

Practice Factors Affecting Cardiologists' Wellbeing: The American College of Cardiology 2019 Burnout Study

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Disclosures

- None



BURNOUT IN CARDIOLOGY

Reverse the Crisis



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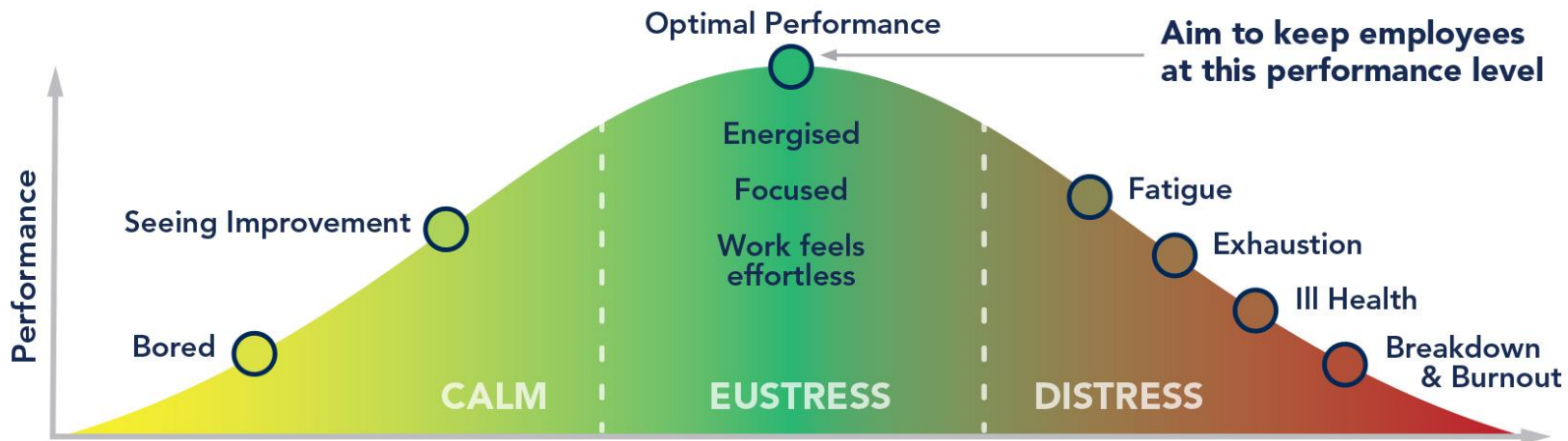
SYMPTOMS OF A BURNOUT

Physical/Emotional Exhaustion

Personal Sense of Lack of Accomplishment

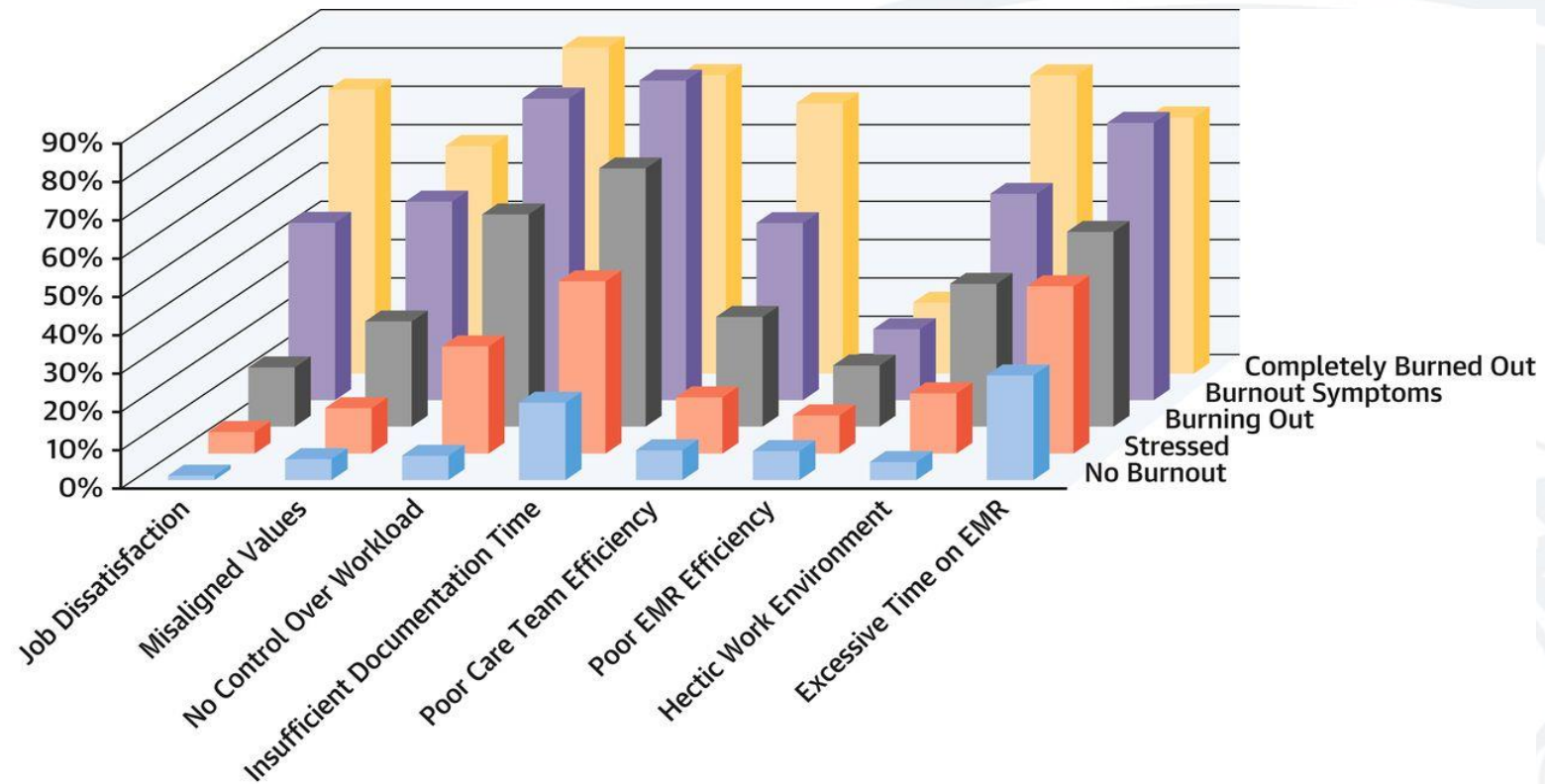
Cynicism and Detachment

WHERE ARE YOU ON THE STRESS CURVE?



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Prevalence of Burnout Amongst Cardiologists



Methods

- Survey sent to 19,348 ACC Members
 - September-October 2019
 - 14,325 cardiologists → 2,025 completed survey
- Burnout assessed by Mini Z survey
 - Also used in 2015 ACC Professional Life Survey
- Included novel questions regarding medical errors, desire to change jobs



Mini-Z Burnout Questionnaire

1. Overall, I am satisfied with my current job.

Strongly Disagree Disagree Neither Agree Strongly Agree

2. I feel a great deal of stress because of my job.

Strongly Disagree Disagree Neither Agree Strongly Agree

3. My professional values are well aligned with those of my department leaders.

Strongly Disagree Disagree Neither Agree Strongly Agree

4. Using your own definition of “burnout,” please select one of the answers below.

a. I enjoy my work. I have no symptoms of burnout.

b. I am stressed, but I don’t feel burned out.

c. I am definitely burning out and have symptoms of burnout, e.g., emotional exhaustion.

d. The symptoms of burnout that I am experiencing won’t go away.

e. I feel completely burned out. I am at the point where I may need to seek help.

5. My control over my workload is:

Poor Marginal Satisfactory Good Optimal

6. Sufficiency of time for documentation is:

Poor Marginal Satisfactory Good Optimal

7. The degree to which my care team works efficiently together is:

Poor Marginal Satisfactory Good Optimal

8. My proficiency with EHR use is:

Poor Marginal Satisfactory Good Optimal

9. Which number best describes the atmosphere in your primary work area?

1 - Calm 2 3 - Busy, but reasonable 4 5 - Hectic, chaotic

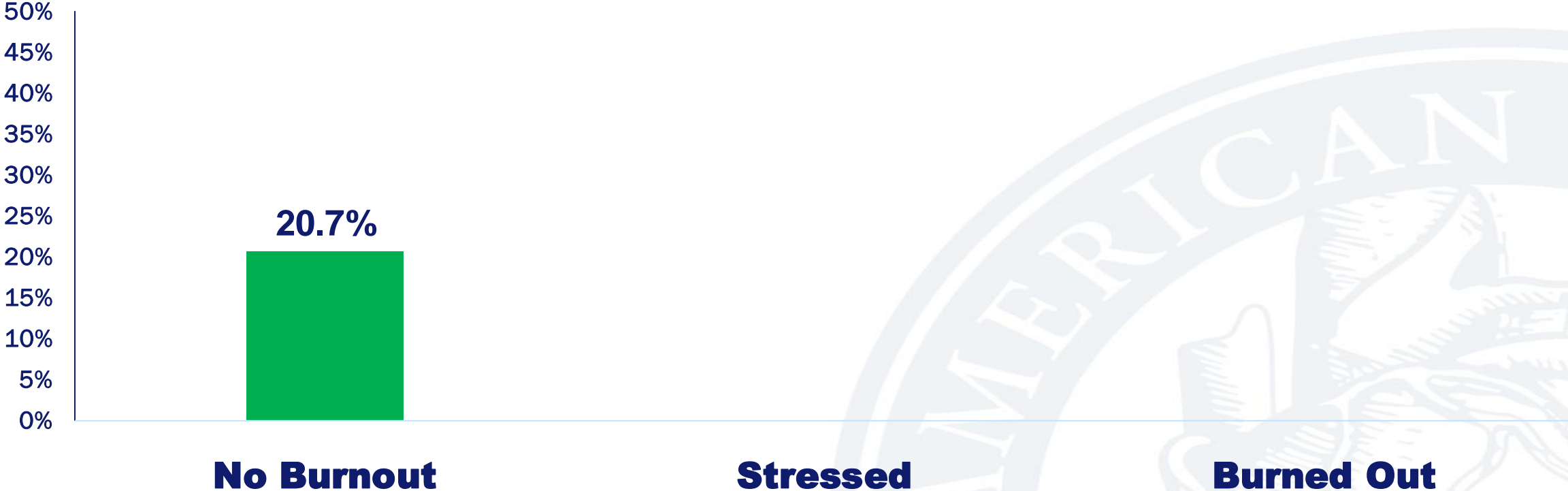
10. The amount of time I spend on the electronic health record (EHR) at home is:

Excessive Moderately High Satisfactory Modest Minimal/None



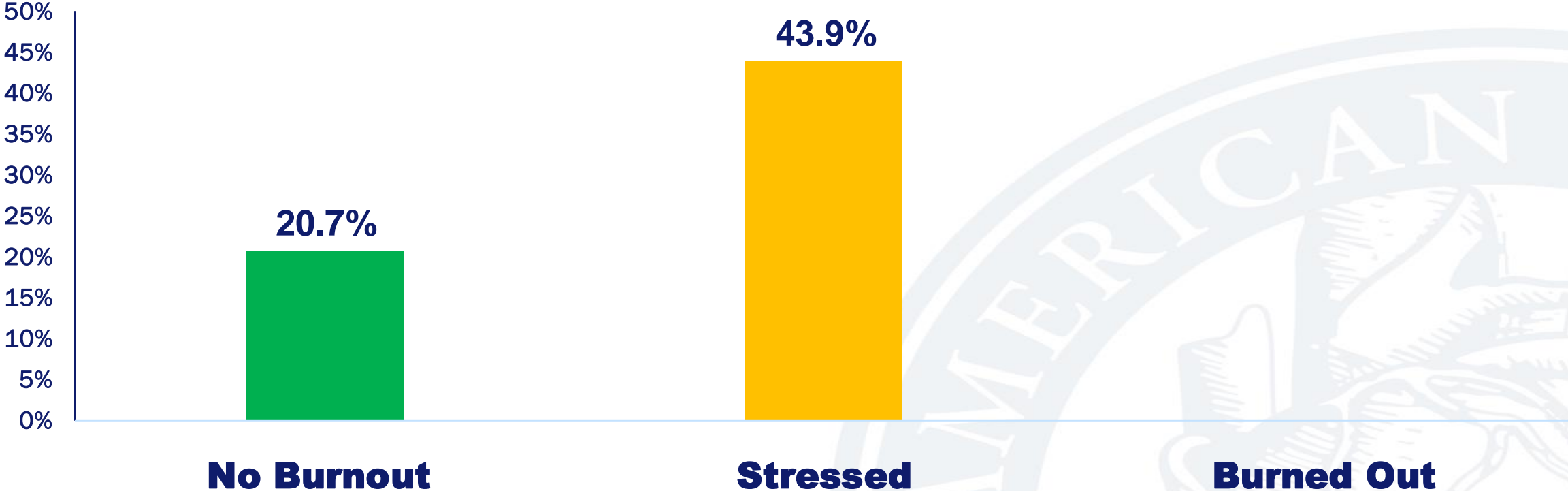
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Burnout Prevalence



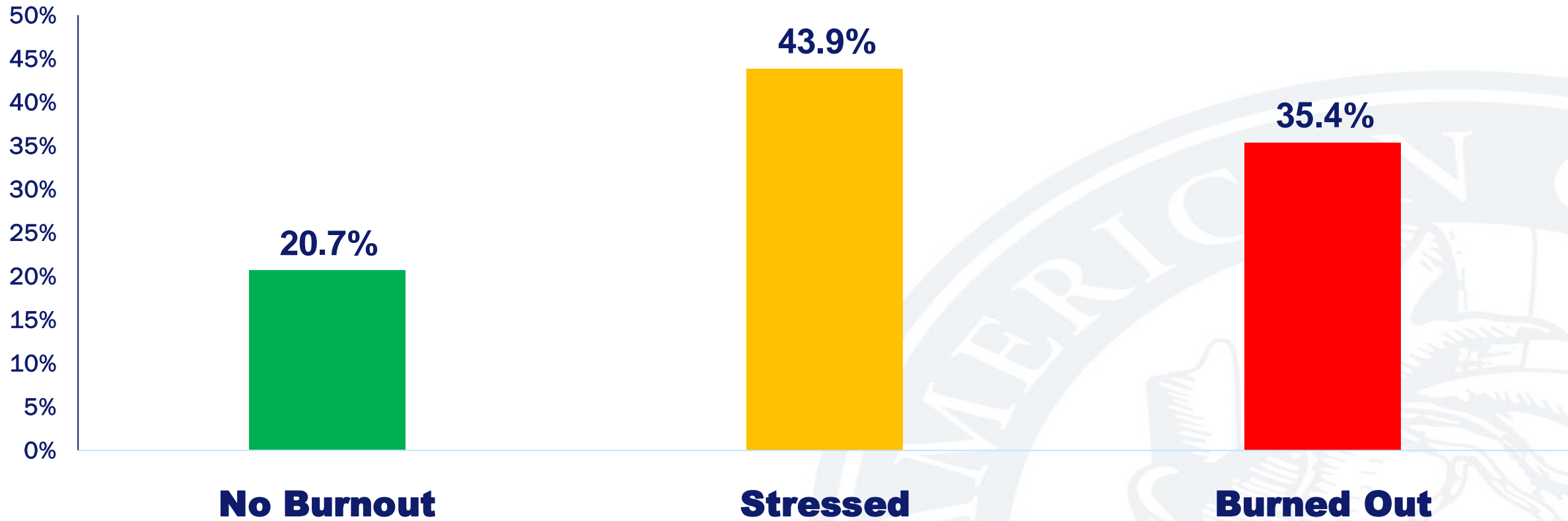
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Burnout Prevalence



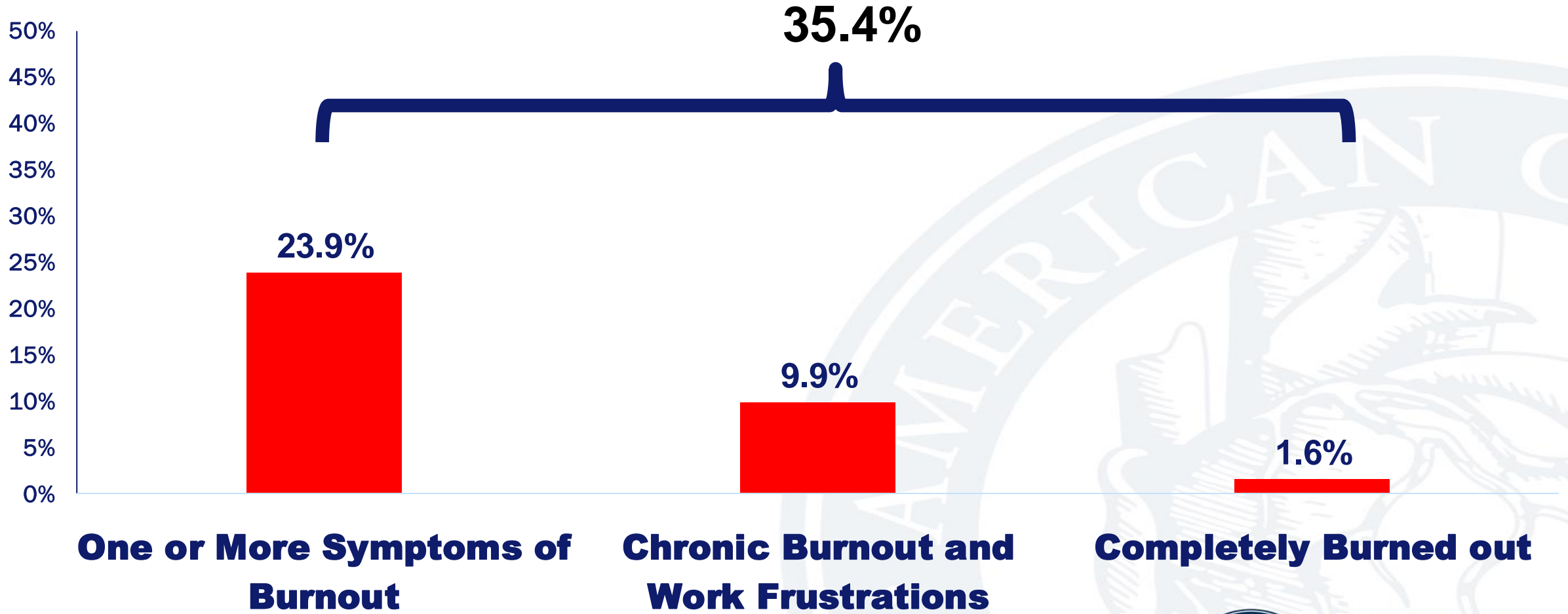
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Burnout Prevalence



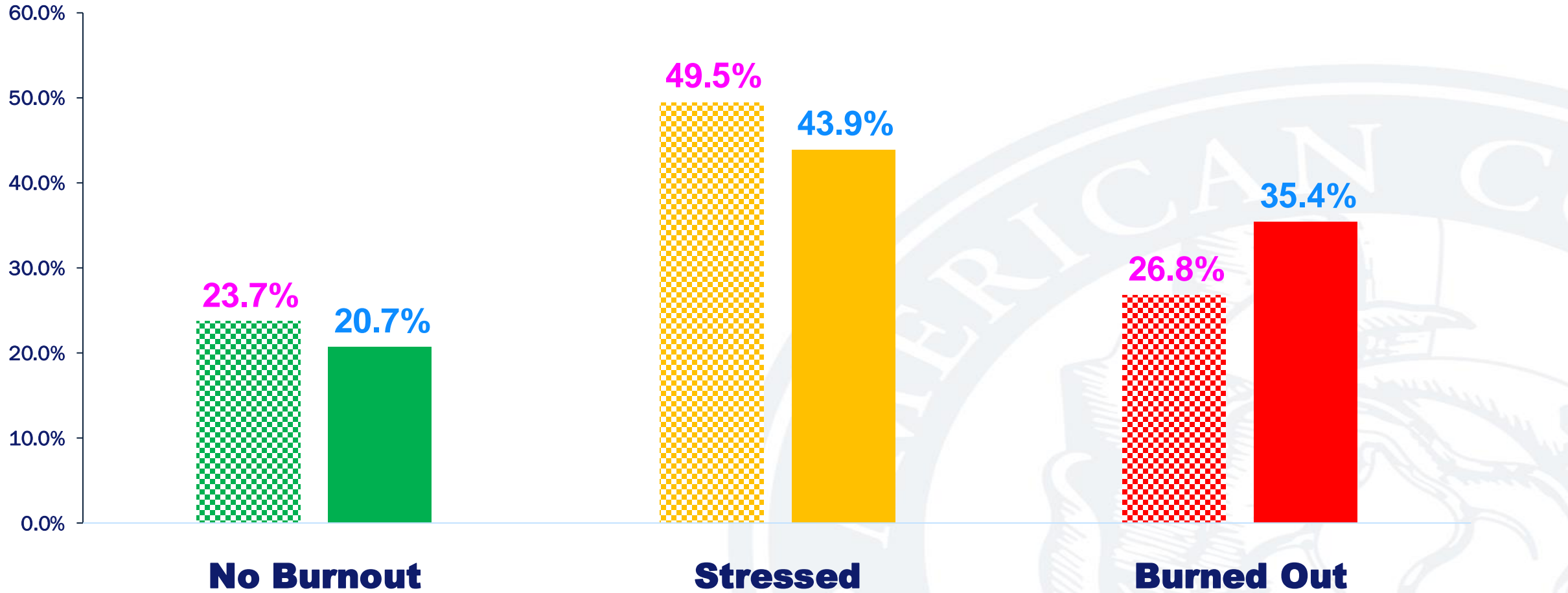
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Burnout Prevalence



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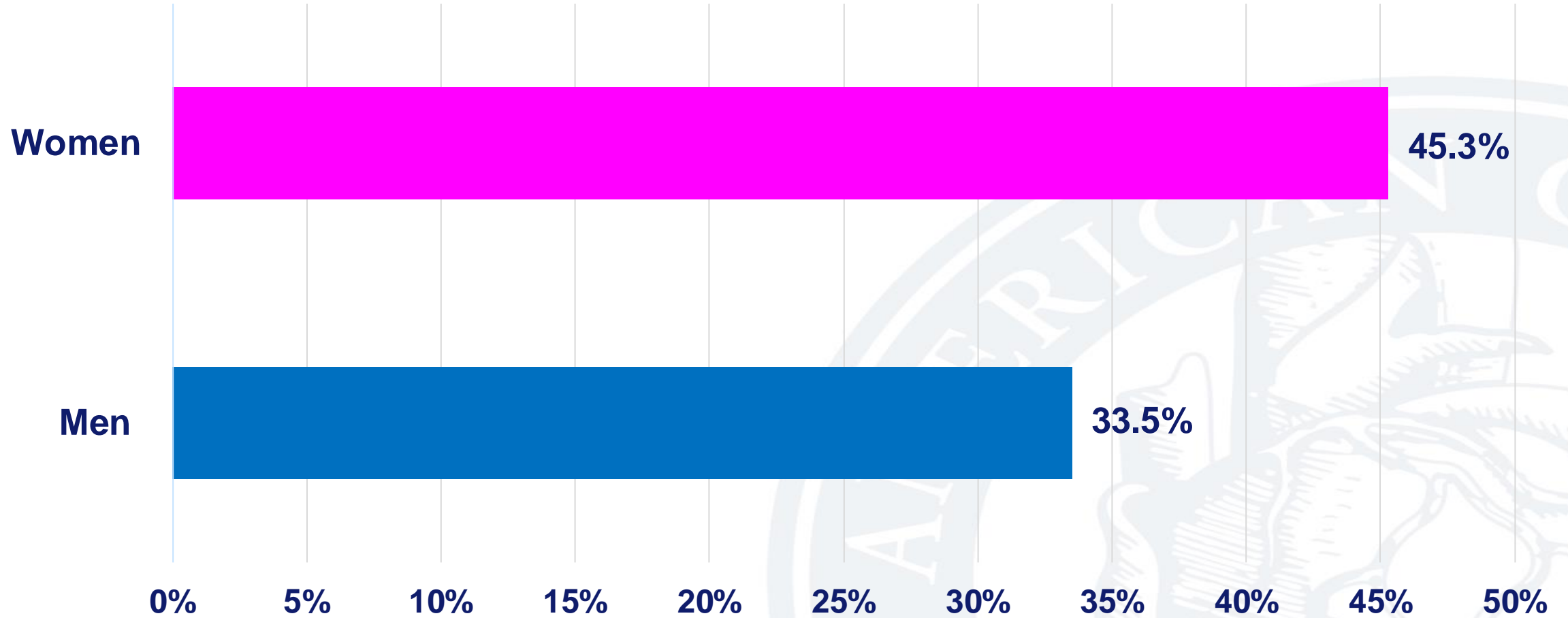
Burnout Prevalence 2015 & 2019



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Burnout and Gender

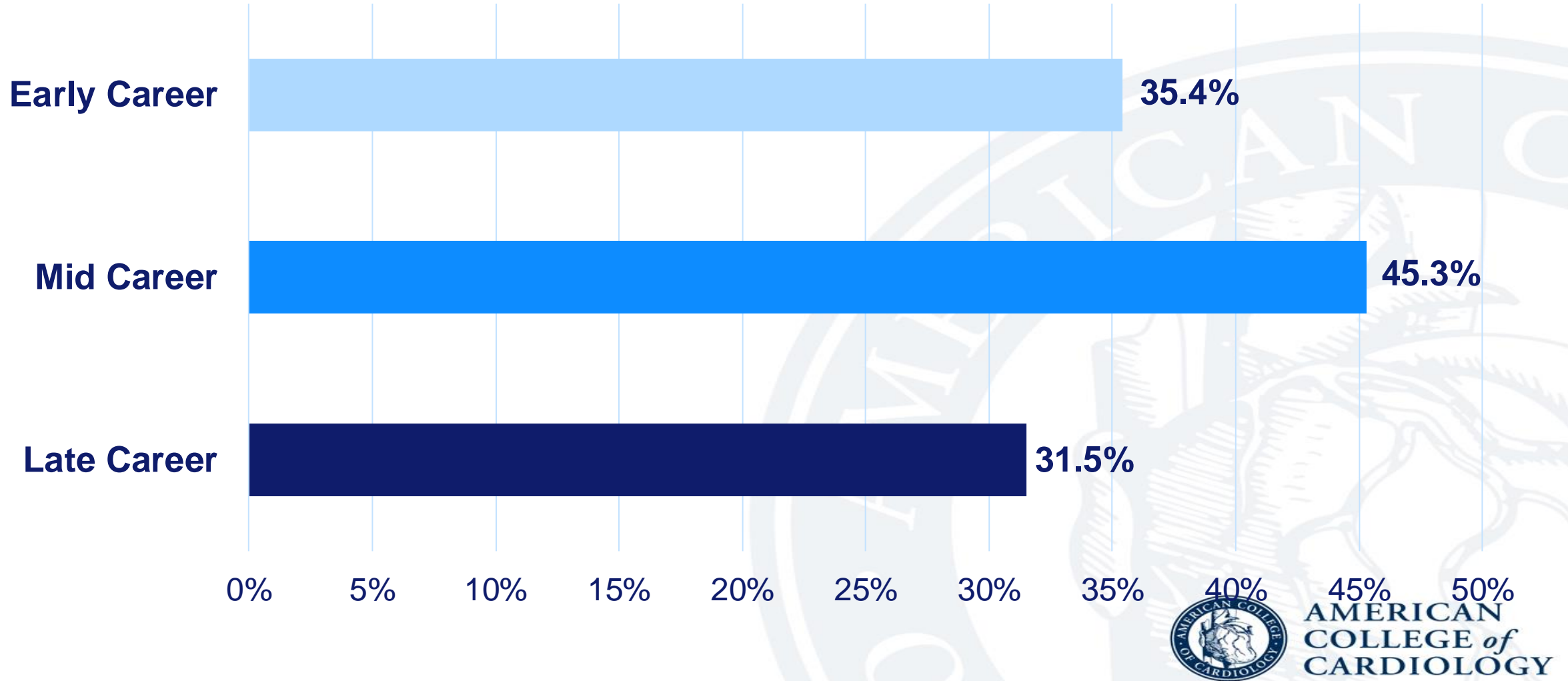
$p \leq 0.001$



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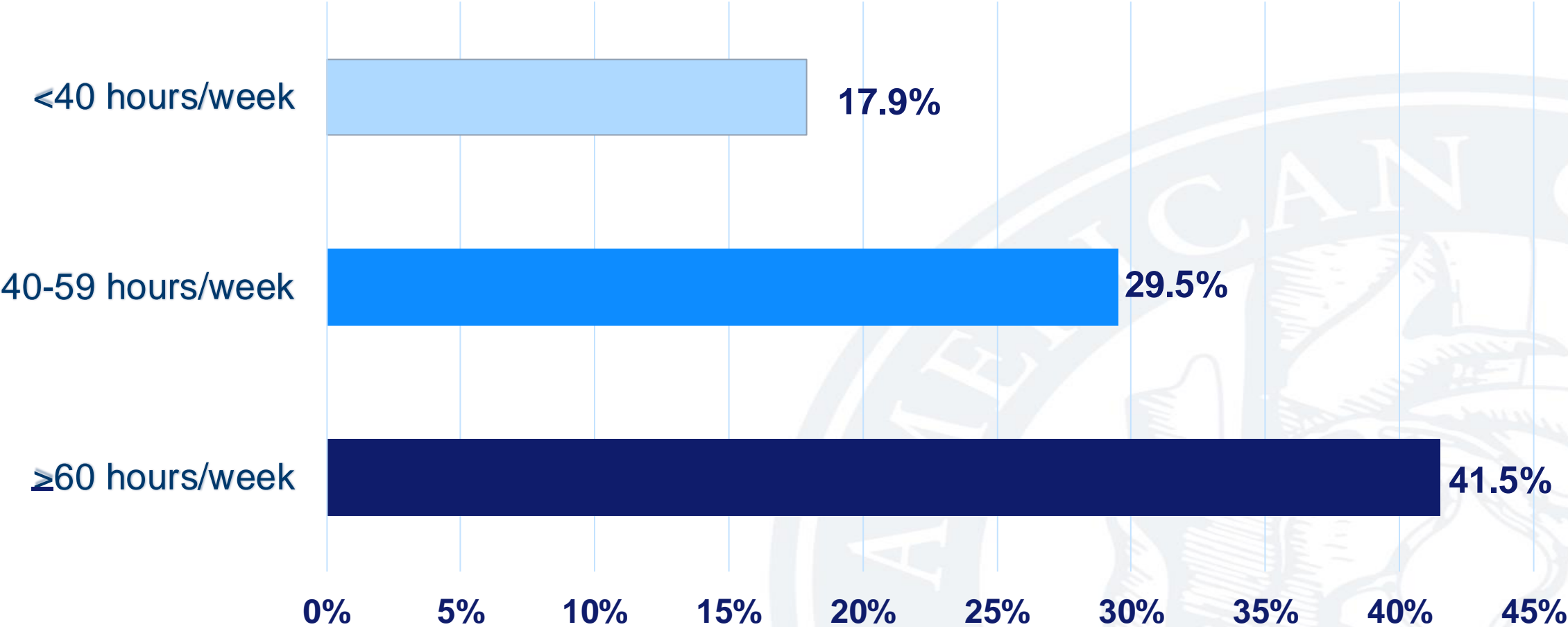
Burnout and Career Stage

$p \leq 0.001$



Burnout and Work Hours

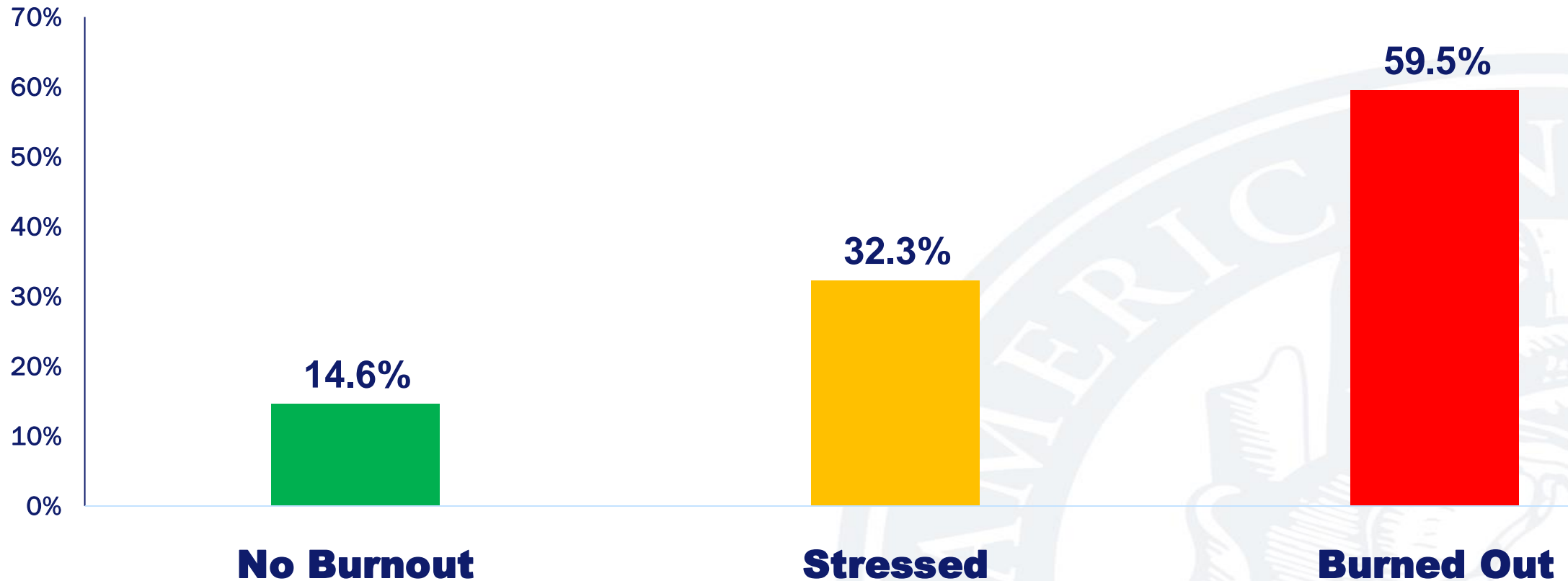
$p \leq 0.001$



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Hectic Work Environment

$p \leq 0.001$

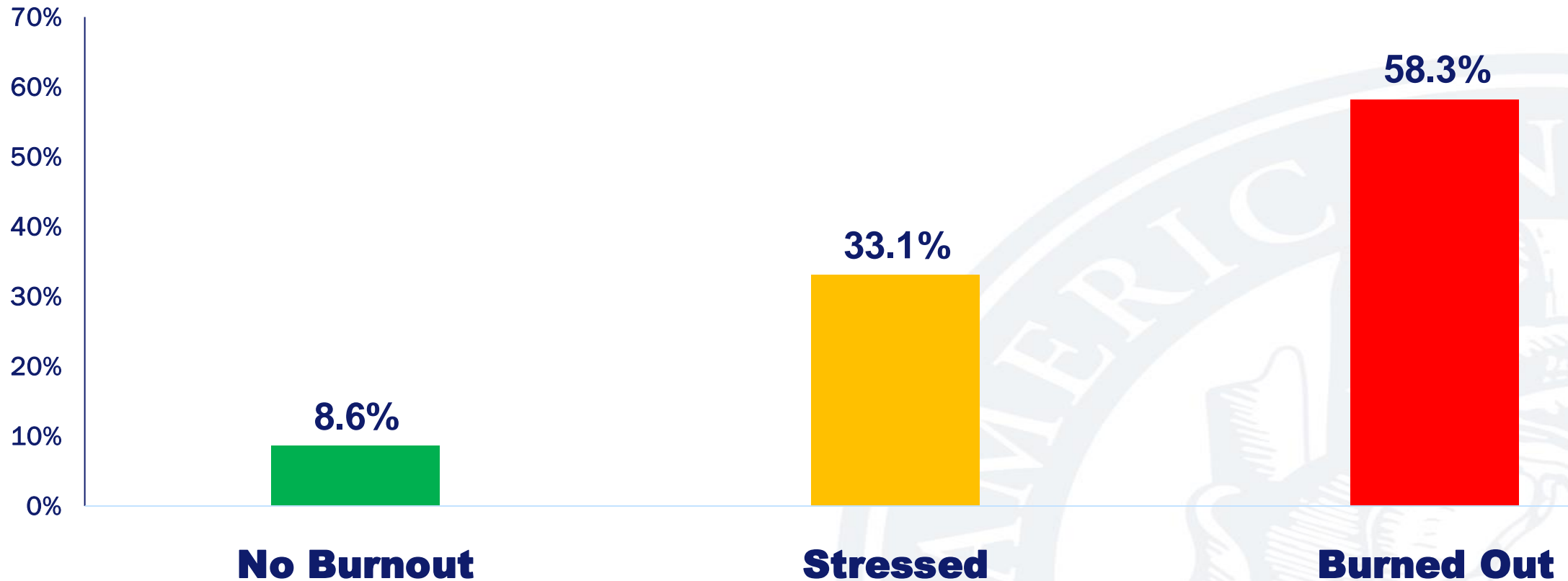


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Major Medical Error

n=175 (8.6%) of total respondents

p ≤ 0.001

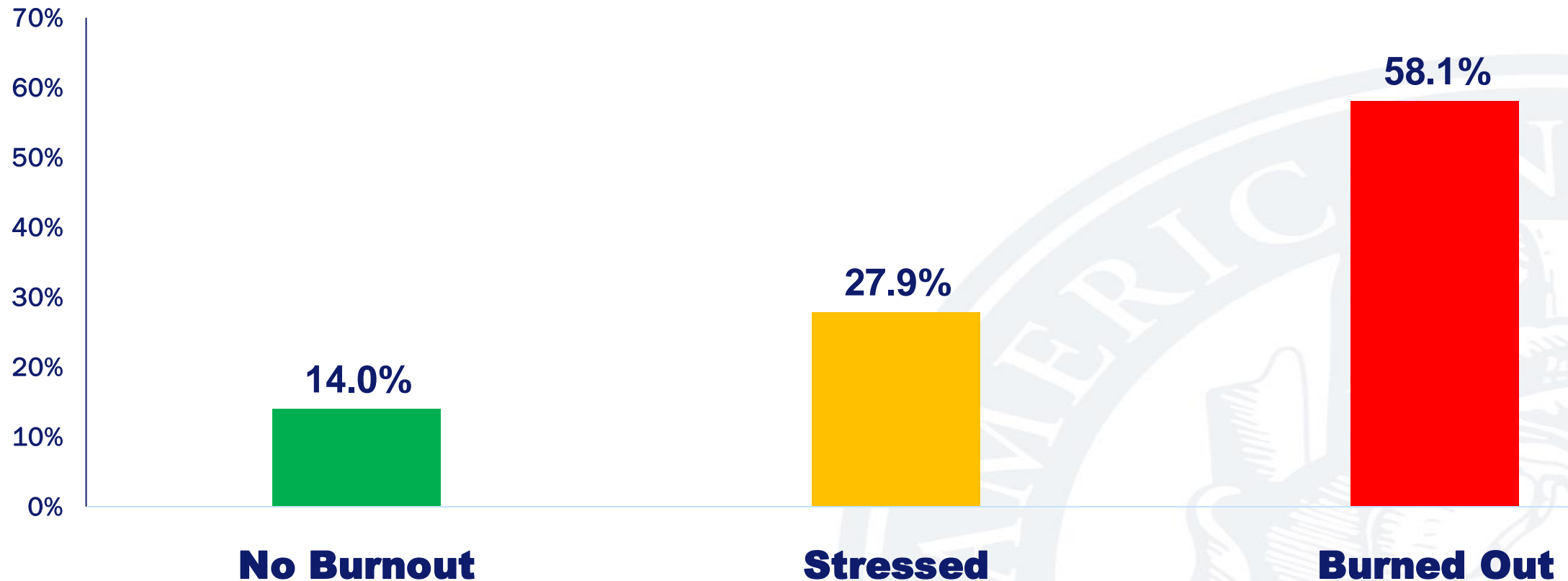


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Plans to Leave Current Practice Setting

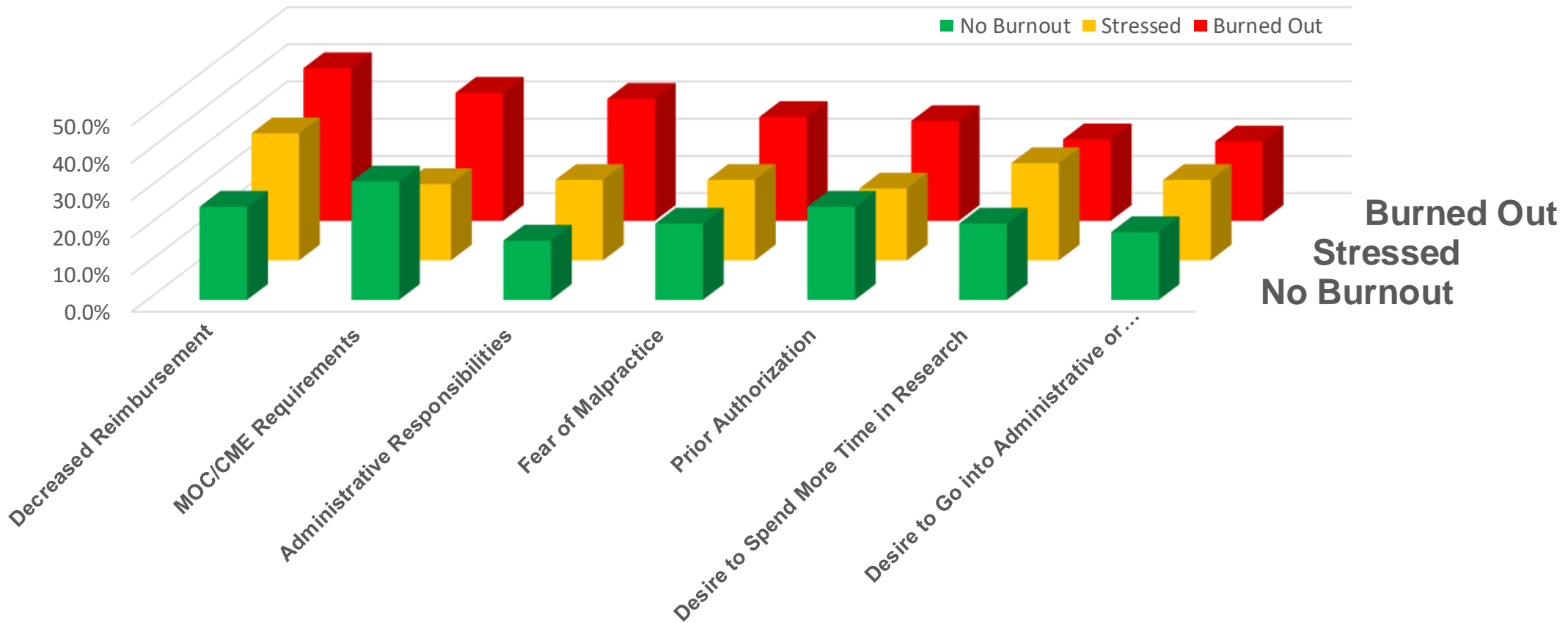
n=315 (15.5%) of total respondents

p ≤ 0.001



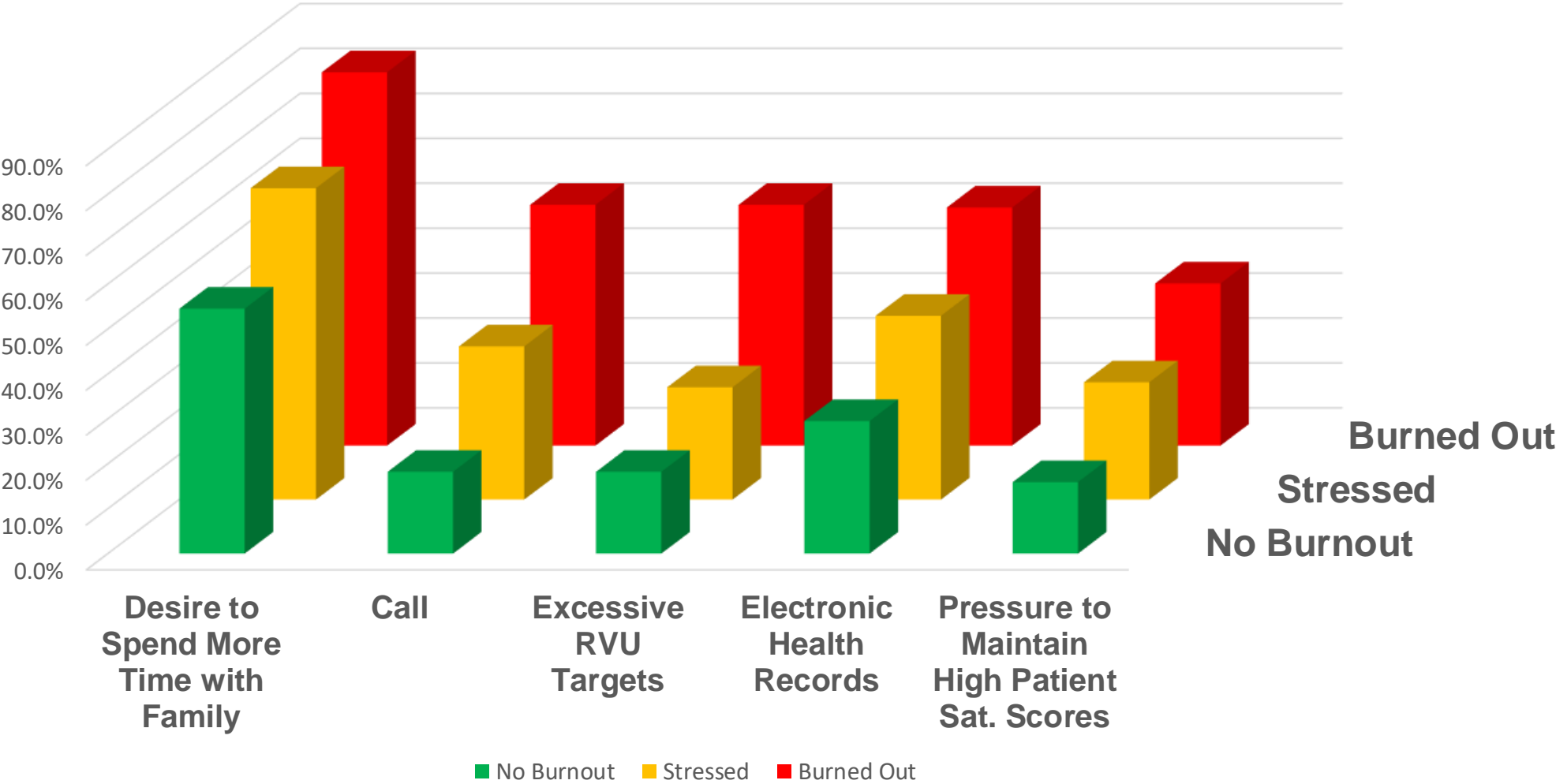
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Reasons to Leave Current Practice Setting



p = NS

Reasons to Leave Current Practice Setting



Limitations

- The survey response rate was less than ideal (14%).
 - However, consistent with other national surveys.
- Potential for bias to completing the survey in those who were burned out or stressed versus those who were not.
- Burnout was self-reported, and may vary over time.

Conclusions

- In 2019, >1/3 of US cardiologists reported being burned out.
 - **This has increased by 32% since 2015.**
 - Women and mid career cardiologists are at higher risk of burnout.
- Burnout rates are higher in cardiologists who work longer hours or in a hectic work environment, plan to leave current practice and among those reporting medical errors.
- Among burned out cardiologists who plan to leave their job, desire to spend more time with family and work related factors (call, RVU, satisfaction scores) are frequently reported.

Thank You!

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Self-Care Strategies During the Age of COVID-19

1. Relinquish Control
2. Revisit History
3. Establish Realistic Expectations
4. Give Yourself a Brain Break
5. Unplug from the Noise
6. Find a State of Flow
7. Your Body Matters
8. Pay it Forward
9. Find Your Tribe



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BURNOUT BY THE NUMBERS



35-54%

of U.S. physicians
and nurses

45-60%

of medical students
and residents

HELP

- 1) Your institution's Employee Assistance Program
- 2) National Suicide Prevention Lifeline 1-800-273-8255

WELL-BEING TIPS



Exercise



Eat Healthy



Sleep Well



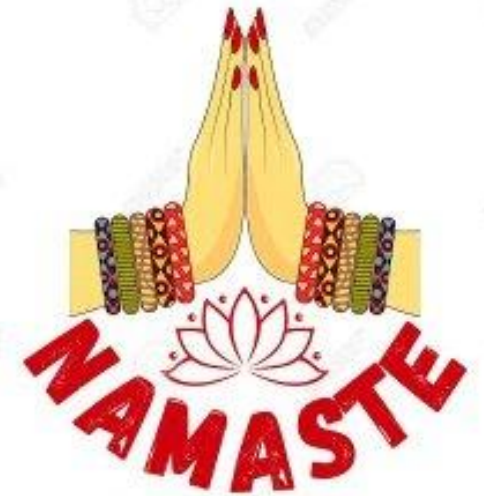
Yoga
Meditation



Connect
with Others



Engage
in Hobbies



For more information:
[ACC.org/ClinicianWellBeing](https://www.acc.org/ClinicianWellBeing)



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