

BRAIN 2024

SESSION 12: PHYSICIAN WELLNESS

He who has a why can endure almost any how.

-- Nietzsche

Even before COVID-19, physician well-being had emerged as one of the most important topics in modern medicine. Data from the Intern Health Study showed that almost 50% of physicians experience depression during their intern year. Suicide rates among physicians were rising. It felt like the system was approaching a breaking point.

And then the pandemic.

However great the challenge was before COVID, it has grown. Today, we tackle this crisis head on. Rather than offer a large number of self-study resources, we offer a deeper dive into the experience of burnout and depression among physicians. We hope this will help us all center ourselves before we return to our clinical settings.

With Your Pod

Intern Year: The Game

For this session, we strongly encourage you to play Intern Year together. We will post times in EdStem for facilitated, online sessions. Alternatively, if you want to purchase a physical copy of the game, ***you can order it here*** (the price is in CAD so it's a little better than it seems - we're sorry that it's so expensive — that's just what it costs to make). Gameplay typically takes ~2 hours.

If you aren't able to play it together, please review the game materials online (click here), go through as many of the related resources as interest you, and then plan to have a discussion about the content with your pod. ***We especially recommend reading: Telomeres, Trauma, and Training***

At the end of Session 12, you should be able to answer the following:

You are the attending in a clinic that provides psychiatric consultation in primary care. Each of the psychiatry PGY1's rotates through your service for a one-month elective. Due to their lack of experience, they often struggle with the clinical components of the rotation, but they are typically excited to do the work and have the opportunity to learn. Over the winter, you have a trainee who appears to be having an especially difficult time. When you ask them how things have been going, they start crying inconsolably and say "I can't help my patients. I'm totally useless. I feel like I don't belong here."

Considering all factors that might be at play, how would you respond to the resident? Anything else you would do?

→ **When you're ready, click here to submit your response.**

Fun Extra!

Do:

Find It, Draw It, Know It: Bright Light Therapy and Seasonal Affective Disorder