How Can Vascular Surgeons Reconcile Work and Family Responsibilities and Time Commitments and Succeed With Both

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Dr. Benjamin has nothing to disclose

Work / Life Balance

- A fine line separates dedication from overwork
- If unchecked, overwork can possibly lead to a counterproductive, unhealthy, or even self-destructive behavior that may effect
  - Your own health
  - Family dynamics
  - Patient care

Physician Burnout

- Is a form of personal distress
- Seen in ~40% of surgeons
- Characterized by:
  - Emotional exhaustion
  - Depersonalization
  - Decreased sense of personal accomplishment
- Can adversely affect patient safety & quality of care, and contribute to medical errors

Physician Burnout
(a survey of 7,288 physicians)

- Nearly 50% reported at least one symptom of burnout
- Highest rates seen in front-line care
  - 37.9% reported emotional exhaustion
  - 29.4% reported cynicism with their profession
  - 12.4% reported low sense of personal accomplishment
- Healthcare reform efforts are likely to increase demand for front-line providers

Burnout Among Surgeons

- Surgical Oncologists 28%
- Head & Neck 34%
- Transplant Surgeons 38%
- Vascular Surgeons ?
Teaching Work-Life Balance

- Training is a peak time for personal distress
- Training programs need to do a better job at recognizing stress / burnout, and providing help to trainees
- We (as mentors or examples) provide the model to our younger generation
  - If we do a poor job with work-life balance in our own life, they will look toward other specialties

Increased Levels of Stress

Our Own Well-being is as Important as the Health of our Patients