



Society of Gynecologic Oncology

The responsibility for promoting physician well-being lies not only with the physician, but also within the professional community and societies in which the physician works and his/her organization. We understand that by practicing wellness ourselves, we are best able to fulfill our roles as gynecologic oncologists and empower our patients and their families to optimize their health. In response to the finding that almost one third of 369 respondents reported burnout in a 2014 survey to members of the Society of Gynecologic Oncology (SGO), a Wellness Task Force was assembled to address this issue. Gynecologic oncologists are unique in that they bear the dual responsibility of both the surgical and medical aspects of oncology. It is not surprising, therefore, that they are particularly susceptible to burnout. All interested members of the Society were invited to participate on the Task Force. The goal of the Task Force is to enhance the wellness of SGO members through focused presentations and courses at the annual meeting, as well as by providing other resources related to work-life balance and self-improvement.

The Wellness Task Force began by publishing an evidence-based review in 2016 to better define the prevalence of burnout among gynecologic oncologists and, to highlight the contributing risk factors, and to explore potential solutions. [1] Simultaneously, the Task Force has created a monthly blog post on the SGO website which features members' personal reflections on wellness and challenges in navigating the work-life continuum. The blog is consistently ranked as one of the most visited posts on the website. The SGO Annual Meeting on Women's Cancer has served as an important platform to promote wellness and resiliency for members and for trainees. Efforts to target trainees early in their careers is central to the work of the Wellness Task Force. A core curriculum to promote wellness education into the fellowship training programs was piloted with dedicated training for both fellowship directors and fellows to cultivate wellness and resiliency. Preliminary results show that such a program is feasible and adds value for both fellowship directors and participating fellows. The Task Force will plan to roll out the program for all incoming fellows in the near future.

SGO plans to launch a mentorship network for members to further cultivate personal growth, build collaborative and diverse relationships, and enhance career satisfaction. The Wellness Initiative, an SGO-sponsored webpage, is also under development which will provide links to online resources, a library of educational materials on promoting physician wellness, and opportunities for members to participate in future task force activities.

SGO is committed to improving physician well-being and decreasing physician burnout. A multifaceted program has been built to incorporate education, dialogue and cultivating skills to promote resiliency. The Society recognizes the importance of combatting physician burnout as it relates to both the health and well-being of our physicians, and for public health implications to safeguard the continued high-quality care for women with gynecologic cancers.

1. Cass I, Duska L, Blank SV, Cheng G, DuPont N, Frederick PJ, Hill EK, Matthews M, Pua T, Rath KS, Ruskin R, Thaker P, Berchuck A, Gostout BS, Kushner DM and Fowler JM. Stress and burnout among Gynecologic Oncologists: A Society of Gynecologic Oncology Evidenced-based Review and Recommendations. *Gynecologic Oncology* 2016 Nov;143(2):421-427. PMID:27575910