

Mile High Masters of Retina

**Other Side of the Ophthalmoscope:
The Human Dimension**

Ben Green, MD

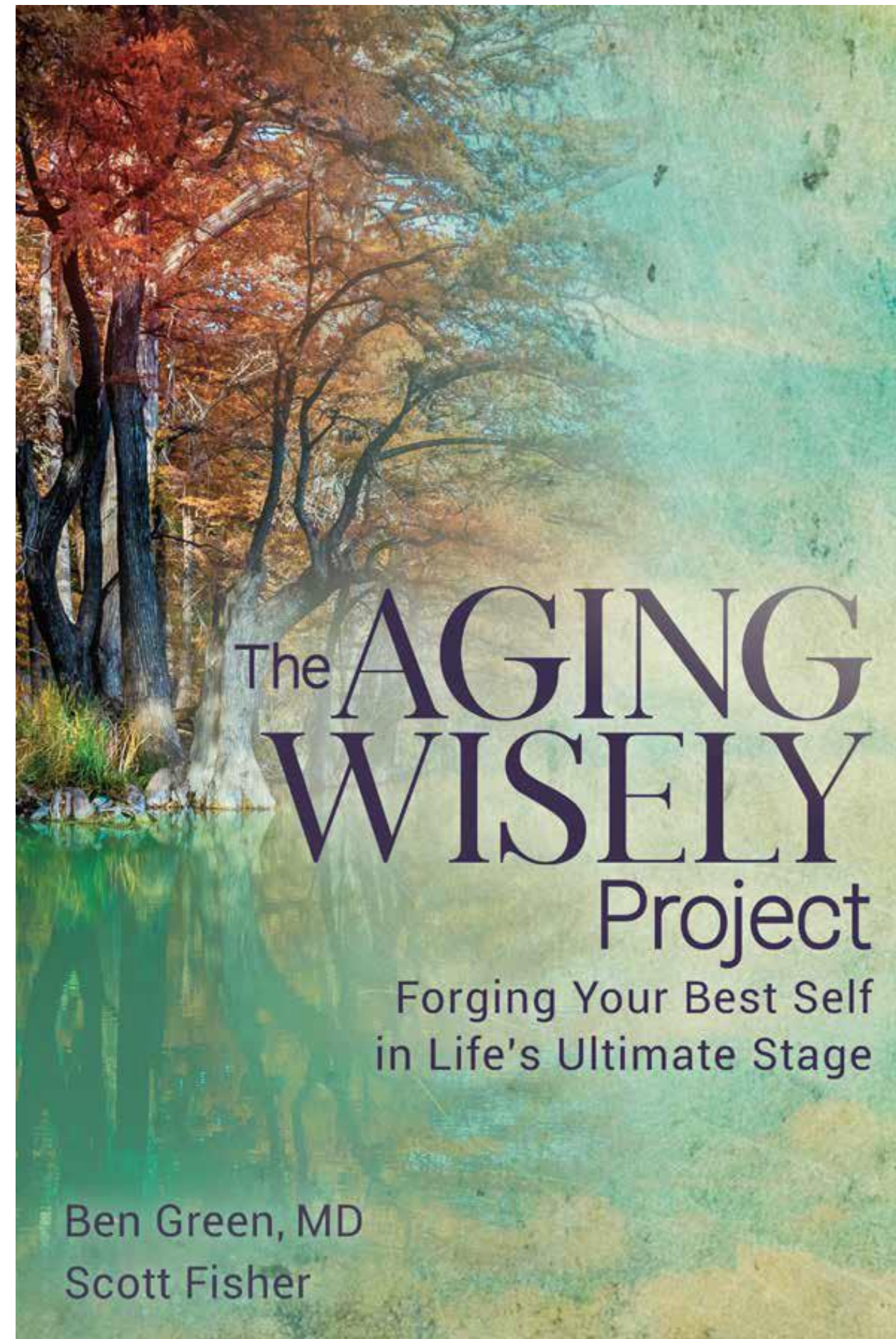
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I have no relevant financial relationships to disclose



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The AGING
WISELY
Project

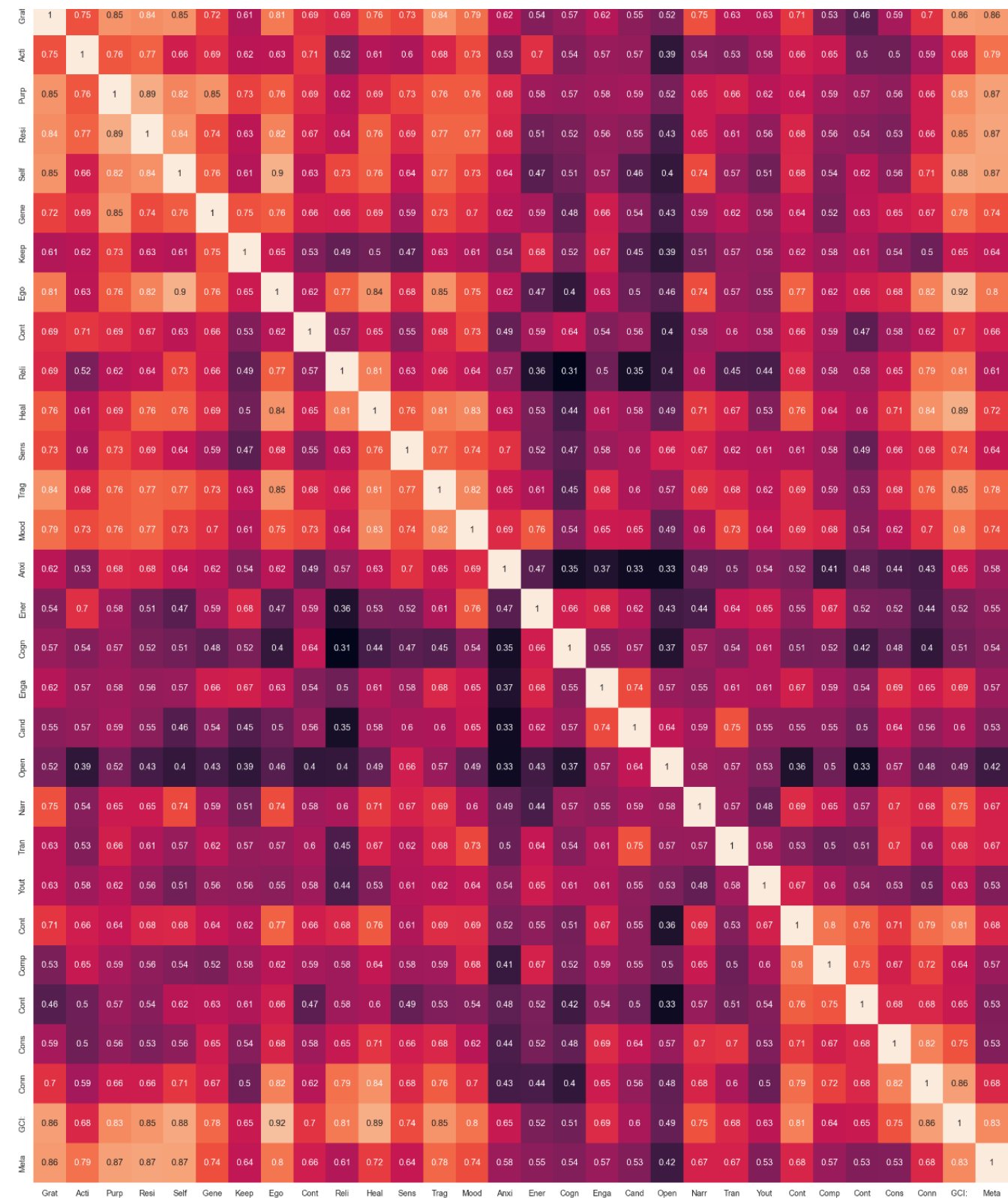
Forging Your Best Self
in Life's Ultimate Stage

Ben Green, MD
Scott Fisher

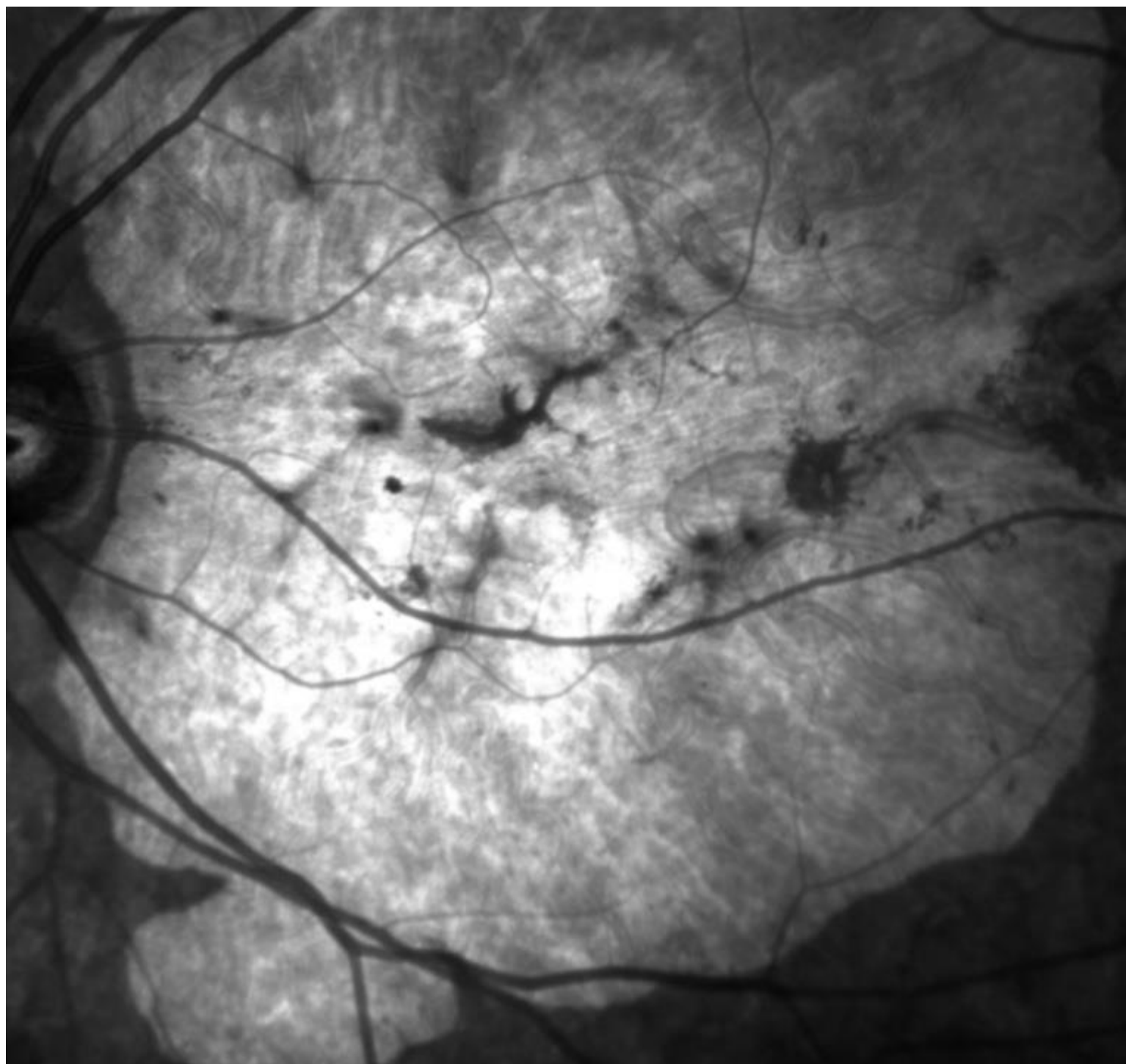
The Aging Wisely Project - Overview

- How to extend Lifespan, Healthspan?
- Reconsideration of Elderhood as **Developmental Stage**
- Final Stage: **Elder Identity Revision (EIR)**
- **Healthy Adaptation: Tasks and Tools**

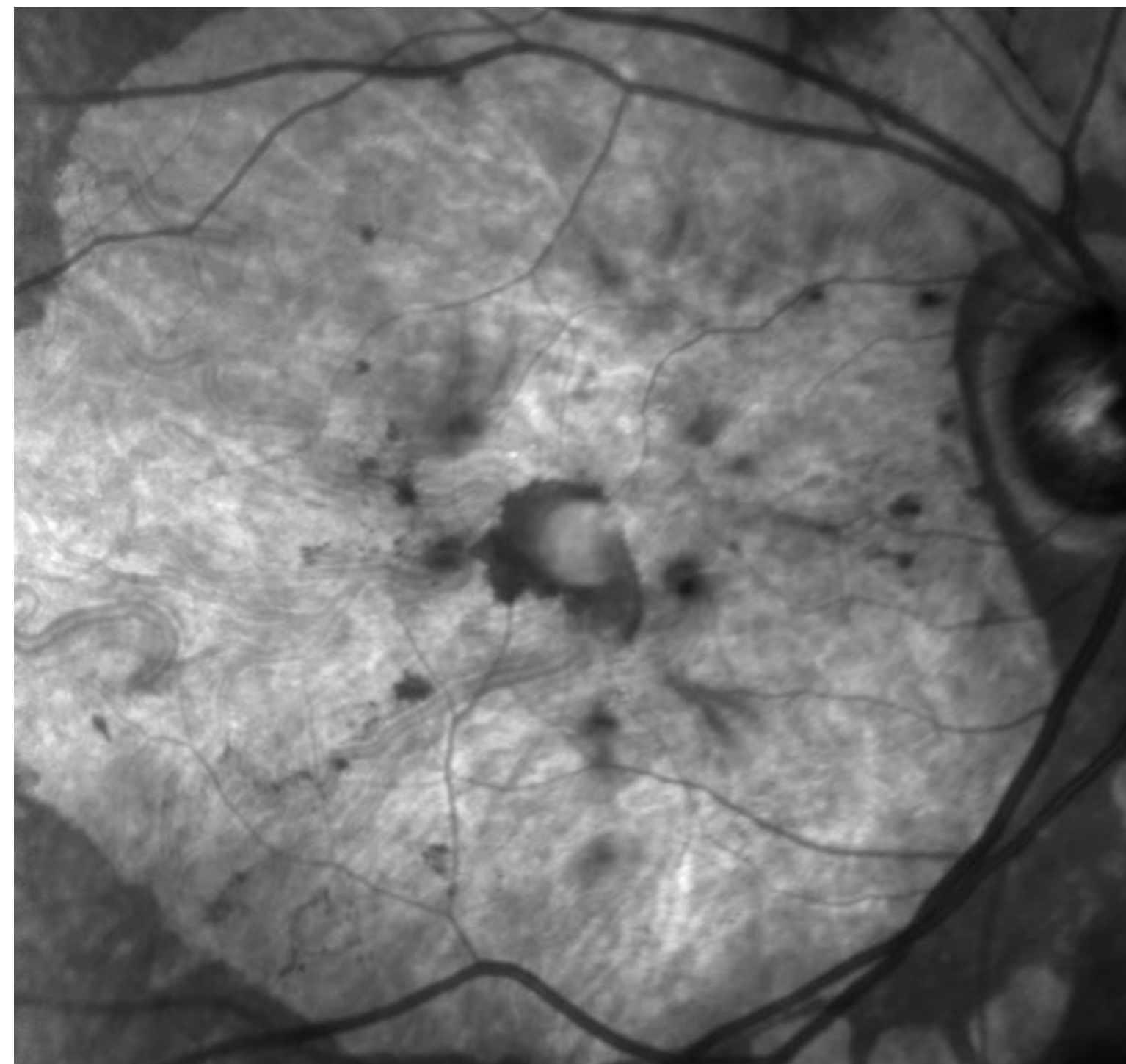
AWP Factor Correlations



Recent OCT Scans

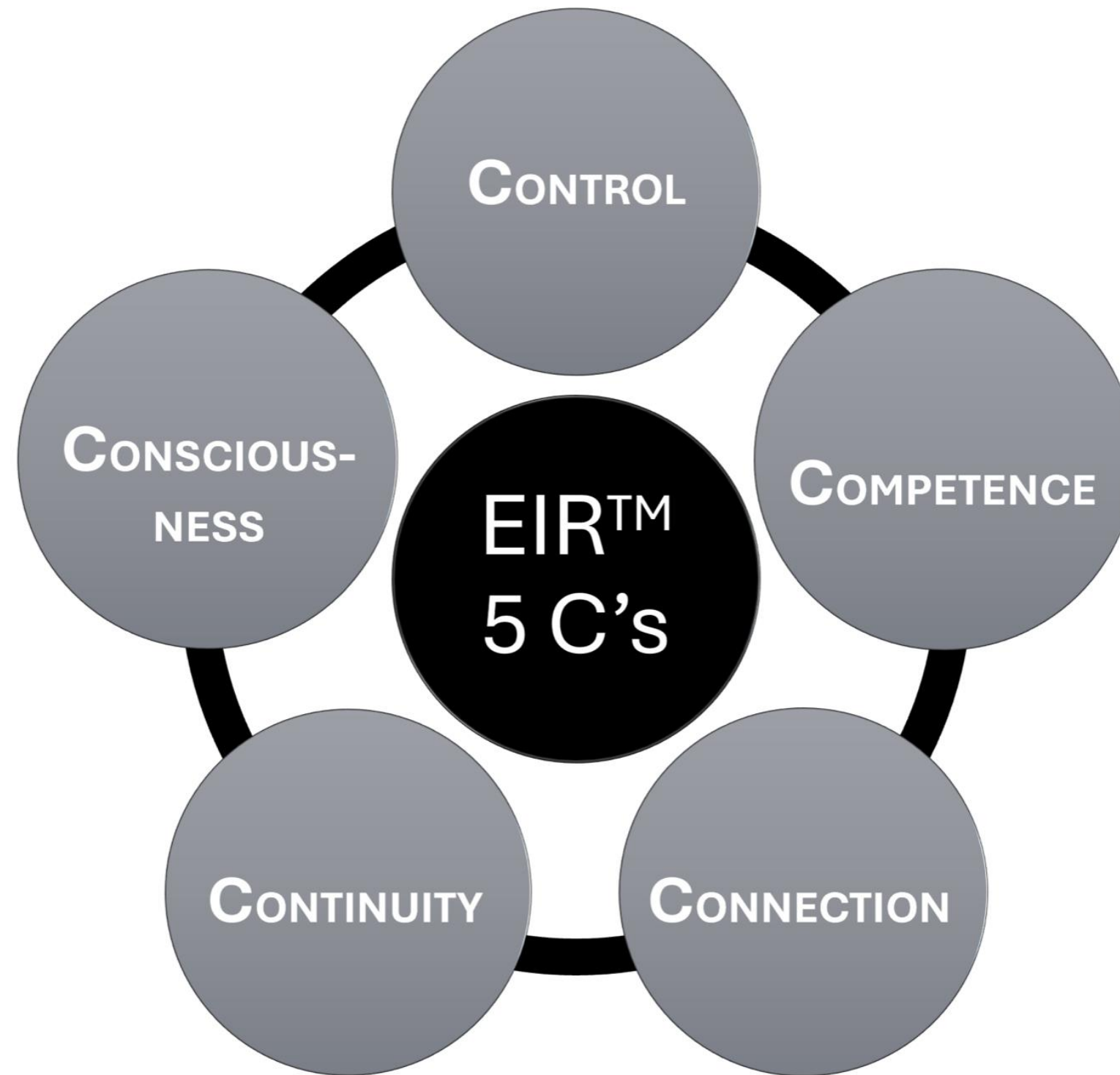


Left Eye



Right Eye

EIR: Elder Identity Revision



Healthy Habits: GRASP



Purpose: Physician, Heal Thyself

Vocational Burnout: fatigue, depletion, detachment, cynicism, negativity, depersonalization; less efficacious

Risk Factors: long hours, more work, low pay, low status, hostile work environment

Purpose: Physician, Heal Thyself

Ophthalmologists Burnout: 30% moderate; 5% severe

Risk Factors: Female (50% higher), young, hospital-based, refraction specialization

Suicide Rate: Males: 50% higher, Females: 90% higher

Optician Burnout: 30% moderate, 8% severe

Risk Factors: Female, mid-career

Protective Factors: spouse in health care, children

Tale of Two Providers: From A to Z

- Dr. Z** : MD: grumpy, hassled, impatient, aloof
: Environment: dark, crowded, cramped
: Front desk staff: jabbering, loud, impatient
: MD: oblivious, disengaged from clinical staff
: Medical care: hurried, bored, unfriendly, careless
- 25 injections per day
- Dr. A** : MD: friendly, bounce in his step, curious about me
: Environment: airy, well-lit, spacious, quiet
: Front desk staff: professional, courteous
: MD: jocular with clinical staff; they felt respected
: Medical care: gentle, unhurried but efficient
- injections, surgeries, clinical research

Pillars of Purpose

[**Note:** People with high purpose live 7 years longer.]

1. Helping Others
2. Human Connection
3. Clarifying, Strengthening Personal Identity
4. Honoring Religious, Spiritual Values

Helping Others

Vocational Attitude: Job vs. Career vs. Calling

Adam Grant: Survey of 2 million people, 500 jobs

- Meaningful = serving, helping others

Research (2007): University call-center fundraisers:

- Meeting students - changed attitudes and productivity
- 142% more time on the phone
- 171% more money raised

Mexican coupon-processors: Dull but meaningful means of supporting their families

Human Connections: Concentric Circles

Patients: Competent diagnosis and treatment
- Therapeutic Alliance: caring, compassion
Body Part or Whole Person?

Staff: Respect? Interest? Valued Teammates?

Colleagues: Sibling Rivalry vs. Supportive Friends

Karma: Thing-to-Thing or Person-to-Person?

Clarifying, Strengthening Personal Identity

Self-Integrity: Honest, coherent Life-Story

- Do you feel good about yourself as a professional?
- Is this what you envisioned when you chose this career ?
- What makes you feel best about yourself? Worst?
- What would make you feel better about yourself?

Honoring Religious, Spiritual, Humanistic Values

- Alignment with internal image of your 'best self'
- Job vs. Career vs. Calling
- Are you making the world a better place?

How to Deliver Bad News

“[Humans live] from hope to hope,” Goethe

Bad news should be delivered in-person, not remotely. Sit down with them. Your manner should be calm, sober, kind. If you can ‘hold the patient’ with a steady gaze, they will feel less alone. Appreciate that their taking this in will be an incremental process. “Oh, no; I don’t believe it” is a common reaction to shocking news. Be empathetic; you have just changed their world. (The risk of suicide is doubled for those with visual impairment.) Be sensitive to how they are processing this new reality: some may pepper you with questions, others may be mute. Leave room for hope: discuss possible treatments, different disease trajectories, and possible new research advances.

Assume that much of what you’ve said will not be heard, understood, or remembered. Don’t just run away – if you are too busy to linger, make sure a skilled staff can stay with them to answer questions and provide support. Schedule the follow-up appointment sooner, rather than later.