

PEDIATRICIAN LIFE AND CAREER EXPERIENCE STUDY (PLACES)

MESSAGE FROM THE AAP CHIEF MEDICAL OFFICER



Dear participants,

Thank you so much for the information you have been sharing through participation in PLACES!

I want you to know the data have had a major impact on the Academy's understanding of important issues, such as physician health and wellness, administrative burdens, and gender career differences. Your responses help us understand what burnout means and insights on its causes and solutions.

PLACES data published in October in *Pediatrics* on earnings and household responsibilities received widespread attention and will inform our professions' discussion on gender gaps going forward. *See page 4.*

PLACES participants recently told us to ask questions on Maintenance of Certification (MOC) on the next survey. When we conducted the prior PLACES survey in 2014 on MOC, Part 4 generated the most questions and concerns ([link to paper](#)). In the Fall 2019 PLACES survey, we are asking you to help us better understand your recent experiences with MOC, particularly Part 4.

The fall survey is now underway – I am truly grateful for your time to complete the PLACES surveys.

Thank you!

Fan Tait

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A program of the American Academy of Pediatrics

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ABOUT PLACES

PLACES is a longitudinal study that tracks the experiences and opinions of pediatricians over time.

- There are 3 important cohorts:

- Your cohort**
- 1) 2002-2004 Residency Graduates Cohort, n=898
Most graduated in 2002-2004
 - 2) 2009-2011 Residency Graduates Cohort, n=900
Most graduated in 2009-2011
 - 3) 2016-2018 Residency Graduates Cohort, n=918
Most graduated in 2016-2018



- Participants complete 2 surveys each year:
 - Annual updates on core issues, such as career satisfaction and work-life balance, in the spring.
 - Short survey in the fall that focuses on a high priority topic identified by participants. The short fall 2019 survey is currently underway.
- Strengths of PLACES:
 - Longitudinal design
 - Inclusion of both AAP members and non-members
 - Range of content (work, satisfaction, personal dimension)
 - **Commitment of participants, like you!**
- For more information and all publications, visit www.aap.org/places.

American Academy of Pediatrics

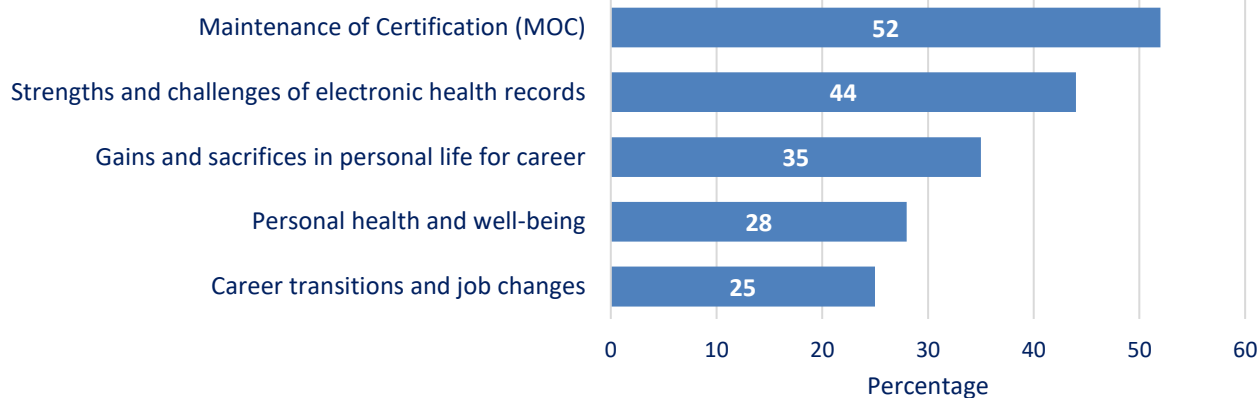
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WHAT DO PLACES PARTICIPANTS WANT ON THE NEXT SURVEY?

We want to make sure we include topics relevant to pediatricians on our surveys so we asked PLACES participants in the spring to tell us the topics that are a high priority (Figure 1)

Figure 1. Frequency that PLACES pediatricians in your cohort endorsed topic as being a high priority to ask on future surveys (participants selected up to 3 topics), n=1,391



The most commonly selected topic was Maintenance of Certification (MOC), Figure 1.

MOC was selected as a priority topic by at least half of the following groups:

- 2002-04 and 2009-11 Residency Graduates Cohorts
- Men and women
- Generalists, subspecialists, and hospitalists
- Employees and owners

We previously asked you about MOC in 2014. MOC Part 4 generated the most questions and concerns ([link to paper](#)).

Thus, most of the survey focuses on MOC Part 4.

Please share your thoughts and experiences with us on MOC by completing the fall survey! We will share the data with you in a future newsletter so you can see how other PLACES pediatricians responded about their experiences.

What we learned from you in 2019

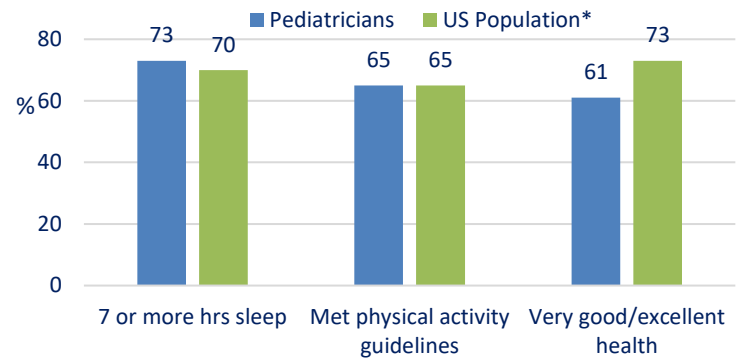
Compared to the national population, PLACES pediatricians report similar levels of sleep and physical activity but worse overall health (Figure 2). For example,

- 73% of PLACES pediatricians and 70% of US population report 7 or more hours of sleep in a 24-hour period.
- 61% of PLACES pediatricians and 73% of US population report very good or excellent health.

In 2019, 88% of PLACES pediatricians have children.

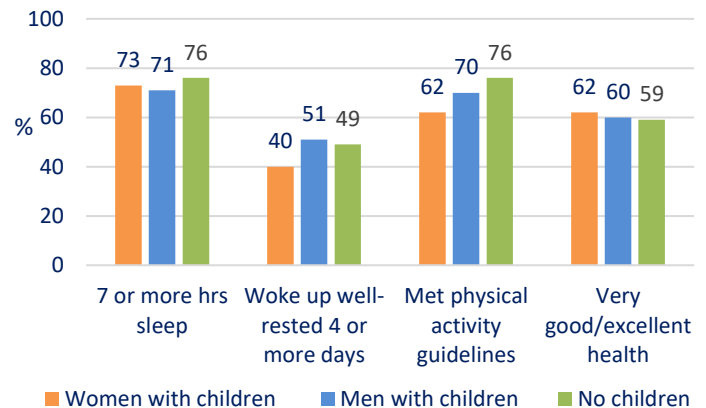
- Reported sleep and general health was similar for women with children, men with children, and those without children (Figure 3).
- Overall, 43% of pediatricians woke up well-rested 4 or more days per week.
 - Fewer women with children (40%) than men with children (51%) and pediatricians without children (49%) woke up well-rested.
- Women with children were also least likely to meet physical activity guidelines.

Figure 2. PLACES pediatricians compared to US population on sleep, physical activity, and general health status



*Adults 25 yrs or older with college degree; National Health Interview Survey, 2017 and 2018

Figure 3. PLACES pediatricians' sleep, physical activity, and general health status by gender and children



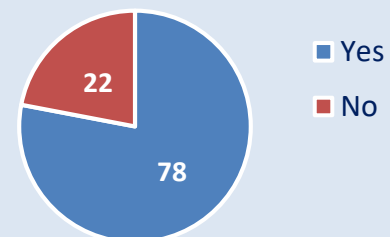
PLACES Pediatricians' Health Care Use

Most PLACES pediatricians have a primary care physician to see for check-ups or when ill (Figure 4).

In the last 12 months:

- 59% have seen or talked to their primary care physician.
- 31% have seen or talked to a specialist.
- Half of women have seen or talked to their OB/GYN.

Figure 4. Percent of PLACES pediatricians who have a primary care physician



Thanks to you, we continue to disseminate new information about early and mid-career pediatricians!

- PLACES results are being used by Academy leadership and disseminated widely in the *AAP News* magazine, at conferences, and in peer-reviewed journals.

Recent journal articles

- [Gender differences in earnings of early and mid-career pediatricians](#)
- [Gender discrepancies related to pediatrician work-life balance and household responsibilities](#)
- [Work experiences and satisfaction of international medical school graduates](#)
- [Longitudinal analyses of pediatrician burnout](#)

For a list of other PLACES publications and conference presentations, visit www.aap.org/places or contact Mary Pat Frintner at 630/626-6664 or places@aap.org.

KEY PLACES GOAL – DATA SHARING

One of PLACES highest priorities is to feed back data to PLACES pediatricians

How are data currently being distributed?

- *GOING PLACES* participant newsletters are distributed twice a year, with spring and fall surveys.
- Articles about PLACES in *AAP News* Research Update are published at least annually.
- Data are presented at academic conferences, including the AAP National Conference and Exhibition and Pediatric Academic Societies Annual Meeting.
- PLACES website is updated monthly: www.aap.org/places.



AAP PLACES Project Advisory Committee and researchers at 2019 PLACES annual meeting