

'The Next Generation' Family Physicians Forum – Young Family Physicians Perspective On Out-of-Work Professional Gatherings

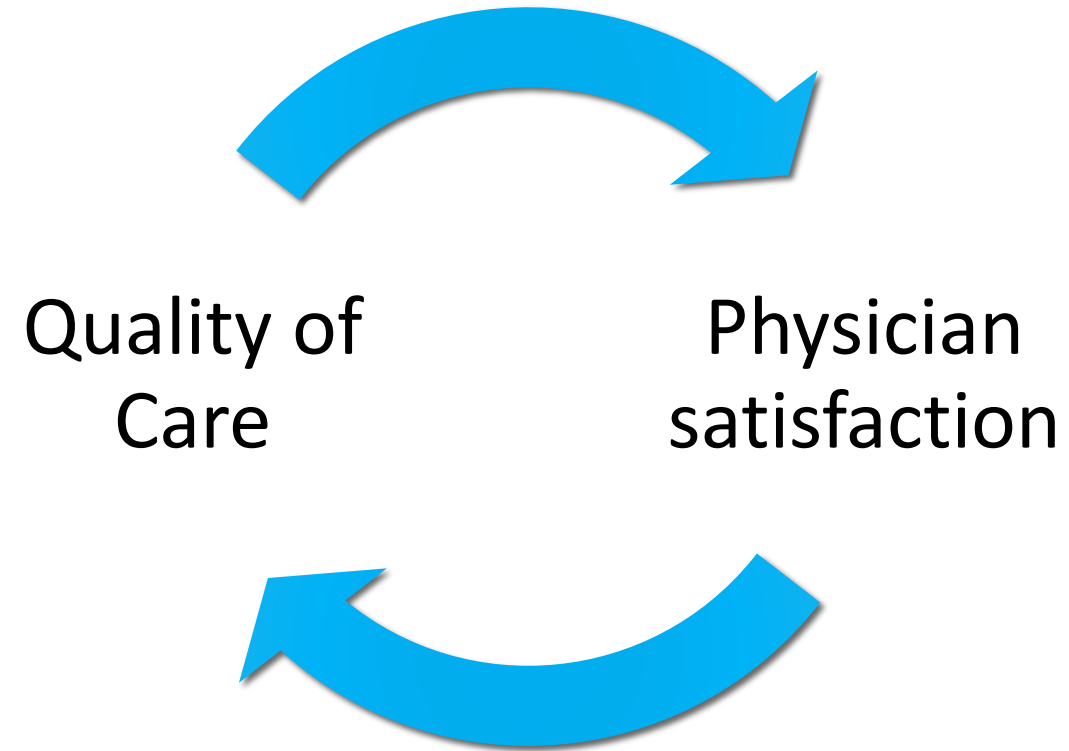
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Background

- Family physicians work individually
- Less opportunities for keeping up to date
- Burnout quite common 25-60%
- 2015 survey of primary care physicians – 68% would choose a different specialty.
- AMA supported research - ability to provide quality care to patients was more prominent than other factors regarding physicians satisfaction.



Burnout Prevention

- Stress management
- Improving Competence
- Preventing 'workaholic behavior'
- Changing settings ?

What's common ?

- Workplace clinical meetings (Workplace setting)
- During working hours ('In between')
 - A good excuse to miss those meetings
- Meeting colleagues / Meeting Friends ? (or – *Can I share..?*)

What we do ?

- Out of work monthly dinner
- Clinical updates and lectures (mostly by physicians from other specialties)
- Social gatherings – ventilating
- 31 Family physicians enlisted



Study Aim and Methods

- Assessing participants satisfaction from the forum as a method for clinical update as well as burnout prevention.
- Assessing the differences between residents and specialists in family medicine.
- Forum members opinions regarding the benefits and pitfalls of the gatherings were assessed via a questionnaire with a scale of 1 to 5 (5 being the best result).

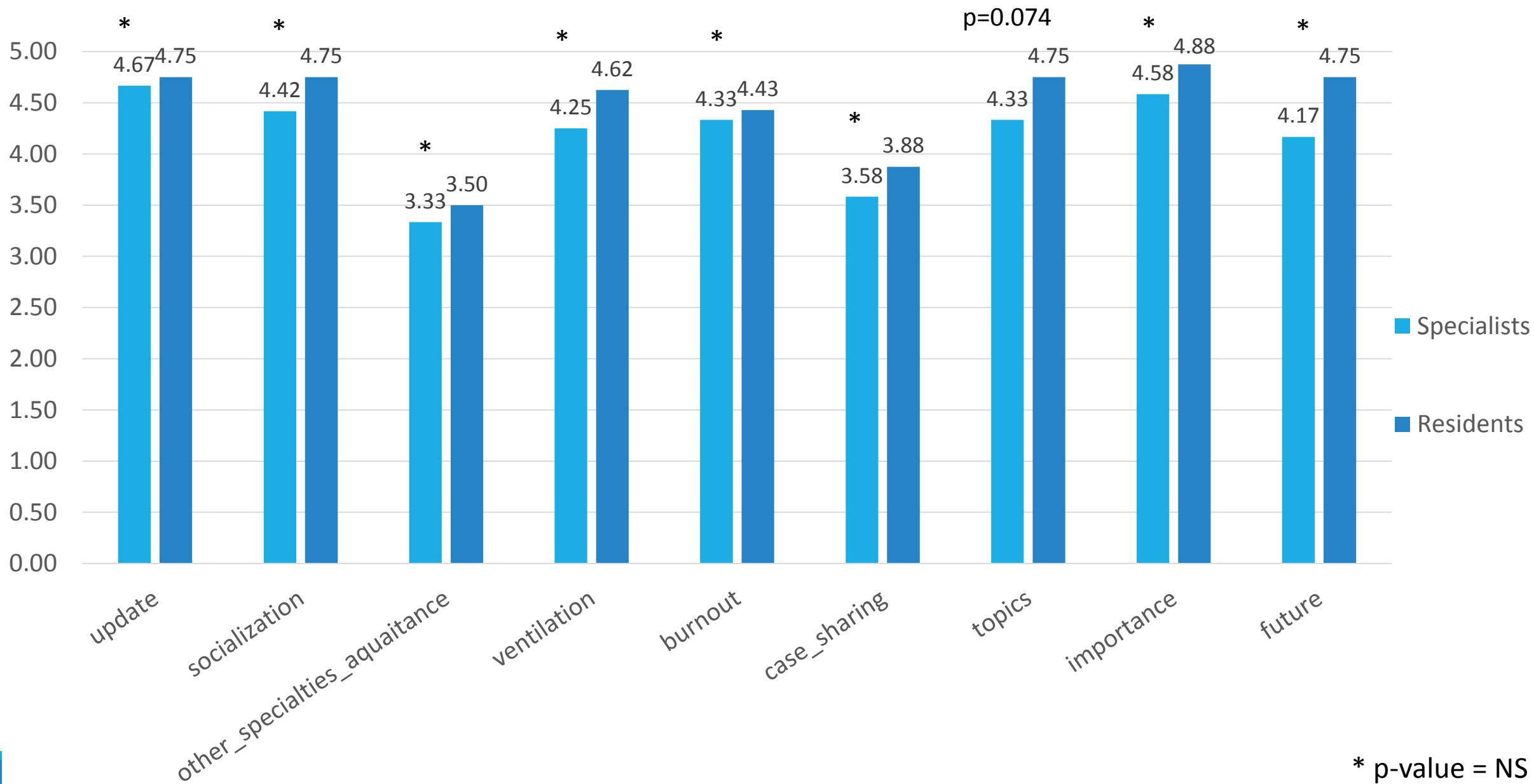
Results

	All (n=19)	Specialists 58%	Residents 42%
Age (Years \pm SD)	37 (5.1)	39 (5.3)	34 (2.8)
Female	90%	92%	88%
Years as physician	6.4 (3.8)	7.8 (4.4)	4.3 (0.9)
Years as specialist		2.7 (5.9)	

Results - continued

Participants considered the forum to be :

- 95% a good way for clinical update.
- 95% a good way for colleague socialization.
- 50% a good way for meeting physicians from other specialties
- 90% a good way for professional ventilation
- 84% a good way to prevent burnout



Results - continued

- 95% Stated they see this forum important personally and professionally.

Conclusion

- Small to medium size out-of-work social gatherings for professional updates could be a meaningful tool for improving professionalism as well as reducing physicians' burnout.
- A longer follow-up needed for assessing continued benefit.

Thank You

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**THE NEXT
GENERATION**



FAMILY PHYSICIANS FORUM