

# PHYSICIAN HEALTH QUICK FACTS

## Key factors affecting health and wellness for residents

According to the CMA's National Physician Health Survey, rates of burnout, depression and lifetime suicidal ideation were **higher among residents than among other physicians** (38% vs. 29%; 48% vs. 32%; 27% vs. 18%;  $p < 0.05$ ).

### IN FACT, RESIDENTS HAD:

- 48%** higher odds of experiencing burnout;
- 95%** increased odds of screening positive for depression; and
- 72%** higher odds of engaging in suicidal ideation at some point during their life than other physicians.

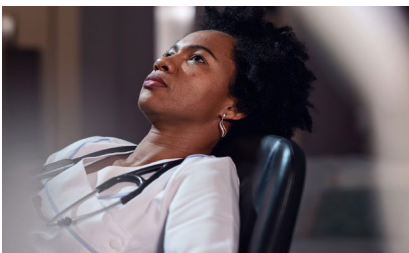
## Here are the top behavioural and occupational factors affecting residents' health and wellness:



### BURNOUT

Not eating well and poor collegiality — significant indicators of burnout

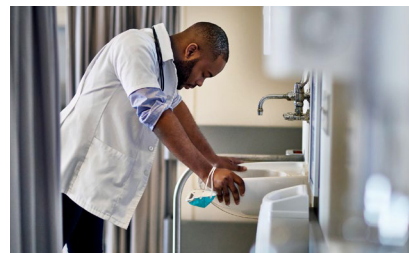
- Residents who rarely or never ate healthily had **249% higher odds** of experiencing burnout than those who did.
- Residents who experienced poor collegiality in their work environment had **796% higher odds** of experiencing burnout than those who had a positive work environment.
- Residents who were dissatisfied with their work-life integration had **383% higher odds** of experiencing burnout than those who were satisfied.
- Residents who were dissatisfied with the efficiency and resources in their workplace had **247% higher odds** of experiencing burnout than those who were satisfied.



### DEPRESSION

Coming to work when ill or distressed — "presenteeism" — a key factor in depression

- Residents who reported coming to work five times or more while ill or distressed had **1086% higher odds** of screening positive for depression than those who did not report this.
- Residents who reported being dissatisfied with their career in medicine had **985% higher odds** of experiencing depression than those who were satisfied with their career choice.



### SUICIDAL IDEATION

Career dissatisfaction and substance use — key contributors to suicidal thoughts

- Residents who reported using substances (i.e., tobacco marijuana or stimulants) in a 12-month period had **457% higher odds** of engaging in suicidal ideation than those who did not use any substances.
- Residents who were dissatisfied with their career in medicine had **607% higher odds** of having suicidal thoughts than those who were satisfied with their career.

For methodological details, please see:

**CMA National Physician Health Survey: A National Snapshot.**