



DECREASING PHYSICIAN BURNOUT

P3 HEALTH GROUP // JUNE 2017

Physician burnout is a growing problem for all health care systems in the United States. Burned-out physicians deliver lower quality care, reduce their hours, or stop practicing, reducing access to care around the country. Primary care physicians are particularly vulnerable: They have some of the highest burnout rates of any medical discipline.

In most health care systems, primary care physicians are the first stop for patients needing care. As a result, their patients' needs — and their own tasks — vary immensely. A primary care physician's work includes vaccinations, screenings, chronic disease prevention and treatment, relationship building, family planning, behavioral health, counseling, and other vital but time-consuming work. Some studies have examined just how much time a primary care physician needs to do all of these tasks and the results are staggering. To be in full compliance with the U.S. Preventive Services Task Force recommendations, primary care physicians with average-sized patient populations need to dedicate 7.4 hours per day to preventative care alone. Taken in conjunction with the other primary care services, namely acute and chronic care, the estimated total working hours per primary care physician comes to 21.7 hours per day, or 108.5 hours per week. Given such workloads, the high burnout rate is hardly surprising.

While designed with the intent to improve quality of care, Southern California Permanente Medical Group (SCPMG)'s Complete Care program also alleviates some of the identified drivers of physician burnout by following a systematic approach to care delivery. A recent study of SCPMG physician satisfaction suggests that regardless of discipline, physicians feel high levels of satisfaction in three key areas: their compensation, their perceived ability to deliver high-quality care, and their day-to-day professional lives.

COMPLETE CARE HAS 4 CORE ELEMENTS:

- Share Accountability with Specialists
- Delegate Responsibility
- Leverage Technology
- Standardize Care Processes

To read the full article, visit: <https://hbr.org/2017/06/how-one-medical-group-is-decreasing-physician-burnout>

THE VALUE OF VALUE FOR PHYSICIAN GROUPS



Dr. Amir Bacchus, Chief Medical Officer at P3 recently wrote an article with Robin Meter, MHA, principal of Posada Consulting, published in the Physician Leadership Journal. In the article they discuss what physician leaders need to know, and what they can expect from the compensation shift when transitioning to value based care. To read more, visit:

<https://www.p3healthgroup.com/value-of-value>

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MEN'S HEALTH MONTH

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. The response has been overwhelming with thousands of awareness activities in the USA and around the globe.

Statistics show that men do not see a doctor for a physical exam nearly as often as women, nor are they as likely to receive health screenings to prevent the onset of more serious conditions. So, the Men's Health Network (MHN) compiled some standard health questionnaires to help patients prepare for their next doctor visit. The "Time Out" quiz asks a series of questions to determine risk for certain men's health concerns, such as heart disease and low testosterone. To get involved in Men's Health Month, share the questionnaire with your patient population to ensure they are prepared to discuss the results with you at their appointment.

Health Questionnaire:

<http://menshealthnetwork.org/timeout/assets/ltr-assessment.pdf>



NATIONAL SAFETY MONTH 2017

Injuries are a leading cause of disability for people of all ages – and they are the leading cause of death for Americans ages 1 to 44. The good news is everyone can get involved to help prevent injuries.

During National Safety Month, P3 Health Group is working with community members to help reduce the risk of injuries. This June, we encourage you to learn more about important safety issues like prescription painkiller abuse, transportation safety, and slips, trips, and falls.

PRESCRIPTION PAINKILLER ABUSE: Prescription painkiller overdoses are a growing problem in the United States, especially among women. About 18 women die every day from a prescription painkiller overdose – more than 4 times as many as back in 1999.

TRANSPORTATION SAFETY Doing other activities while driving – like texting or eating – distracts you and increases your chance of crashing. Almost

1 in 5 crashes (17%) that injured someone involved distracted driving.

SLIPS, TRIPS, AND FALLS One in 4 older adults falls each year. Many falls lead to broken bones and other health problems.

You can make a difference and make our community a safer place.

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