Wellness 101 For Physicians

Lori Weichenthal, MD, FACEP
Associate Professor Clinical Emergency Medicine
UCSF-Fresno
“Being happy doesn’t mean everything is perfect. It means you have decided to look beyond the imperfections.”

-Unknown
Introduction

• Defining Wellbeing
• Wellbeing Exercises
• Self Care
• Future Directions
• Conclusions
“Life is really simple, but we insist on making it complicated.”
-Confucius
Defining Well Being

• Dictionary: “A contented state of being happy, healthy, and prosperous”

• Wellbeing research: More complicated?
  ▪ “Intangible, difficult to define, and harder to measure”*
  ▪ “Complex, multi-faceted construct”**


Defining Wellbeing

• Hedonic tradition
  ▪ Happiness
  ▪ Positive affect
  ▪ Low negative affect
  ▪ Satisfaction with life

• Eudaimonic tradition
  ▪ Positive psychological functioning
  ▪ Human development
Defining Wellbeing

• Components of Wellbeing:
  ▪ Autonomy
  ▪ Environmental mastery
  ▪ Positive relationships with others
  ▪ Purpose in life
  ▪ Realization of potential
  ▪ Self acceptance

Defining Wellbeing

• “An individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns. It is a broad ranging concept affected in a complex way by the person's physical health, psychological state, personal beliefs, social relationships and their relationship to salient features of their environment.”

-World Health Organization, 1997
Defining Well Being

• A new definition:
  ▪ Idea of a set point
  ▪ Inevitability of homeostasis
  ▪ Fluctuating state between challenges and resources

Defining Wellbeing

• “Wellbeing is not a beach you go and lie on. It’s a sort of dynamic dance and there is movement in that all the time and actually it’s the functionality of the movement which actually is true levels of wellbeing.”

-Nic Marks, January 2012
“Most people are as happy as they make up their mind to be.”

-Abraham Lincoln
Wellbeing Exercises

• A Test: The Abbreviated Maslach Burnout Inventory

<table>
<thead>
<tr>
<th></th>
<th>Everyday</th>
<th>Few times a week</th>
<th>Once a week</th>
<th>Few times a month</th>
<th>Once a month</th>
<th>Few times a year</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>I deal very effectively with the problems of my patients</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I feel that I treat some patients as if they were impersonal objects</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I feel emotional drained from my work</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I feel fatigued when I get up in the morning</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I have become more callous toward people since I became a physician</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I feel that I positively influence people’s lives through my work</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Working with people all day is really a strain on me</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I don’t really care what happens to some patients</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I feel exhilarated after working closely with my patients</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I think about giving up medicine for another career</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I reflect on the satisfaction I get from being a doctor</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I regret my decision to have become a doctor</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Wellness Exercises

• List your resources
   Psychological
   Social
   Physical

• List your challenges
   Psychological
   Social
   Physical
“It's a helluva start, being able to recognize what makes you happy.”

-Lucille Ball
Self Care

• Sleep Well
• Eat Well
• Exercise
• Relaxation Techniques
• Time Management
• Maintaining Relationships
• The Five Ways to Wellbeing
“If you spend your whole life waiting for the storm, you will never enjoy the sunshine.”

-Morris West
Sleep Well

• Another Test
• Sleep Basics
• Perils of Shift Work
• Scheduling Strategies
• Adjunctive Measures
## Epworth Sleepiness Scale

<table>
<thead>
<tr>
<th>Situation</th>
<th>Chance of Dozing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sitting and reading</td>
<td></td>
</tr>
<tr>
<td>Watching TV</td>
<td></td>
</tr>
<tr>
<td>Sitting inactive in a public space</td>
<td></td>
</tr>
<tr>
<td>A passenger in a car for one hour</td>
<td></td>
</tr>
<tr>
<td>Lying down to rest in the afternoon</td>
<td></td>
</tr>
<tr>
<td>Sitting down and talking with someone</td>
<td></td>
</tr>
<tr>
<td>Sitting quietly after a lunch with no alcohol</td>
<td></td>
</tr>
<tr>
<td>In traffic when stopped for a few minutes</td>
<td></td>
</tr>
</tbody>
</table>
Sleep Basics

• Non-REM Sleep
  - Stage I: Transition sleep
  - Stage II: Somewhat deeper
  - Stage III and IV: Slow wave sleep

• REM Sleep
  - Occurs 90 to 120 minutes after non-REM sleep
Sleep Basics

• Humans have a biological need for sleep
• With less than required number of hours of sleep, sleep debt accumulates
• Sleep needs are biologically and genetically determined
Sleep Basics

• Sleep deprivation results from:
  ▪ One night of total sleeplessness
  ▪ A series of nights with too little sleep
  ▪ A night with multiple interruptions

• Even moderate levels of fatigue produce impairment

• One sleepless night = 25 % reduction in cognitive ability
Circadian Rhythm

• Circadian timing system
• Melatonin, cortisol and core body temperature
• Natural rhythms
• Environment cues
  - Light/dark cycle
  - Societal schedules
Circadian Rhythm

• Consequences of “shift lag”
  - malaise
  - fatigue
  - GI distress
  - poor mood
  - poor performance
Perils of Shift Work

- Increased rate of sleep disturbance
- Less sleep
- Increased depression
- Increased drug and ETOH abuse
- Increased CAD and DM
- Increased rate of work-related accidents
- Increased divorce rate
Scheduling Strategies

- Gold standard → same shift
- Shorter shifts are better
- Rotate shifts in clockwise direction
- Rotate shifts rapidly
- Anchor sleep
- ? Single night shift system
- ? Take a nap
Adjunctive Measures

- Diet
- Exercise
- Sleep environment
- Sleep behavior
- Avoiding sleep debt
- Drugs
Adjunctive Measures: Drugs

- Benzodiazepines
- Nonbenzodiazepines
- Melatonin agonist
- Antidepressants
- Diphenhydramine
- Other products
“A table, a bowl of fruit and a violin; what else does a man need to be happy?”

-Albert Einstein
Eat Well

• Be aware of hunger
• Eat a “well balanced” diet
• Take time to eat
• Create a good eating environment
“Happiness is a state of activity.”
-Aristotle
Exercise

• Just Do It!
• Aerobic
• Resistance training
• Stretching
Relaxation Techniques

• Time Alone
• Just Breathe
• Mindfulness
• Meditation
Time Management

• Know your priorities
• Reevaluate regularly
• Live in accordance to your goals
• Learn how to say NO
“Happiness consists of living each day as if it were the first day of your honeymoon and the last day of your vacation.”

-Leo Tolstoy
Maintaining Relationships

• Work Relationships
• Family and Friends
Work Relationships

- Healthy Relationships
  - mutual respect
  - recognition/validation of roles
  - willingness to cooperate
  - direct communication

- Toxic Relationships
  - assumption of inequality
  - no validation/recognition of differing roles
  - unwillingness to cooperate
  - communication non-existent, passive or intentionally misleading
Maintaining Healthy Relations

• Frequent validation and feedback
  - Know peoples’ names
  - Say hello
  - Say thank you
  - Remember special occasions/when expectations exceeded

• Remember common goals
Dealing With Toxic Relationships

- What is going on?
- Does this person relate better with others?
- Am I doing something to prompt this behavior?
- Can I identify common goals?
- Some relationships are not salvageable/can’t be changed
“I believe compassion to be one of the few things we can practice that will bring immediate and long-term happiness.”

-Dalai Lama
Family and Friends

- Relationships take time and energy
- Realize that your work attitude can effect home life
Five Ways to Wellbeing

Connect...
With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Be active...
Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

Take notice...
Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Keep learning...
Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you enjoy achieving. Learning new things will make you more confident as well as being fun.

Give...
Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, as linked to the wider community can be incredibly rewarding and creates connections with the people around you.
“Follow your bliss and don’t be afraid, and doors will open where you didn’t know they were going to be.”

-Joseph Campbell
Future Directions

• Anatomy of burn out
• Compassion fatigue
• Physician fatigue awareness
• Developing resilience in difficult times
• Wellness book clubs
Conclusions

• Be aware of what you need to stay well
• Take care of yourself
• Prioritize
• Build strong relationships