

## PEDIATRICIAN LIFE AND CAREER EXPERIENCE STUDY

### MESSAGE FROM KAREN REMLEY, AAP CEO



Dear PLACES Participants,

It was my great honor last summer to become the CEO of the American Academy of Pediatrics (AAP). One of my highest priorities is to assure the AAP is responsive to early career pediatricians. The information you have been sharing with us through PLACES is guiding our strategic thinking and plans for the future.

A unique and powerful feature of PLACES is the longitudinal design – each year the data you share become more valuable to track career trends, career satisfaction and work-life balance.

The 5<sup>th</sup> annual survey is now underway. When we began PLACES our initial plan was to survey you for at least 5 years. Based on your enthusiastic participation and the valuable information we gain, I am pleased to tell you we plan to continue to track your PLACES cohort for at least another 5 years.

Sincerely,

Karen Remley, MD, MBA, MPH, FAAP  
CEO/Executive Director



A program of the American Academy of Pediatrics

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- About PLACES
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Responsibilities at home and Hiring help
- AAP appreciates your valuable participation and data
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### ABOUT PLACES

PLACES is a longitudinal study that tracks the experiences and opinions of 1,802 early career pediatricians over time

- There are 2 important cohorts
  - 1) 2002-2004 Residency Graduates Cohort, n=900  
Most graduated in 2002-2004
  - 2) 2009-2011 Residency Graduates Cohort, n=902  
Most graduated in 2009-2011
- Nine in 10 PLACES participants responded to the 4<sup>th</sup> annual survey (2015); the 5<sup>th</sup> 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!**

American Academy of Pediatrics

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# WORK-LIFE BALANCE: RESPONSIBILITIES AT HOME

APRIL/2016

## What we heard from you in the spring, 2015

### Work-life balance is a high priority!

- Work-life balance was the topic most commonly endorsed by PLACES pediatricians as important in their lives
- Most are juggling work and family:
  - 82% are in 2 career couples
  - 80% have young children
- Half say that their professional responsibilities interfere with personal responsibilities
- 45% are satisfied with the time they have to spend with their spouse or partner, and 1/3 are satisfied with the time they have to pursue personal interests and hobbies

## What we learned from you on the 2015 fall survey

PLACES participants are busy juggling work with multiple personal responsibilities at home (Figure 1)

Women are more likely than men to report having primary responsibility for:

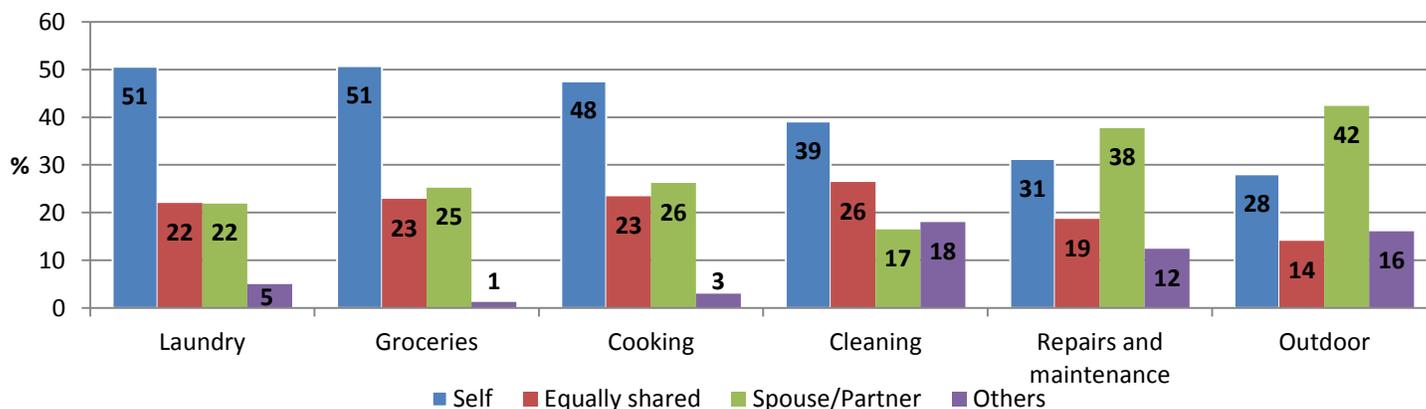
- Laundry: 63% vs 17%
- Groceries: 60% vs 24%
- Cooking: 57% vs 22%
- Cleaning: 49% vs 13%

Men are more likely than women to report having primary responsibility for:

- Household or car repairs and maintenance: 70% vs 17%
- Outdoor work: 62% vs 15%

## DIVISION OF HOUSEHOLD RESPONSIBILITIES

Figure 1. Percentage of PLACES pediatricians reporting primary responsibility for household work (n=1319)



## Hired Help

PLACES participants spend on average about 11 hours per week on housework (not including childcare) and about 9 hours on leisure activities

While the majority are very/completely satisfied with their share of responsibilities at home (57%), fewer have such satisfaction with their time for leisure (18%)

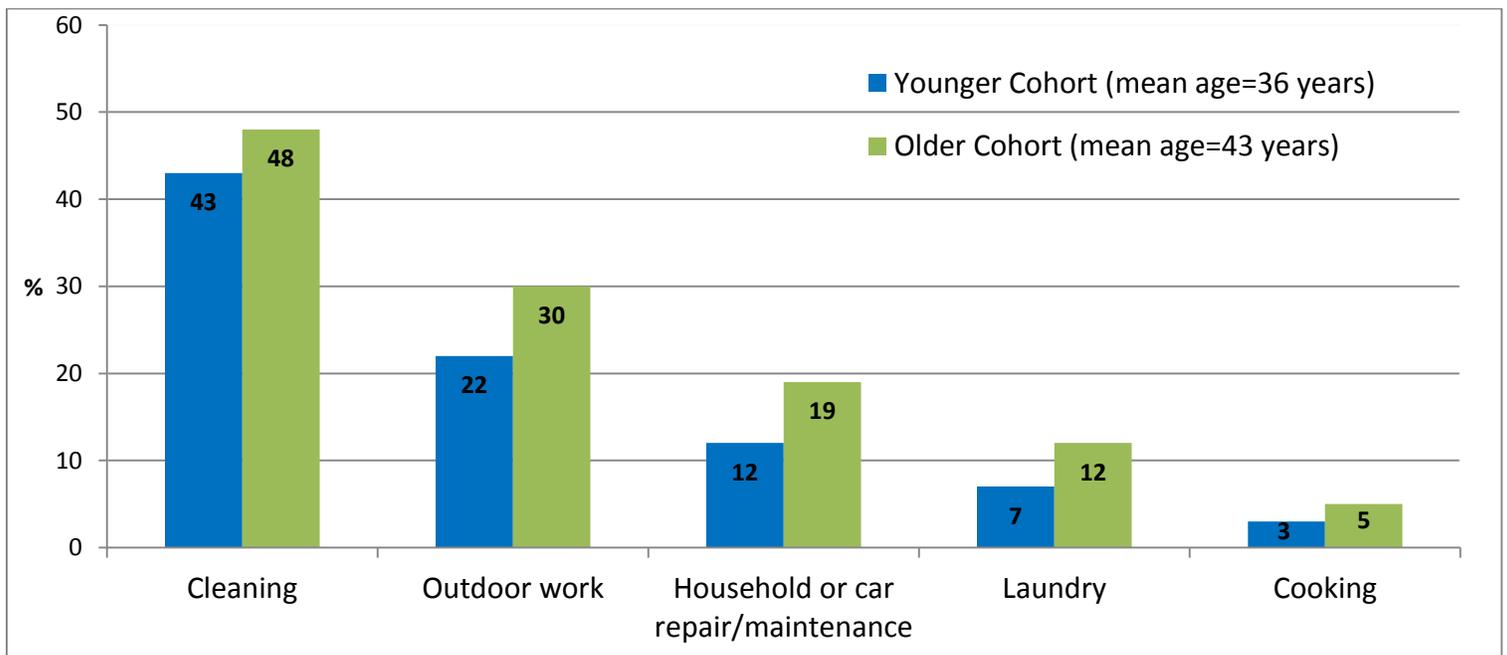
Some PLACES pediatricians hire help for household work (Figure 2)

- 45% hire help for cleaning
- One-fourth hire help for outdoor work
- The older cohort is slightly more likely than the younger cohort to hire help

PLACES participants recommend outsourcing household chores as a key strategy for achieving work-life balance:

- *"HIRED HELP!!! My husband doesn't like spending the money but he sees now that it takes some pressure off me which makes me happier."*
- *"Hired help! Worth every penny to outsource things that don't bring me happiness or time with my family."*
- *"It has been helpful to ask my spouse to do more at home, and to hire help for some specific tasks (child transportation and cleaning)."*
- *"It's ok to have hired help and ask for help."*
- *"Letting go on doing everything - hire cleaning/lawn people! I'm considering someone to cook next & should change to a cleaning/laundry person. It makes me feel guilty to not do it but these chores are what eats in to my free time."*
- *"I hire someone for \$20/hr to come in 3 hours twice per month to help with cleaning burden."*

Figure 2. Percentage of PLACES pediatricians who hire help for household work in 2015 (n=1321)



As PLACES starts its 5<sup>th</sup> year, we continue to be thrilled with participation in the study surveys

**Longer, annual spring survey**

- 9 in 10 PLACES pediatricians responded each year
- 83% completed all 4 annual surveys administered to date

**Shorter, fall survey**

- 74-82% of pediatricians responded each year

PLACES results have been used by Academy leadership and disseminated widely at conferences, in the *AAP News* magazine, and in peer-reviewed journals. The most recent article was published in *Pediatrics* in April 2016:

- [“Work-Life Balance, Burnout, and Satisfaction of Early Career Pediatricians”](#)

For PLACES publications, visit <http://www2.aap.org/research/places.htm> or contact Mary Pat Frintner at 800-433-9016, ext. 7664, or [places@aap.org](mailto:places@aap.org)

## Fall Survey and Congratulations to Dr. Ilana Sherer

74% of participants completed the fourth fall survey with only 2-3 requests – thank you! Participants who returned the survey by December 31, 2015 were included in a drawing for an iPad.

Dr. Ilana Sherer (pictured with her child) is a pediatrician practicing in Dublin, California. She was randomly selected as our iPad winner.

The fall survey, much shorter than the annual spring survey, provides an opportunity to make sure we have your current contact information, share results via the *GOING PLACES* newsletter, and ask you a few questions on topics that you think are important. Based on participant feedback, we have asked questions on maintenance of certification and work-life balance on the last 2 fall surveys.

### PLACES 2015 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**