Dear FCACC Members:

According to a study published in JACC between 27 and 44% of cardiologists are ‘burned out’. This has clearly reached crisis proportions. Among the many causes of burnout the transition of medical records, from paper charts to EMRs, has been singled out as among the most important factors. Other contributors include prior authorization requirements, job stress, lack of control over workload, misalignment of professional values, poor care team efficiency, and hectic work atmosphere. 49% of us said we were under stress and had lower energy than the year before. Does this sound like someone you know? It is clear when looking at the documented causes of burnout that this issue is going to require a fundamental change in the way medicine is practiced in order to have a significant, long-lasting impact. Fortunately your ACC both nationally and at the state level are leading the fight for that change.

While it is clearly not the complete answer, I would like to take the opportunity to stress the importance of Personal Wellness. Caregivers taking care of themselves. As physicians, we are notoriously bad at caring for ourselves, however, it is extremely important. At our flagship Annual Meeting: Where Science Meets Patient Care (August 16-18 at the Grand Floridian) we are kicking off an initiative to remind each of us to incorporate wellness into each day. That doesn’t mean forcing something into the already hectic lives we all lead - it means doing the little things (or sometimes larger things) that make life slow down and focus on how to be healthy. Maybe you will park farther away from the building and walk, start meditating, substitute fruit/vegetables for a sugary snack…wait…isn’t this what we tell our patients? Maybe it’s taking a weekend away to recharge your batteries (and purposefully leaving your computer at home). Maybe you will finally decide to hire that scribe you have been considering. Our recharging strategies are as unique as we are. Share with us how you are doing something or not doing something that takes care of you and use the hashtag #FCACCwell. This weekend we will have a contest to see who walks the most steps (my bet is FCACC staff wins!) and some yoga, chefs who know we are looking for a rainbow of fresh, flavorful food and discussion about how we can focus on wellness and not burnout.

Looking forward to seeing what you do!

David Perloff, MD, FACC
President
Florida Chapter, American College of Cardiology

Missed last month’s message? Find it here.