Between Us: Fostering Relationships to Support Physician Well-being

May 3, 2024
Committee on Physician Health and Wellness

• Promote healthy lifestyles in Texas to medical students, residents, and physicians;
• Provide advocacy and support for and education on physician wellness;
• Promote prevention of potentially impairing conditions;
• Maintain liaison with the Texas Medical Board and the Texas Physician Health Program;
• Make recommendations to the Council on Legislation in instances where there are needed changes in the laws relative to physician wellness and potentially impairing conditions
Session Objectives

• Identify the impact(s) of personal relationships on physician wellbeing;
• Explore strategies to promote life-enhancing, personal relationships for physicians;
• Analyze how relationships across the span of a physician’s career can improve wellbeing.
Speakers

Toi Harris, M.D., Moderator
Joshua M. Baker, OMS-IV
Lane J. Aiena, MD, FAAFP
Cheryl L. Hurd, MD, MA, DFAPA, CPPS
Background

“Loneliness kills. It’s as powerful as smoking or alcoholism.”

Robert Waldinger, psychiatrist, Massachusetts General Hospital
Background

• Relationship satisfaction at age 50 predicted health at age 80.

• ~70% of physicians believe they do not have enough time to maintain healthy friendships.

• A romantic partner can increase earnings, elevate educational achievement, and may also improve health outcomes.
Speaker Reflections

Toi Harris, M.D., Moderator

Joshua M. Baker, OMS-IV

Lane J. Aiena, MD, FAAFP

Cheryl L. Hurd, MD, MA, DFAPA, CPPS
Q&A
TMA Wellness First

- Counseling, Crisis Resources
- Suicide & Crisis Lifeline
- Wellness Learning Resources
  - CME Activities
  - Educational Materials

https://www.texmed.org/WellnessFirst/
References

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• Mayo Clinic, Friendships: Enrich Your Life And Improve Your Health, (January 2022), accessed on 4/13/24 at: https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860
• Pew Research Center, Rising Share of U.S. Adults Are Living Without a Spouse or Partner, (October 2021), accessed on 4/13/24 at: https://www.pewresearch.org/social-trends/2021/10/05/rising-share-of-u-s-adults-are-living-without-a-spouse-or-partner/
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• State of Wellbeing 2022-2023, Well-Being Index (2023)
• Texas Medical Association, Working Toward Wellness: TMA’s Physician Health and Wellness Exchange Tackles Burnout, S. Price, Texas Medicine (June 2019)
• Texas Medical Association, Wellness First: TMA Recommits to Physicians’ Well-being, E. Freer, Texas Medicine (November 2022)