

# National JMO Welfare Study

The NSW Experience

Dr Florian Honeyball - Chair NSW/ACT JMO Forum 2008

# Background

- National action item arising from 2007 national JMO Forum
- WA pilot study of 2006 interns
- National correlation of results at 2008 national JMO Forum

# Aims

- TO REFLECT:
  - Attitudes toward career advancement, education and training
  - health and wellbeing
  - ward experiences
  - professional quality of life

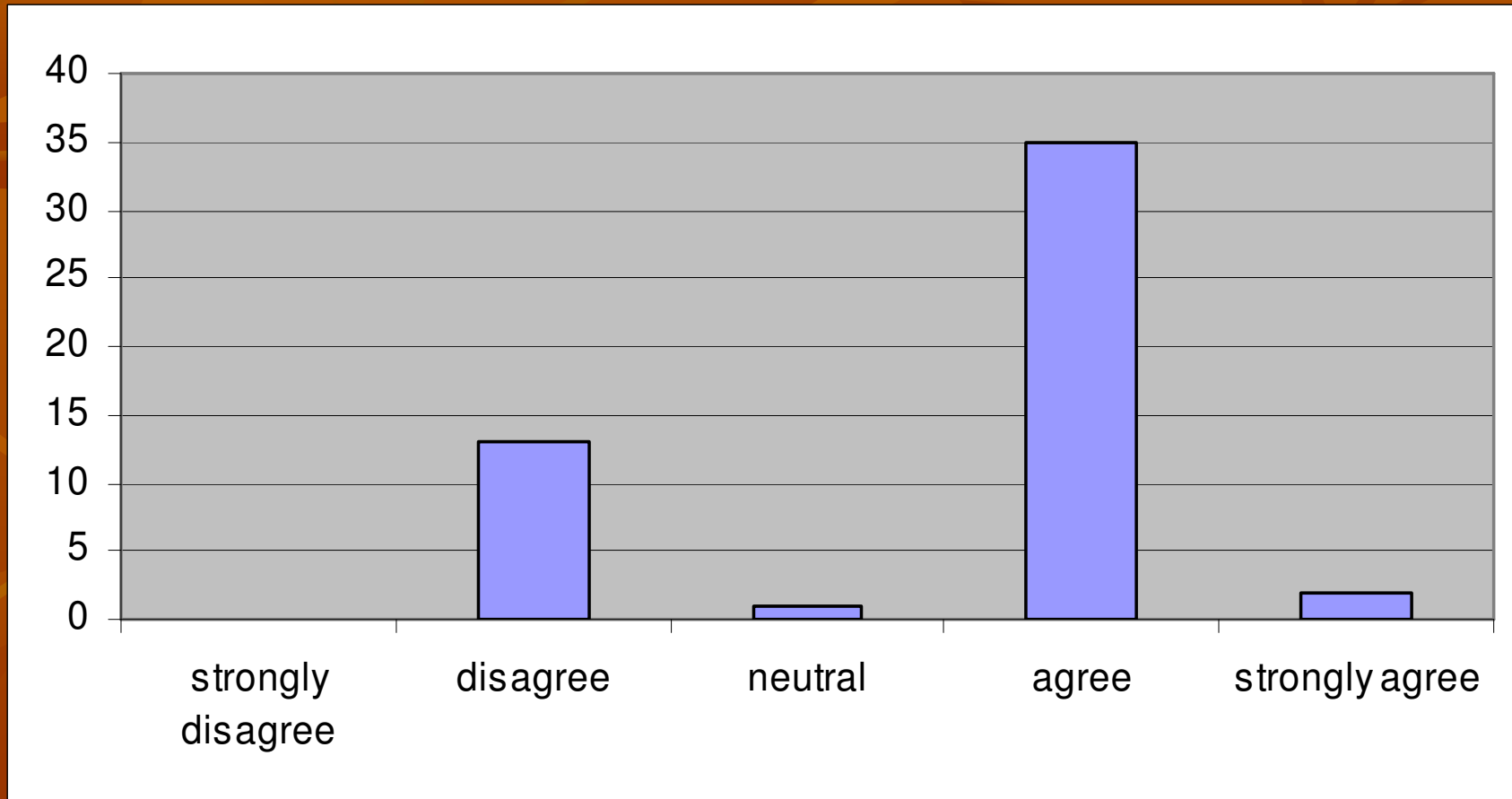
# Method

- 2 part survey
  - quantitative
  - qualitative scales
- distributed via JMO hospital reps
- last weeks of 2007 clinical year and first term of 2008 clinical year
- for interns in 2007

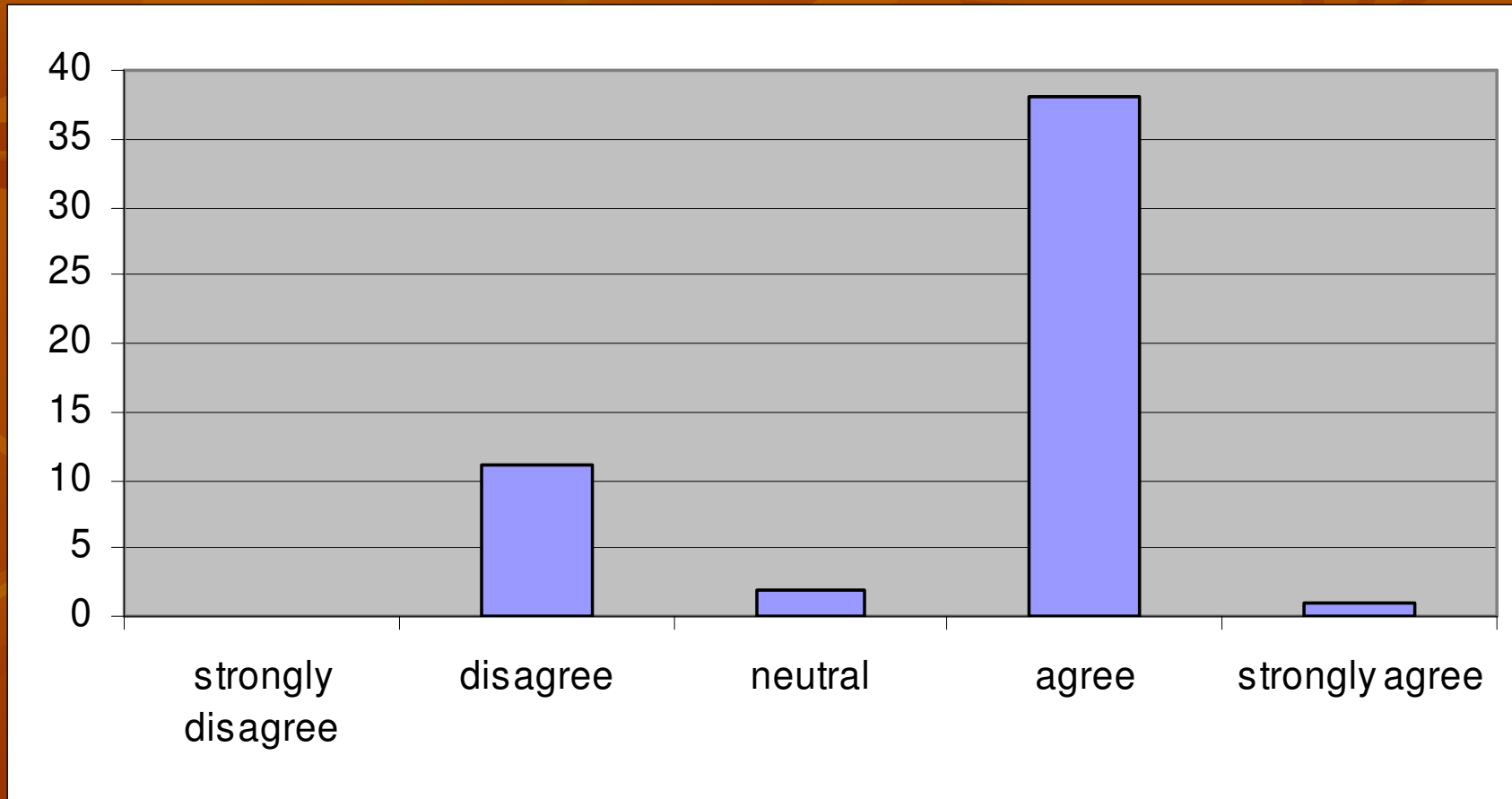
# Results

- 54 responses (21 male, 33 female)
- 90% NSW university trained
- responses from 9 of 18 PACs

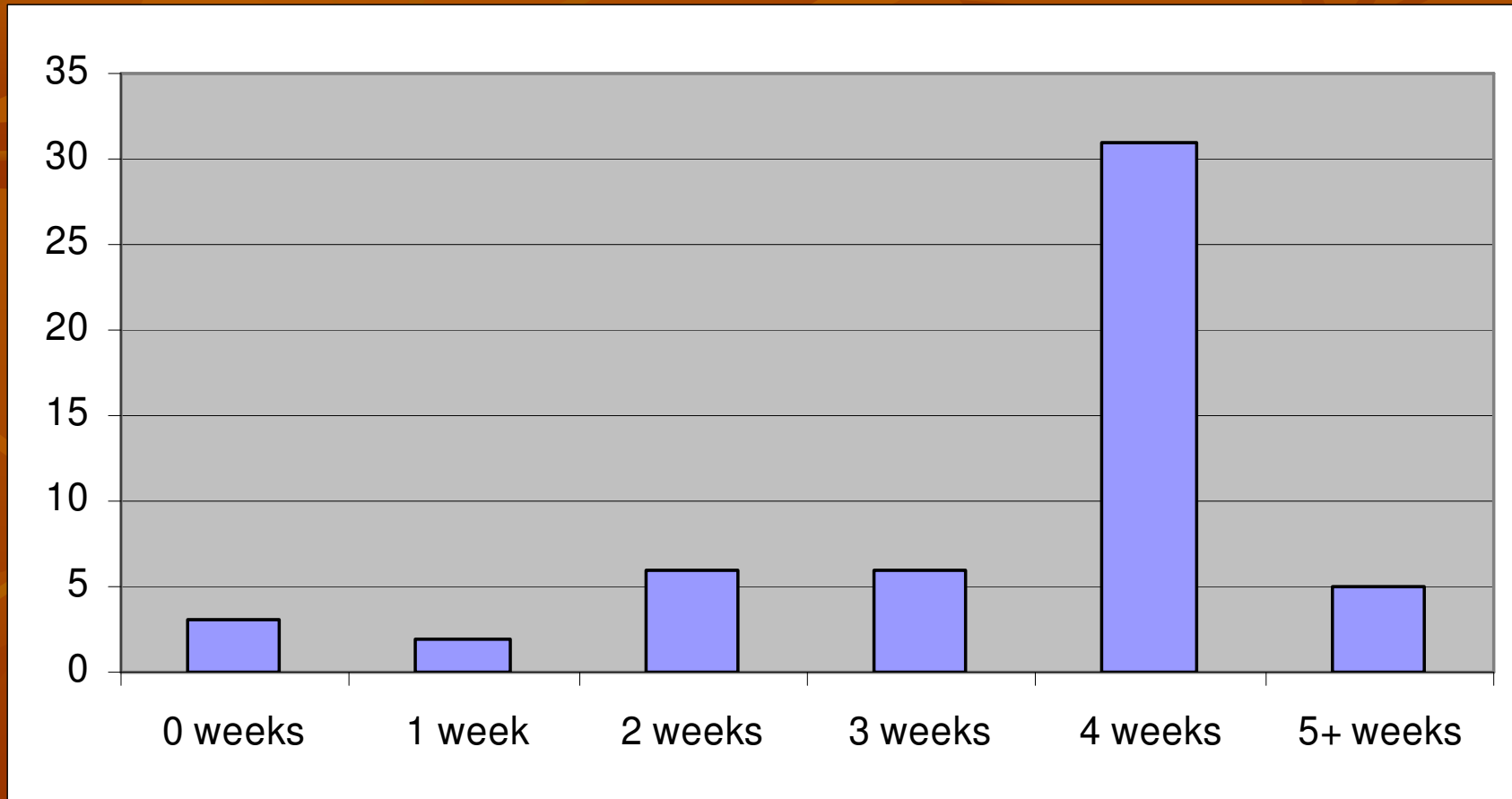
# Medical school prepared me well for a life as an intern



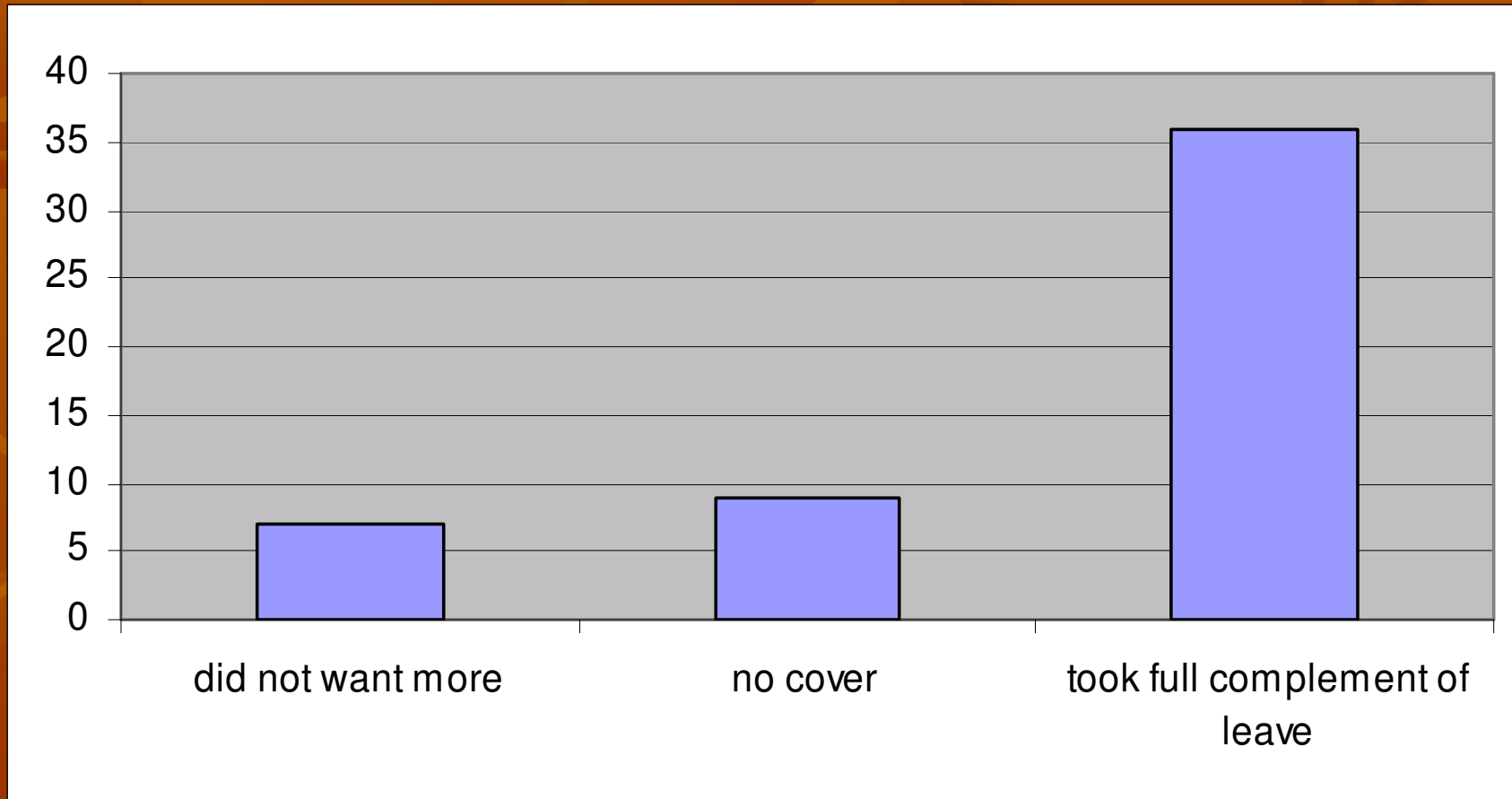
# Working as an intern is what I thought it would be



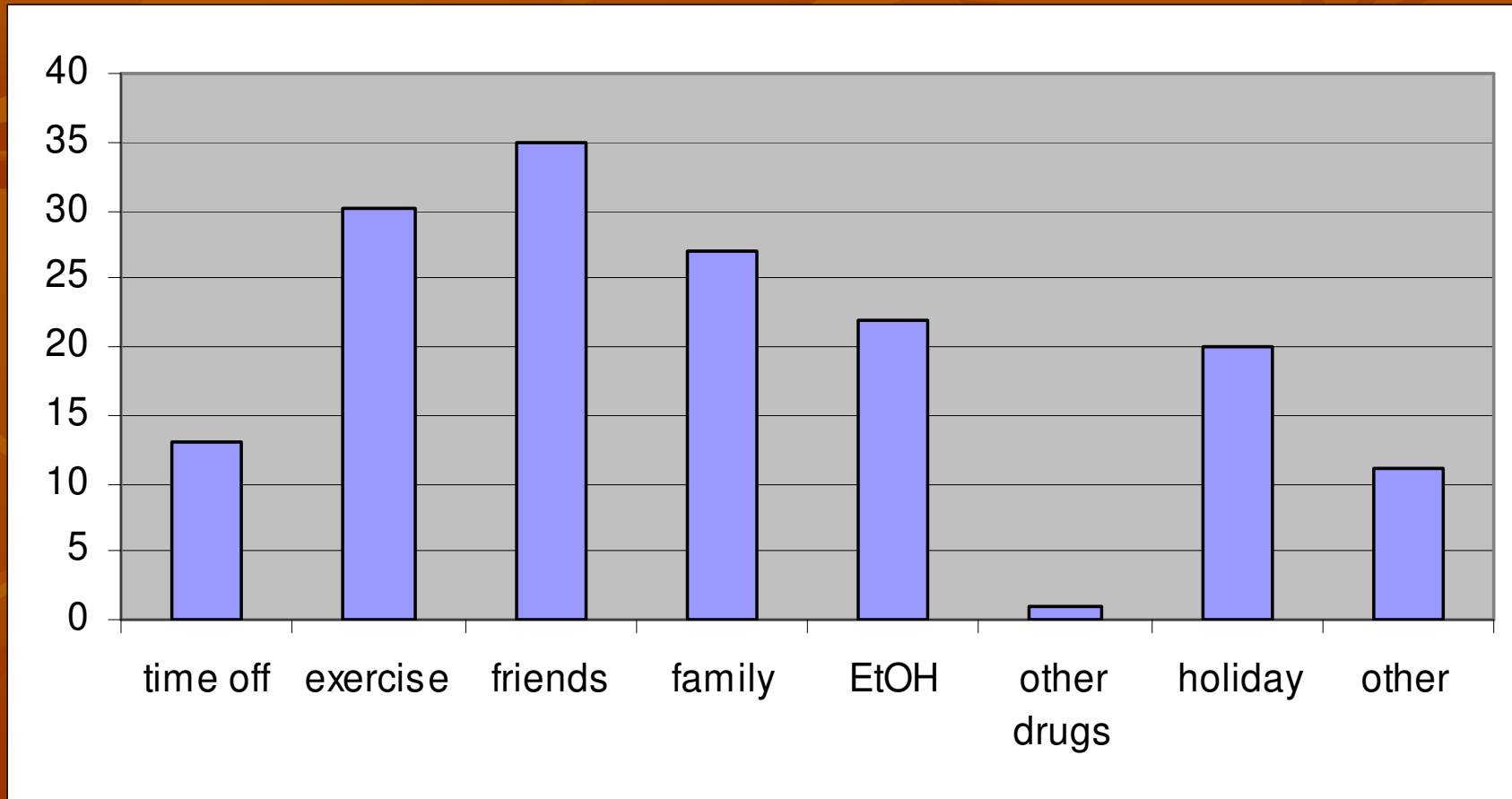
# Weeks leave taken in 2007



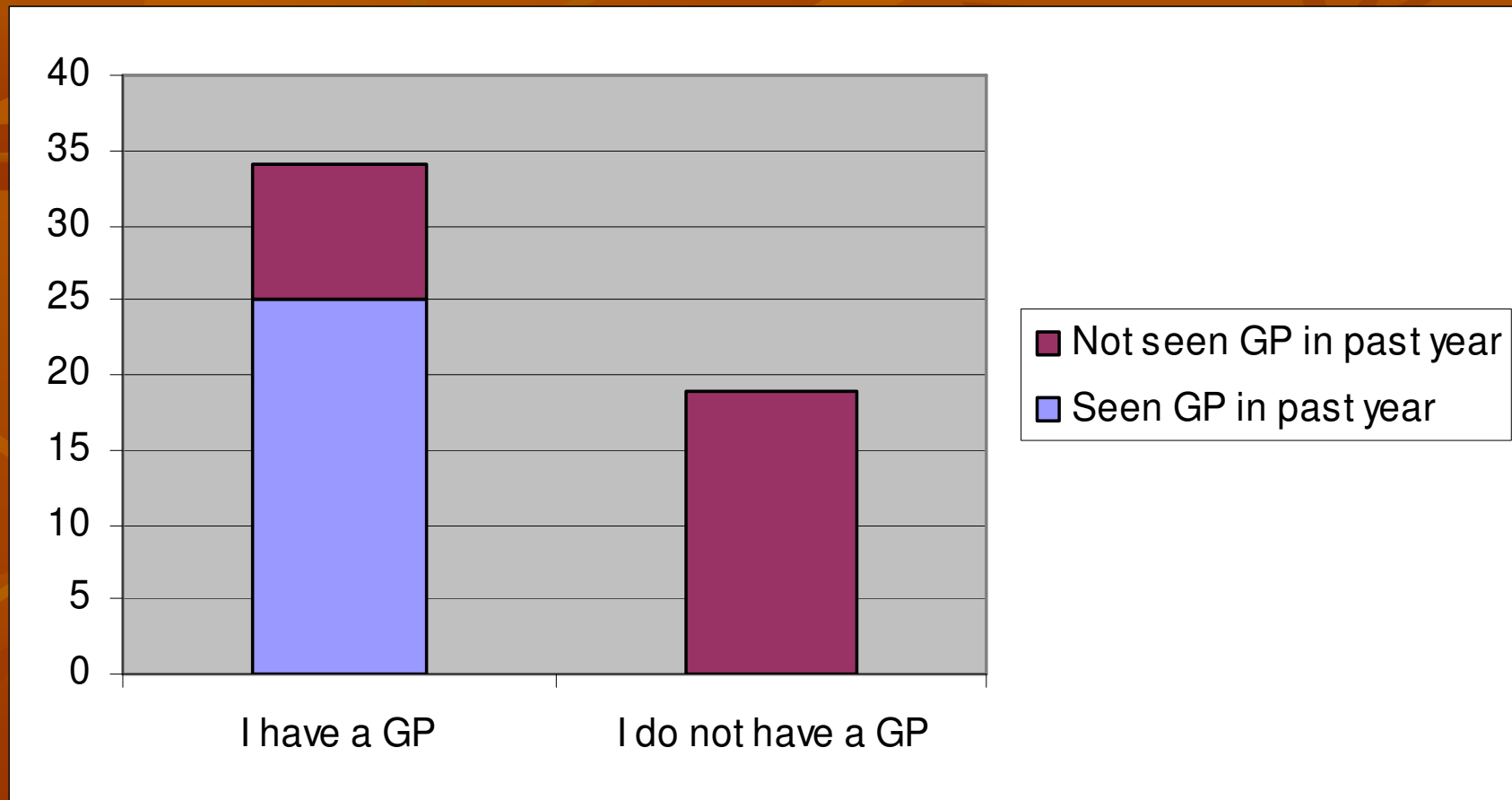
# Why was less than 4 weeks leave taken?



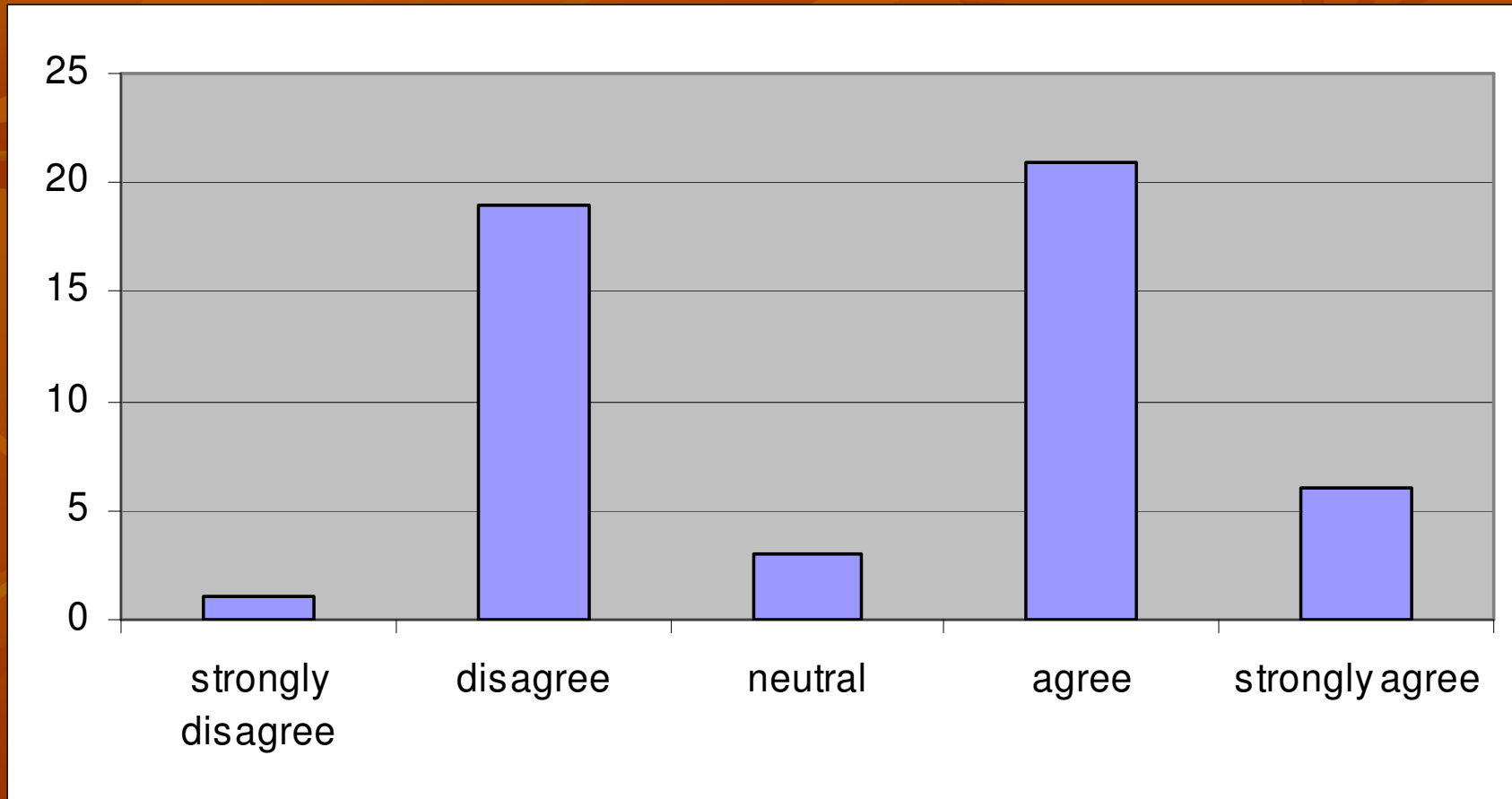
# What coping strategies did you use during times of stress at work



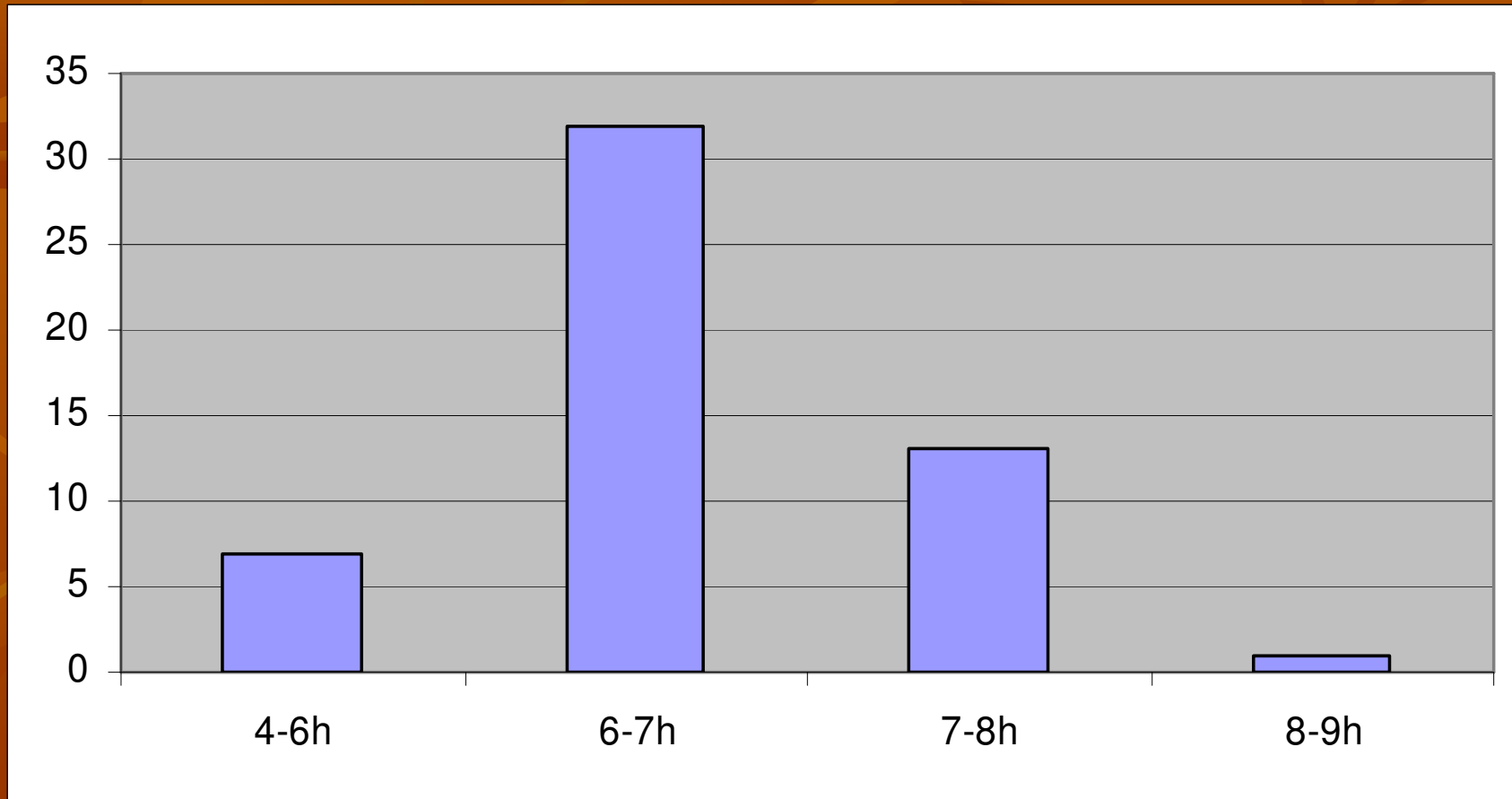
# Doctor heal thysel



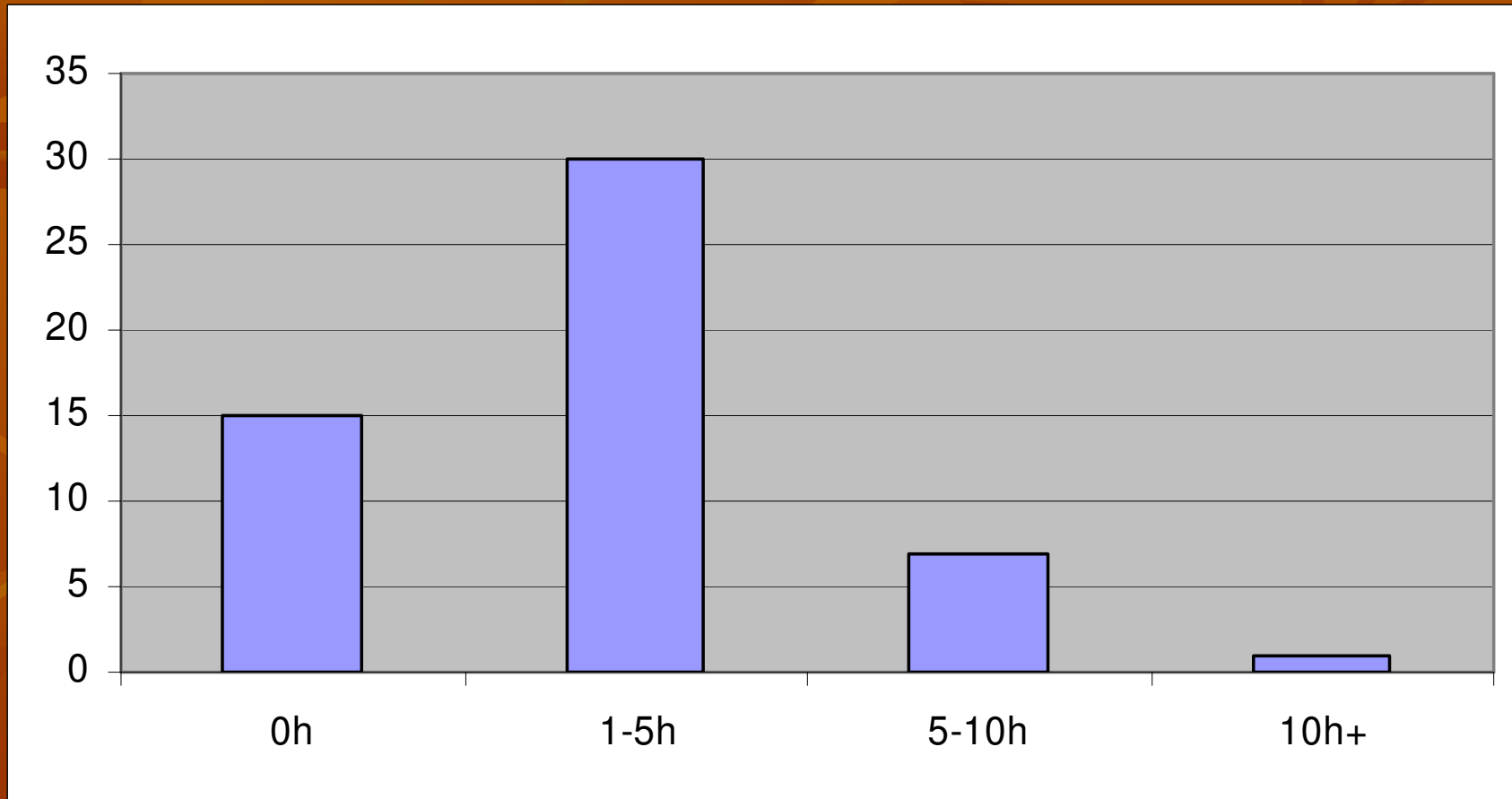
# Workload is excessive



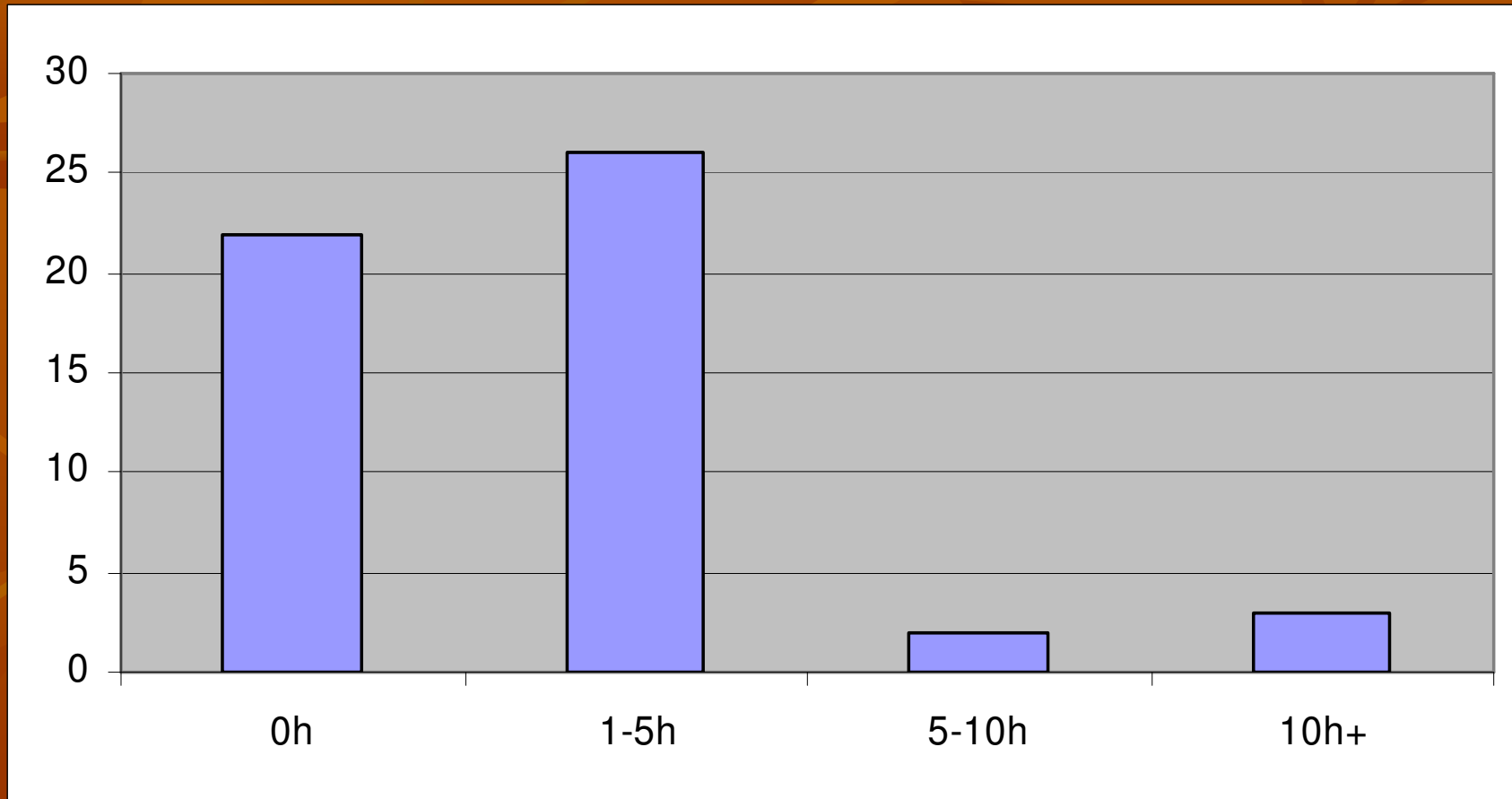
# Hours sleep per night



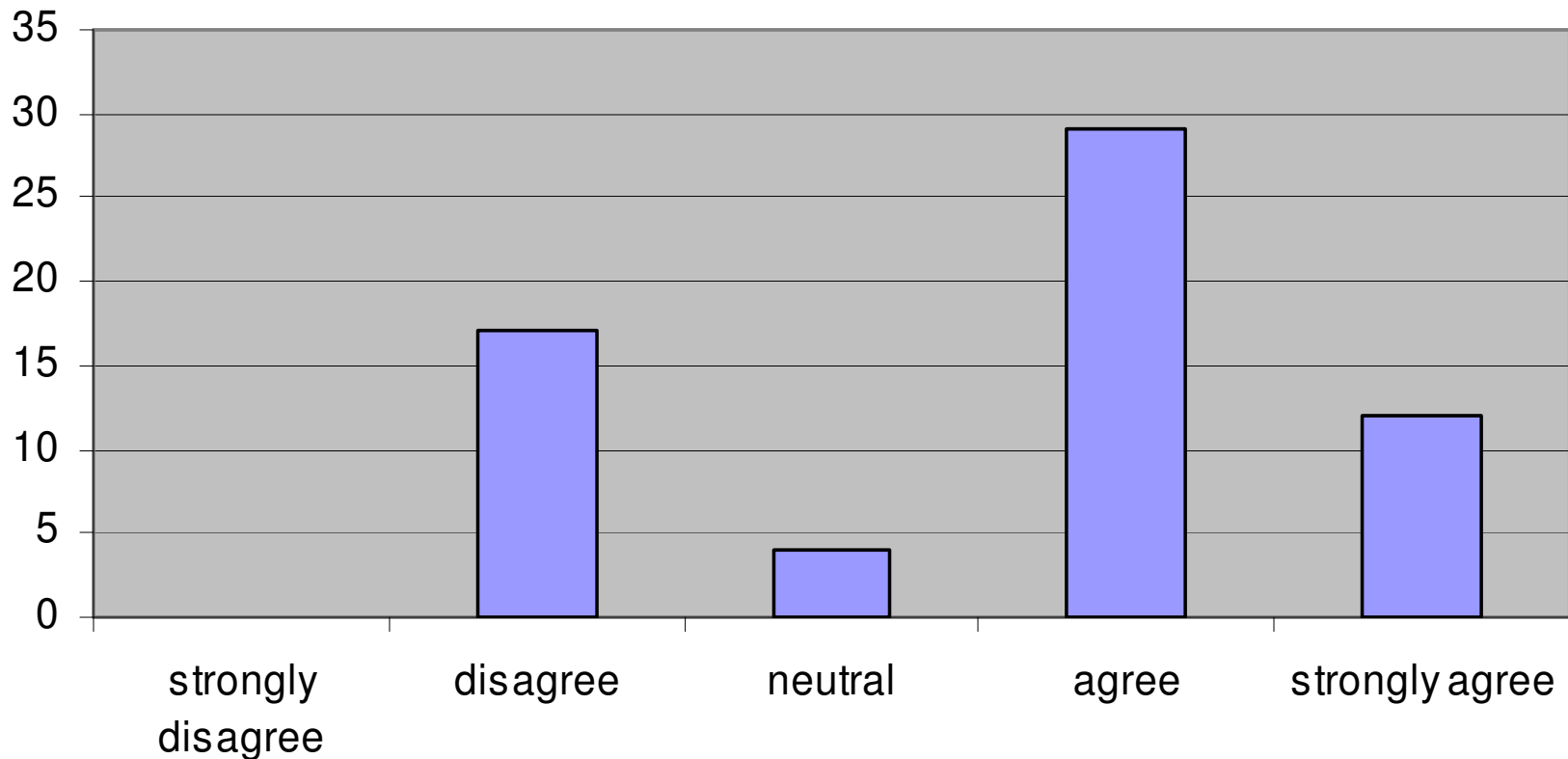
# Hours exercise per week



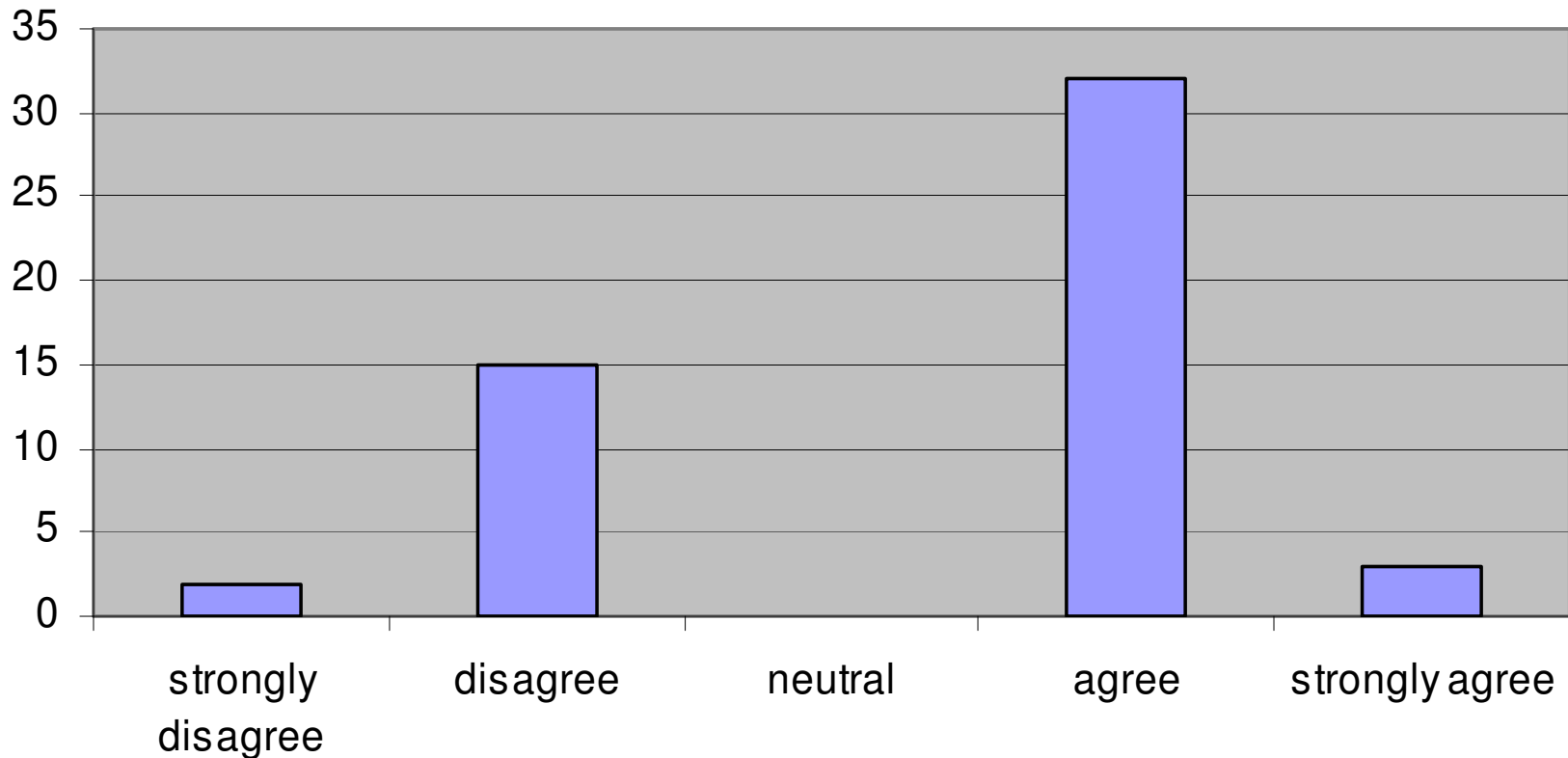
# Hours of study per week



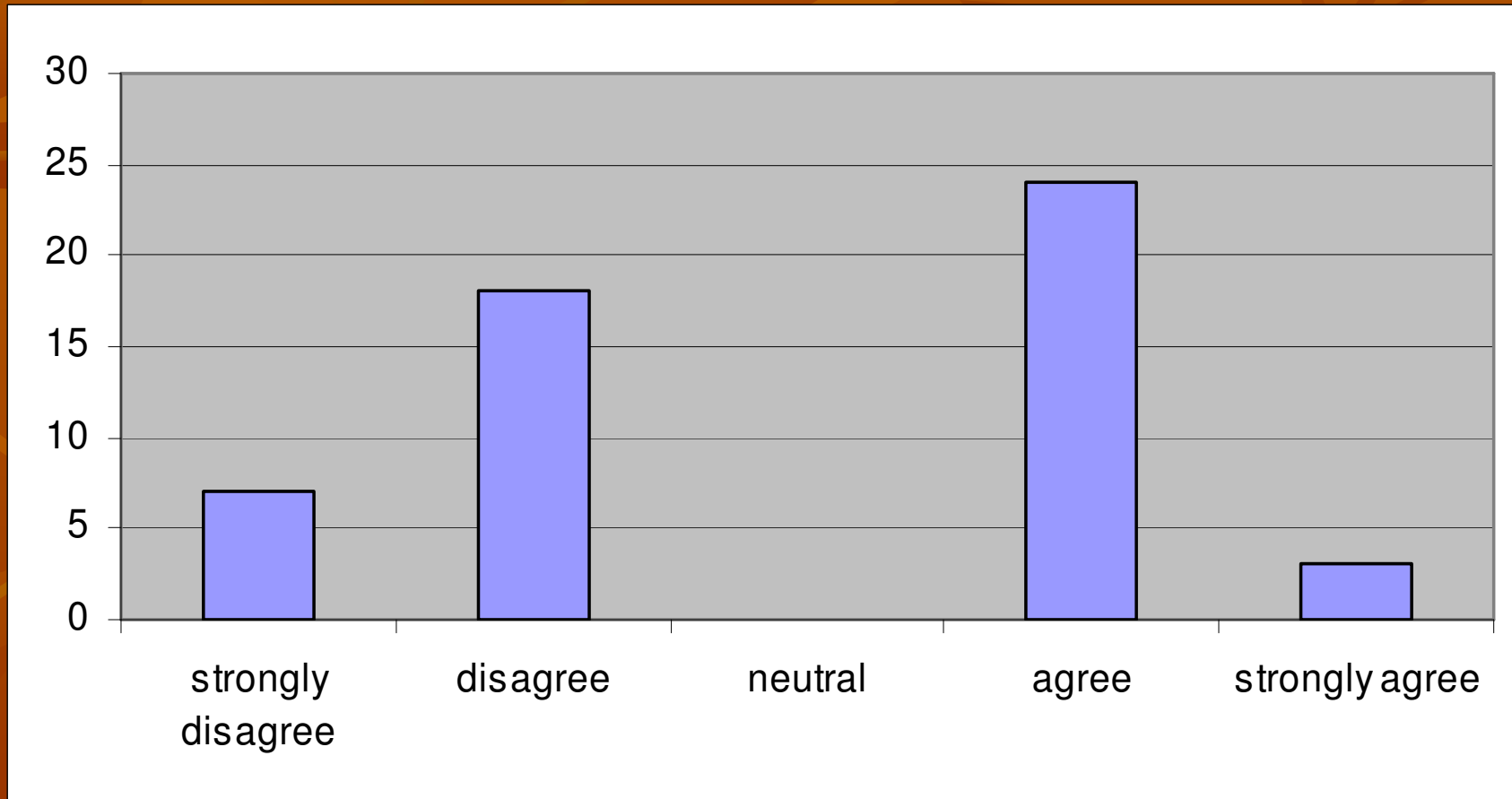
# I often cannot attend educational sessions due to my workload



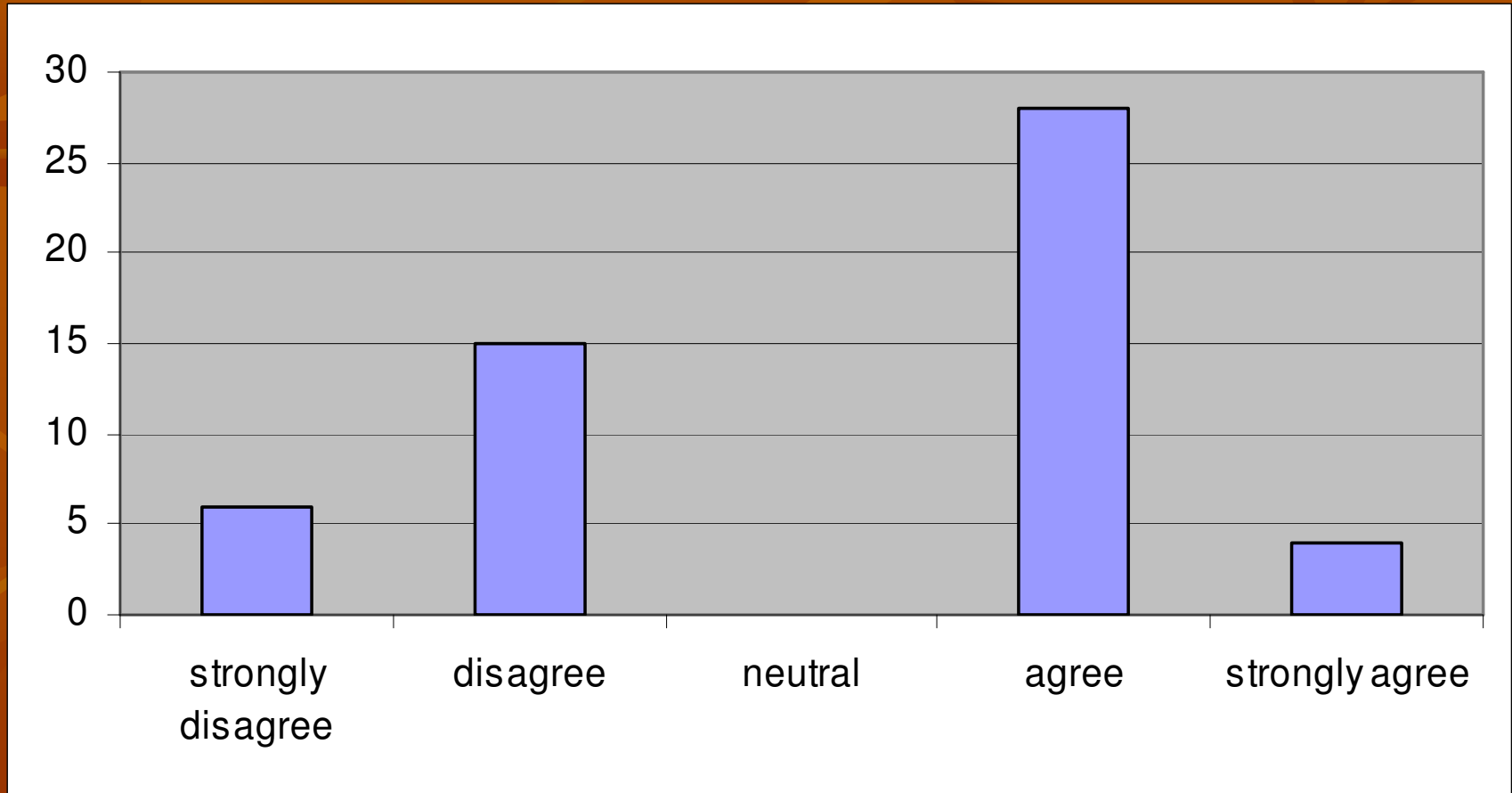
# I worry about the welfare of my colleagues because of working conditions



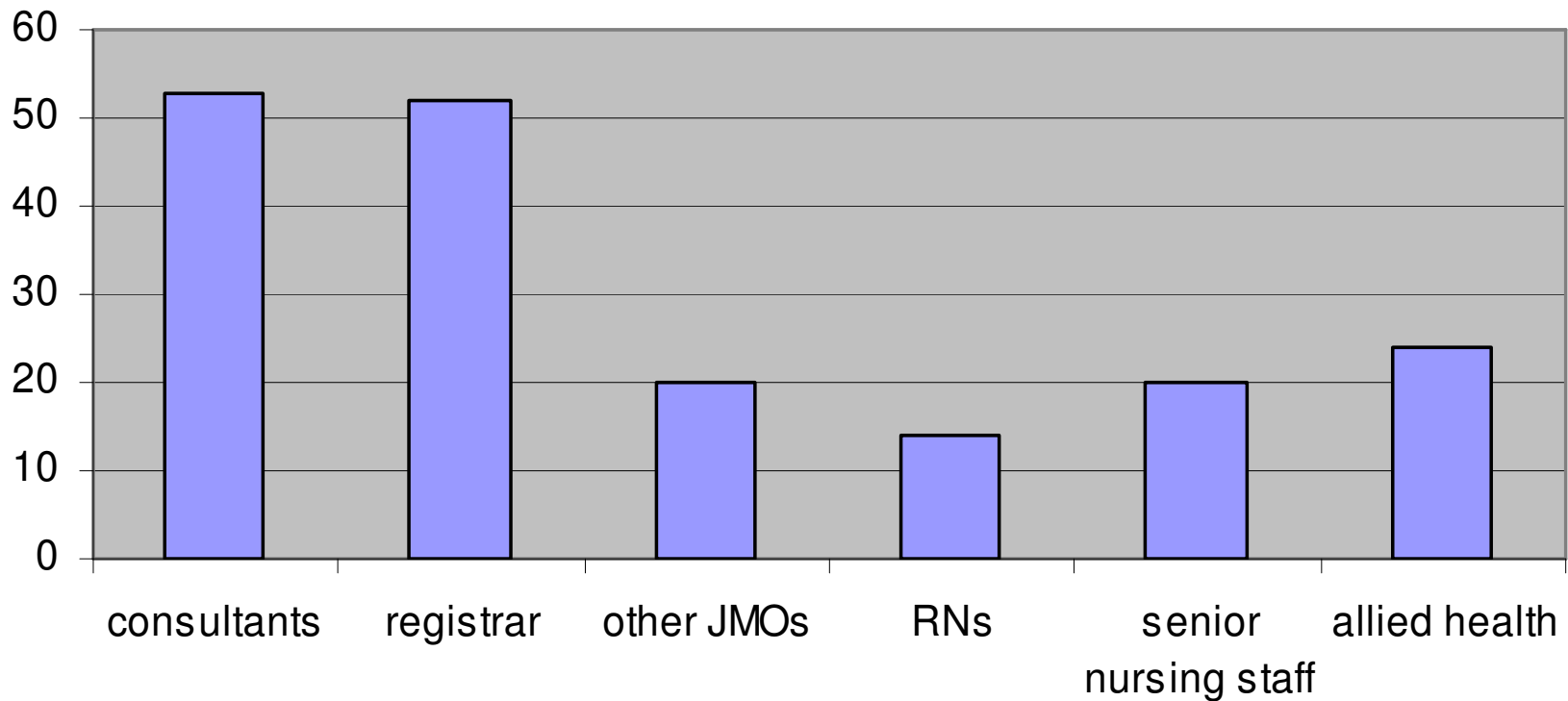
# I consented patients for procedures I have never seen



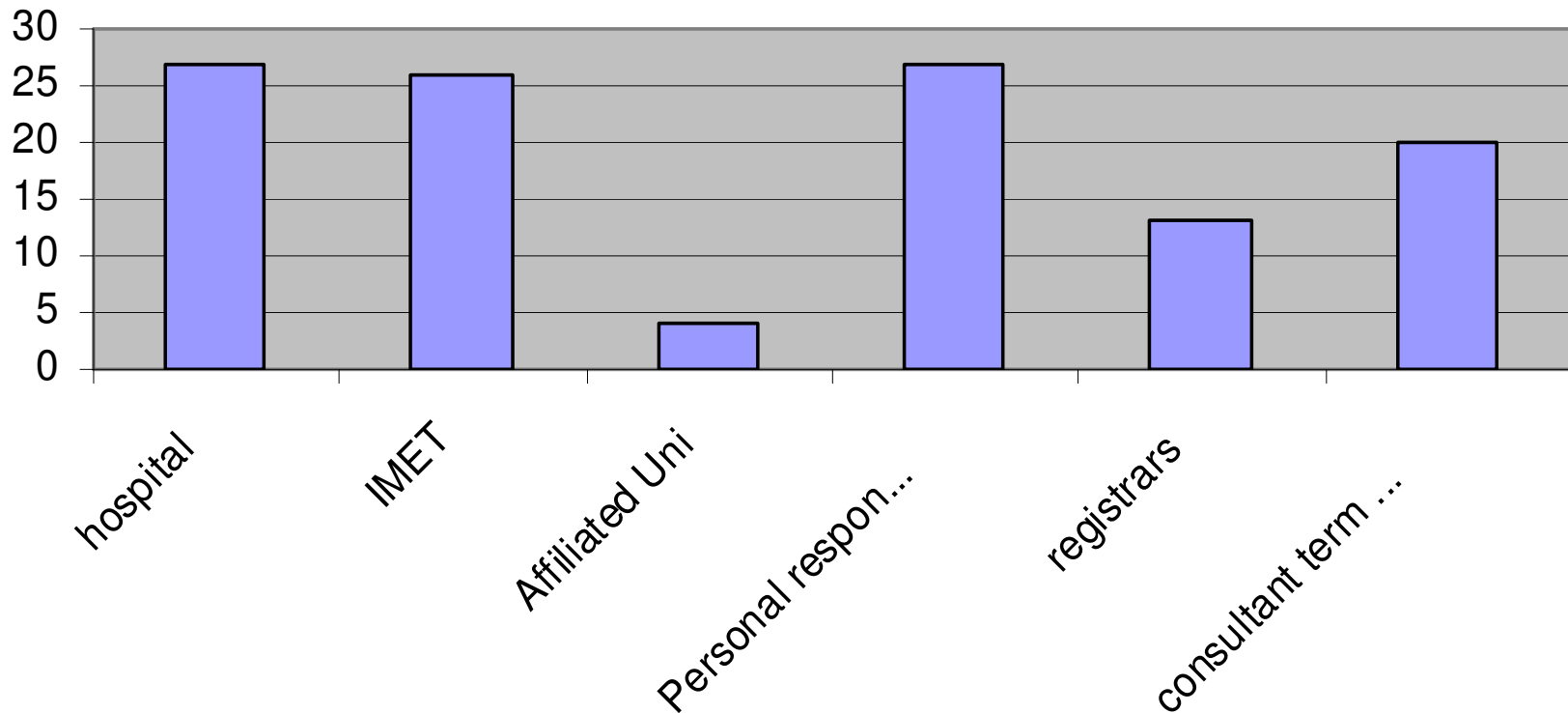
# I consented patients for procedures I was unfamiliar with



# Who would you be happy to receive education and training from?



# Who should be responsible for providing continuing medical education?



# Professional Quality of Life

- Psychometric analysis
- 3 components
  - Compassion satisfaction
  - Burnout
  - Compassion Fatigue/Secondary Trauma

# Professional Quality of Life

- Compassion Satisfaction
  - Average workplace score: 37
  - NSW Interns: 30.7
    - Metropolitan average: 29.6
    - Non-metropolitan average: 34.7

# Professional Quality of Life

- Burnout
- Average workplace score: 23
- NSW interns: 24.8
  - Metropolitan average: 25.6
  - Non-metropolitan average: 21.6

# Professional Quality of Life

- Compassion Fatigue/Secondary Trauma
  - Average workplace score: 13
  - NSW interns: 12.7
    - Metropolitan areas: 13.0
    - Non-metropolitan areas: 11.5

# Summary

- Interns are:
  - well prepared for internship
  - well supported professionally and socially
  - experiencing excessive workloads
  - inappropriately working beyond their capacity
  - finding it difficult to engage in continuing medical education

# Where to...?

- Aim for a national correlation of results
- Build recommendations in national/state JMO Forums
  - better utility of next generation of medical graduates
  - improve intern capacity to attend educational sessions
  - improve education regarding consents
- Future surveys exploring:
  - underlying factors for poor professional QoL
  - differences between metro/non-metro sites

# Acknowledgements

- Dr Daniel Heredia and Dr Suzanne English
- Dr Mark Lee
- Dr Kate Crossley