



Emergency Physician Burnout

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Stressed than before?

Angry or Frustrated?

Giving Up ?

Failed to relief Stress?

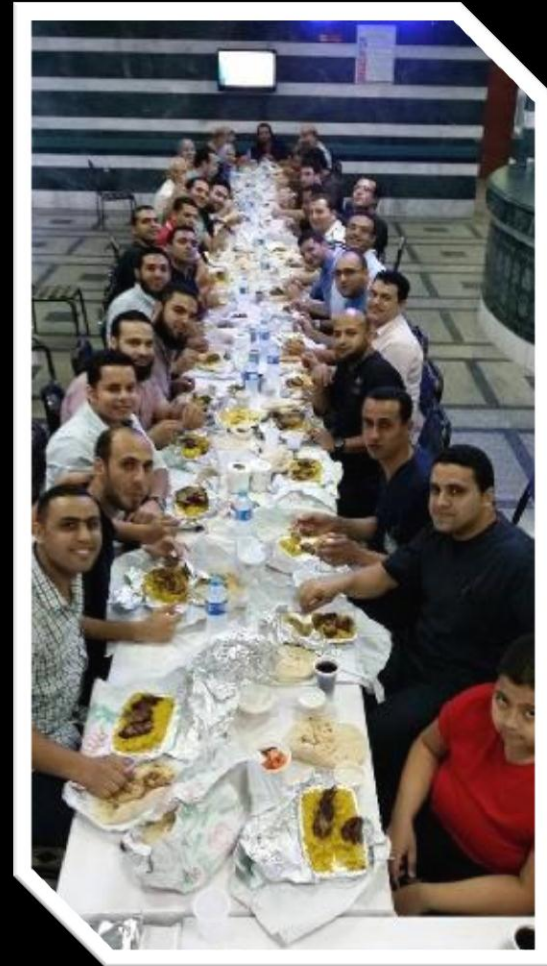
We can Fight



BurnOut Vs Stress



Relieving Stress...ER in Egypt



Bank Account

- 1. Physical
- 2. Emotional
- 3. Spiritual

-Ve Balance



- Are you at risk?

YES

- ER 65%
- Internist 55%
- GP 27.8



Less Aware..high Intensity of Work

3 Symptoms

1.Exhaustion

2.Depersonalization

3.Doubt

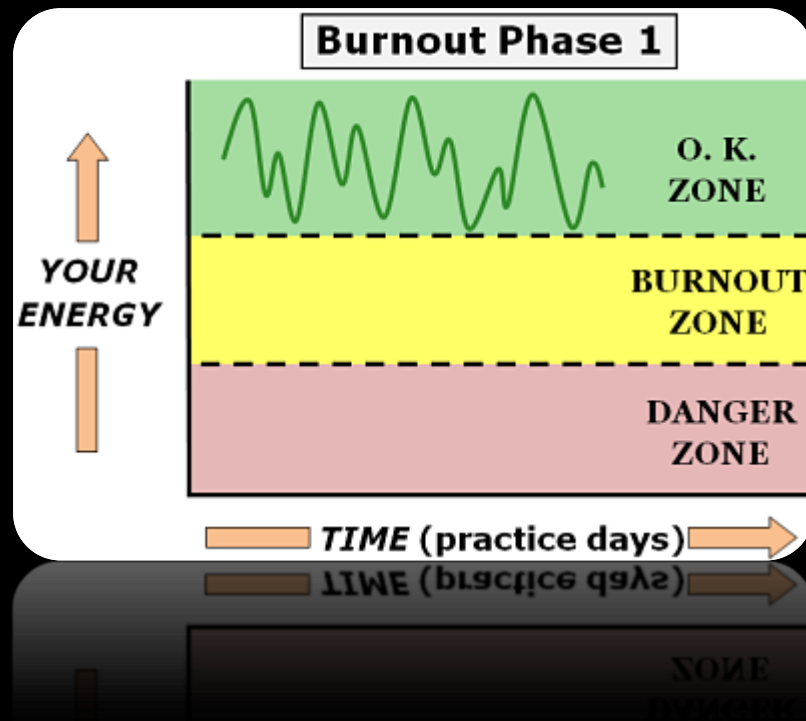
**RECHARGING YOUR ENERGETIC
ACCOUNT BALANCE BETWEEN WORK
DAYS!**



Which Level OF BurnOut you Suffer?

Maslach Burnout Inventory

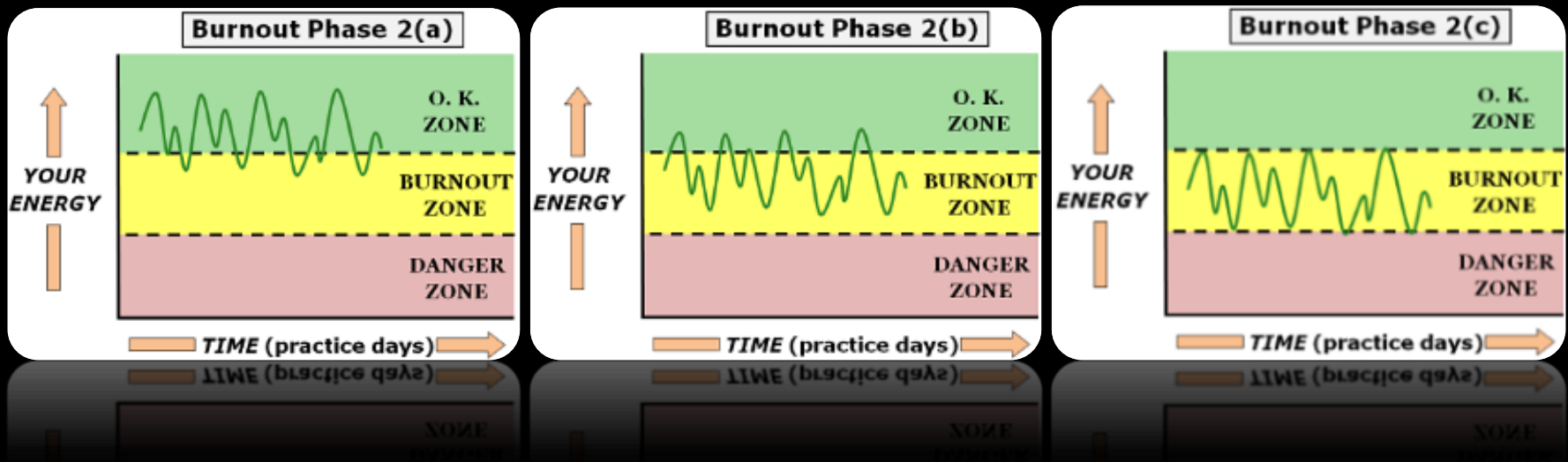
Phase1 : OK ZONE



Which Level OF BurnOut you Suffer?

Maslach Burnout Inventory

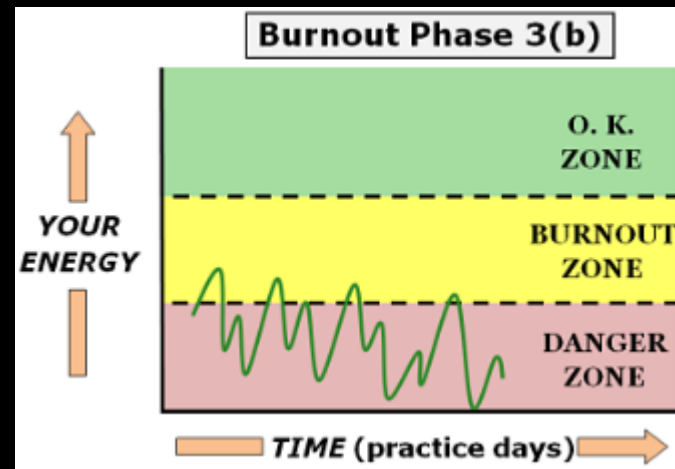
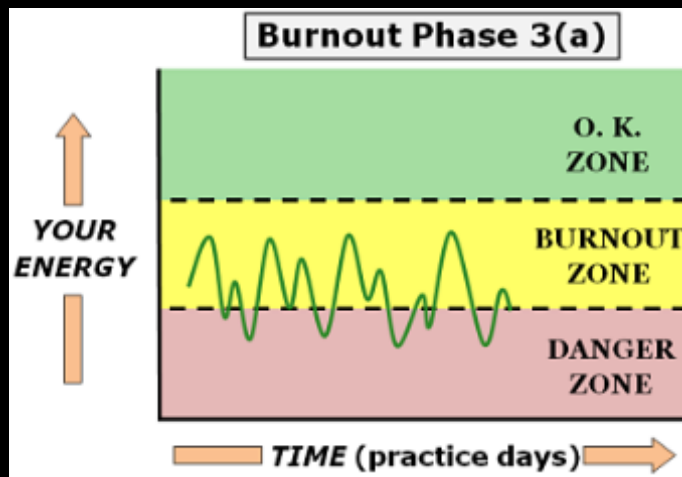
Phase2 : Burn OUT



Which Level OF BurnOut you Suffer?

Maslach Burnout Inventory

Phase3 : Danger



Capacity
Issue

Paper
Work

Law
Resources

Too Much
Hours

Front
Lines

Social
Awareness

On Call
Support

Variety



Being a
doctor

Sick People

Balance

Financial
Problems

Lack of
Leadership
Skills

Lawsuit
Waiting

The 3 Cures

Resist

“eye of the storm”



The 3 Cures

Restore

“Restoring Balance”



The 3 Cures

Reduce Exposure

“Do But Less”

”Control Stress”

” Change Position ”



The 3 Cures

“Control Stress in Work Place”

- Group for Detecting Burntout causes And put tactics to fight and care about physicians
- Clear Protocols & Criteria for Admission& Consultation
- Leadership & Management Training
- Plan for Capacity Issue
- Law Resources Solutions

“Do , but Less”

- Reduce Working hours & Long Shifts

“Change Position”

- Rotation to other departments & Follow Your patients

Take Home Message

Emergency Institute & Hospitals

If one ER physician Burnt OUT it Costs about 100,000 \$

Increase medical errors and malpractice rates

Lower patient compliance and satisfaction with medical care

Emergency Physician

Keep your Eye on Burning Out

Resist , Restore , Reduce Exposure

