Beyond Well-being: Sartre, Aristotle & The Blue Zones

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Disclosure
Objectives:

Evaluate the present state of physician burnout and thriving

Consider perspectives of the human condition from Satre, Aristotle, and the Blue Zones

Reflect upon one's own model for human thriving
Let’s take a poll....
What is the prevalence of burnout among healthcare providers?

Pollev.com/wisdom
Text wisdom
To 22333
What is the prevalence of burnout among healthcare providers?

80-90%  A

45-55%  B

20-30%  C
Another poll...
How often do you feel burned out from work?

Pollev.com/wisdom
Text wisdom
To 22333
How often do you feel burned out from work?

- Every Day 1
- A few times a week 2
- Once a week 3
- A few times a month 4
- Once a month or less 5
- A few times a year or less 6
- Never 7
Problem: We are burned out with burnout

- Prevalence → unchanged!
- Bad downstream effects: medical errors, turnover, mental health
- Surveys....poor response rate (do we even know how it is?)
Problem: We are burned out with burnout

Intrinsic factors - resilience, mindfulness

Extrinsic factors – EMR, leadership, friendship

Interventions? - Program vs Culture
Existentialism: A model of our times?
Existentialism

- Post-WWII philosophic movement
- Freedom & Authenticity – What does it mean to exist?
- Anxiety – “It is certain that we cannot escape anguish, for we are anguish.”
- “Nothingness lies coiled at the heart of being like a worm.”
- “I exist, that is all, and I find it nauseating.”
- “Hell is other people”
Existential crisis?

• Dissonance between identity and perceived reality
• Emotional – Anxiety
• Cognitive - Loss of meaning
• Behavioral – Withdrawal/Isolation
Is anyone happy? Why?
What is the happiest country?

A. Finland
B. United States of America
C. Costa Rica
D. Greece
Blue Zones ~ 5 domains

Social ~ supportive relationships and love in life
Purpose ~ liking what you do
Physical ~ good health & energy
Community ~ liking where you live, feeling safe, pride
Financial ~ enough
Let’s ask happy people....
Yale Thriving Project

- Participants (183 total)
  - 32 Primary Care Physicians
  - 23 Emergency Department Physicians
  - 37 Resident Physicians in Medicine, Pediatrics, Med-Peds
  - 28 Peer Mentors, Wheel-chair bound
  - 29 Palliative Care Providers (MD’s, RN’s, Chaplains)
  - 24 Physicians in Pakistan

PLOS One 18(2): e0279425.
J Gen Intern Med 2022;27(9):2173-2179
Int J Innov 2023; 8(2):56-63
Yale Thriving Project: Ask happy physicians

• Qualitative Interviews
  • NOT burned out → two question instrument
    • “How often do you feel burned out from work?”
    • “How often do you feel you have become more callous to people since you took your job?”
  • Thriving → 0-10 .... Participants >7
    • “how satisfied are you with your life?”
    • “how satisfied are you with your career?”
How satisfied are with your life?
Yale Flourishing Model

- Love for the Work
- Grounded and Connected
- Connections with Patients
- Value Oriented Beliefs
- Agency in the Workplace

Slide prepared by Katherine Gielissen, MD
Eudaimonia – Flourishing Aristotle

- Eu - well/good
- Daimonia – spiritedness, blessedness
- The Aristotelean mean: Stoics/Virtue vs Epicureans/Pleasure
Plenary

• Anyone really happy?
• Doing something that works?
• Any SMART goals?
• Writing Group?