Monday Memo – September 19, 2016

Medical Student Education

- Dan Lasser was the inaugural speaker for the new Primary Care Principles Optional Enrichment Elective for first and second year SOM and GSN students, to foster their interest in primary care. This OEE is coordinated by Anna Handorf, Class of 2018, for her Capstone project. Warren Ferguson helped advise on topics and speakers. Future speakers include Ron Adler, Mattie Castiel, Margaret Chang, Dan Mullin, Kim Sikula, and Ken Peterson. Linda Cragin serves as Faculty Advisor for the elective.

Media


Publications

Presentations

Daria Szkarko, one of our Preventive Medicine residents, and Olga Valdman were authors of several oral presentations at the recent AAFP Global health workshop in Atlanta, Georgia:


**WELLNESS MOMENTS FOR THE MONDAY MEMO:** Physician Burnout - Concealing the Joy

Burnout has *three core components*:

- Emotional exhaustion
- Depersonalization and trouble connecting with patients
- Reduced accomplishment/confidence in skills

And here are the *top five causes of physician burnout*, as rated by surveyed physicians:

1. Too many bureaucratic tasks
2. Spending too many hours at work
3. Present and future impact of the Patient Protection and Affordable Care Act
4. Feeling like "just a cog in the wheel"
5. Income not high enough

And what can you do about it?

Burnout isn’t remedied by a week’s vacation or any quick fix. Burnout is eased by repeated, consistent, and small steps you choose on most days.

Don’t ask yourself what the world needs. Ask yourself what makes you come alive, and then go do that. Because what the world needs is people who have come alive.

-Howard Thurman
- Schedule regular time off
- Get regular exercise
- Maintain good nutrition
- Seek social support
- Meditate
- Journal – Share the Success Stories too!
- Practice Gratitude
- Maintain good sleep habits
- And in addition to practicing medicine … Do whatever else also makes you come alive!