

A Death in the Family

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A PIECE OF MY MIND

A Death in the Family

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One Sunday in early 2017, my anesthesia coresident Will (not his real name) was brought to the emergency department of our hospital unresponsive. He was quickly triaged, intubated, and transferred to the intensive care unit (ICU), where a hypothermia protocol was initiated. I couldn't visit Will for two days. Those days came like rust, slow and hard. I went to see him with another resident. We met Will's family for the first time under the worst of circumstances. I went expecting to offer comfort, prayers, and time. Instead, Will's family gave me comfort, prayers, and all the time I needed.



The NEW ENGLAND JOURNAL of MEDICINE

Perspective

MARCH 23, 2017

Kathryn
David Muller, M.D.

The facts....

@theNAMedicine

400

U.S. physicians take their own lives every year.



School of Medicine and Public Health
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The facts...

- Am J of Psychiatry (2004) 161(2); 2295-2302
 - Suicide rate among male physicians is 40% higher than the general population
 - Suicide rate for female physicians is 130% higher than women in general
- There are 7 male physician suicides for every 1 female
- Higher suicide rates among physicians were first reported in 1858
- Male anesthesiologists are at the greatest risk

The facts...

- Women Physician's Health Study (1999)
 - Frank & Dingle
 - n=4501
 - Investigated suicide and depression in women physicians
 - 1.5% reported having attempted suicide
 - 19.5% reported a history of depression

The facts...

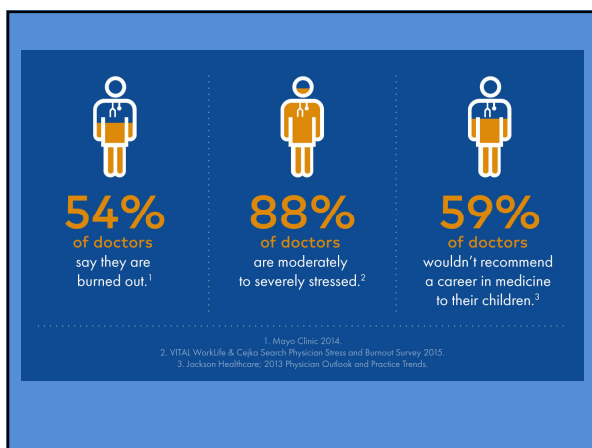
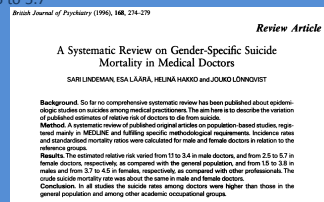
- In the female population, nurses are 23% more likely to commit suicide than women in general
- Furthermore, nurses are 4 times more likely to commit suicide than people working outside of healthcare

Not just a US problem...

- Queensland Suicide Register (Australia)
 - Male RN's were more likely to commit suicide than the general population while female MD's were more likely
 - Female RN's and male MD's had the same rate as the general population

Not just a US problem...

- British J of Psychiatry (1996), 168: p 274-279
 - “Systematic Review on Gender-Specific Suicide Mortality in Medical Doctors”
 - Estimated relative risk to the general population
 - Male physicians 1.1 to 3.4
 - Female physicians 2.5 to 5.7



Sleep deprivation

Medicine is 24 hours/day

Need physicians and RN's to care for patients at all hours

Sleep deprivation worsens depression

Work hour restrictions have not impacted this

Research

JAMA | Original Investigation

Prevalence of Depression, Depressive Symptoms, and Suicidal Ideation Among Medical Students A Systematic Review and Meta-Analysis

Lisa S. Rostenstein, BA; Marco A. Ramos, MPhil; Matthew Torre, MD; J. Bradley Segal, BA, BS; Michael J. Peluso, MD, MPhil; Constance Guille, MD, MS; Srijan Sen, MD, PhD; Douglas A. Mata, MD, MPH

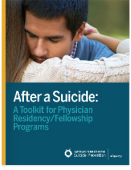
After a Suicide: A Toolkit for Residency/Fellowship Programs

Facts about physician depression and suicide

Resources for physicians

Prevention programs

In the event of a trainee's death by suicide within a physician residency or fellowship program, it is critical to have a plan of action in place. This practical handbook provides guidance for hospital and program leaders.



GRADING SCALE	
A = 100-93	C = 76-73
A- = 92-90	C- = 72-70
B+ = 89-87	D+ = 69-67
B = 86-83	D = 66-63
B- = 82-80	D- = 62-60
C+ = 79-77	F = BELOW 60



