

Physician Wellbeing

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Podcast Episode

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The podcast discusses physician burnout as a systemic healthcare problem rather than individual weakness, exploring why speaking openly about mental health struggles remains difficult despite extensive supporting data.

KEY POINTS

- The speakers argue that burnout is a systems issue originating from work environment problems, not a failure of individual resilience; physicians with the highest resilience scores still showed a 30% burnout rate in data cited.
- A study from the American Medical Association with more than 7000 participants found that 37% of gastroenterologists reported burnout, with physicians under age 35 at greatest risk.
- The guest describes implementing interprofessional student boards and strategic meetings in her department, reporting that patients wanted to return to the interprofessional ward in nearly 97-98% of cases.
- The speakers emphasise that consequences of burnout include higher turnover, reduced productivity, medical errors, and reduced patient satisfaction, making physician wellbeing essential for patient care.
- The discussion is aimed at gastroenterologists and healthcare leaders interested in systemic approaches to physician wellbeing and organisational culture change.

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