Physical Distress in Vascular Surgeons: Aches and Pains

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Disclosures
• None

Physical Ailments: The Numbers
• Email survey of Society for Clinical Vascular Surgery members
  • 264 responders
  • 184 male
  • 50% academic
  • 24% private
  • 14% hospital employed
  • 11% multispecialty group

Age of Responders

Vascular Surgeon Workload
• 87% operate ≥ 3 days/week
• Majority operate 4-8hr/OR day
• 84% of operations are standing
• 44% wear lead every operating day
• Loupes are used by 93% of surgeons
Physical Discomfort

- 33.5% of VS had significant physical discomfort currently
- 51.5% of VS stated they had or currently have physical discomfort that “may influence their ability to perform future procedures”
- 31.6% sought medical help for the pain

Physical Discomfort

- No significant Differences in Physical Discomfort
  - Number of operative days
    - ≤2 vs ≥3
  - Compensation
    - salaried vs incentive
  - Exercise regularly vs couch potatoes
  - Male vs Female
  - Routine lead wearers vs non lead wearers

Vascular Surgeon Burnout

- 39.7% met criteria at least once weekly
- 10.8% felt burnout at work daily

- VS with burnout at least weekly had significantly higher physical discomfort scores
  - Is there a connection between burnout and physical discomfort?
What’s Next
Attempts to reduce physical stressors

• sensor feedback...a gentle buzz if in an ergonomic risk position for a long period of time. (….training your dog with a shock collar)

• OR stretch breaks…

OR Stretch App

• Stretch video

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