

PEDIATRICIAN LIFE AND CAREER EXPERIENCE STUDY (PLACES)

MESSAGE FROM THE PLACES ADVISORY COMMITTEE CHAIR



Dear PLACES participants,

From the AAP PLACES Advisory Committee and research team, a very heartfelt thank you for volunteering to be part of PLACES!

We are so excited to have you join PLACES. We have learned so much from prior participants and look forward to learning about your successes and challenges.

A few examples of what we have learned:

- Overall, pediatricians are highly satisfied with their work and relationships with patients and families.
- Work-life balance is a high priority and especially challenging.
- Participants experience many life changes following graduation and stressors you deal with may be different.

The information from PLACES is closely read and used by AAP leaders to guide strategic thinking and future plans.

Two of our highest PLACES priorities include protecting your data and sharing results with you.

- 1) See page 4 to learn about how we protect your data.
- 2) This newsletter is the first of many issues we will send you annually on PLACES updates and survey findings.

Thank you in advance for taking time from your busy schedule to complete the spring survey!

I look forward to hearing what we learn from you in 2019!

Bobbi J. Byrne, MD, FAAP
PLACES Chair



A program of the American Academy of Pediatrics

In this issue...

- Message from the PLACES Advisory Committee Chair
- About PLACES
- Snapshot of your cohort – the newest cohort
- Comments to recent residency grads from the other PLACES cohorts
- What more should I know about PLACES, including how my data are protected?

ABOUT PLACES

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

- There are 3 important cohorts:
 - 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; over 900 have signed up. Most graduated in 2016-2018.
- PLACES participants are surveyed twice a year including the main study survey in the spring and a short survey in the fall, focused on a topic selected by participants.
- Strengths of PLACES
 - ✓ Longitudinal design
 - ✓ Inclusion of both AAP members and non-members in 3 cohorts
 - ✓ Range of content (work, satisfaction, personal dimension)
 - ✓ **Commitment of participants, like you!**
- For more information on PLACES, including publications, visit www.aap.org/places.

Your cohort

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®

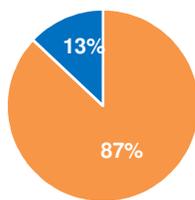


SNAPSHOT OF PLACES NEW COHORT

MAY 2019

Who are PLACES participants in the new cohort?

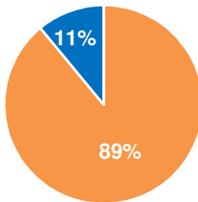
Location of medical school



■ US ■ Other

13% graduated from a medical school outside the US.

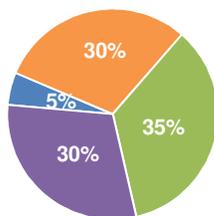
Type of residency program



■ Pediatrics ■ Combined or other program

Most completed a US pediatrics residency program.

Year of residency graduation



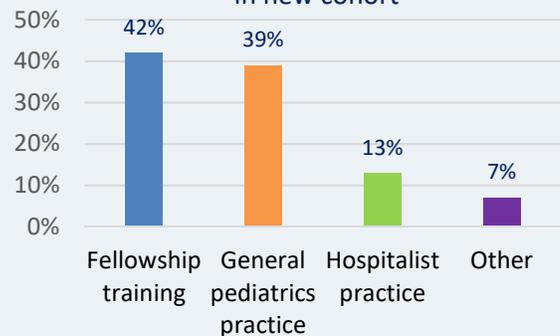
■ 2014-2015 ■ 2016 ■ 2017 ■ 2018

Nearly all graduated from residency in 2016-2018.

Current work characteristics

- All pediatricians who signed up for your cohort are in fellowship training or working (see figure below).
 - 42% are in fellowship training.
 - 39% are in general pediatrics.
 - 13% are hospitalists.
 - 7% are in other positions, including subspecialty care (4%), mix of primary and subspecialty care (1%), and other (2%).
- Overall, 8% are working part-time, including:
 - 13% of participants in general pediatrics.
 - 10% of hospitalists.
 - 10% of those in other positions.
 - 2% of fellowship trainees.

Current position of PLACES participants in new cohort



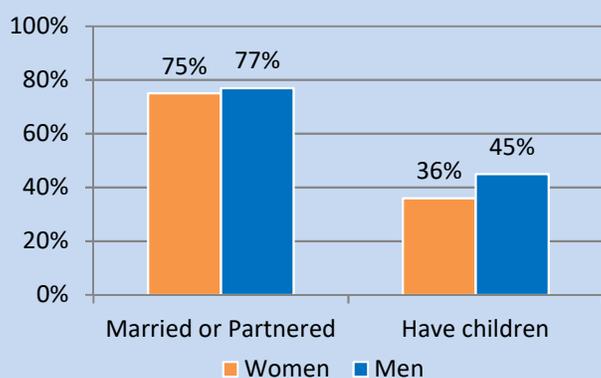
Marital and parental characteristics

- Seventy-four percent of pediatricians who signed up for your cohort are women; 26% are men.
- Three-fourths of both women and men are married or partnered (see figure below).
- Women are less likely than men to have children: 36% and 45%, respectively.

Among those with children:

- Six in 10 women have 1 child, 29% have 2, and 10% have 3 or more children.
- Four in 10 men have 1 child, 45% have 2, and 16% have 3 or more children.

Percentage of PLACES participants who are married and have children by gender



We asked PLACES participants from the 2 established cohorts (graduated from residency 8-17 years ago):

- **“What advice would you give recent residency graduates as they transition into their careers?”**

Many comments focused on work-life balance and having a passion for medicine. Some of the thoughtful comments received include:

- *“It is important to consider personal goals in addition to professional goals. Self-reflect on what makes you most happy about your job. Always be sure to devote time to take care of one's self.”*
- *“Try to find work-life balance early in your career. It's easier to maintain the balance than to try finding it after the fact.”*
- *“Look for professional opportunities that allow flexibility to determine how time is spent.”*
- *“Think about work-life balance. Don't be afraid to ask for help. Try to be patient to find the right position. It can be rough being a new doc but hang in there - it will get better.”*
- *“Take time for yourself and remember to be mindful of why you chose this career. Things can get lost in the slog of the daily clinic grind, but this is still an honorable and valuable profession with a noble calling.”*
- *“Loving what you do is important as it will keep you strong through the different stressors that come along the way. Keep a strong support system that will help you as you move along in your career.”*
- *“Maintain your intellectual curiosity and enjoy the patient interaction. You've worked hard to get here, now work hard while you're here.”*
- *“Be a good listener, the parents always have a good story/history to tell.”*
- *“Don't be discouraged by all the paperwork, red tape, etc that comes with being a doctor...the patient physician relationship is still very rewarding.”*
- *“It is an honor to be a Pediatrician. We are advocates for children, leaders and should be innovators to insure that we are to do all we can for the children of today and tomorrow.”*

Has PLACES been reviewed by an institutional review board (IRB)? PLACES was initially approved in November, 2011 by the AAP IRB, and each year the IRB reviews the protocol, the PLACES surveys, and any changes to the study, including the addition of your cohort!

How are my data protected? The IRB-approved procedures to protect your data and keep it confidential and secure include the following:

- Identifying your data with a number and not your name.
- Storing data on password protected computers in password protected files, or in locked file cabinets with limited access.
- Using a secure online data collection system that complies with US frameworks set by the Department of Commerce.
- Releasing only aggregate statistics.

Have other measures been taken to enhance the protection of my data? Yes! We received a Certificate of Confidentiality for PLACES from the federal government to further protect your data.

- This means we cannot be forced to disclose information you provide us that may identify you, even by a court subpoena, unless you request the disclosure.
- The only time we can be forced to disclose your information, without your consent, is if you reported to us that you committed child abuse or intended to hurt yourself or others.

Whom do I contact if I have questions about PLACES or the confidentiality of the data?

Mary Pat Frintner (places@aap.org; 630/626-6664)

WHAT MORE SHOULD I KNOW?

Welcome to PLACES

- Thank you again for signing up to participate in PLACES! To complete your enrollment, you will need to complete the first spring survey.
- This survey is longer than other surveys we will ask you to complete.
- Once you complete it, your enrollment will be finished, and as a PLACES participant, you will be asked to complete 2 surveys each year.
- You will receive a \$20 Amazon gift card when you complete the spring survey and a chance to win a \$250 Amazon gift card when you complete the shorter, fall survey.
- For more information, including publications and presentations, visit www.aap.org/places.

PLACES RESEARCHERS



PLACES researchers, Kate Kornfeind, MPH; Chloe Somberg, BA; Liz Gottschlich, MA; and Mary Pat Frintner, MSPH, working on a recruitment mailing. **They are always happy to hear from you!**

*A Special Thanks to the PLACES Project Advisory Committee:
Bobbi Byrne, MD; Gary Freed, MD, MPH; Laurel Leslie, MD, MPH; Amy Starmer, MD, MPH*