

If you have an article, reference or any newsworthy exposé please forward to *Natashia Nzama* (nzama@ukzn.ac.za)

Long Work Hours Wreak Havoc in MD's Personal Lives. All work No Play a Recipe for Family Conflict, Depression & Burnout

Fran Lowry
Sep 23, 2013

All work and no play is a recipe for family conflict, depression, and burnout in physicians, especially among those who are in dual-career relationships, new research shows. A survey of some 90,000 US physicians across all specialties and their working partners shows that many respondents report frequent work-home conflicts (WHC) due to the long hours they spend at work, causing them to suffer burnout, depression, and poor quality of life. "Work-home conflicts are common in physicians and in the partners of physicians," lead author Liselotte N. Dyrbye, MD, from the Mayo Clinic, Rochester, Minnesota, told *Medscape Medical News*.

"We found that younger physicians, female physicians, and physicians who work in academic medical centers are the ones who are more likely to have work-home conflicts, and that these conflicts are driven by a lot of work hours," Dr. Dyrbye said.

"This makes sense, because the more hours you work, the more opportunity there is for work-home conflicts," she said.

The study was published online September 17 in the *Journal of General Internal Medicine*.

Choosing Work Over Home

Previous work conducted by this same team of investigators has examined work-home conflicts in US surgeons and academic internal medicine physicians. The current study extends this research by looking at the issue of work-home conflict in a broader, more diverse group of physicians as well as in their partners. In the current study, Dr. Dyrbye and her research team surveyed 89,831 physicians from all specialties listed in the Physician Masterfile. Of these, 7288 (27.7%) physicians completed the survey. Of the physicians who completed the survey, 1644 provided their partner's contact information. These partners were in turn surveyed, and 891 (54%) responded.

The median age of the physicians and their partners was 55 years and 51 years, respectively. Most (89.2% of physicians and 86.6% of partners) had children. The majority of physicians were male

(75.2%), and most partners were female (73.0%). Slightly more than half of the partners (n = 503, 56.5%) were employed, reporting a median of 40.0 hours of work per week. Also, most of the employed partners were working in nonmedical professions (58.2%); 40.9% worked in healthcare. The survey results showed that 44.3% of physicians and 55.7% of employed partners experienced a work-home conflict in the last 3 weeks. Most were able to resolve their conflicts in a way that allowed their home and work responsibilities to be met.

However, physicians tended to choose work responsibilities over home responsibilities, with 28.4% reporting that they resolved their work-home conflict in favour of work, and 10.9% of physicians reporting they resolved the conflict in favour of home. Compared with physicians, more employed partners tended to put home before work, with fewer (19.7%) choosing to resolve their work-home conflict in favour of work, and 20.1% choosing home.

Dose-Dependent Relationship

The more hours worked, the greater the work-home conflicts. Multivariate analysis showed that for each additional 10 hours per week worked, the odds ratio for a work-home conflict was 1.31 for physicians and 1.23 for their working partners ($P < .0001$).

Work-home conflicts were also associated with more burnout, depression, and poor quality of life. Physicians with work-home conflicts were 47.1% more likely to have symptoms of burnout, compared with 26.6% for physicians without work-home conflicts. The trend was similar for the employed partners, with 42.4% having symptoms of burnout if they had work-home conflicts, compared with 23.8% with no work-home conflicts.

Both physicians and their employed partners with a recent work-home conflict were also more likely to have symptoms of depression, substantially lower overall mental and physical quality of life, and worse fatigue. Both groups were also more likely to be less satisfied with their partner and to be considering getting a separation or a divorce.

"These work-home conflicts are very important and have serious ramifications," Dr. Dyrbye said. "We hope that our research draws attention to the fact that with more and more dual career relationships, work-home conflicts are something that managers and leaders of organizations need to be

aware of and find solutions for, that it's not just an individual problem, and it can't just be up to the working spouse to try to figure it out," she added. "I hope that people can look closely at their policies and the opportunities for dual-career professionals to thrive within the organization."

A Warning

Commenting on the findings for *Medscape Medical News*, Michael Myers, MD, professor of clinical psychiatry, State University of New York (SUNY) Downstate Medical Center, Brooklyn, New York, said that the study is an important warning to young professionals that too much work may be putting their quality of life and their physical and mental health at risk.

"This paper gives us more ammunition to be able to tell our medical students that if you consistently work more than 56 hours...a week, and keep doing it over time, and your spouse is working 40 hours or more a week, you are really putting your conflict level and your relationship at risk, and you are putting yourself at risk for burnout. Perhaps this is an argument for people to cut back on their work hours," Dr. Myers, who is a coauthor, with Glen Gabbard, MD, of *The Physician as Patient: A Clinical Handbook for Mental Health Professionals*, said.

"I am very involved in medical education now, and it is good to have this kind of a study and to be able to explain to medical students and to residents that they have got to pay attention to these things, because these stresses are what their fathers and mothers who are a generation older are experiencing," he added.

The study was funded by the American Medical Association and the Mayo Clinic Department of Medicine Program on Physician Well-being. Dr. Dyrbye and Dr. Myers report no relevant financial relationships.

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**To RCA for
sponsoring
this morning's
breakfast**

ACART TRAINING PROGRAMME

Date: 2nd – 4th August 2014
Venue: K-RITH, UKZN, School of Clinical Medicine

Presenters:

- Prof Satish Bhagwanjee
- Dr Janet Diaz

Enquiries: Carol Newman – carolnewman70@hotmail.com

This training is CPD accredited

SASA CME MEETING

SASA invites you to join us

Chairperson : Dr. Z. Farina

Organizer : Dr. L. Ryan

Speaker : Dr. Z. Farina,
Dr. R. Rodseth,
Dr. D. Bishop

Topics : Financial Accountability (ethics) Asprin and Surgery Management of the Obstetrics Spinal

Date : Saturday, 2nd August 2014

Venue: Protea Hotel, Hilton, Pietermaritzburg

Time : 8am - 1pm

Early registration (on or before 28th July 2014)

- Specialist R200.00
- Medical Officer R100.00
- Registrar R100.00

Late registration (after 28th July 2014) All R250.00

COLLEGE EXAM DATES

DA(SA) Written	18&19 August
FCA(SA) Part II written	18&19 August
FCA(SA) Part I	25 - 29 August
DA(SA) (oral) Bloem	26&27 August
FCA(SA) Part II (oral) Bloem	6 - 9 October

ESMOE COMMITTEE MEMBER

Dr Samuel was a provincial member of the National Inquiries into Maternal Deaths Committee and was the national/provincial coordinator of ESMOE. With his departure the department requires someone to fulfil the ESMOE portfolio.

Interested staff members to contact Camy singhc@ukzn.ac.za

CPD ACCREDITED HOSPITAL MEETINGS

Unit Heads/Coordinators are requested to please send their CPD registers timeously for scanning ie. at least once a month. Please send to either **Natashia or Nelly**.

ADMIN SUPPORT AT PMB

The contact details for the UKZN admin staff at Greys Park home are as follows:

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RESEARCH GATE

Prof R Slotow mentioned this very valuable website at his meeting on Tuesday 15 July. All UKZN researchers and authors are encouraged to join.

<http://www.researchgate.net/> [Join for free!]

Access scientific knowledge and make your research visible.

ResearchGate was built by scientists for scientists. It started when two researchers discovered first-hand that collaborating with a friend or colleague on the other side of the world was no easy task. Founded in 2008 by physicians Dr Ijad Madisch and Dr Sören Hofmayer, and computer scientist Horst Fickenscher, ResearchGate today has more than 4 million members. We strive to help them make progress happen faster.

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- **Find the right job** using our research-focused job board.
- **Connect and collaborate with colleagues,** peers, co-authors and specialists in your field.
- **Ask questions, get answers** and find solutions to research problems.

Research Visibility: Allows you to add your publications, access millions more and make your research visible.

Connect and Collaborate: Connect with colleagues, peers, co-authors and specialists in your field.

Stats and Metrics: Get stats about views, downloads and citations of your research.

Operation Smile

Probable dates of mission sites for the next two months are:

Dates	Mission
01 -10 August	Malawi, Lilongwe
04 -14 Sept	Madagascar, Tamatave

Specialists should apply to go on any mission that best suits their timetable of travel. Once you've decide on the dates of your choice, send applications to Erin Fairly@operationsmile.org

Registrators preferably grade III or later are invited to apply to Mrs Pillay. Unfortunately, registration can only be chosen if there is a suitable mentor also signed up from that mission. This means dates cannot be finalised early.

Contact: Arun Pillay 031 2402450

Dr Osborn osborn@ukzn.ac.za

COMBINED ACADEMIC MEETING NEW COORDINATOR

Anyone interested in taking over the coordination of the Combined Academic Meeting must please contact Camy singhc@ukzn.ac.za The current program is complete for the year so it would just be troubleshooting until the end of year.

UPCOMING EVENTS

STAFFING COMMITTEE

Date: 05 August 2014

Time: 15h00

Venue: IALCH (Seminar room)

CONSULTANT MEETING

Date: 02 September 2014

Time: 16h30

Venue: IALCH (Seminar room)

COMBINED ACADEMIC

Date: 15 August 2014

Time: 07h30

Venue: L5 Lecture Theatre, MS

● RESEARCH MEETING

Registrar: Nontshe M

Registrar: Ndlovu Z

● CLINICAL FORUM

Topic: Addington

Consultant: Dunpath A

Topic: Neuro

Consultant: Stoltenkamp H

● REGISTRAR MEETING

CROSSWORD

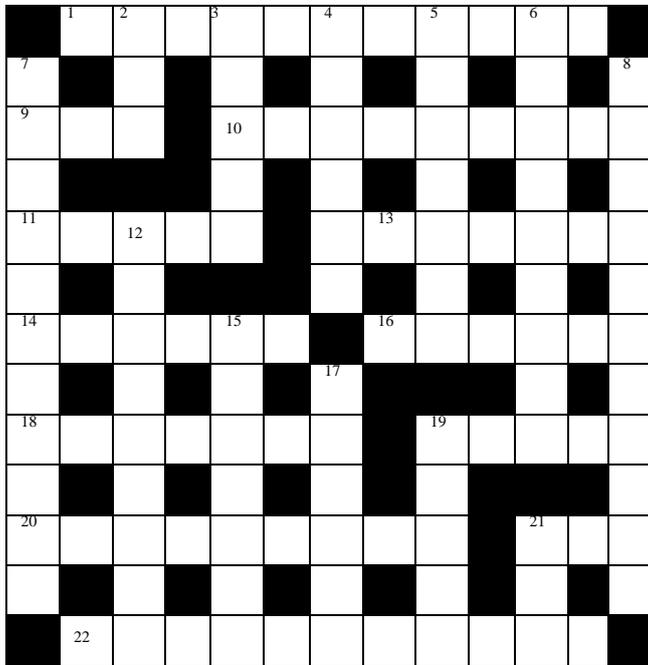
Across

1. After which it is no longer a dirty wet suit? (3-8)
9. Do something – take part! (3)
10. Uncomfortable, being unwell when resting (3,2,4)
11. Cover for doctor and primate (5)
13. Began in a surprised way? (7)
14. The sauce in this barrel is hot stuff! (6)
16. How the lie was nailed for a change? (6)
18. Well-known but lacking in brains (7)
19. Lamp that is easy to carry?(5)
20. It provides notes on the right steps to take (5-4)
21. The match is a draw (3)
22. Torn apart – the letting fee is shown below (4,7)

Down

2. Deserter makes sailor get up (3)
3. Sounds a cold country (5)
4. Silent way to join up (6)
5. Tin up the price for the chemical (7)
6. A close shave from an object at hand? (4,5)
7. Worker angered in riot produces explosive (4,7)
8. Write and instruct a landlord to go? (4,1,6)
12. Suddenly everyone is in unison (3,2,4)
15. The under – dog is the topic (7)
17. Lapsed into wheel – turners (6)
19. Some feel a dentist is burdened (5)
21. Part of the foot pointing East (3)

(Answers on next page)



CODEWORD

L	E	E
B	U	N
S	I	R

How many words of four letters or more can you make from the letters shown here? In making a word, each letter may be used once only. Each word must contain the center letter, and there must be at least one nine-letter word in the list. No foreign words; no plurals; no words with initial capital, no hyphenated words.

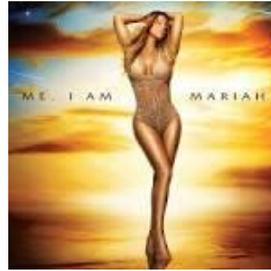
Target:

Good 26; Very Good 32; Excellent 40.
Solutions on next page.

Entertainment

Reviews:

Album Review:



ME, I AM MARIAH

Every pop star must, at some point, confront career mortality. For some, [the end comes suddenly and without warning](#), while others experience a [slow, bewildering](#) decline into mediocrity. After two decades of nearly uninterrupted chart dominance, one figures that Mariah Carey has spent some of the last year dwelling on the end of her reign. Her 13th album, *Me, I Am Mariah... The Elusive Chanteuse*, comes on the heels of her most trying period since the infamous *Glitter* bomb of 13 years ago. The rollout for *I Am Mariah* kicked off in earnest almost two years ago with a single called "Triumphant (Get 'Em)", and three other singles followed—one of which, "The Art of Letting Go," has been relegated to bonus track status—with only the strummy Miguel powered "#Beautiful" climbing up the charts. But even that song peaked outside the top 10 of the Billboard's Hot 100, which is basically unheard of for a major single from a Mariah Carey album.

Yet, despite the circumstances, *I Am Mariah* is not an album that sounds desperate. It makes an argument for Mariah letting pop stardom come as it does— or doesn't—and the record seemingly acknowledges her increasingly murky future by looking back at loves and sounds of the past. She is not Jennifer Lopez or Madonna, leaving smudged fingerprints on the zeitgeist; *I Am Mariah* does not bend toward the whims of the radio. The album sounds exactly, defiantly like Mariah, acknowledging her place in the pop ecosystem both implicitly and explicitly without chomping at the bit.

The album was executive produced by Jermaine Dupri and Bryan-Michael Cox, a duo who helped jumpstart Mariah's career the first time it flagged. It was Dupri and Carey who wrote "We Belong Together", the impossibly huge smash that reestablished Mariah as a pop titan in 2005, the last time she risked fading away.

WHAT TO WATCH



THINK LIKE A MAN 2



Directed by: Tim Story
Produced by: Will Packer
Running time: 2hrs 0min
Genres: Comedy, Romance
Starring: Adam Brody, Dennis Haysbert, Gabrielle Union, Gary Owen, Jenifer Lewis, Jerry Ferrara, Kevin Hart, Meagan Good, Michael Ealy, Regina Hall, Romany Malco, Taraji P. Henson

Synopsis:

Anyone who buys a ticket to *Think Like a Man Too* looking for a profound spiritual experience or hoping to gain valuable insight into the complexities of human nature will probably be disappointed. Make that almost certainly disappointed. However anyone looking for a good, fun, frolic-y sort of summer entertainment will find this one works very well.

That's partly because an above average cast of characters is having an awful lot of fun doing what they're doing, and it shows. Most of them are reprising their roles in this sequel to *Think Like a Man*, and though none of the characters appears to have 'matured' in the interim it's OK because you wouldn't want them to anyway.

The first film, based on the best-selling novel 'Act Like a Lady, Think Like a Man' by Steve Harvey, was all about men and women trying to get into each other's space in hopes of figuring out how the other gender thinks. They didn't get very far, and they don't get very far in the sequel either, but not for lack of trying all sorts of sometimes absurd and often hysterically funny approaches to the problem.

The original gang is back in Las Vegas, this time – ostensibly anyway – for the wedding of Michael and Candace, aka Terrence Jenkins and Regina Hall. Kevin Hart returns as Cedric; he'll be the best man and he's undoubtedly as good in the role as any best man ever could be.

CROSSWORD

Across: 1 Dry-cleaning; 9 Act; 10 Ill at ease; 11 Drape; 13 Started; 14 Relish; 16 Denial; 18 Notable; 19 light; 20 Dance-band; 21 Tie; 22 Rent asunder.

Down: 2 Rat; 3 Chile; 4 Enlist; 5 Nitrate; 6 Near thing; 7 Hand grenade; 8 Send a letter; 12 All at once; 15 Subject; 17 Pedals; 19 Laden; 21 Toe.

CRITICAL CARE CONGRESS – INSPIRING ICU 2014

Date: 27-30 November 2014

Venue: Baxter Theatre Centre, Cape Town, For more information: Critical Care 2014 Congress Office

Tel: +27 (0)21 712 0571

Email: critcare2014@eventsmanagementolutions.co.za

CODEWORD

Blue blues blur bruin bruise burin burl burn ensure ileus insure inure leisure lieu lues lune lure NEBULISER nubile nurse rebus reuse ruble ruin rule rune ruse slub slue slur snub suberin suer sure unreel urine ursine user

UKZN AND GENERAL MAIL

Staff members using the University address to receive correspondence/general mail must please ensure that mail is collected on a regular basis

COLLEGE RESEARCH SYMPOSIUM 2014

Date: 11-12 September 2014

Venue: K1, K2 and Susser and Stein Seminar Room, NRMSM.

NEXT SUPER DAMN Fri, 29 August 2014

Contributions to:

Natashia: Nzamah@ukzn.ac.za

Nelly: Musirinofa@ukzn.ac.za



7:15 FRIDAY MORNING MEETINGS – L5 LECTURE THEATRE, MEDICAL SCHOOL

DATE	TOPIC	SPEAKER	MODERATOR
25 July	BNP as a Biomarker in the trauma patient	D Pillay	N Kalafatis
01 Aug	SPECIAL LECTURE: Dr L Cronje		
08 Aug	Use of Colloids for perioperative and trauma resuscitation	M Raiman	TBA
15 Aug	Combined Academic Meeting: Clinical Forum and Research Meeting		

MON 28 July	15h00	FCA PART II TUTORIALS Obstets 2 CLINICALS <i>L Cronje</i> <i>L Cronje/ D Gopalan</i>	IALCH
TUE 29 July	11h00	PMMH INTENSIVIST TEACHING WARD ROUNDS	PMMH
WED 30 July	07h00	M & M MEETING: KEH	KEH
	07h00	M & M MEETING: IALCH	IALCH
	07h00	M & M MEETING: PMMH	PMMH
	14h30	FCA PART I TUTORIALS Autonomic nervous system <i>T Sommerville</i>	IALCH
THUR 31 July	07h15	OBSTETRIC ANAESTHESIA Oxytocics and Uterotonics	IALCH
FRI 01 Aug	07h15	FRIDAY MORNING MEETING: SPECIAL LECTURE: <i>L Cronje</i>	L5, MS

2014 DIARY

CLINICAL COURSE, DBN:
IALCH 15 – 19 September 2014

CRITICAL CARE CONFERENCE:
CT: 26 - 30 November 2014

DEPT WEBSITE

<http://anaesthetics.ukzn.ac.za/Homepage.aspx>

BIRTHDAYS

Friday 25 July: Bongumusa Masikane

Saturday 26 July: Sarusha Moodley

Sunday 27 July: Leigh Solomon

Monday 28 July: Robert Wise,
Christella Alphonsus, David Bishop,
Steve Blakemore, Thasegan Moodley

Tuesday 29 July: Mahomed Soni

Thought for the Day!

“It is very easy to defeat someone, but it is very hard to win someone”

Unknown