INTEGRATING ATHLETICS INTO YOUR PROFESSIONAL LIFE

Why you need to and tips for trying

Bethany Lewis, MD MPH
Clinical Instructor, Department of Dermatology
PHYSICIAN BURNOUT IS REAL

- Physicians experience burnout at twice the rate of the general population
  - Across specialties
  - Regardless of training level
- Chronic work-related stress leads to burnout
  1. Emotional exhaustion
  2. Depersonalization
  3. Negative self-appraisal in terms of accomplishment


BURNOUT HAS CONSEQUENCES

- Physicians who report burnout greater than twice as likely to report suboptimal patient care
- Perception of work-life balance
  - Twice as many docs (~40%) report imbalance as the gen pop
- Physician suicide
  - 40% more likely among male MDs than gen pop
  - 130% more likely among female MDs

PROFESSIONALISM AND PHYSICIAN WELLNESS NEED NOT BE MUTUALLY EXCLUSIVE

*Professionalism:* “medicine’s contract with society”

- Patient interests should supersede physician interests
- Through integrity and competence, medicine earns society’s trust
- Self-sacrifice

Promoting *physician wellness*:

- A means of avoiding burnout’s ill effects and increasing resilience
- Physician longevity, workforce maintenance

HOW DOES THIS RELATE TO ATHLETICISM?

- Physician wellness should enhance professionalism, not detract from it

- Wellness via exercise:
  - A highly under prescribed antidepressant and anxiolytic
  - A cognitive enhancer
  - A confidence builder
    - Athletics are a safe environment to learn to deal with failure without major consequences
    - Females – a particularly vulnerable group

- A strong rationale for doing what you love is necessary in this profession


Reynolds, Gretchen. “How exercise could lead to a better brain.” N Y T I M E S April 18, 2012

HOW CAN YOU MAKE OUTDOOR RECREATION PART OF YOUR CAREER, AND NOT AN AFTERTHOUGHT?
10. FIND A WAY TO LIVE IN A LOCALE WITH A TOP NOTCH MEDICAL FACILITY WITH EASY MOUNTAIN ACCESS
9. MAKE CLEAN A FLEXIBLE CONCEPT
8. MAKE THE OUTDOORS YOUR MAKESHIFT WASHROOM
7. PREPARE FOR MISHAPS AND ROLL WITH THEM
6. FIGURE OUT YOUR MOTIVATIONS AND STAY TRUE TO THEM
5. **SCHEDULE LIKE A JU-JITSU MASTER**

<table>
<thead>
<tr>
<th>Date</th>
<th>Sun</th>
<th>Mon</th>
<th>Tuesday</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Saturday</th>
<th>Approx Total</th>
<th>Long Run</th>
</tr>
</thead>
<tbody>
<tr>
<td>26-Jan</td>
<td>Core yoga 75m &amp; 15m MTW</td>
<td>XC ski 1h45m</td>
<td>Wax Lake Ski Mus 60m</td>
<td>75m away XC ski</td>
<td>Rest</td>
<td>Rest</td>
<td>2.5 mile run Round Valley</td>
<td>75m core &amp; 75m yoga</td>
<td>1h45m</td>
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<tr>
<td>2-Feb</td>
<td>1h15m Core yoga &amp; 30 min run Sugarhouse Park</td>
<td>45 min elliptical</td>
<td>Rest</td>
<td>2h ski econ Mtn Dell</td>
<td>75m ski Park City trails</td>
<td>60 min run VanCott</td>
<td>1h50m ski/Run Classic East Canyon</td>
<td>800m cardio &amp; 350m yoga</td>
<td>2h</td>
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<tr>
<td>9-Feb</td>
<td>1h30min XC ski East Canyon</td>
<td>75m Power Yoga &amp; 1h15m BC via Millcreek</td>
<td>Rest</td>
<td>Skate ski Shiloh</td>
<td>45 min run PC</td>
<td>30 min easy neighborhood</td>
<td>2h15m City Classic East Canyon</td>
<td>800m cardio &amp; 350m yoga</td>
<td>2h15m</td>
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<tr>
<td>16-Feb</td>
<td>1h30min ski Ashton</td>
<td>50m classic ski Willow Creek Park</td>
<td>1h30m classic Aspen &amp; 20m yoga</td>
<td>30 m jog</td>
<td>40m ski XC PC</td>
<td>45m run Living Room/Minne</td>
<td>Rest - sick</td>
<td>350m core &amp; 75m yoga</td>
<td>1h30m</td>
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<tr>
<td>23-Feb</td>
<td>40m stretch</td>
<td>75m Core yoga 75m Mt. Wier</td>
<td>PT exercises &amp; Westlake Ski Mile 60m</td>
<td>20 min ski &amp; PT exercises</td>
<td>50 m VanCott</td>
<td>Grenadier 1+15m</td>
<td>10-15m</td>
<td>80-120m cardio &amp; 75m yoga</td>
<td>1h20m</td>
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<tr>
<td>2-Mar</td>
<td>75m core yoga</td>
<td>50m Granule</td>
<td>1h10m XC Millcreek &amp; PT exercises</td>
<td>Rest</td>
<td>45m BST</td>
<td>Bouldering 9:30-10:30</td>
<td>45m cardio &amp; 75m yoga</td>
<td>2h20m</td>
<td></td>
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<tr>
<td>9-Mar</td>
<td>30m elliptical</td>
<td>75m Core yoga &amp; Jh ski &amp; PT exercises</td>
<td>40m ski &amp; PT exercises</td>
<td>2h10m Ski 2m40</td>
<td>45 min run PC</td>
<td>3h25m</td>
<td>3m Brighton ski</td>
<td>1h</td>
<td>3h</td>
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<tr>
<td>16-Mar</td>
<td>Jh Ski</td>
<td>1h10m &amp; 35m Core Yoga</td>
<td>Rest</td>
<td>1h10m Ski &amp; 45m VanCott</td>
<td>30 min elliptical</td>
<td>2h55m Alpine &amp; 75m yoga</td>
<td>10-15m</td>
<td>15m cardio &amp; 75m yoga</td>
<td>3h</td>
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<tr>
<td>23-Mar</td>
<td>PT exercises</td>
<td>30m elliptical</td>
<td>1h30m VanCott &amp; PT exercises</td>
<td>30m elliptical &amp; PT exercises</td>
<td>2h10m faster run BST w/ 65 &amp; PT exercises</td>
<td>50m W. Granule</td>
<td>9-10m cardio</td>
<td>2h30m</td>
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4. HOWEVER, DON’T OVERSCHEDULE AND DEFINITELY DON’T BE RIGID.
3. PREPARE FOR HAVING COLLEAGUES NOT CARE ABOUT YOUR ENDEAVORS, AND FIND OTHERS WHO SHARE YOUR PASSION
2. CHOOSE YOUR FAMILY WISELY AND THANK THEM OFTEN
1. DO NOT FORGET TO MODEL YOUR BEHAVIOR FOR TRAINEES, STAFF, OR PATIENTS
Thank you for your attention

QUESTIONS?