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# Hospital Medicine Mini-Series

## Part 4

Work-Life Balance in Hospital Medicine

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# Presenter Disclosure

- **Faculty:** Lei Ma
- **Relationships with financial sponsors:** None to declare
- **Other:** President of Medical Staff Association, Bruyere Continuing Care



# Presenter Disclosure

- **Faculty:** Sahil Jain
- **Relationships with financial sponsors:** None
- **Other:** affiliated with Vancouver Coastal & Fraser Health authority as a hospitalist, UBC as a clinical instructor and a very small half-time clinic practice at the Telus Health Care Center in Vancouver, BC.



# Presenter Disclosure

- **Faculty:** Benjamin Schiff
- **Relationships with financial sponsors:** None to declare
- **Other:** None to declare



# Presenter Disclosure

- **Faculty:** Carol Wiebe
- **Relationships with financial sponsors:** None to declare
- **Other:** None to declare



# Presenter Disclosure

- **Faculty:** Serena Siow
- **Relationships with financial sponsors:**
  - **Grants/Research Support:** None
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  - **Patents:** None
- **Other:** Alberta Health Services, Wellness Coaching

# Learning Objectives

- Recognize challenges regarding work-life balance in hospital medicine through different career and life stages
- Discover how to optimize physician wellness during a career in hospital medicine



# Physician Wellness and Burnout

- About ½ of Canadian physicians and medical trainees are burned out, with rates ranging as high as 75%. Doctors also face higher rates of suicide than the general population. *The Association of Faculties of Medicine of Canada. Report on mental health activities: Focus on physician health. 2018. Available from: [https://www.afmc.ca/sites/default/files/pdf/2018-AFMC\\_Report\\_on\\_Mental\\_Health\\_Activities\\_EN.pdf](https://www.afmc.ca/sites/default/files/pdf/2018-AFMC_Report_on_Mental_Health_Activities_EN.pdf))*

- National Physician Health Survey: physicians in Canada found to experience high burnout (30%), depression (34%), and lifetime suicidal ideation (19%).

*Canadian Medical Association. National Physician Health Survey – A National Snapshot 2018. Available from: [www.cma.ca/sites/default/files/2018-11/nph-survey-e.pdf](http://www.cma.ca/sites/default/files/2018-11/nph-survey-e.pdf).*

- Similar findings reported repeatedly in the United States and other countries.

*-The Physicians Foundation. 2018 Survey of America's Physicians: Practice Patterns and Perspectives 2018. Available from: [www.merrithawkins.com/news-and-insights/thought-leadership/survey/2018-survey-of-americas-physicians-practice-patterns-and-perspectives/](http://www.merrithawkins.com/news-and-insights/thought-leadership/survey/2018-survey-of-americas-physicians-practice-patterns-and-perspectives/).*

*-The British Medical Association. Mental health and wellbeing in the medical profession 2019. Available from: [www.bma.org.uk/collective-voice/policy-and-research/education-training-and-workforce/supporting-the-mental-health-of-doctors-in-the-workforce](http://www.bma.org.uk/collective-voice/policy-and-research/education-training-and-workforce/supporting-the-mental-health-of-doctors-in-the-workforce)*

*-Physician burnout: a global crisis. Lancet. 2019; 394: 93*



# Physician Burnout during COVID-19

- In a study of 803 physicians in Vancouver, Canada, the prevalence of burnout was 68% during COVID-19 (emotional exhaustion: 63%; depersonalization: 39%) and feeling lower personal accomplishment: 22%.
  - Khan N, Palepu A, Dodek P, et al. Cross-sectional survey on physician burnout during the COVID-19 pandemic in Vancouver, Canada: the role of gender, ethnicity and sexual orientation. *BMJ Open* 2021;11:e050380. doi: 10.1136/bmjopen-2021-050380
- 86% of Canadian emergency doctors “met at least one of the criteria for burnout” and nearly 6% had considered suicide in 2019.
  - Lim R, Van Aarsen K, Gray S, Rang L, Fitzpatrick J, Fischer L. Emergency medicine physician burnout and wellness in Canada before COVID19: a national survey. *Canadian Journal of Emergency Medicine*. 2020;22(5):603-7.



## **Question 1:**

Tell us a little bit about yourself and life inside and outside of work.

- A.** How long have you been in practice and what does your current practice look like?
  
- B.** What does life outside of work look like (family, community involvement, hobbies, etc.)?

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## Question 2:

What are some of the challenges you think physicians in your stage of career face when it comes to work-life balance?



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## Question 3:

How has work-life balance evolved for you?  
Do you have any regrets?





## Question 4:

What are your tips and tools to integrate life inside and outside of your work?

**A.** What practical tools or approaches do you use to make your work more efficient?

**B.** What practical tools or approaches do you use to prioritize important things in your personal life?



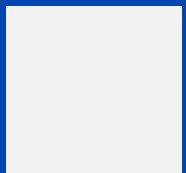
# Take-Home Points

If you can leave our audience with one piece of advice to achieve work-life balance, what would it be?

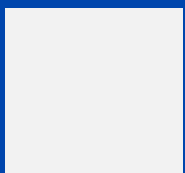


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