



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

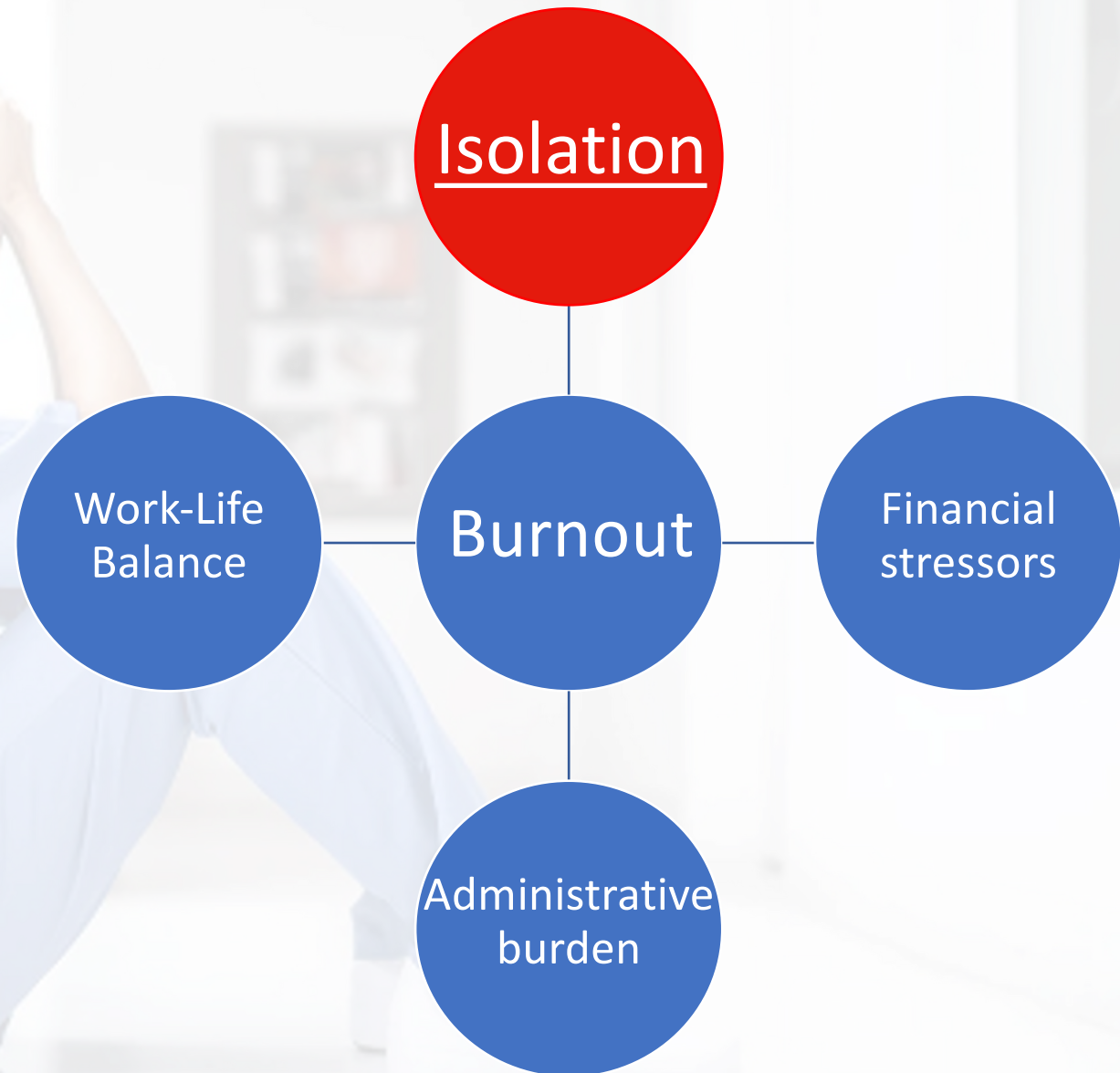
** M. Dill, AAMC "We Already needed more doctors. Then COVID-19 hit." 2021

*** 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

System-based Problems	Physician-based Problems
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	
Exacerbates staff shortages due to referred stress and burnout	

* 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

DIFFERENCES BETWEEN MENTAL HEALTH SERVICES & PEER SUPPORT

Mental Health Therapy

- Stigma
- Fear of reporting to licensing boards/loss of unrestricted license
- Lack of therapy options
 - EAP or services at workplace/hospital
 - Long wait lists
 - Perceived under qualification of therapist
- Majority of physicians experiencing burnout, not organic mental illness

Peer Support

- Connection with someone with similar experiences
 - Less time explaining/educating on details
 - Increased openness (less filter)
- Similar demographics of doctor/patients
 - Decreased feelings of isolation
 - Increases feelings of equity and inclusivity
- Shared resources of effective strategies



THE
DOCTOR
LOUNGE

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

WHO WE ARE

- NPI-verified, physician-only community
- 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

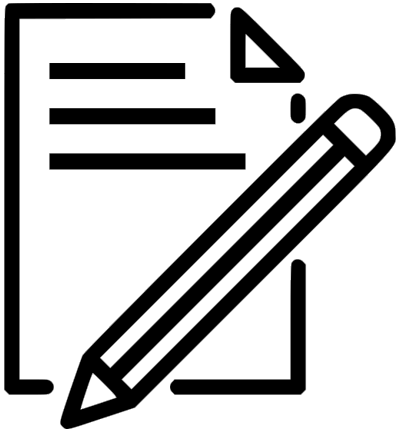
Coming soon:

- 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

Scheduler

Please select the best times to meet with your colleagues, then click "Save & Update" below.

Timezone

NOTE: More meeting times will be offered as our service grows.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00 PM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3:00 PM	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
6:00 PM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9:00 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:** Kara
- **Matched On:**
 - Leisure conversation topics chosen
 - Personal conversation topics chosen
 - Professional conversation topics chosen
 - Specialty or type of practice
 - "Surprise me"
- **Meeting Date & Time:** August 8, 2023 at 8:00 PM EDT
Ended 16 hours ago

RESOURCE CENTER

Colleague Connections

Resources

Webinars











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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.**

CONTACT

Members@TheDoctorLounge.com
TheDoctorLounge.com

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