



Your ability to manage your lifestyle directly affects how you take care of patients, and failure to successfully manage your lifestyle now impacts whether you burn out. Let us tell you how we know...

In the **Annals of Surgery** 2010 June; 251(6); 995-1000, in an article entitled “Burnout and Medical Errors Among American Surgeons” the research team sent members of the American College of Surgeons an anonymous cross-sectional survey. This included a self-assessment of major medical errors with a validated depression screening tool as well as standardized assessments of burnout and quality of life. Seven Thousand nine hundred and five surgeons participated. The frequency of overnight call, practice setting, method of compensation, and the number of hours worked were not associated with errors in multivariate analysis.

However, reporting an error in the previous three months had a large, statistically significant adverse relationship with mental quality of life. All three domains of burn out, including emotional exhaustion, depersonalization, and lack of personal accomplishment as well as symptoms of depression were associated with this relationship. In fact, the team concluded that major medical errors reported by surgeons are strongly related to a surgeon’s degree of burnout and mental quality of life. In other words, errors and burnout are associated. Clearly evidence like this doesn’t tell us which one causes the other or how, exactly, reporting is involved.

This is just one of the many reasons that physicians must continue the search for tools to improve the quality of life. In short, issues with quality of life and burnout affect our medical error rate. **As providers we don’t want to think about these issues often, and failure to actively manage lifestyle issues is akin to finding snakes by waiting to be bitten.** Similarly, Balch and Shanafelt published ‘Combatting stress and burnout in a surgical practice: a review’ and the citation is ADV SURG 2010; 44:29-47. The team felt that being proactive is better than reacting to burnout after it has damaged one’s professional life or personal wellness. The team felt that a need existed to set an example of good health for the patients; further, a need exists to demonstrate good health to the patients and for future generations of surgeons.

To provide the best care for patients, Balch and Shanafelt summarized that surgeons need to be alert, interested in their work, and ready to provide for their patients’ needs. **Maintaining these values and habits is the work of a lifetime. Provider Lifestyle Experts expands on this work and gives you many of the practical tools to**

successfully manage your time. The system also gives access to resources with ready-made plans to implement those tools in your life.

Most importantly, PLE provides you with a personal assistant with special healthcare knowledge to make things *much* easier.

And it's confidential. The PLE team works as your team of assistants and doesn't share the PLE name or information unless you direct them to.

Other work has been done on avoiding burnout and living a happier life. Shanafelt, in the **Annals of Surgery** 2012 Apr; 255(4): 635-33, also published "Avoiding burnout: The personal health habits and wellness practices of US surgeons". This work was based on an American College of Surgeons survey that took place in October 2010. This work was pointed towards describing habits that are associated with improvements in quality of life and manners in which physicians and other healthcare professionals can avoid burnout. Here again surgeons were the focus and surgeons who had seen their primary care provider in the last 12 months were more likely to be up to date with all age-appropriate health care screening. They maintained superior overall and physical quality of life scores.

On a multivariate analysis, surgeons who placed greater emphasis on finding meaning in work, focused on what's important to them in life, maintained a positive outlook, and embraced a philosophy that stresses work / life balance were less likely to be burned out. The many factors that were associated with lower risk of burnout were also associated with improvement of quality of life. Shanafelt and the team concluded that there were specific measures surgeons could take to decrease burnout. They felt that surgeons needed to employ a broader repertoire of wellness promotion practices if they desired to move beyond a neutral and instead to achieve improved high well being. **The tools that Provider Lifestyle Experts places at your disposal are each designed to allow you to achieve this higher level of well-being.**

In this report, we've focused on surgeons. Yet there is substantial evidence regarding all of us as healthcare providers. Provider Lifestyle Experts has tools for physicians, nursing staff, respiratory therapists, resident physicians, advanced practitioners, and surgeons. We can take care of those tasks that distract you from what you enjoy.

Avoid burnout and manage your lifestyle for a fulfilling career: visit www.providerlifestyleexperts.com and let the team help provide you assistance in managing your important tasks.

The PLE team has just released the first 5 entries in the PLE library, which we use to avoid stress & burnout. Visit www.providerlifestyleexperts.com today and say hello in the email / contact field. We'll pass along the entries at no obligation to you and remember: we will not sell or release your email address. We never send you spam.