

# OPHTHALMIC HOSPITALIST INTEREST GROUP

## NEWSLETTER

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### Announcements

#### Join the Community!

Have a question or topic about inpatient/ER consults? Share on the [AAO/OHIG community](#)! Log in with your AAO username.

#### OHIG Round Table Discussion at AAO Meeting 2024

Save the date for the OHIG Round Table Discussion at AAO 2024 in Chicago, **Sat 10/19/24 @ 4:00-5:00pm**, Society Relations Office. More details to come. We hope to see you there!

#### OHIG Topic Wishlist

Have a case you would like to feature in an OHIG newsletter? We welcome your ideas and expertise. Email [ohig@ohig.org](mailto:ohig@ohig.org).

#### Welcome New Members!

Thanks for joining OHIG! Please verify your information on the [OHIG website](#).

## HOSPITALIST WELL-BEING ADVOCATES

[Photo Link](#)

### Articles

[\*The On-Call Burden of Physicians: Discussion, Recommendations, and Risk Mitigation Strategies, Clinical Case Reports, 2020\*](#)

Perspectives and mitigation strategies for physician on-call burdens.

[\*On-Call Work and Physicians Wellbeing: Testing the Potential Mediators, Occupational Medicine, 2014\*](#)

Does working on-call predict physician psychological duress, job satisfaction, and work ability? This article shows that protected sleep and family time are key.

[\*Physician and Nurse Wellbeing and Preferred Interventions to Address Burnout in Hospital Practice, JAMA Health Forum, 2023\*](#)

Find out what interventions hold promise for retaining physicians and nurses in hospital practice.

## PEARLS



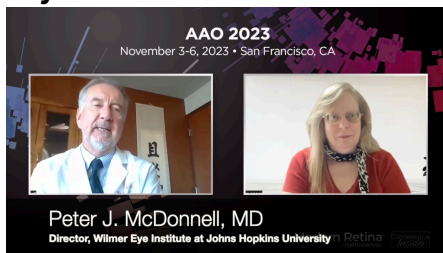
### AAO Physician Wellness Videos



AAO's wellness guide featuring individuals from the world of ophthalmology who share aspects sports psychology, ballet, Olympics, and home fitness.

[Click here](#) to view.

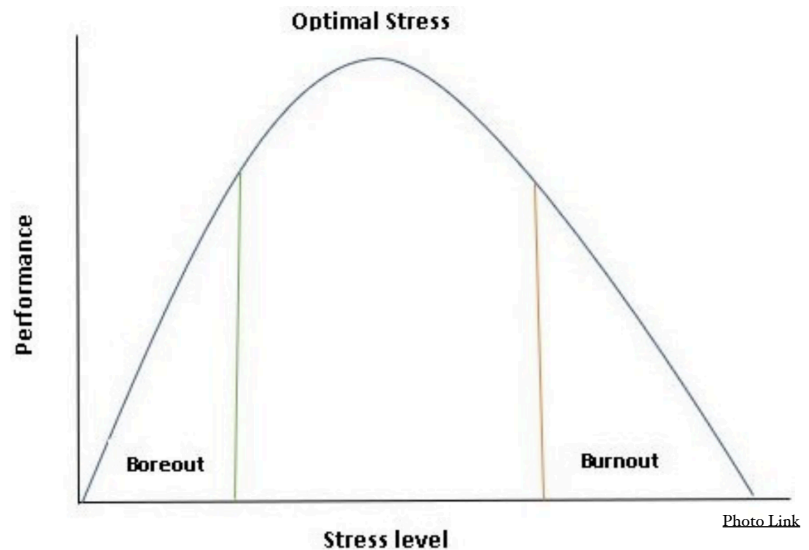
### How Ophthalmologists are Navigating the Challenges of Physician Burnout



An interview with Dr. Peter McDonnell, Director of the Wilmer Eye Institute who discusses physician burnout.

[Click here](#) to view.

## CONSULT ROUNDS



It's only Wednesday and you feel like it's already been a grueling week on consults.

In the past 72 hours you've seen 12 inpatient consults, 5 ED consults, and performed 2 open globe repairs. Your OR cases ran late last night and you got home around midnight. You feel sleepy this morning.

You find out that one of your favorite hospital patients just died.

There is a multi-disciplinary care conference for an extremely complex patient at 4:00pm. The meeting is likely to last over an hour as the patient and family are understandably anxious.

The hospital announces that it will be dramatically changing its hospital EHR system. You are not a fan of change.

Your consult work is meaningful and important but you find yourself feeling a little overwhelmed and tired today.

What are some things that can help you restore as a physician?

## Physician Burnout Remedy from Dr. Glauckomflecken



## How to Fix Burnout

Funny and ironically true! Add a little humor to your consult day.

[Click here](#) to view.

## Resident Wellness Program



Check out how Colorado is fostering wellness for their ophthalmology residents.

Could this be helpful for residents at your program?

[Click here](#) to view.

**Case Comments:** *While meaningful, hospital-based consults can pose unique stressors for ophthalmologists. We care for patients who are critically ill with complex disease. We see horrendous traumas affecting patients who never ever imagined they would lose their vision or their life. We know what it is like to be the trenches of the hospital during the COVID pandemic.*

*The care we provide for hospital and emergency room patients is important. How can we improve our sustainability and longevity on consults? Literature suggests regular exercise, good sleep hygiene, protected family time, among other things. In the end, we all have to find what works for us individually.*

Highlighted Article:

Physician Wellness in the Changing World of Hospital Medicine,  
Kwame Dapaah-Afriei, MD, MBA, Aaron Wheeler, MD

<https://bhm.scholasticahq.com/article/77558-physician-wellness-in-the-changing-world-of-hospital-medicine>

Survey Question

How are you finding physician wellness for yourself on consults?

Select all that apply:

- A) Always eat breakfast
- B) Always eat lunch
- C) Always eat dinner
- D) Sleeping >8 hours a night
- E) Regular exercise
- F) Advocate being paid more
- G) Debriefing meetings with colleagues
- H) Resident/Faculty team building events
- I) Prioritizing vacation/family time
- J) Humor
- K) Meditation
- L) Yoga
- M) Audio books while driving to/from work
- N) Find another job. Sometimes we need to transition to other roles to maintain our wellbeing.
- O) Other: please share below

Share your responses on the [AAO/OHIG community page](#)!