THE PERSPECTIVE OF PLASTIC SURGERY PROGRAM DIRECTORS IN MANAGING RESIDENT MENTAL HEALTH

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American Council of Academic Plastic Surgeons
Winter Retreat
February 22, 2020
Surgery Most Stressful Occupation; High Suicide Rate

Original Investigation
December 8, 2015
Prevalence of Depression and Depressive Symptoms Among Resident Physicians
A Systematic Review and Meta-analysis

Doctors' Suicide Rate Highest of Any Profession

Why are doctors plagued by depression and suicide? A crisis comes into focus

Suicide Rates Among Physicians: A Quantitative and Gender Assessment (Meta-Analysis)

What I’ve learned from my tally of 757 doctor suicides
BACKGROUND

• High Prevalence of Burnout, Depression and Suicidal Ideation
• Medical errors, reduced empathy, leaving residency/medicine
• PDs have a semi-annual review with residents

PURPOSE: perspectives of PDs on managing resident mental health and burnout
METHODS

• **Anonymous 14-question survey**

• **Distributed to 100 valid emails of Plastic Surgery Program Directors nationally**

• **Two cycles two weeks apart**
RESULTS

BURNOUT: 91%

DEPRESSION: 64%

LEAVING: 34%

SUICIDE: 13%
**FORMAL SCREENING**
- **Burnout:** 76%
- **Depression:** 63%
- **Suicide:** 63%

**WHEN**
- **Annual:** 56%
- **Bi-annual:** 44%

**HOW**
- **In-person:** 48%
- **Online:** 41%

**WHO - PD**
- **Burnout:** 54%
- **Mental Health:** 24%
61% of Program Directors **DO NOT** use a standardized criteria for screening.

- HARM: 78%
- LICENSE: 67%
- ACCESS: 67%
- FALSE POSITIVE: 70%
IMPLICATIONS

**Burnout and Depression** are not the same

**Mental Health Concerns** is highly prevalent

**Formal screening** should be in place: Annually & In-Person

Concerns with **harm, licensing, access, false-positives**
APPENDIX: BURNOUT DEFINITION

**Description**

Burn-out is a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed. It is characterized by three dimensions: 1) feelings of energy depletion or exhaustion; 2) increased mental distance from one’s job, or feelings of negativism or cynicism related to one’s job; and 3) reduced professional efficacy. Burn-out refers specifically to phenomena in the occupational context and should not be applied to describe experiences in other areas of life.

**Exclusions**

- Adjustment disorder (6B43)
- Disorders specifically associated with stress (6B40-6B4Z)
- Anxiety or fear-related disorders (6B00-6B0Z)
- Mood disorders (6A60-6A8Z)
APPENDIX: RESOURCES

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<tr>
<th>#</th>
<th>Field</th>
<th>Choice Count</th>
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<tbody>
<tr>
<td>1</td>
<td>Support groups</td>
<td>26.73% 27</td>
</tr>
<tr>
<td>2</td>
<td>Clinical centers</td>
<td>28.71% 29</td>
</tr>
<tr>
<td>3</td>
<td>Professionals (psychiatrist, therapist, psychologist)</td>
<td>44.55% 45</td>
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