



COVID-19: KEEPING UP WITH A MOVING TARGET

Doctors and Burnout in the Epidemic

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Learning Objectives

- Give a brief overview of the current pressures on clinicians facing COVID
- Describe how depression relates to burnout
- Discuss how we can overcome our vulnerabilities to burnout while facing the COVID epidemic as we did when we faced the HIV epidemic





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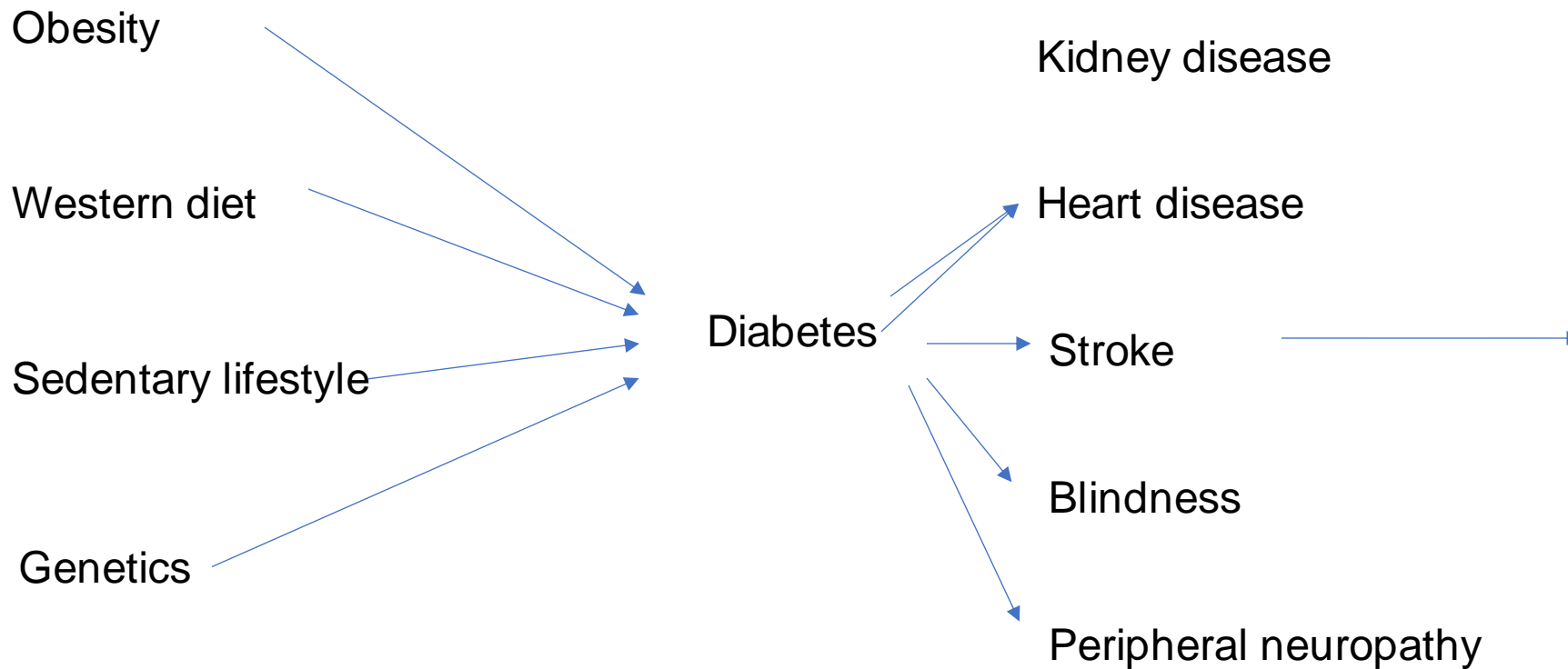
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Vulnerability to Disease- Disease-Induced Vulnerability





Genetics
 Stress
 Inflammation
 Social isolation



Depression

High-risk sex

Addiction

Diminished adherence

Loss of social supports

Poor coping

Impoverishment

Immune dysfunction?
 Inflammation?

HIV infection

Stress stigma

Addiction

HIV medication

Social isolation

GI dysfunction
 Dysbiosis

Impoverishment

Chronic inflammation

Depression





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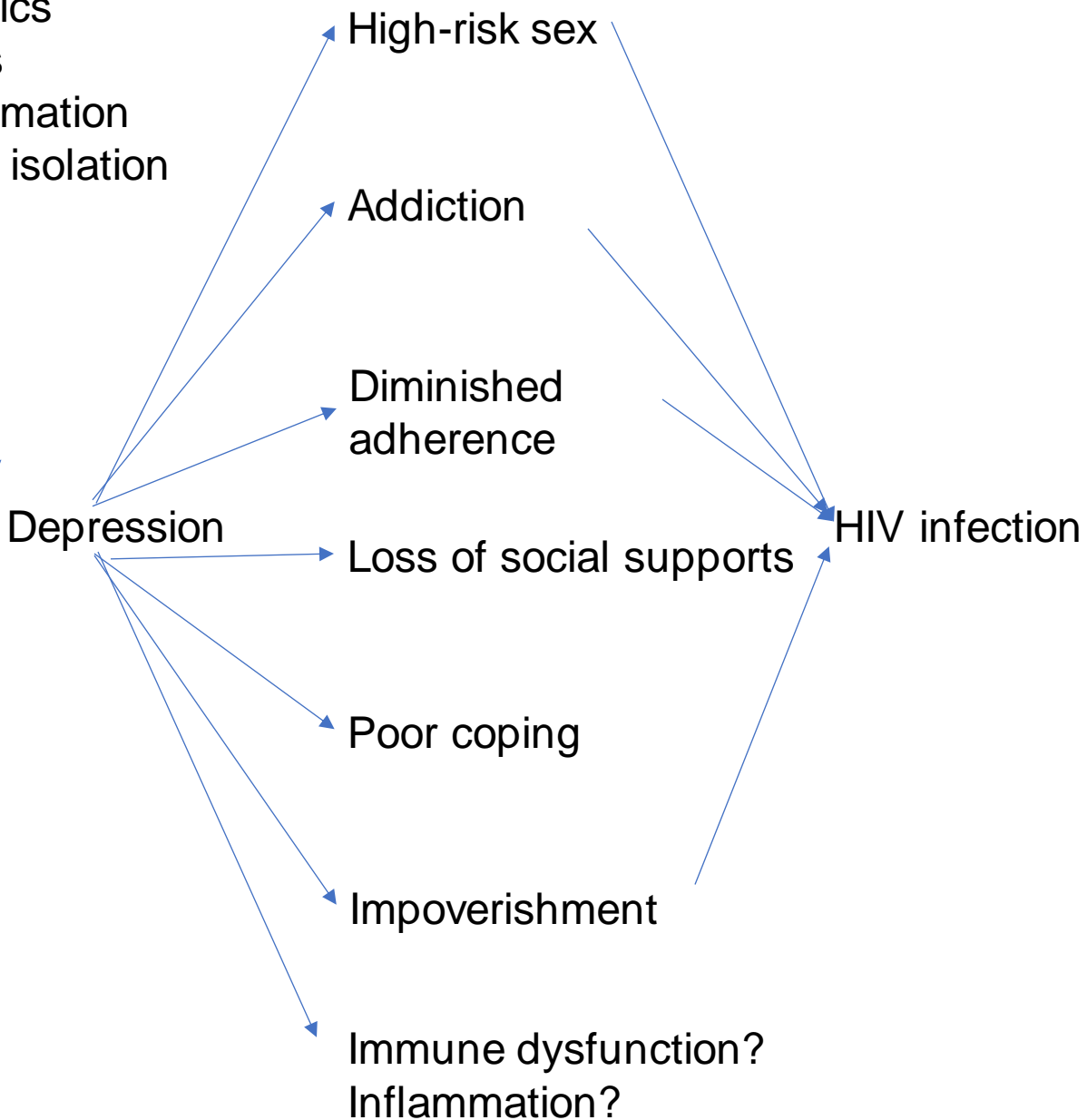
Chronic inflammation

Depression





Genetics
Stress
Inflammation
Social isolation



Stress stigma

Addiction

HIV medication

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Depression

GI dysfunction
Dysbiosis

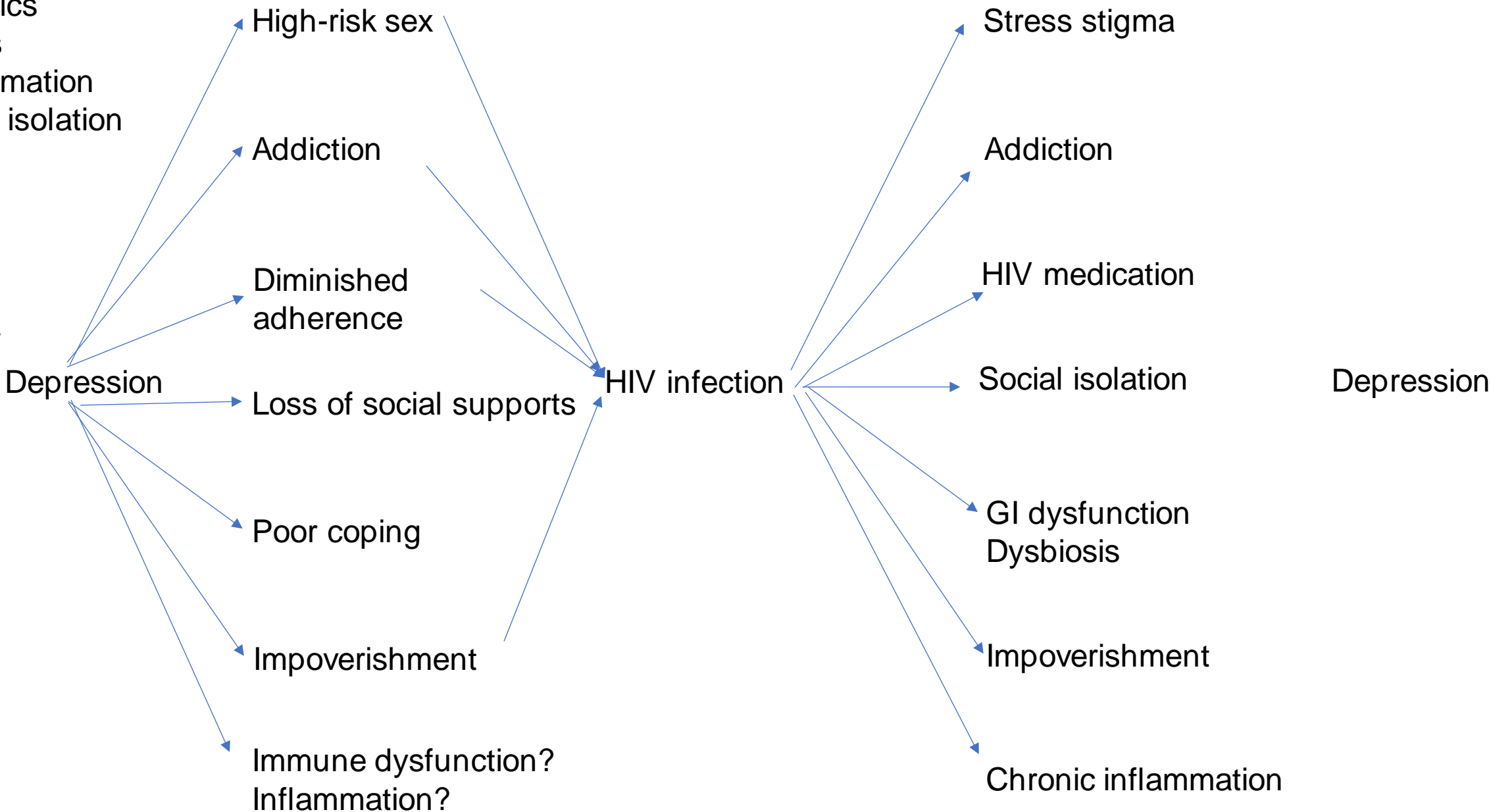
Impoverishment

Chronic inflammation



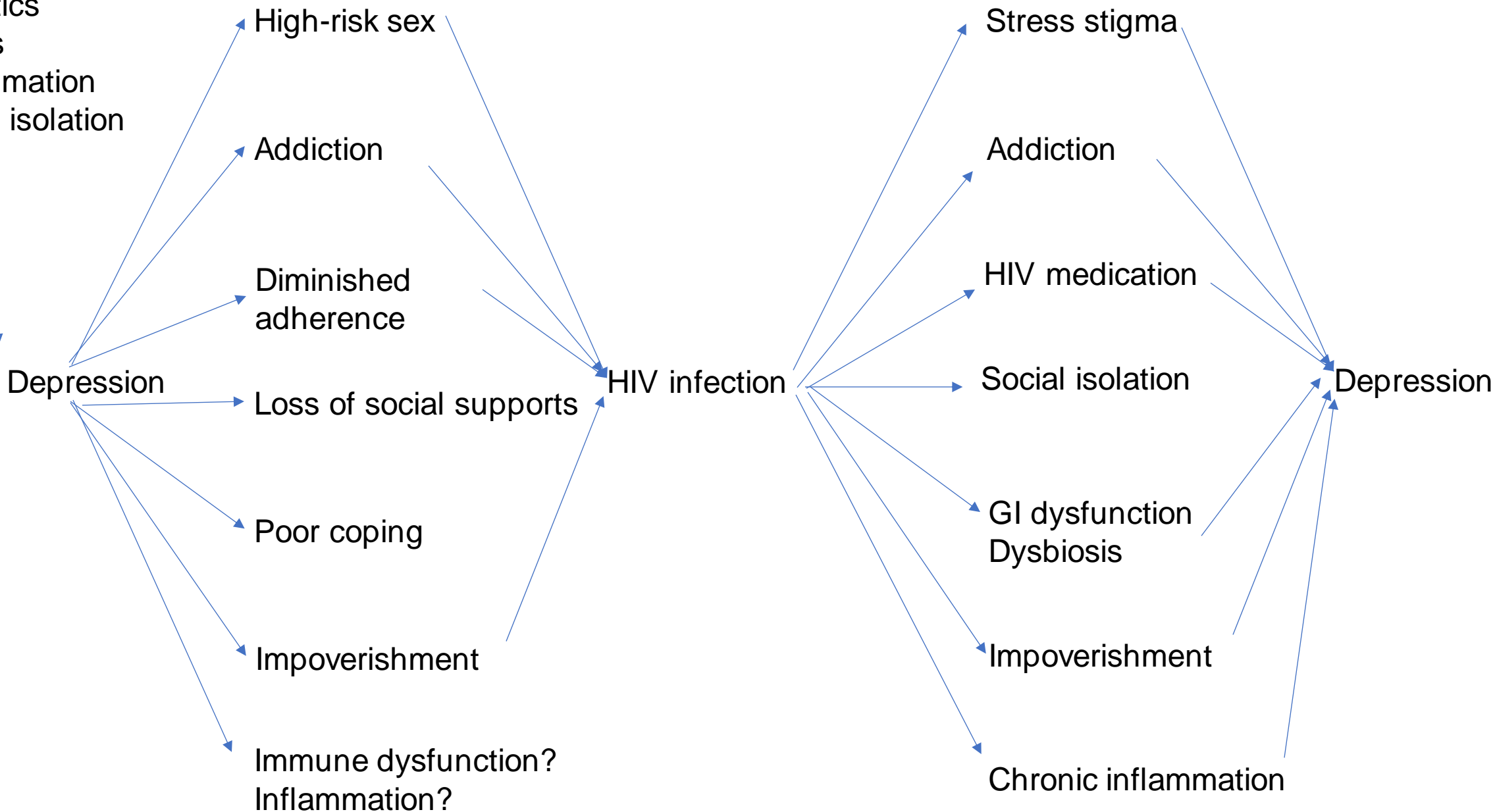


Genetics
Stress
Inflammation
Social isolation





Genetics
Stress
Inflammation
Social isolation





COVID



INFECTION

Cytokines

Hypoxia

ARDS

Loss of social supports

Coagulopathy

Social isolation

Severe deconditioning

Post-infectious consequences

Depression

Headache

Brain fog

Neuroinflammation

Headache

Executive dysfunction


Severe fatigue

Anosmia/ageusia
(other sensory loss)

ICU-induced PTSD

Chronic illness





“By taking up the case of AIDS, I had become tainted. . . tarnished” (p. 204)

“[A]ll I had to offer Luther was the ritual of the examination. . . My heart is heavy”

In My Own Country
A Verghese 1994





Burnout is a disorder spread by vulnerabilities

- The major psychiatric vulnerabilities identified are:
 - Psychiatric diseases (depression, bipolar disorder, schizophrenia)
 - Behavioral disorders (addictions)
 - Problems of endowment (personality disorders and cognitive disorders)
 - Problems of life experience





Doctor Burnout

- Burnout among doctors is generally described in terms of a loss of enthusiasm for one's work, a decline in satisfaction and joy, and an increase in detachment, emotional exhaustion, and cynicism.

Grinspoon P Physician burnout can affect your health - Harvard Health Blog JUNE 22, 2018





Doctor Burnout

- It manifests in disproportionately high rates of depression, substance abuse, and suicide.
- Annually, approximately 400 physicians take their own lives in the United States. There is a severe and worsening epidemic of physician burnout in the United States...

Grinspoon P Physician burnout can affect your health - Harvard Health Blog JUNE 22, 2018





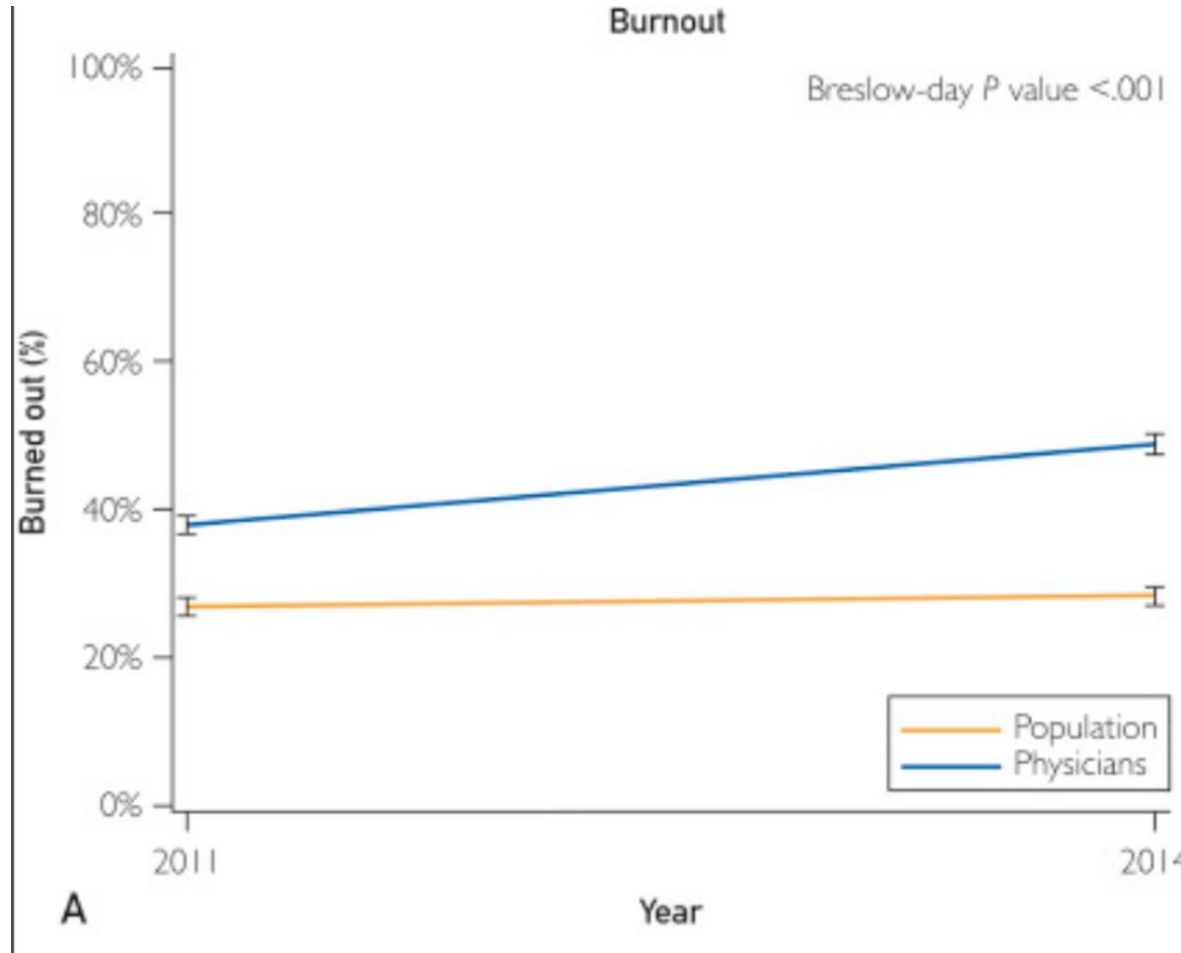
Physician Suicide

- Suicide generally is caused by untreated mental health conditions
- An estimated 400 physicians die by suicide in the U.S. per year
- Physicians who committed suicide were less likely to be receiving mental health treatment
- Male physician suicide risk is 1.41 times the male population
- Female physician suicide risk is 2.27 times the female population
- The risk for major depression is 4-fold higher in physician residents than an age matched population

Grinspoon P Physician burnout can affect your health - Harvard Health Blog JUNE 22, 2018



Doctor Burnout



Shanafelt TD, Hasan O, Dyrbye LN, Sinsky C, Satele D, Sloan J, West CP. Changes in Burnout and Satisfaction With Work-Life Balance in Physicians and the General US Working Population Between 2011 and 2014. *Mayo Clin Proc.* 2015 Dec;90(12):1600-13



Inpatient and Day Hospital Treatment of Patients with Depression and Job-Related Burnout

- 64 consecutive patients with burnout syndrome
- **89% diagnosed with an affective disorder**
- The average length of time off work due to illness in the past year was 13 weeks

Meyer LK, Lange S, Behringer J, Söllner W. Inpatient and Day Hospital Treatment of Patients with Depression and Job-related Burnout. Z Psychosom Med Psychother. 2016;62(2):134-49





Depression



Burnout



Occupational Stress of Anesthesiology Compared to Laboratory Medicine: Effects on Aging (366 ASA I-II Physicians Aged 30–50 yr.)

Factor	Effect of Anesthesiology
Upper face	More aging
Lower face	More aging
Telomere (TTAGGG) repeats (TRF)	Increased
Thiobarbituric acid-oxidative stress	Increased
SOD activity	Decreased

Zanaty OM, El Metainy S, Abdelmaksoud R, Demerdash H, Aliaa DA, El Wafa HA. Occupational stress of anesthesia: Effects on aging. J Clin Anesth. 2017 Jun;39:159-164





Stress



Depression

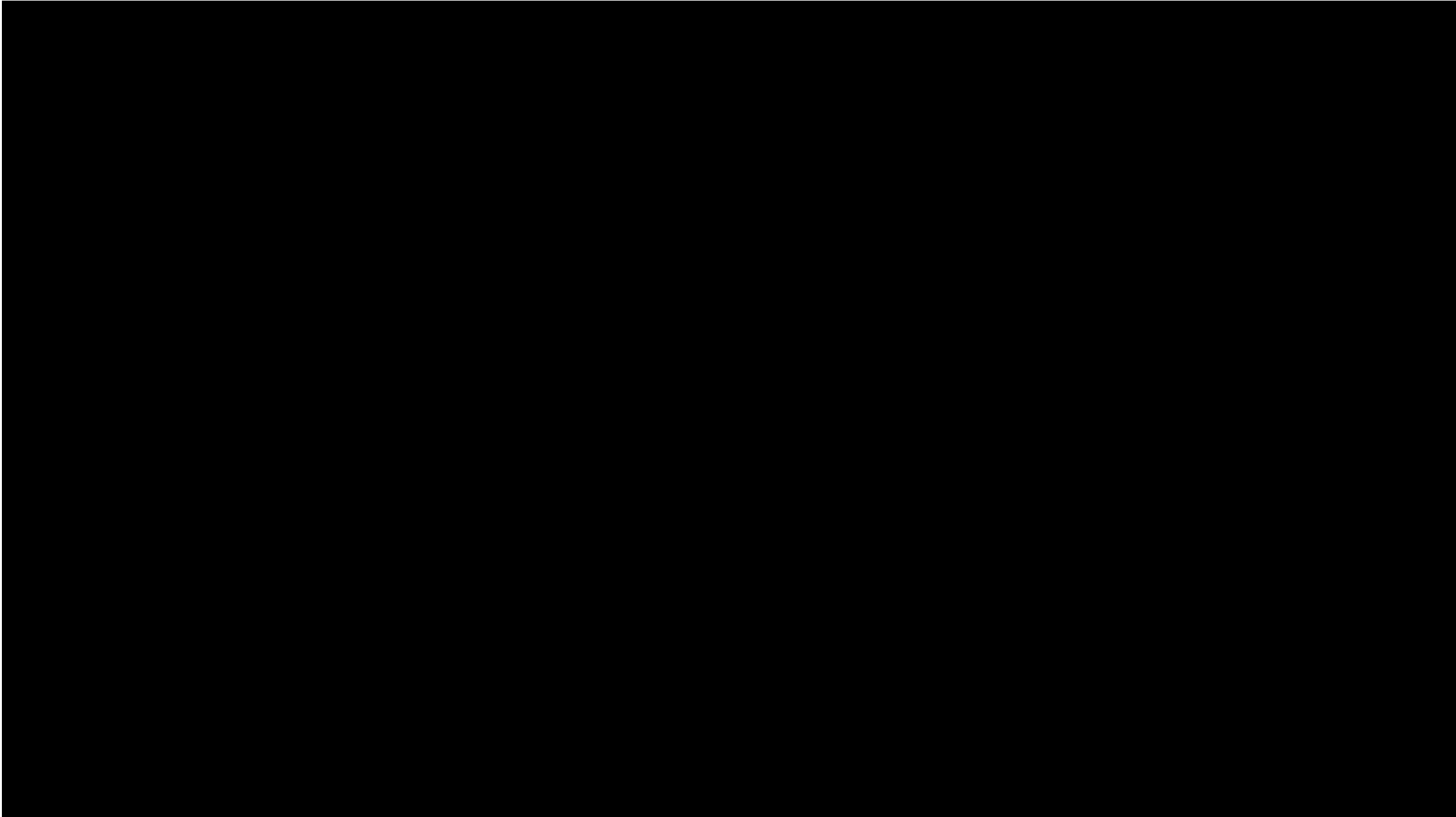


Burnout

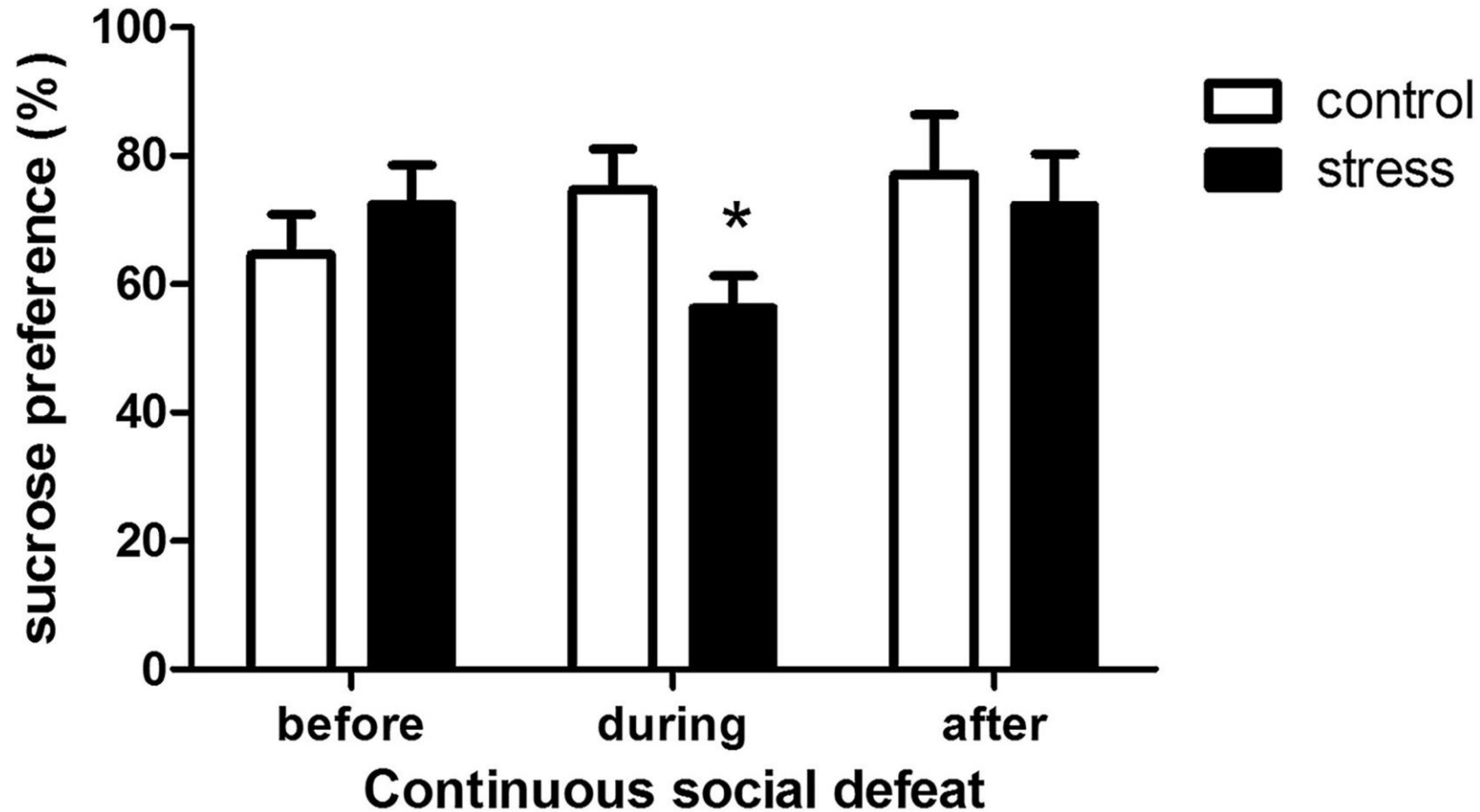


Repeated Social Defeat





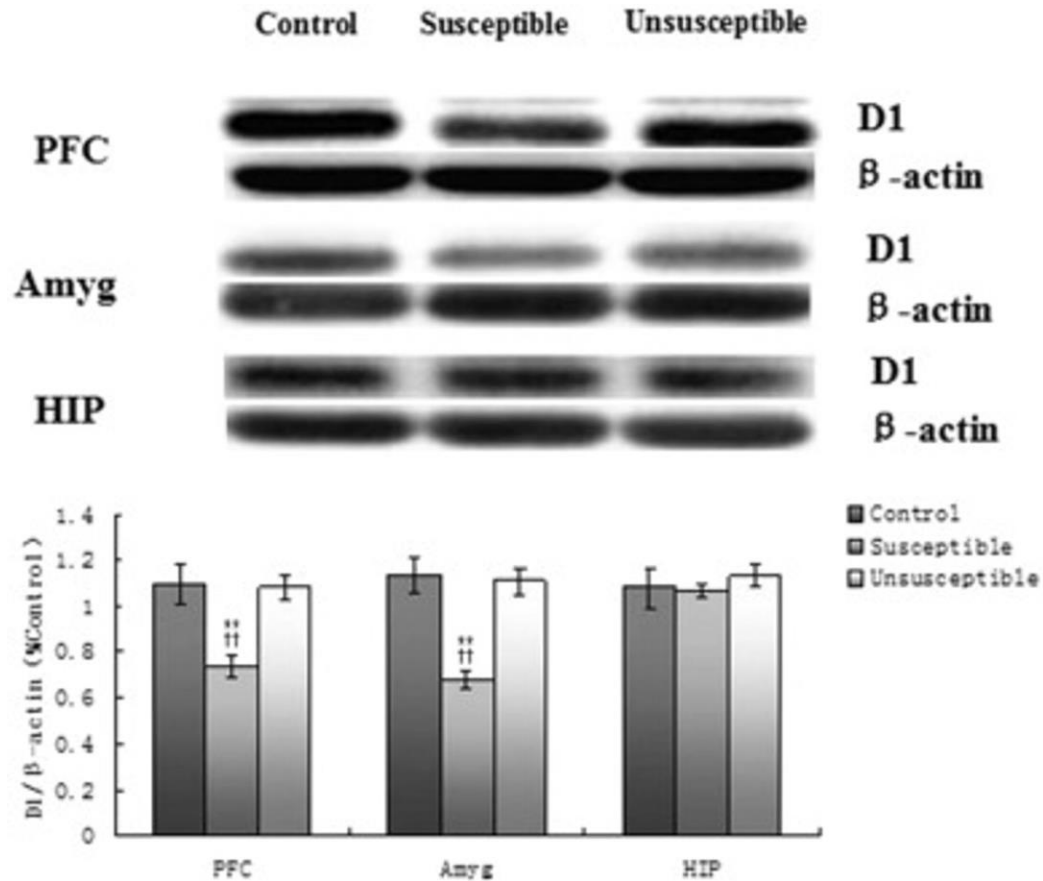
Consequences of Social Defeat



Giovana Camila Macedo, Gleice Midori Morita, Liz Paola Domingues, Cristiane Aparecida Favoretto, Deborah Suchecki, Isabel Marian Hartmann Quadros
[Consequences of continuous social defeat stress on anxiety- and depressive-like behaviors and ethanol reward in mice](#) Hormones and Behavior, Volume 97, 2018, pp. 154-161



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Social Defeat



Stress



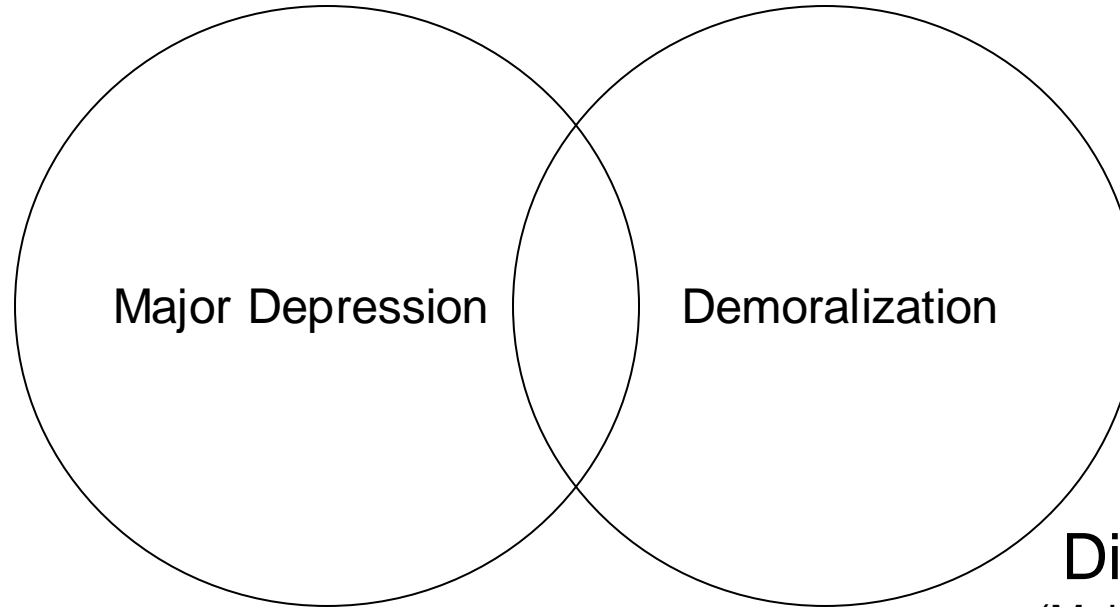
Depression



Burnout



What Do We Mean by Depression?



Anhedonia

(Pervasive loss of rewards from activity)

AM insomnia

Family history

Similar episodes

Disrupted life course

Unresponsive to positive events

Distractible from loss

(Maintains rewards from activity)

Initial insomnia

No family history

Unique episode

Stable life course

Responsive to positive events





What Do We Mean by Social Defeat?

- A situation in which doctors are responsible for the outcome of care but the care is dictated by others
- A set of values held by doctors that conflicts with values held by other entities in health care





Conclusions

- Psychiatry is a key part of medical care of complex patients
- Understanding our own vulnerabilities is a key to maintaining professionalism and avoiding burnout
- Advocacy for our patients and our colleagues is part of our professional responsibility
- Since we will be responsible when things go wrong, we need to demand the authority to do what is right





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