



Research Update

Balancing work, personal life causes stress for half of early career pediatricians

from the **AAP Department of Research**

Most early career pediatricians are working as employees, balancing work and children, and are satisfied with their work, according to findings from the Pediatrician Life and Career Experience Study (PLACES). The Academy launched this longitudinal study in 2012 to track the job paths and lives of early career pediatricians.



A program of the American Academy of Pediatrics

Findings from the second year of PLACES (2013) indicate that most pediatricians who graduated from residency approximately nine to 11 years ago (average age 41 years) are busy building their careers. About half are in general pediatrics (51%), 37% in subspecialty or surgical/other specialty care, 7% in hospitalist care and 4% in nonclinical or other work (see Figure 1).

Nearly all early career pediatricians are working (98%) and have been in their current position an average of six years. Almost three-fourths are employees, not owners in a practice. Subspecialists (85%) and hospitalists (83%) are more likely than general pediatricians (61%) to be working as employees (see Figure 2).

Early career pediatricians are juggling both work and family: 91% are married or partnered, and 87% are parents. More than two-thirds are working full time and 31% part time. Most of their spouses or partners also are working (67% full time, 16% part time, 17% not working).

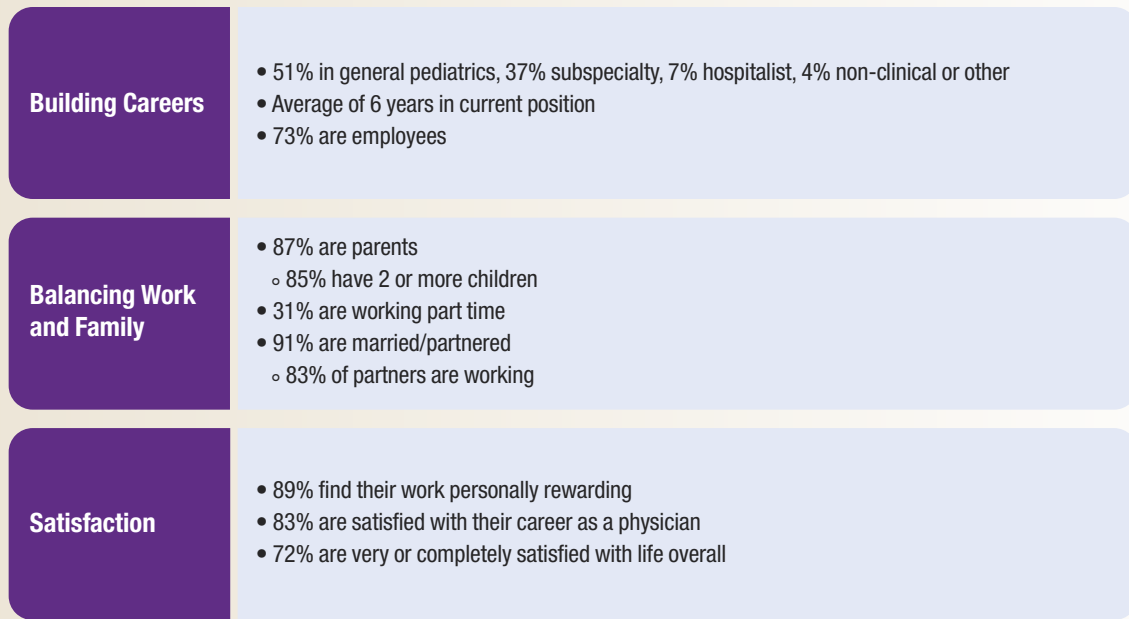
While 51% report stress in their efforts to balance work and personal responsibilities, overall, pediatricians express high levels of satisfaction with their work, careers and life (see Figure 1). One of the young pediatrician respondents who works full time as a generalist and is a mother of three children under the age of 10 years commented, “I love being a pediatrician and would recommend this field of medicine to anyone. My toughest challenge is finding balance.”

PLACES includes two cohorts — early career pediatricians described in this article and recent residency graduates who are approximately two to four years post-residency (average age 34 years). PLACES has approximately 900 participants in each cohort and includes both AAP members and nonmembers.

Ninety-three percent of participants responded to the 2013 PLACES. The high response rate will allow the Academy to understand the needs and experiences of early career pediatricians more fully.

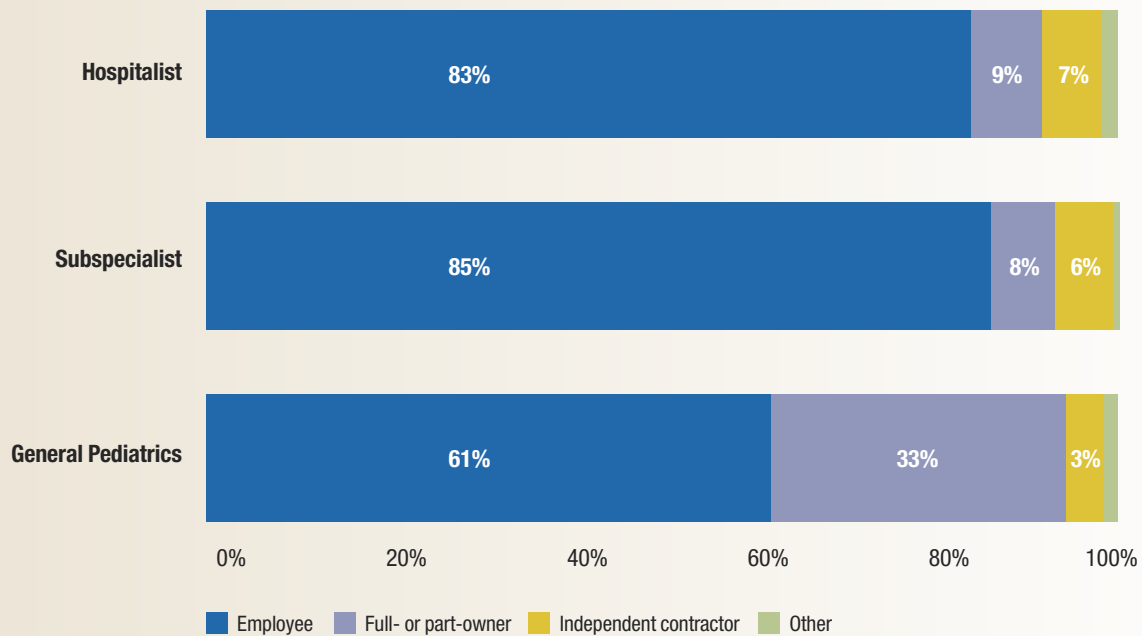
For more information on PLACES, visit www2.aap.org/research/places.htm or contact Mary Pat Frintner, M.S.P.H., in the AAP Division of Health Services Research, at 800-433-9016, ext. 7664, or mfrintner@aap.org.

Figure 1. Careers, work-life balance and satisfaction of early career pediatricians (n=833)



Source: AAP PLACES, Annual Survey 2 (2013); pediatricians are on average 9-11 years post-residency

Figure 2. Percentage of early career pediatricians who are employees, owners and independent contractors (n=764)



Source: AAP PLACES, Annual Survey 2 (2013); pediatricians are on average 9-11 years post-residency