

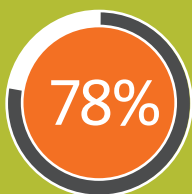
THE IMPACT OF CHANGES IN HEALTHCARE ON PHYSICIAN WELL BEING

Increasing High Standards

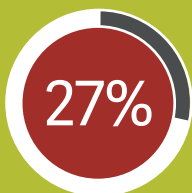
How patients interact with physicians is changing. It is becoming less common for a patient to stick with their physician for a lifetime, making it more challenging than ever to retain patients. From patient satisfaction ratings to ACA pay for performance standards, physicians are faced with near impossible expectations.

Shift in Patient Demands

- Research and read physicians online reviews before scheduling
- With prescription drug advertising and large amounts of information available patients are less trusting



OF PHYSICIANS reported patient satisfaction surveys affected their job satisfaction¹



OF PATIENTS reported avoiding those physicians with bad ratings²

Rise in Responsibility and Expectations

With the gradual shift toward larger practices³, many physicians oversee a number of people, such as nurses and technicians, in conjunction with their own job. Administrative tasks to the rapidly changing technology in all areas of medicine are overtaxing physicians.



OF PHYSICIANS HOURS SPENT on non-patient-related paperwork⁴

Responsibilities and Skills



Oversee a varied and expanding team of health professionals



Strong leadership and communication skills



Large amounts of paperwork, EMRs & documentation



Keeping up with technical advances in medical diagnostics and treatments



Evolving payments and change in payment processes

Digitalization of Medicine

With the digitalization of medicine comes a number of challenges for physicians. With a significant amount of time being spent on documentation/EMRs, the collaborative nature of medicine is being diminished. Time once spent on in-person consults and care discussions are replaced with emailed opinions and medical scans.

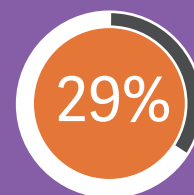
Side Effects of Digitalization



Isolation
Too much time spent on documentation/EMRs restricts interactions and collaborations with colleagues.



Barriers to Physician/Patient Interaction
Physicians must divide attention between the patient and the computer, or postpone documentation until after leaving the patient, increasing work hours.



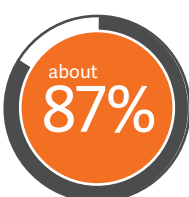
OF PHYSICIANS report positive benefits from electronic health records⁵

Building Pressure on Physician Well Being

The culmination of the unrealistic standards, increasing responsibility and changing technology has put enormous pressure on physicians. The awareness of physician burnout has become more prevalent in healthcare systems, however, there are solutions to help combat this issue.



OF PHYSICIANS AND ADVANCED PRACTITIONERS reported moderate to severe stress⁶



OF PHYSICIANS AND ADVANCED PRACTITIONERS reported at least one barrier accessing well being solutions and more than half reported six or more barriers⁶

Three Tips for Healthcare Organizations to Improve Physician Well Being

1. Implement a well being committee: Members become advocates of well being and champion cultural change to make the solutions accessible.
2. Take a more active role: Know your physicians' concerns—create opportunities for feedback and address problems before they get to a critical level.
3. Partner with a third-party: Sometimes the problem has become too large of an issue for internal leadership to handle. A third-party who specializes in physician well being can help organizations build healthy sustainable behaviors.

Are your healthcare organization's physicians experiencing stress and burnout?

Learn how VITAL WorkLife™ can help your physicians and advanced practitioners through a variety of solutions and tools by contacting us online or calling 877.731.3949 today.



1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3979780/>
2. <http://www.physicianspractice.com/blog/how-not-respond-bad-patient-reviews-online>
3. <https://www.ama-assn.org/sites/default/files/media-browser/public/health-policy/PRP-2016-physician-benchmark-survey.pdf>

4. <http://www.pnhp.org/news/2014/october/administrative-work-consumes-one-sixth-of-us-physicians%E2%80%99-time-and-erodes-their-mor>
5. <https://www.usatoday.com/story/tech/columnist/2016/06/27/digital-snake-oil-misplaced-medtech-insult/86440652/>
6. 2017 Physician & Advanced Practitioner Well Being Solutions Survey Report by VITAL WorkLife