listed below.



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Worksite Wellness

- Six clinic worksites participated
 - 4 in Southcentral Kansas
 - 2 in Northeast Kansas
- 32 attendees overall
- A few participants shared the workshops were helpful for their worksite
- One worksite requested a follow up workshop to help in implementation to increase productivity, improve employee relations and morale.

Stressed?

Let us help!

WorkWell KS is offering evidence-based services to your practice, at no cost, to help improve employee well-being.

~

We focus on creating a culture of health whereby just being at the worksite employees are healthier!



Services include a well-being workshop, assessments, and technical assistance.

Perfect for office managers, multi-level clinicians, and staff.

Spring 2021

Limited spaces available!

Visit <http://bit.ly/KSKidsMapWellnessSignup> to sign up or contact Polly Freeman at KSKidsMAP@kumc.edu for more information.



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Physician Coaching

- Wellness Retreat
 - 6 participants
- 13 PCPs participated in coaching calls between 2 cohorts:
 - 1) primary care physicians
 - 2) advanced practice providers



The Institute for Physician Wellness

Providing High Quality Education and Solutions to Physician Distress

The Thriving Physician Coaching Program helps physicians go from exhausted, overwhelmed and unfulfilled to enjoying the life we worked so hard to create.

The 4-week program includes:

- Weekly classes and group coaching sessions so that participants may apply the concepts to our personal and professional lives
 - Giving Ourselves Permission for Self-care: A Foundation for Excellence in Medicine
 - Anxiety and the Mind: Staying Grounded in Uncertain Times
 - Setting Healthy Boundaries at Work and Home
 - Career Alignment: Values and Interests Across the Lifespan
- An all-day virtual physician wellness retreat designed to help us refresh and recharge despite the stressors of the pandemic
- 24/7 access to the exclusive program portal with class recordings, handouts and more
- Up to 8 hours *AMA PRA Category 1 Credits*[™]



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Physician Coaching

- 53.8% (n=7) response rate for feedback survey sent following the final coaching call
 - All respondents indicated:
 - 1) They would **recommend** attending wellness coaching sessions to a colleague
 - 2) It was **valuable** use of their time
 - 3) They felt **confident** they would be able to **apply concepts learned** to their own wellness with the support of KSKidsMAP
 - 4) They were **satisfied** with their experience

Testimonials from participating PCPs:

“Would love to see more wellness coaching sessions like the ones facilitated by Dr. Stepien. I have already started applying some of the tools she gave to my life and feel that my mental state has benefited greatly already.” - PCP

“I would love to have another month of these sessions taking the topics to a deeper level. Would sign up again if available.” - PCP



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Wellness Boxes

Items enclosed in the box:

- Card with wellness apps along with green ribbon mental health awareness pin
- Activity pad/coloring pencils
- Journal and pen
- Tea and mug
- Picnic blanket
- Deck of cards
- Meditation/devotional book
- Stress ball



“What a great surprise and wonderful mood-lifter on a day when I really needed something.” – PCP testimonial



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You Make a Difference!



Personalized, handwritten cards sent to all KSKidsMAP enrollees in honor of Physician Suicide Awareness Day



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"[KSKidsMAP] program. I wasn't always available at the session time due to meetings or emergencies, but I love the program and hope that it will receive ongoing funding to continue."

"It was a blessing to know that I was not alone in my feelings. Listening to others helps me understand my feelings and how to better deal with them."

Bright Spots

"I received [the box] on a particularly challenging day of clinic and it really meant a lot. I very much appreciate that you took the time to do that."

"I wish I could have been exposed to these [wellness efforts] much earlier in my career."



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