How MDs Should Deal With Life’s Problems Like Drug Use, Career Dissatisfaction, Job Loss, Divorce And Depression

Simran B Singh, MD, MBA
Director Thought Disorders Program
El Camino Hospital
Clinical Faculty, Stanford University
Wellness Committee at Stanford University and El Camino Hospital
Silicon Valley, CA

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NONE

The Vascular Surgeon

Surgeon’s Dilemma
- Type A
- Competitive
- Perfectionist
- Driven
- Overachiever
- Passionate
- Independent

Burnout Consequences

Table 1: Consequences of Physician Stress and Burnout

<table>
<thead>
<tr>
<th>Profession</th>
<th>Stress</th>
<th>Burnout</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physician</td>
<td>Increased absenteeism</td>
<td>Depression</td>
</tr>
<tr>
<td></td>
<td>Medication errors</td>
<td>Anxiety</td>
</tr>
<tr>
<td></td>
<td>Demographic</td>
<td>Fatigue</td>
</tr>
<tr>
<td></td>
<td>Inadequate</td>
<td>Sleep disturbances</td>
</tr>
<tr>
<td></td>
<td>Communication</td>
<td>Respiratory disturbances</td>
</tr>
<tr>
<td></td>
<td>Difficult relationships</td>
<td>Anger</td>
</tr>
<tr>
<td></td>
<td>With colleagues</td>
<td>Lack of Sleep</td>
</tr>
<tr>
<td></td>
<td>With patients</td>
<td>Sleep disturbances</td>
</tr>
<tr>
<td></td>
<td>With co-workers</td>
<td>Fatigue</td>
</tr>
</tbody>
</table>

Anxiety
- Breathe
- Walk away from situation
- Music
- Exercise
**Anxiety**

- Self created and not innate
- Often has a cause: Treat it
- Early stages: Consider coaching and or counseling
- Prolonged anxiety
  - Antidepressants/counseling may be needed
  - Early resolution of conflict decreases medical treatment

**Depression**

- Identify
- Accept
- Medications
- Counseling
- Stop drug use
- Develop better coping mechanisms
- May take 6 months to get better

**Drug Use**

- Recognize it
- No shame in seeking help
- Monitoring program
- Family support

**Career Dissatisfaction**

- Causes:
  - High standards for self
  - EGO
  - Expectations
  - Poor political control
  - Fear: Reputation loss
  - Boredom
  - Politics: Witchhunts
- Treatments:
  - Seek new opportunities
  - Reconfigure job
  - Innovate career
Job Loss

• INHERENT
• Happens: change hard
• “Its just business”
• Ample opportunities
• Willing to accept new challenges
• Always seems to be better in new place

Divorce in Vascular Specialists

• Wife: time/ help
• Husband: ego/ $  
• Find the causes
• Worklife-balance
• Marital counseling
• Flexible thinking
• Compromise vs. let go

Emotional Intelligence

Conclusions for VS Life Problems

• Early recognition
• Action
• Work-life balance
• Change
• Support

Veith Participants Support

Dr. Simran Singh
650-444-0192
echpsych1@gmail.com