

PEDIATRICIAN LIFE AND CAREER EXPERIENCE STUDY

MESSAGE FROM THE PLACES RESEARCH TEAM

Welcome to the spring 2015 issue of the AAP PLACES newsletter. This issue provides you, PLACES participants, with a first look at data highlights from PLACES.

We cannot thank you enough for your continued participation in PLACES! A unique and powerful feature of PLACES is the longitudinal design. Each year the data you provide become more valuable so that career trends, job satisfaction, and work-life balance can be tracked over time.

The 4th annual spring survey is currently being conducted. Thank you in advance for taking time from your busy schedule to complete the survey and contribute to the success of this project!

For previous PLACES newsletters, presentations, and publications, visit www2.aap.org/research/places.htm.

In this issue...

- Message from the PLACES Research Team
- About PLACES
- Work Hours
- Work-Life Balance
- Q & A
- Winner of iPad for completing fall 2014 survey

ABOUT PLACES

PLACES is a longitudinal study that tracks the experiences and opinions of 1,804 early career pediatricians over time

- There are 2 important cohorts
 - 1) 2002-2004 Residency Graduates Cohort, n=901
Most graduated in 2002-2004
 - 2) 2009-2011 Residency Graduates Cohort, n=903
Most graduated in 2009-2011
- Nine in 10 PLACES participants responded to the 3rd annual survey (2014); the 4th annual survey is currently being conducted
- 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!



A program of the American Academy of Pediatrics

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



HOW MANY HOURS DO PLACES PEDIATRICIANS WORK? (2012-2014)

Here's what we learned from you:

- 98% of PLACES pediatricians are working
- About 1/4 work part-time, including 1/3 of women (Figure 1)
- Mean hours worked in typical week across survey years, 2012-2014, for participants:
 - Full-time: 47-48 hours (Figure 2)
 - Part-time: 27-28 hours
 - Still in fellowship training: 51-55 hours
- Work hours in full-time positions varies by: (Figure 2)
 - Specialty: Subspecialists report more hours worked per week than generalists (mean: 52 vs 45 hours, respectively)
 - Gender: Men report slightly more hours worked per week than women

Figure 1. Part-time work by gender (post-training)

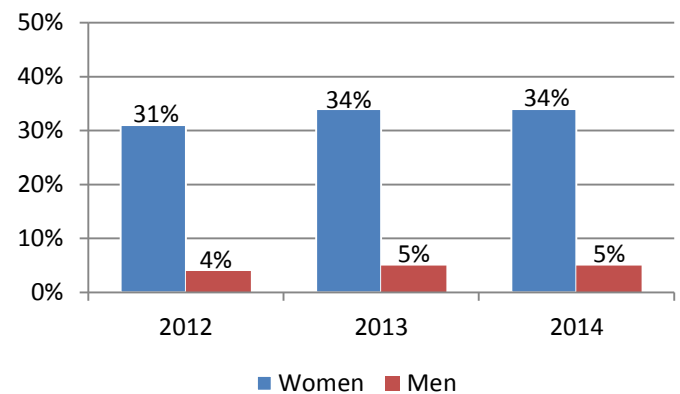
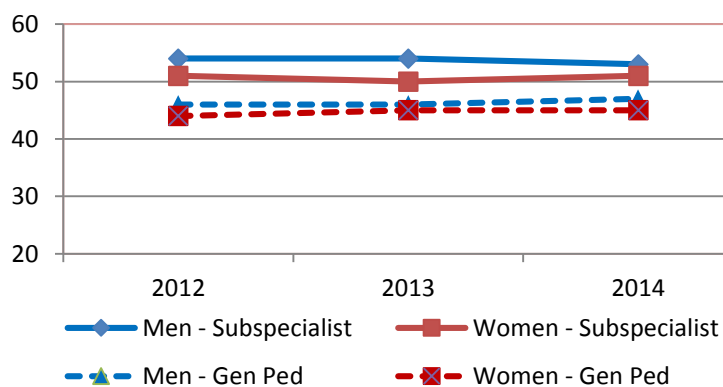


Figure 2. Mean hours worked per week by gender and specialty (full-time/post-training only)



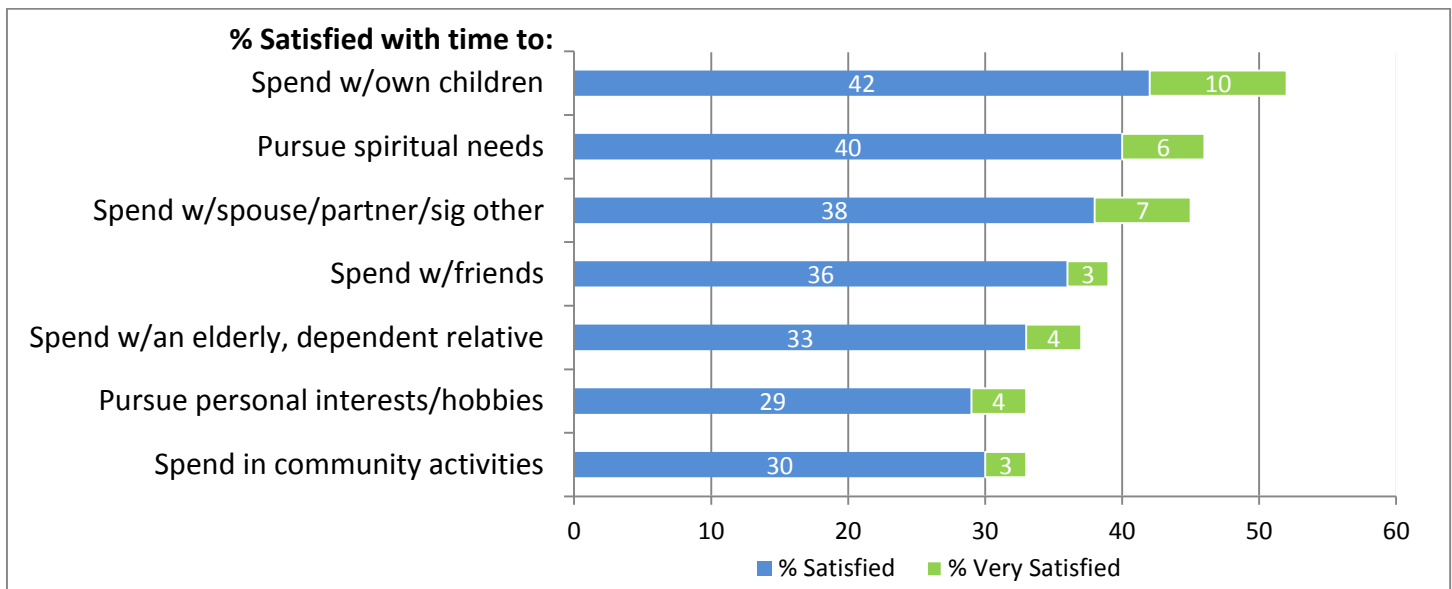
PLACES Pediatricians Work Varied Hours in 2014

- 44% of PLACES pediatricians work early morning hours (before 8 am)
- 57% work evening hours (after 6 pm)
- 76% work weekend hours
- 78% are also on call, to answer calls while not at work or see patients

Many Would Like to Work Fewer Hours

- 54% of the full-time and 79% of the part-time PLACES pediatricians say they worked a comfortable amount in 2014
- However, 65% of the full-time and 37% of the part-time pediatricians would like to decrease their work hours

Figure 3. PLACES pediatrician satisfaction with their time for various non-work activities in 2014



Time for Non-Work Activities (Figure 3)

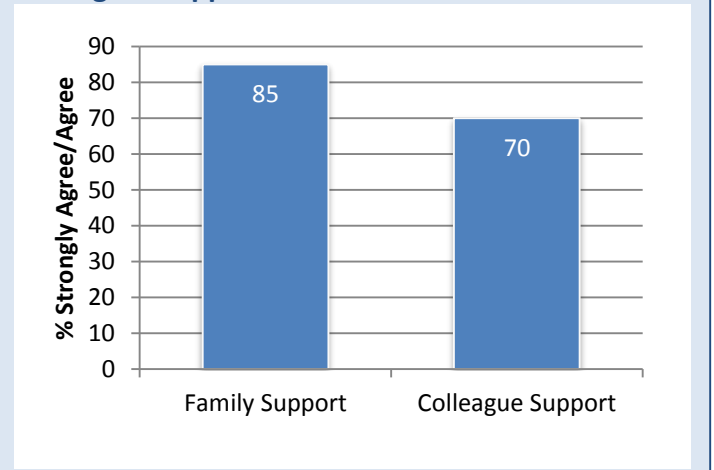
- Among participants with children, about half are satisfied with their time to spend with them
- Less than half are satisfied with time with their spouse/partner/significant other, friends, or an elderly relative
- One-third are satisfied with their time for personal interests or hobbies

Time Off

- 17% of women and 15% of men took parental leave in the 12 months prior to being surveyed in 2014; mean time off work was 10 and 2 weeks, respectively
- 93% of full-time and 86% of part-time pediatricians took 5 or more days off work for vacation
- 58% of full-time and 31% of part-time participants took 3 or more days off work for CME

Most PLACES pediatricians strongly agree or agree that their families and their colleagues support their efforts to balance their personal and work responsibilities (Figure 4)

Figure 4. PLACES pediatricians' families and colleagues support their efforts for a balanced life



Have other researchers and groups shown interest in PLACES data? Yes, we and others have found your data to be very valuable!

- Abstracts submitted to the Pediatric Academic Societies meeting have been accepted for presentation the last 3 years
- Various groups of the AAP, including the Section on Young Physicians and Section on Medical Students, Residents, and Fellowship Trainees have requested aggregate data on topics, such as debt, work-life balance, health, and burnout
- The American Academy of Family Physicians asked us to present PLACES to their leadership so they can learn more about early career physicians and our study

How many years will you be asking me to complete PLACES surveys?

- Our initial plan was to survey participants for at least 5 years
- Based on the success of the project and the value of longitudinal data, if funding is available, we would like to continue surveying PLACES participants two times a year for at least another 5 years

Whom do I contact if I have questions about PLACES?

Mary Pat Frintner: mfrintner@aap.org; 1-800-433-9016, ext. 7664

Fall Survey and Congratulations to Dr. Shilpa McManus

Over 75% of participants completed the third fall survey with only 2-3 requests – thank you! Participants who returned the survey by December 29, 2014 were included in a drawing for an iPad

Dr. Shilpa McManus (pictured with her children - Rohan, Leela, and Mira) is a pediatric hospitalist practicing in Newton, Massachusetts. She was randomly selected as our iPad winner from the 1,325 participants who had completed the fall survey by the end of December

The fall survey, much shorter than the annual survey, provides an opportunity to make sure we have your current contact information and to share results via the *GOING PLACES* newsletter

PLACES 2014 IPAD WINNER



A Special Thanks to the PLACES Project Advisory Committee: Bobbi Byrne, MD; Gary Freed, MD, MPH; Shesha Kalyan Katakam, MD, MPH; Laurel Leslie, MD, MPH; Ashley Miller, MD; Amy Starmer, MD, MPH