

GLOBAL PHYSICIANS AND HEALTHCARE CONGRESS

June 25-27, 2018 Dubai, UAE



Toniya Singh

St Louis Heart and Vascular, USA

Physician burnout causes, consequences, and solutions

Describing the physician burnout: Discussing of contributors and consequences of physician burnout and distress. Few evidence-based methods are summarized in this study i.e. to prevent burnout and promote physician wellbeing. Physician well-being has come under increased scrutiny in recent years, there has been more discussion about Burnout and it leads to low job satisfaction, high stress and low quality of life. It affects all stages of physician training and practice and affects all specialties. The excessive workload, inefficient work environment, inadequate support, problems with work-life integration lead to worsening outcomes for both patients and physicians. For physician's loss of autonomy/flexibility/control, has led to loss of values and meaning in work. The consequences of physician burnout are medical errors, impaired professionalism, reduced patient satisfaction, increased staff turnover, depression and suicidal ideation, motor vehicle crashes and near-misses. The goal is to identify values, Debunk myth of delayed gratification. For physicians to work on hat matters to them most (integrate values) integrate personal and professional life, optimize meaning in work, nurture personal wellness activities, calibrate distress level. Make self-care (exercise, sleep, regular medical care); relationships (connect w/colleagues; personal); Religious/spiritual practice mindfulness; personal interests (hobbies) a priority. Individual-focused interventions meditation techniques stress management training, including MBSR communication skills training self-care workshops, exercise help reduces burnout symptoms.

Biography

Toniya Singh is a managing partner at St. Louis Heart and Vascular. She is a passionate about empowering and mentoring women in medicine. She is the Chair Elect for the National Women in Cardiology Committee of the American College of Cardiology as well as President of the Missouri chapter of Women in Cardiology section of the American College of Cardiology. She is a Cardiovascular Disease Specialist and she has been in practice since 2003. She is a licensed in both MO and IL; is board certified in Internal Medicine, Cardiology, and Adult Echocardiography. She has received her MBBS degree from Lady Hardinge Medical College in New Delhi India and completed an internal medicine residency and a Cardiology Fellowship at St. Louis University Hospital.

tsingh@slhv.com