

With friends and mentors you are never alone:

Is burnout in residents a malignant disease? Do exhaustion, cynicism, and ineffectiveness start small, then grow, spread, and harm? Do they extend to students, other residents, patients, career, family? If so, what is the pathogenesis? What is the treatment? Can we prevent, cure, or heal this? Should anyone care?

Patients and the public cannot imagine the outgrowths of physician burnout. We, on the other hand, have little difficulty doing so; we have seen it happen. An early sign may be as innocent as, "My calendar is really a wish list." Then, "I'm miserable." Then, "I think they are trying to kill me." Then comes disability, early retirement, or worse. The results are a sad, premature loss of knowledge and wisdom for patients and the public accompanied by profound distress for physicians and their loved ones.

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1. What is a mentor
 - a. Ranking mentors is not 0-10 but -10 to +10.
 - b. Mentors in all areas of life
 - c. Mentors prevent burnout
2. What is a friend
 - a. Age differences
 - b. Traits to admire vs mentors or friends
3. How does one maintain friendships during medical school
4. How to connect to people outside the medical school bubble? How do you explain how do you bridge the gap? What about making time?
5. Quantity vs quality – is there a time for both?