

Physicians/Healthcare Empower Fort Worth Design Project

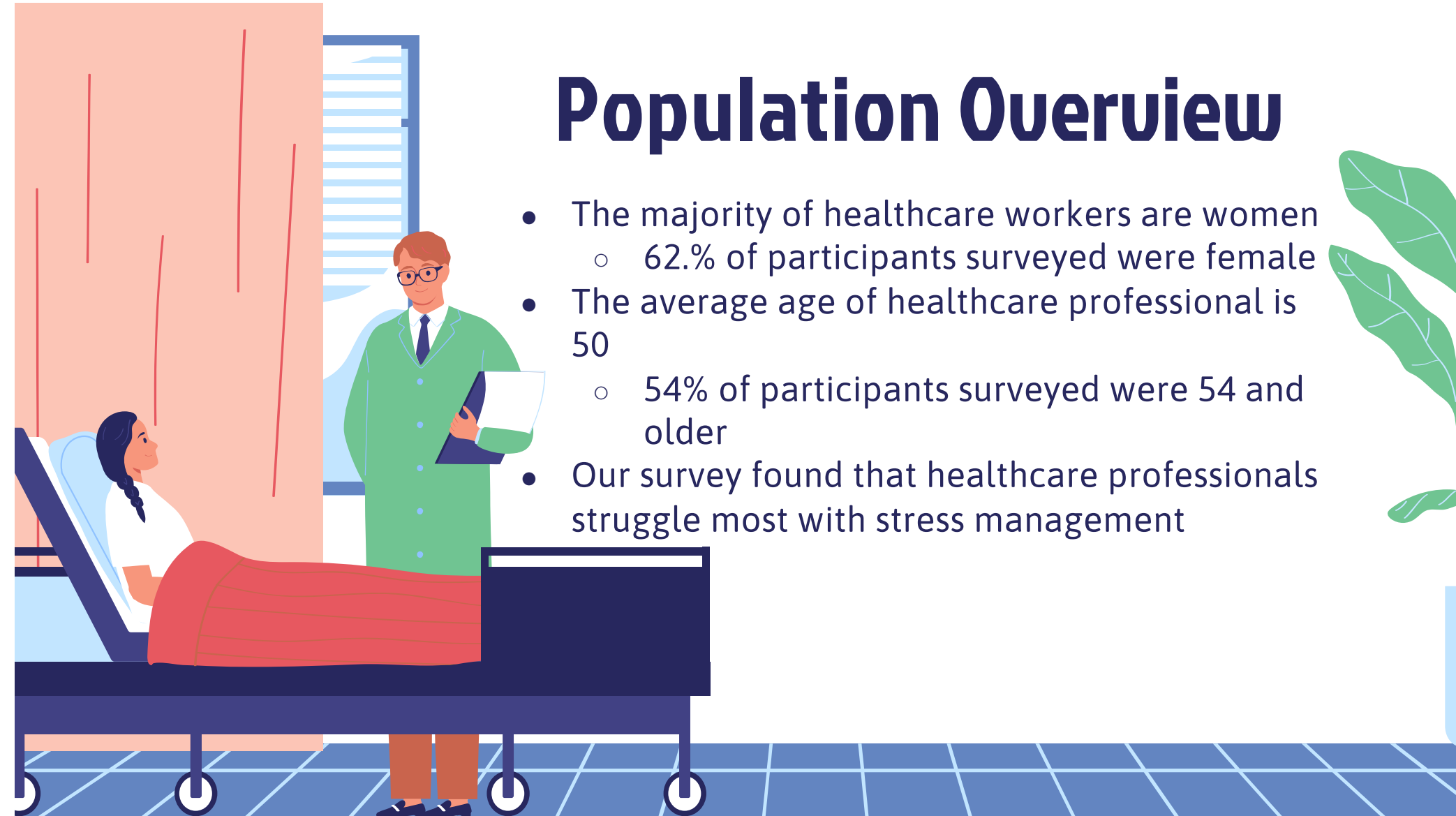
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Empower Texas – Mental Armor
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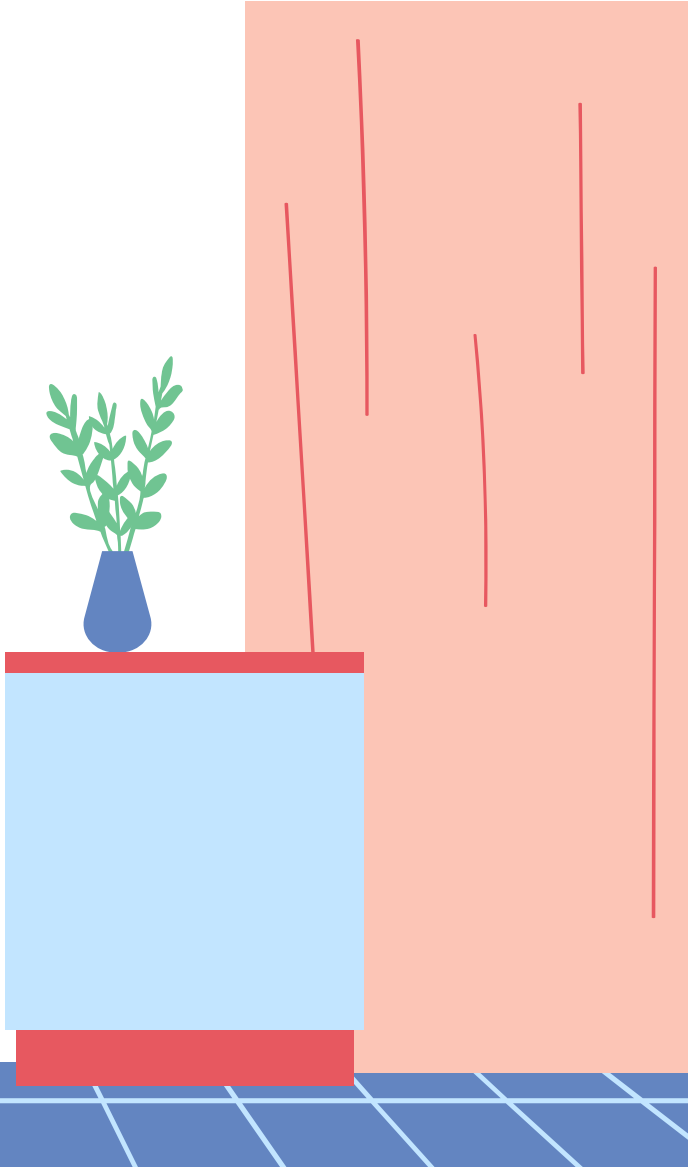
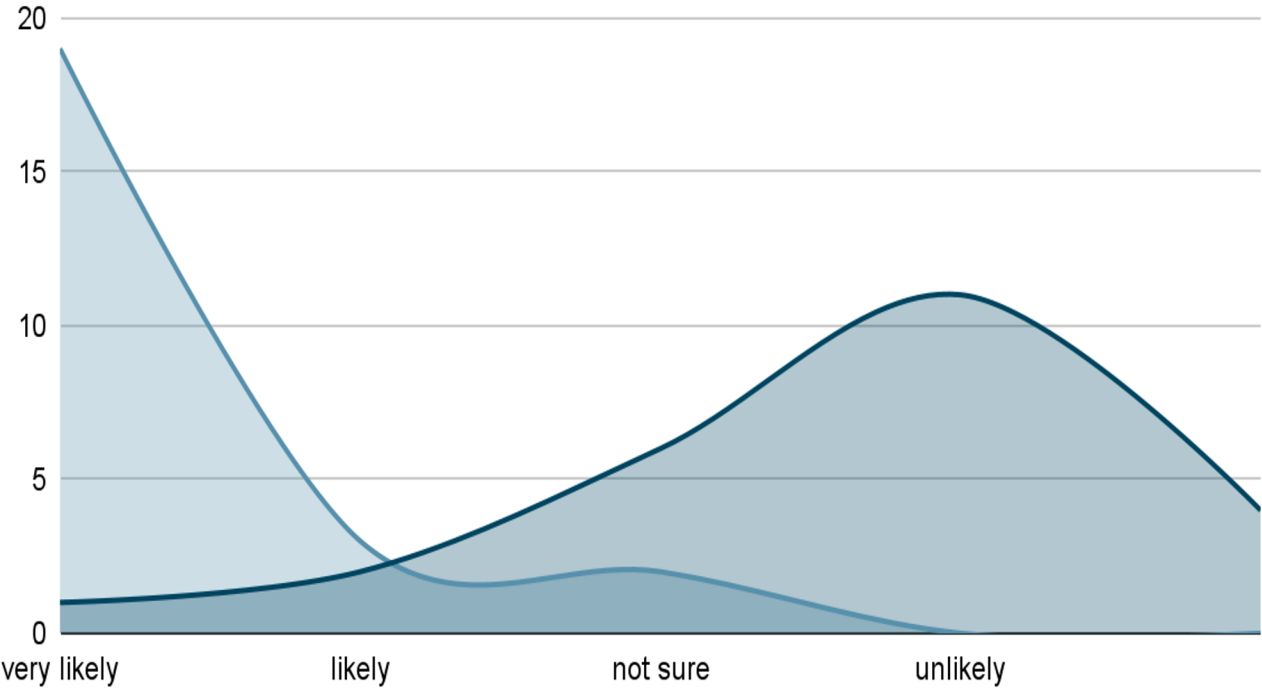
Population Overview

- The majority of healthcare workers are women
 - 62.% of participants surveyed were female
- The average age of healthcare professional is 50
 - 54% of participants surveyed were 54 and older
- Our survey found that healthcare professionals struggle most with stress management



Please respond to the following:

- How likely will individuals in your profession experience BURNOUT?
- How likely are those in your profession willing to seek mental health SUPPORT?



Physician Interviews

Main pain points:

- Difficulties with work-life balance
- Burnout
- Limited time to care for oneself
- Mental health stigma
- Decision fatigue
- Administrative burden

Physicians and other health professionals spend significant time and energy helping others, but they struggle to do the same for themselves.



Main Focus Areas

Time

Physicians have very strict and intensive schedules. They have a hard time creating work-life balance. At work, they are focused on maximizing their time, often neglecting simple self-care tasks like lunches/breaks.

Appeal/Stigma

Different physicians want different things. They also experience mental health differently. Resources need to be vast and interesting to them to increase interest and usage. Additionally, mental health is not talked about nearly enough. Physicians are not encouraged to explore what that means to them and ways to take charge of how they are feeling

Accessibility

Physicians can exist in a variety of different spaces including hospitals settings or private practices. Often, they are not aware of resources available to them (even if they do have time)





Needs Statement

Health professionals experience an extremely high level of burnout because they struggle finding work life balance, accessible resources and addressing the stigma of mental health. They need a safe space where resources are readily available and of value to them.



DELIVERABLE

#1

LOCAL WAYS TO UNWIND

Do you know what coping mechanism works best for you, but don't know where to find it in Fort Worth:



EXERCISE

- **Discounted City Bike Ride:** <https://fortworthbikesharing.com/how-it-works/>
- **Walk With a Doc:** <https://walkwithadoc.org/join-a-walk/locations/fort-worth-texas/>

MINDFULNESS

- **Stress Management Books:** <https://www.verywellmind.com/best-stress-management-books-4779315>
- **Japanese Zen Garden:** <https://twbg.org/the-japanese-garden/>
- **Water Gardens:** <https://www.fortworthtexas.gov/departments/parks/parks-and-trails/water-gardens>



ENTERTAINMENT

- **Drive in Movie:** <https://coyotedrive-in.com/fortworth/>
- **Fort Worth City Itinerary:** <https://www.fortworth.com/things-to-do/fort-worth-itineraries/>
- **Medical Volunteer:** <https://www.texashealth.org/Foundation/Events>



LEARN

- **Cooking Class:** <https://centralmarket.com/cooking-school-in-store-events/>
- **Painting With a Twist:** <https://www.paintingwithatwist.com/studio/fortworthwest/>



DELIVERABLE

#2

Lookout for Burnout

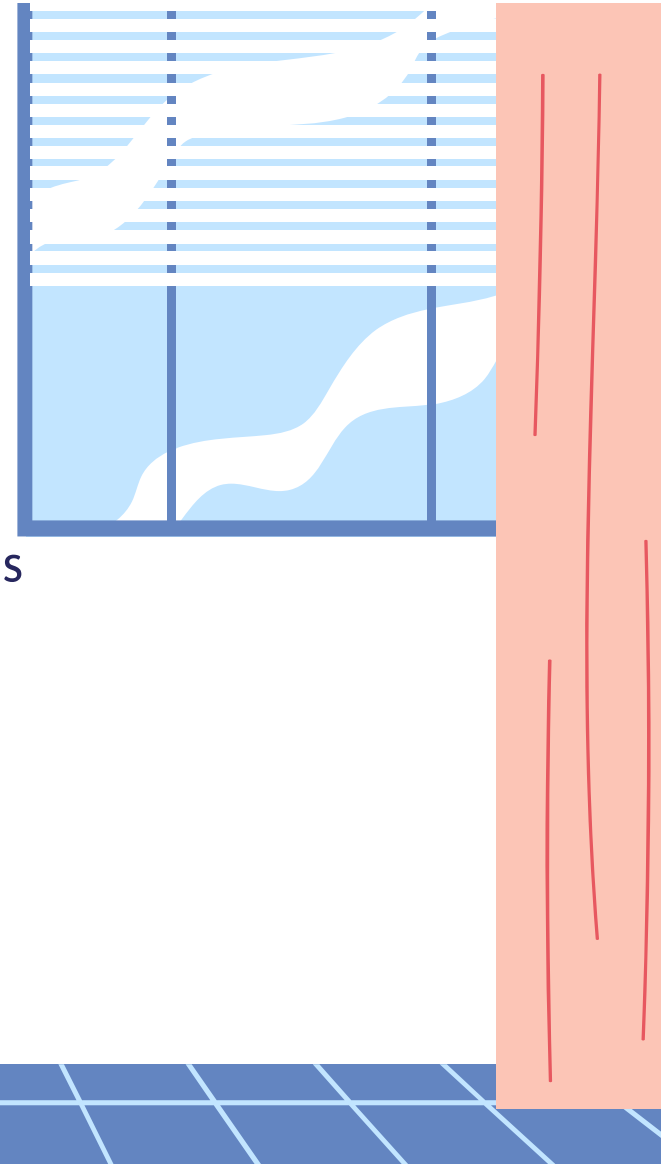
- 1 Emotional exhaustion
- 2 Extremely low physical energy
- 3 A sense of reduced personal accomplishment
- 4 Showing less kindness towards patients
- 5 Complaining more about patients or one's job
- 6 Doubting the quality and value of one's work



Final Prototype: the Wellness Room

Catered to needs and interests of medical providers and could include:

- Health coaching & mental health services
- Nutritious foods
- Massage chairs
- Resources for stress management and leisure activities
- Exercise area



Key Takeaways



Emily

There is a strong stigma among healthcare professional about asking for help and there needs to be more initiatives to help break this stigma.



Adaobi

Health professionals have access to many resources, but they find it challenging to make time to use them.



Tiger

Health professionals are committed to a life of caring for others, and in this pursuit it is easy for them to forget to care for themselves.



Sofia

There are subpopulations within populations, all with different needs that need to be accounted for.
Rarely is there a one-size fits all solution.

