

HEALTH AND WELL-BEING INITIATIVES IN SPAIN

Vilma Pacheco Barcia MD, MSc, PhD

Medical Oncology, Hospital Universitario de Torrejon

Assistant Professor Doctor, Universidad Francisco de Vitoria

vilmapbarcia@yahoo.es



@VilmaPBarcia



DISCLOSURES

Employment: None.

Consultant or Advisory Role: Advanced Accelerator Applications, a Novartis company, Nutricia.

Stock Ownership: None.

Research Funding: None.

Speaking: Eisai, Merck, Eli Lilly, Pierre Fabre, LEO Pharma, Astra Zeneca, Servier, Nutricia.

Grant support: Pfizer, MERCK.

Other: Congress attendance: Roche, Eli Lilly, Bristol-Myers Squibb, Merck, Amgen, Merck Sharp and Dhome, Nutricia, Sun Pharma. Travel and expenses from Roche, Bayer, Amgen, Esteve.



1. BURNOUT SURVEY IN YOUNG ONCOLOGISTS

+MIR SECTION OF SPANISH SOCIETY OF MEDICAL ONCOLOGY

- Since 2018, the **+MIR Section of SEOM** has been working on a project to **identify Burnout Syndrome** in young Medical Oncology residents and attendings in Spain.
- Two surveys have been carried out in Spain pre and post-COVID in young Medical Oncologists (243 and 263 respondents, respectively).
 - Twenty-five percent (**25%**) of the respondents presented **high levels of burnout**.
 - *Burnout* was **more frequent** in medical oncology **residents (28.2%)**.
 - **23.3%** of the young oncologists reported having **doubts about their vocation** as physicians.

23.3% of young Medical Oncologists in Spain showed doubts about their

1. BURNOUT SURVEY IN YOUNG ONCOLOGISTS

+MIR SECTION OF SPANISH SOCIETY OF MEDICAL ONCOLOGY

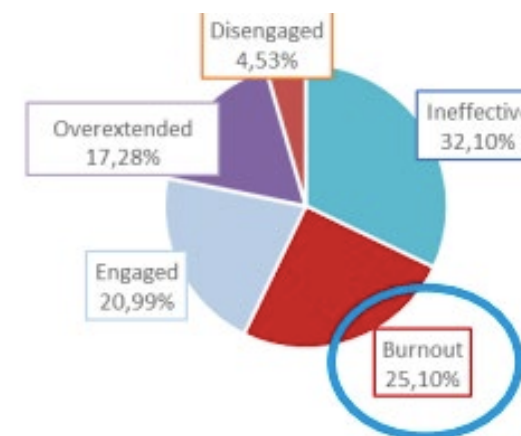


ORIGINAL RESEARCH

Identifying and preventing burnout in young oncologists, an overwhelming challenge in the COVID-19 era: a study of the Spanish Society of Medical Oncology (SEOM)

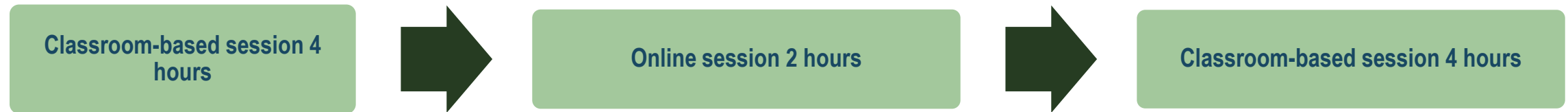
P. Jiménez-Labaig¹, V. Pacheco-Barcia², A. Cebrià³, F. Gálvez⁴, B. Obispo⁵, D. Páez⁶, A. Quílez⁷, T. Quintanar⁸, A. Ramchandani⁹, J. Remon¹⁰, J. Rogado⁵, D. A. Sánchez¹¹, M. Sánchez-Cánovas¹², E. Sanz-García¹³, A. Sesma¹⁴, N. Tarazona^{15,16}, A. Cotés¹⁷, E. González¹⁸, J. Bosch-Barrera¹⁹, A. Fernández²⁰, E. Felip²¹, R. Vera²², Á. Rodríguez-Lescure⁸ & E. Élez^{21*}

Variable	Burnout score
Age	-3,55 (-6,02- -1,09); p=0.005
Hours of recreational activities	-0,20 (-0,40- -0,01); p=0,043
Perception of loss of work-life balance	7,85 (3,89-11,82); p<0,0001
Perceived short vacation time	7,94 (4,08-11,81); p<0,0001



2. RESILIENCE-SEOM STUDY

PRIMARY ENDPOINT: To reduce burnout through self-care, communication training and values-based work through communication workshops.



CONTENTS 1st SESSION

- Evidence on burnout in oncology.
- Working with suffering and uncertainty.
- The meaning of being a physician.
- What affects me? How does it affect me? How do I resolve it?
- The triad of self-care in oncology: acceptance; self-regulation and compassionate communication.
- Emotional self-regulation: practical training.

TRAINING SESSIONS

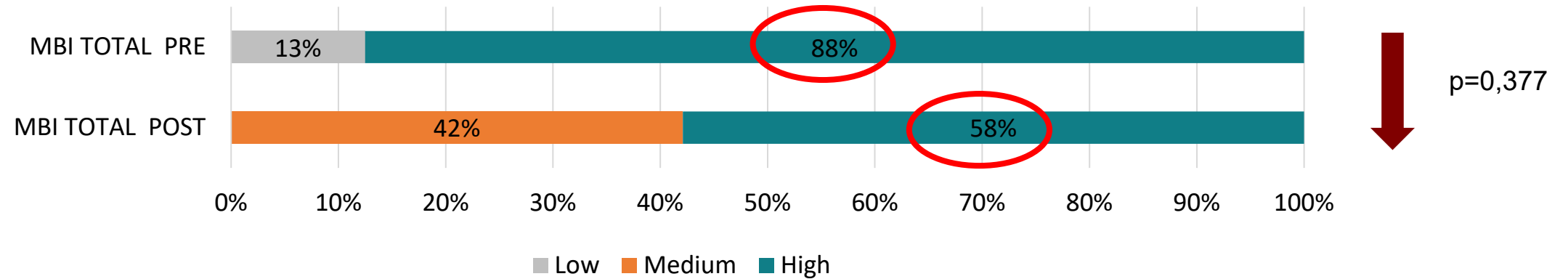
Training rooms: hands-on training

CONTENTS 3rd SESSION

- Acceptance: Awareness of limits and realistic objectives.
- Compassion towards oneself and others.
- Communication and resolution of difficult situations.
- Laboratory cases customized to the group.

2. RESILIENCE-SEOM STUDY

RESULTS → MBI VALUES



	Low	Medium	High
MBI TOTAL PRE	13%	0%	88%
MBI TOTAL POST	0%	42%	58%

MBI TOTAL: Low: 1 - 33, Medium: 34 - 66; High: 67 - 99

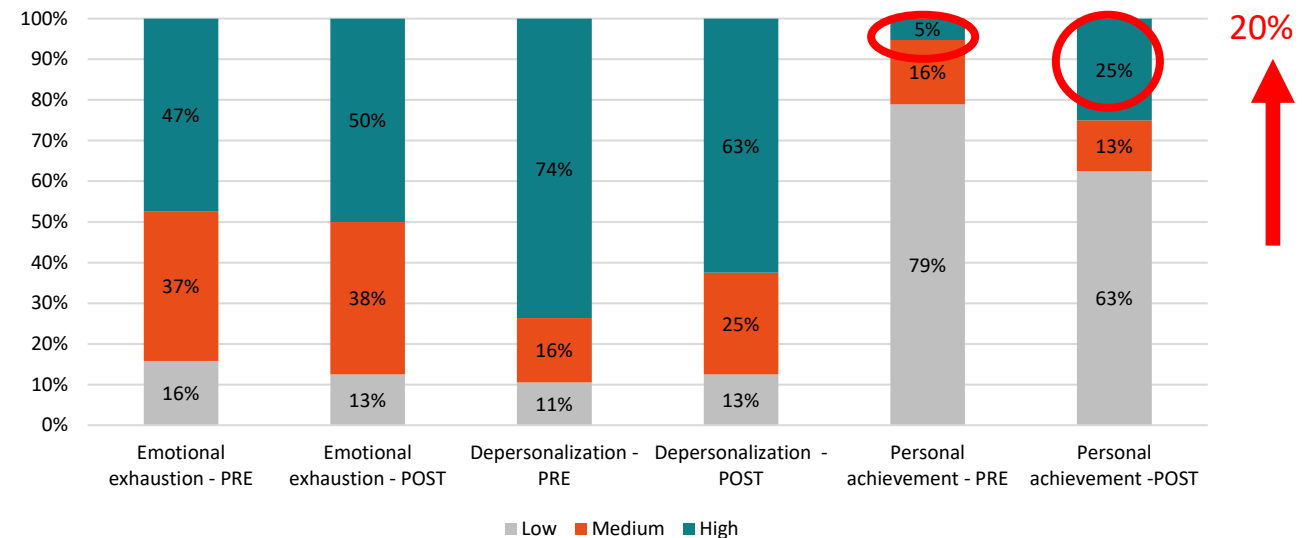
- Sample size differences: MBI PRE 19 vs MBI POST 8.
- A decrease in the number of participants with high burnout was observed after the workshops: 88% → 58%.

2. RESILIENCE-SEOM STUDY

RESULTS → MBI VALUES

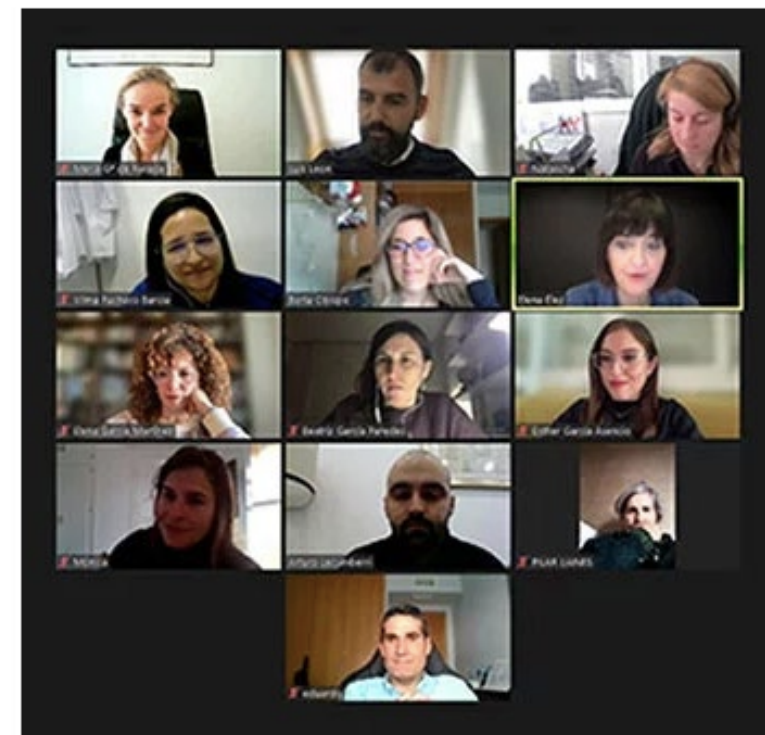
Percentage of residents in each subscale of the MBI (PRE and POST)

Subscale	Low	Medium	High
Emotional exhaustion	0 to 18	19 to 26	27 to 54*
Depersonalization	0 to 5	6 to 9	10 to 30*
Personal achievement	0 to 33*	34 to 39	40 to 56



The % of participants with a high level of personal achievement increases from 5% to 25%, the difference being statistically significant ($p = 0.002$).

3. RESILIENCE SEOM WORK GROUP



3. RESILIENCE SEOM WORK GROUP WEBINARS

- Oncology involves a strong psychological wear and tear, and little attention has been paid to both training needs (handling of bad news, psychological care) and burnout prevention in our specialty.
- The pandemic substantially increased the proportion of physicians who felt overwhelmed by their workload and work schedule.
- Through webinars we have tried to provide tools for difficult scenarios that may happen in daily clinical practice.
- Webinars were available live and online afterwards.

Webinars del Grupo





6. SELF-CARE WEBSITE

Design and implementation of a web portal for the self-care of the professionals of the Spanish Society of Medical Oncology (SEOM)

HYPOTHESIS:

1. The development of a web portal with resources focused on increasing personal self-care will contribute to an improvement and reduction of burnout levels in Medical Oncologists.
2. The improvement of burnout symptoms will be associated with an improvement in mood, attention and cognitive flexibility which will translate into better quality of life.

METHODOLOGY:

1. Web portal that includes autodiagnostic validated tests (MBI), clinical guidelines and interventional applications such as podcasts or webinars focused on an specific area of interest.

FINANCIAL SUPPORT: Grant from SEOM.

HEALTH AND WELL-BEING INITIATIVES IN SPAIN

Vilma Pacheco Barcia MD, MSc, PhD

Medical Oncology, Hospital Universitario de Torrejon

Assistant Professor Doctor, Universidad Francisco de Vitoria

vilmapbarcia@yahoo.es



@VilmaPBarcia

