



Medical Student Wellness Initiative

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Some numbers...

- UK study:
 - 80% of students felt a lack of support from their medical schools
 - 15% of all the students who took the survey said that they had considered committing suicide at some point during their medical school careers¹

How about the US?

- University of Michigan 2010³
 - Prevalence of moderate to severe depression was 14.3%
 - Women were more likely than men to have moderate to severe depression
 - Third- and fourth-year students were more likely than first- and second-year students to report suicidal ideation

Still from Michigan....

- Students with moderate to severe depression, compared with no to minimal depression, more frequently agreed that *“if I were depressed, fellow students would respect my opinions less”* and that faculty would view them as being *“unable to handle the course”*.
- Men agreed more frequently than women that if they were depressed, fellow students would *en*view them as being *“less intelligent”*.
- First- and second-year students agreed more frequently than third- and fourth-year students that if they were depressed, fellow students would *en*view them as being *“less intelligent”*.



Physicians are more than twice as likely to kill themselves as non-physicians (and female physicians *three times* more likely than their male counterparts)²



Up to 400 physicians die of suicide every year¹



Only 86



My friend

- How are you?
- How can I help?

The life you
live is the
lesson you
teach.



What does burn out look like?

- Burnout (from Maslach Burnout Inventory) is measured in 3 domains
 - Emotional Exhaustion
 - Depersonalization
 - Low sense of self accomplishment

Physicians with Burn out

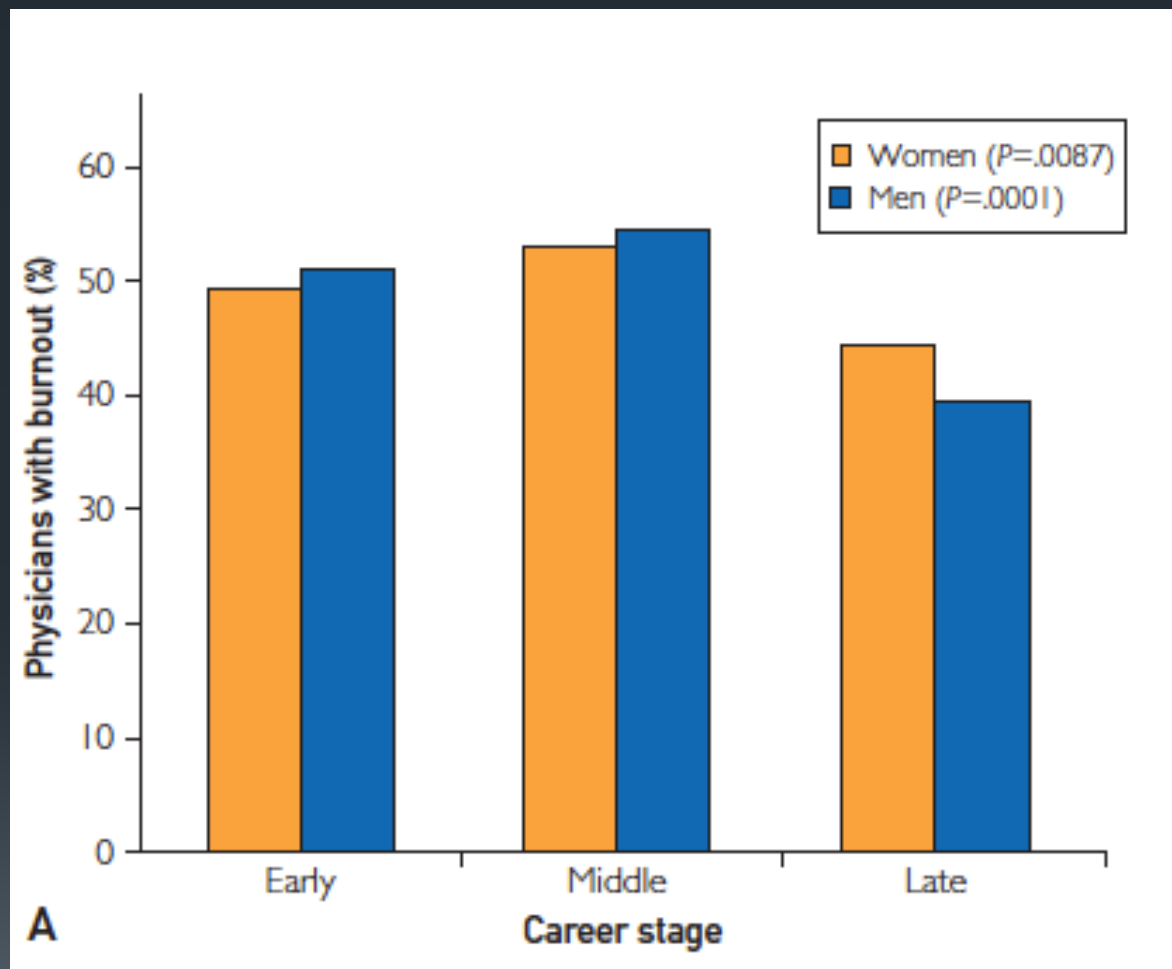


FIGURE. Prevalence of burnout among middle career physicians compared with early or late career physicians according to sex (A), specialty area (B), and practice setting (C), with differences statistically significant for all variables (all $P \leq .01$) except for the veterans' hospital settings ($P = .59$).

Professions and Burn Out

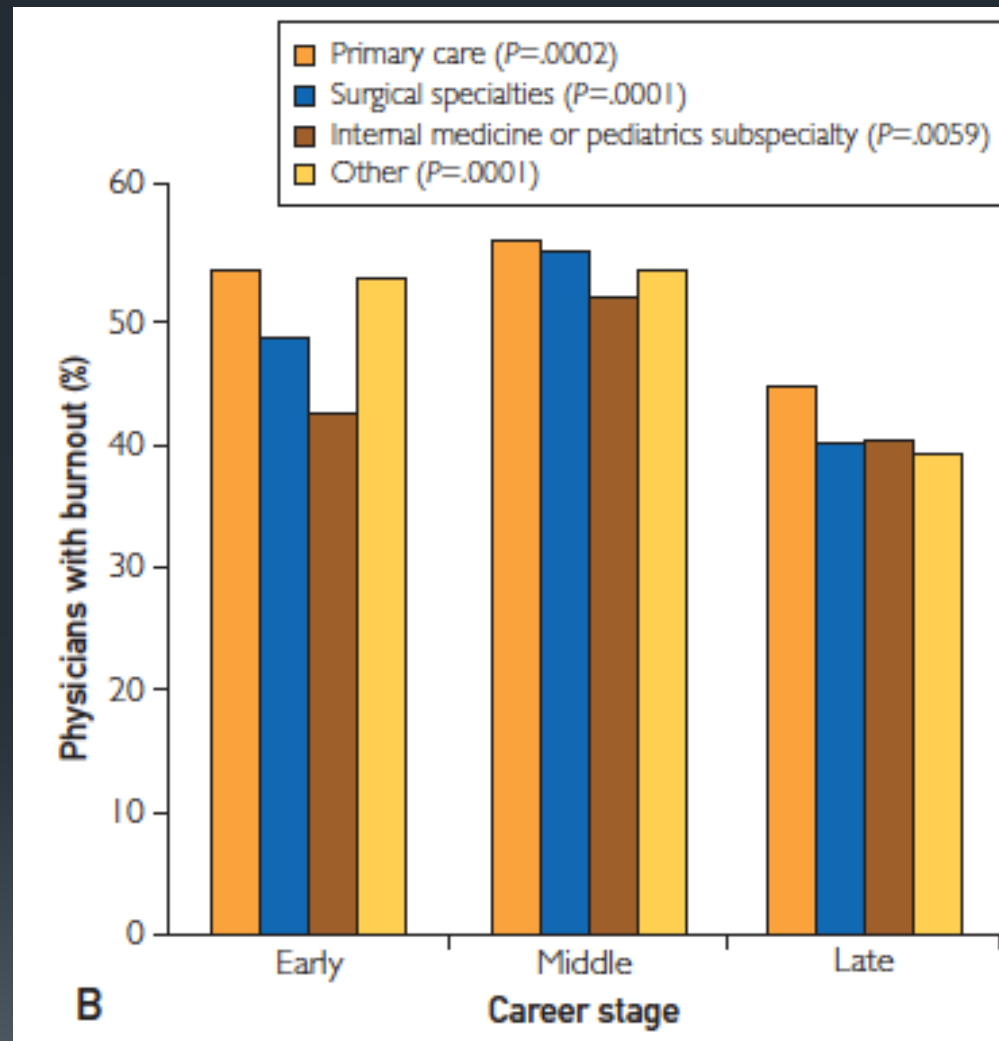


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Types of Practice

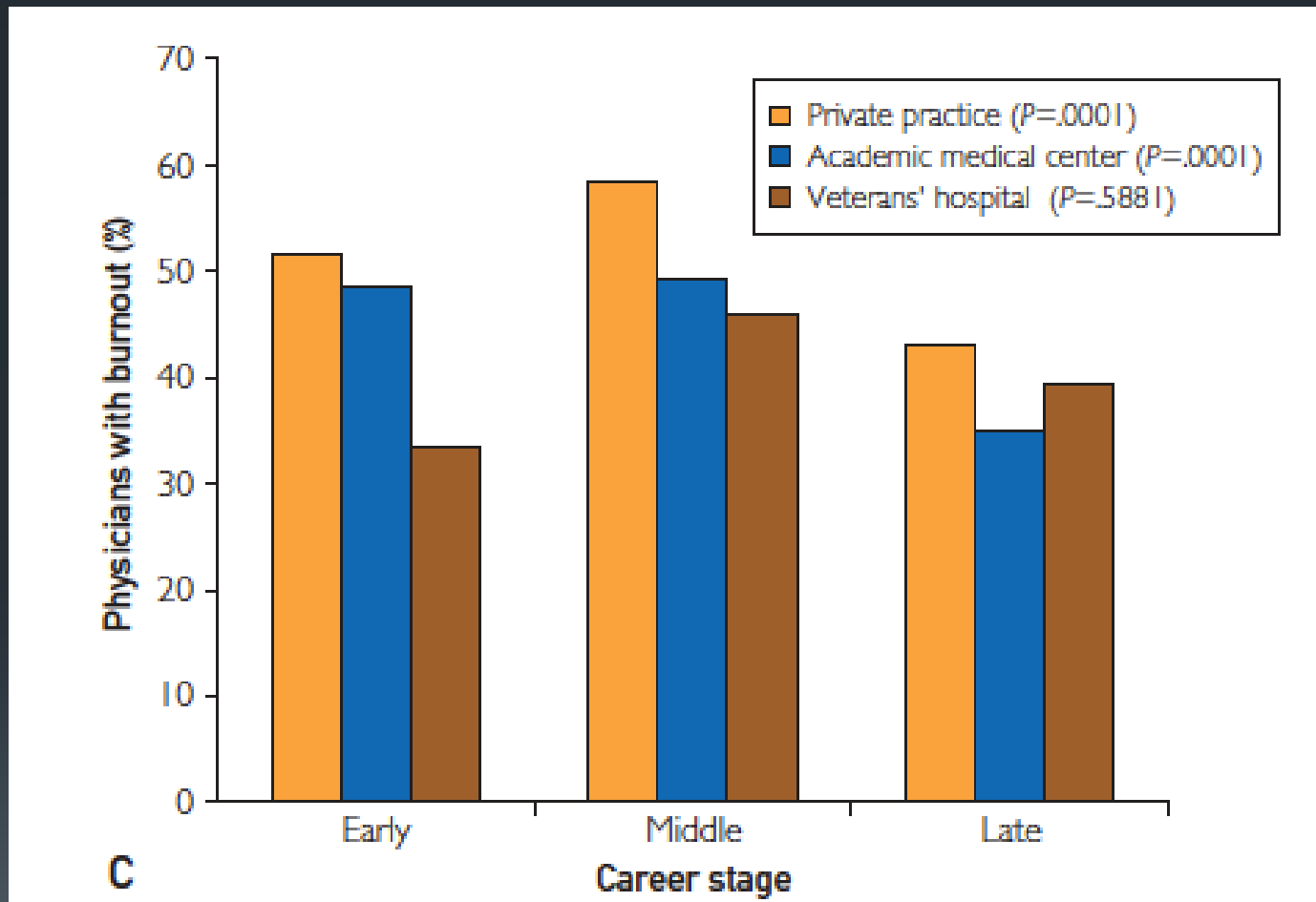


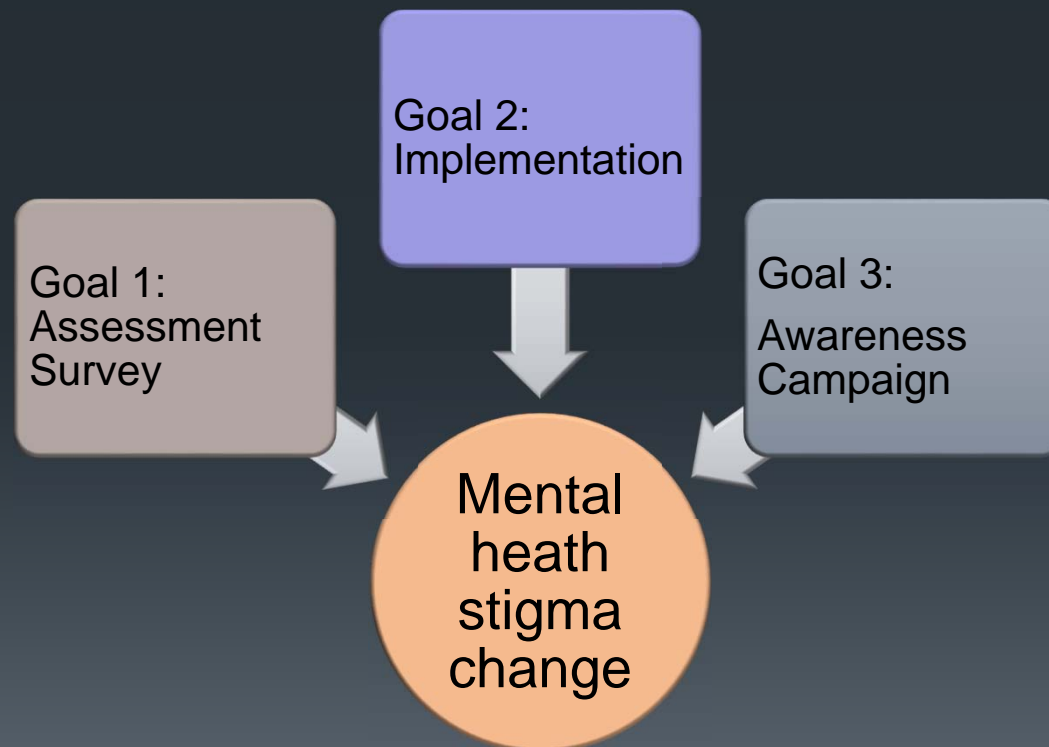
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What can we DO as COSGP?

- We can be the CHANGE

Our plan



Longitudinal Plan

YEAR 1

PLANNING and ASSESSMENT

- Survey
- Best practices
- Awareness campaign

YEAR 3

IMPLEMENTATION

- Data collection and sharing
- Implementation of best practices
- Education resources and curriculum

YEAR 5

PUBLICATION AND POLICY

- Publication of findings
- Policy change
- DO Day of Compassion



Goal 1: Research

- Develop a survey to establish current need in the DO student population
- Study over 4 years
- We need to: Make the commitment to help gather this data from students



Goal 2: Implementation

- **Investigate best practices- What resources out there are working?**
- **Share Resources.**
 - Students must know what is available and how to get help.
 - Offer social/financial/academic resources.
 - Develop guidelines: Give students step-by-step instructions, easy to follow—even when at their lowest low—of what to do if students are contemplating killing themselves.



Goal 3: Advocacy

- **Decrease Stigma.**
 - Minimize stigma by addressing mental health throughout the curriculum.
 - Find physician role models who admit to struggling academically and psychologically and are willing to share how they've overcome these struggles.
 - Create a culture where it's not just okay, but **ENCOURAGED** to seek mental health help.



Advocacy

- **Increase Awareness.**
 - Establish a suicide-awareness campaign and program for early detection.
 - To be accredited schools must meet a minimum level safety, requiring suicide prevention initiatives- WE NEED TO DO MORE.



We need to begin the conversation.

- Lets make DO students stronger, and more resilient.



Recently on this topic-

- <https://www.youtube.com/watch?v=NGY6DqB1HX8> - John Oliver



References

- 1. Oaklander, Mandy. *Survey: 15% of Med Students in U.K. have considered suicide.* Time. September 1st 2015.
- 2. Dyrbye, LN. et al., “Physician Satisfaction and Burn Out at Different Career Stages.” 2013 Mayo Foundation for Medical Education and Research. 2013.88.(12).1358-1367.
- 3. Schwenk, TL et al. *Depression, Stigma, and Suicidal Ideation in Medical Students.* *JAMA*. 2010;304(11):1181-1190. doi:10.1001/jama.2010.1300.