



Restoring humanity to the practice of medicine

# THE PHYSICIAN WORKFORCE IS AT RISK

Burnout	Severe burnout increased to an all-time high of 47% of physicians during COVID-19
Workforce	20% of physicians report intent to leave practice * Disproportionately impacts female and Black physicians **
Depression	Physician self-reported depression <u>doubled</u> during the pandemic ***
Suicide	Physician suicides are more than double the general population. ***** 10% of physicians report considering suicide ****

\* Sinsky C, et al. Mayo Clinic Proceedings. 2021

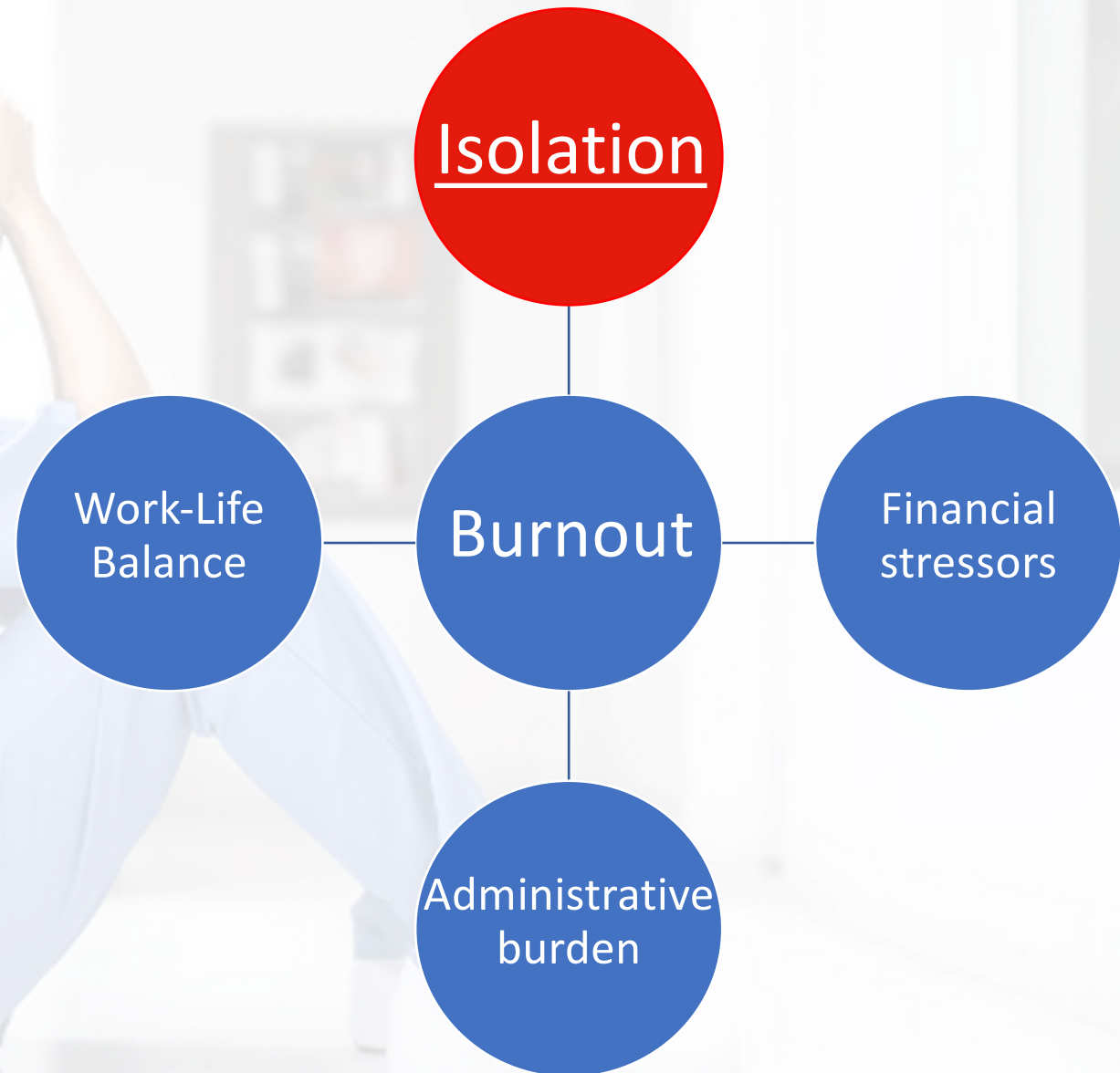
\*\* M. Dill, AAMC "We Already needed more doctors. Then COVID-19 hit." 2021

\*\*\* Kane, Medscape. 2022

\*\*\*\* Yasgur, Medscape. 2022

\*\*\*\*\* Kalmoe, et al. Missouri Medicine. 2019

# PRIMARY CONTRIBUTORS TO BURNOUT



# PHYSICIAN ISOLATION IS WORSE THAN EVER

“I never make new friends at the hospital.”

“We have no physician lounge, so I grab a quick bite at my desk between patients. There absolutely no socialization at my job.”



“I’m surrounded by amazing nurses and APPs every day, but I lack physician confidants.”

# BURNOUT-ASSOCIATED RISKS

<b>System-based Problems</b>	<b>Physician-based Problems</b>
Increased medical errors *	Inferior relationships with patients
Increased financial cost of healthcare (\$4.6B/yr) **	Increased risk of mental illness and suicide
Exacerbates physician shortages	

\* Tawfik D, et al. Mayo Clinic Proceedings. 2018

\*\* Han S, et al. Annals of Internal Medicine. 2019

ADDRESSING HEALTH WORKER BURNOUT:  
THE U.S. SURGEON GENERAL'S ADVISORY ON BUILDING A THRIVING  
HEALTH WORKFORCE.

*MAY 23, 2022*

A primary recommendation:

**Develop mental health support services that are tailored for healthcare workers.**

*“COVID-19 has been a uniquely traumatic experience for the healthcare workforce and for their families, pushing them past their breaking point. Now, we owe them a debt of gratitude and action. And if we fail to act, we will place our nation's health at risk.”* - Surgeon General Vivek Murthy





THE  
**DOCTOR**  
LOUNGE

A physician-only digital community  
and peer-support network.

# WHO WE ARE

- NPI-verified, physician-only community
- Open to residents, fellows, or attending physicians
- A place for meaningful and relatable professional connection
- Resource center for improving physician burnout and mental health





# WHAT WE DO

- Weekly matched colleague connection based on mutual interests
- Weekly one-on-one audio or video conversation through our site based on physician schedule availability
- Professional network management tool to recall and reconnect with colleagues

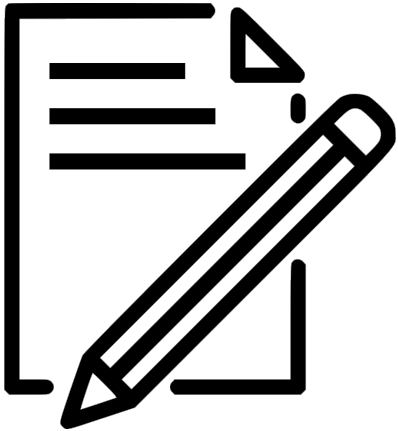
Coming soon:

- Group discussions related to topics of interest (book club, travel groups)
- Webinars focused on physician practice and wellbeing

“The best antidote to burnout is to seek out rich interpersonal interactions and continual personal and professional development.”

-Valcour, *Harvard Business Review*. 2016

# HOW IT WORKS



Users share their personal or professional interests and availability



We introduce users, highlight their mutual interests, and schedule a meeting automatically



Colleagues connect by video (or audio) on our site at the appointed time. Meetings are anonymous by default.



We collect feedback to ensure a respectful community. Users may opt-in to share their real name and email.

# COLLEAGUE CONNECTIONS

Choose areas of mutual interest with your matched colleague

## Conversation Topics

### Professional Topics

- Career opportunities
- Practice demands
- Complex cases
- Department stressors
- Burnout
- Mentoring

### Personal Topics

- Personal mental health
- Mindfulness
- Family life
- Life goals
- Work/life balance

### Leisure Topics

- Books
- Movies
- Travel
- Food
- Physical fitness

Other Conversation Topics (optional)

## Match Preferences

By which criteria do you most want to match with other users?  
Select the ones you care about, then reorder to show your preference.

Leisure conversation topics chosen

Personal conversation topics chosen

Professional conversation topics chosen

Specialty or type of practice

Surprise me

Age

Race

Gender

Ethnicity

Other topics chosen

# COLLEAGUE CONNECTIONS

Choose times that work for you

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
12:00 PM	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3:00 PM	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8:00 PM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SAVE & UPDATE

# COLLEAGUE CONNECTIONS

Get a weekly match with a new colleague

## Weekly Match

- **Display Name:** Andrew
- **Meeting Date & Time:** 13. April 2023 um 09:00 GMT-7  
Began 43 minutes ago
- **Matched On:**
  - "Surprise me"

Join Meeting



# RESOURCE CENTER

Colleague Connections

Resources

Webinars











My Profile

Show 10 entries

Search:

TITLE	CATEGORY	DESCRIPTION	
Addressing Health Worker Burnout	Burnout	The U.S. Surgeon General's Advisory on Building a Thriving Health Workforce	<a href="#">Read More</a>
Surgeon General's Advisory: Health Worker Burnout	Burnout	VIDEO: US Surgeon General statement on Health Worker Burnout.	<a href="#">Read More</a>
"The Best Hikes in the US From Maine to California"	Leisure	Looking to stretching your legs while at a conference? These top hikes might be worth planning an ex ...	<a href="#">Read More</a>
40 Must-Read Books	Leisure	This list (compiled in 2020) claims that these books are in the top 40 of "must-read" books of all t ...	<a href="#">Read More</a>
AMA: 3 keys to a successful peer-support program for physicians	Peer Support	A quick article highlighting an AMA program to increase peer support.	<a href="#">Read More</a>
Physicians' Needs in Coping With Emotional Stressors: The Case for Peer Support	Peer Support	As The Doctor Lounge Team was reading this article, we were struck by the year: 2012. More than a de ...	<a href="#">Read More</a>
Help is available!! 988 Suicide & Crisis Lifeline	Suicide Prevention	988 has been designated as the new three-digit dialing code that will route callers to the National ...	<a href="#">Read More</a>
10 Facts About Physician Suicide	Suicide Prevention	Over 300 physicians a year are lost to suicide. Almost one a day. The first step to doing better is ...	<a href="#">Read More</a>

# PHYSICIAN NETWORKING SOLUTIONS

	Verified Physician-Only Group	Mutual interest-based connections	Anonymous by default	One-on-one connections	Resource center for mental wellness and burnout
The Doctor Lounge					
Facebook groups					
Doximity					
LinkedIn					



# THE DOCTOR LOUNGE

**THE NEW WAY FOR PHYSICIANS TO:**

**NETWORK EFFECTIVELY.  
REDUCE BURNOUT.  
RESTORE JOY.**

# COST COMPARISON FOR SYSTEMS

## Status Quo

\$1,000,000/year  
for each physician lost  
due to burnout

## The Doctor Lounge

\$100,000/year for up to 2500 physicians  
\$50,000/year for up to 1000 physicians  
\$25,000/year for up to 400 physicians  
to combat burnout and isolation

Even if The Doctor Lounge only keeps one physician from leaving practice,  
you can't afford NOT to join.

# CONTACT

[Members@TheDoctorLounge.com](mailto:Members@TheDoctorLounge.com)

Reach out to discuss how we can serve your specific organization.