

How to find the right work-life balance: Time management for young oncologists

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Disclosures

- I have received travel grants, consulting fees, honoraria or lecturing fees from Amgen, Bayer, Celgene, Lilly, Merck, Roche and Sanofi Oncology

Learning goals

1. Biological therapy use in 1st, 2nd, 3rd and 4th line
2. Biological therapy with chemotherapy or as single agents
3. Sequential or concomitant therapy
4. Predictive or prognostic factors that determine the effectiveness of new therapies
5. ASCO, ESMO recommendations

Incidence of oncology in Finland

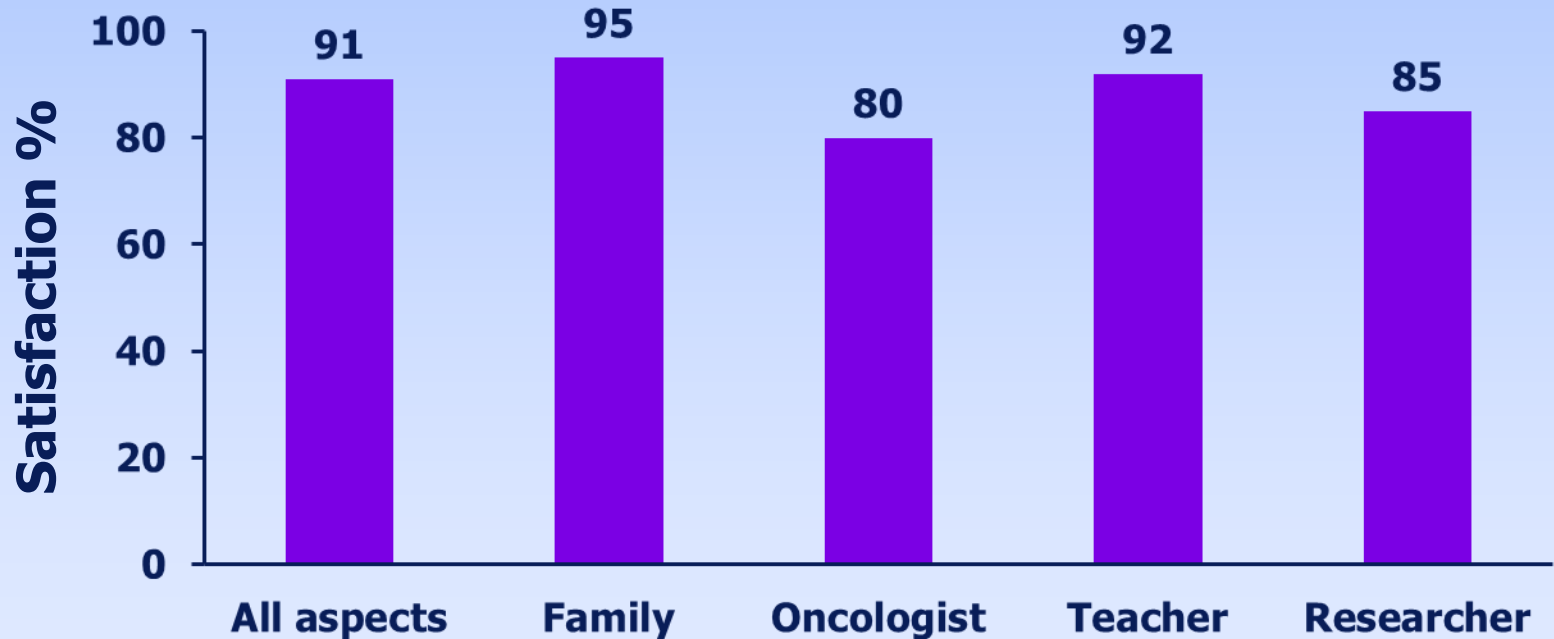
■ In 2013

- ◆ 5.4 million inhabitants
- ◆ >30.000 new cancers
- ◆ 150 clinical oncologists
 - ☞ 50 oncologists in training
 - ☞ 75% are female
 - ☞ Retirement boom foreseen



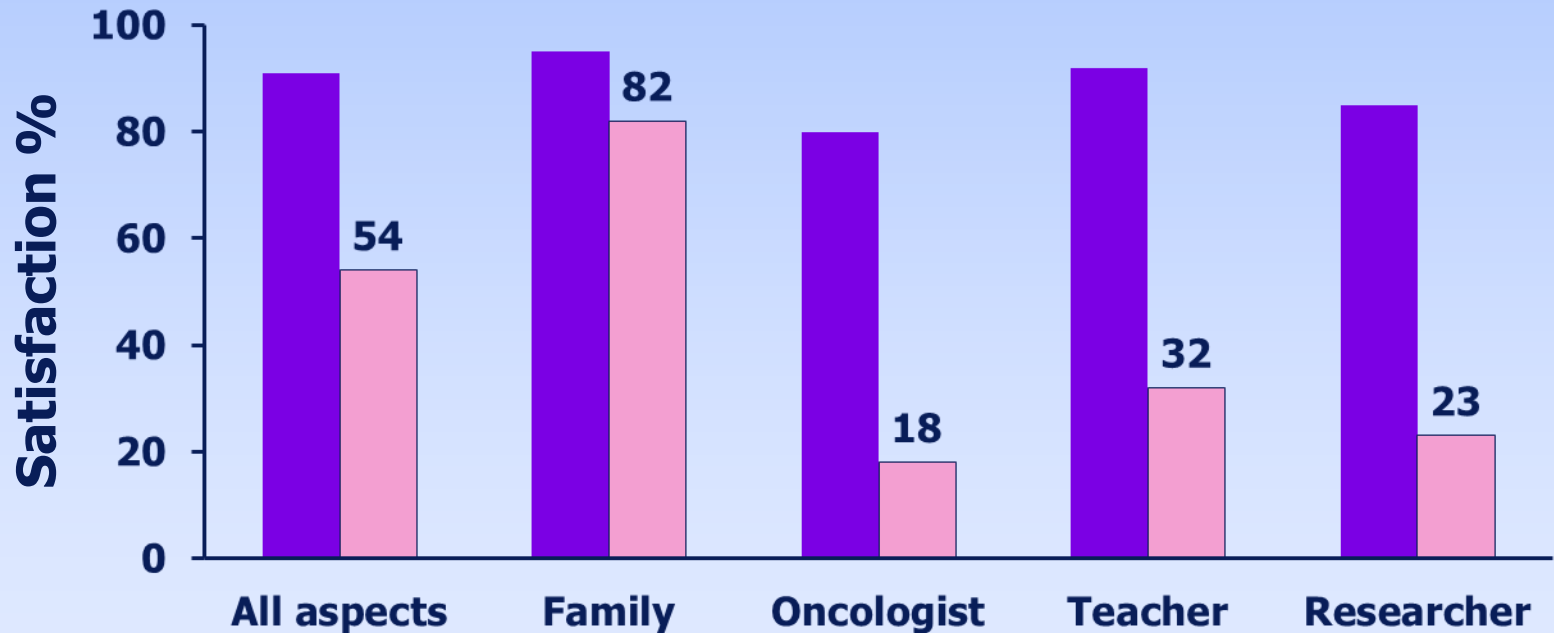
Satisfaction rate 2014 as a

- wife and mother of four,
- clinical oncologist with responsibility for GI-cancer
- senior lecturer with PhD, in training and med students
- researcher with clinical and translation research



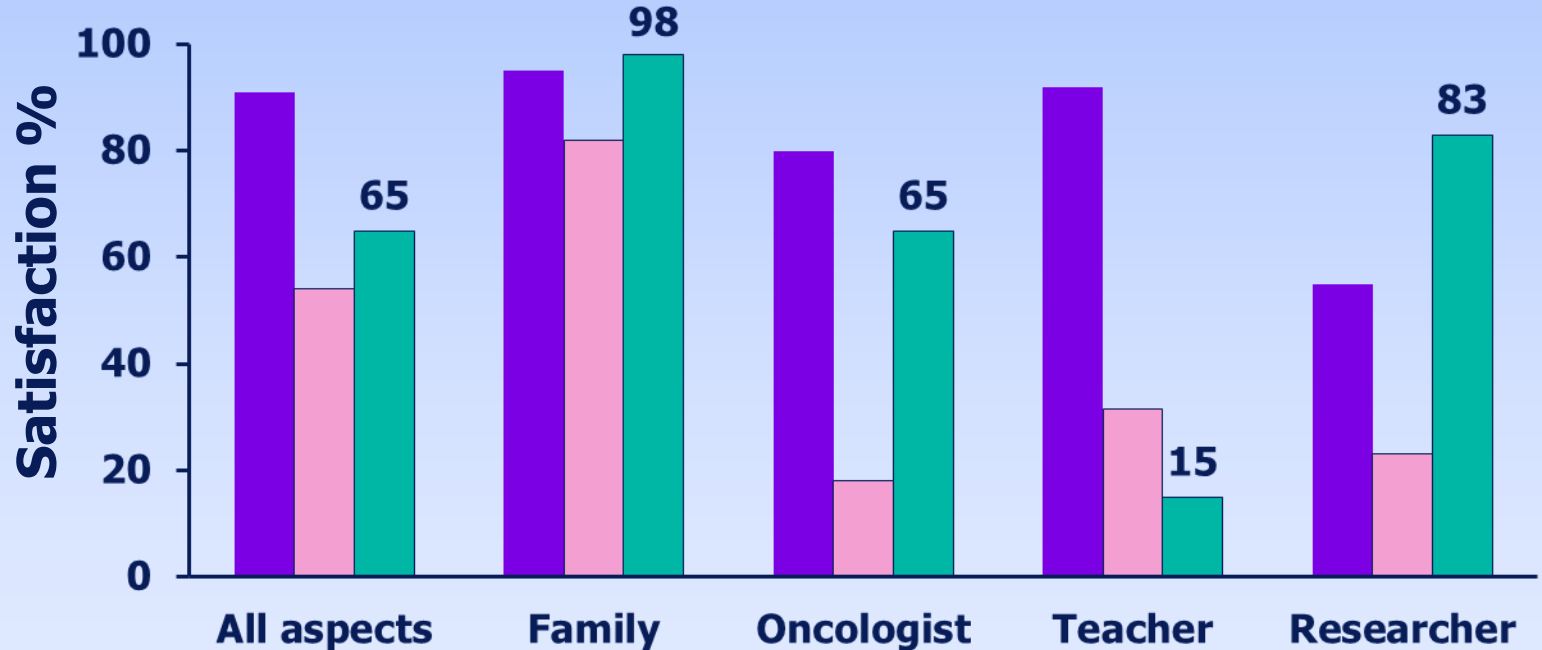
Satisfaction rate 2008

- when patients are leeches (blutigel, blood hedgehog)
- when work in clinics is exhausting



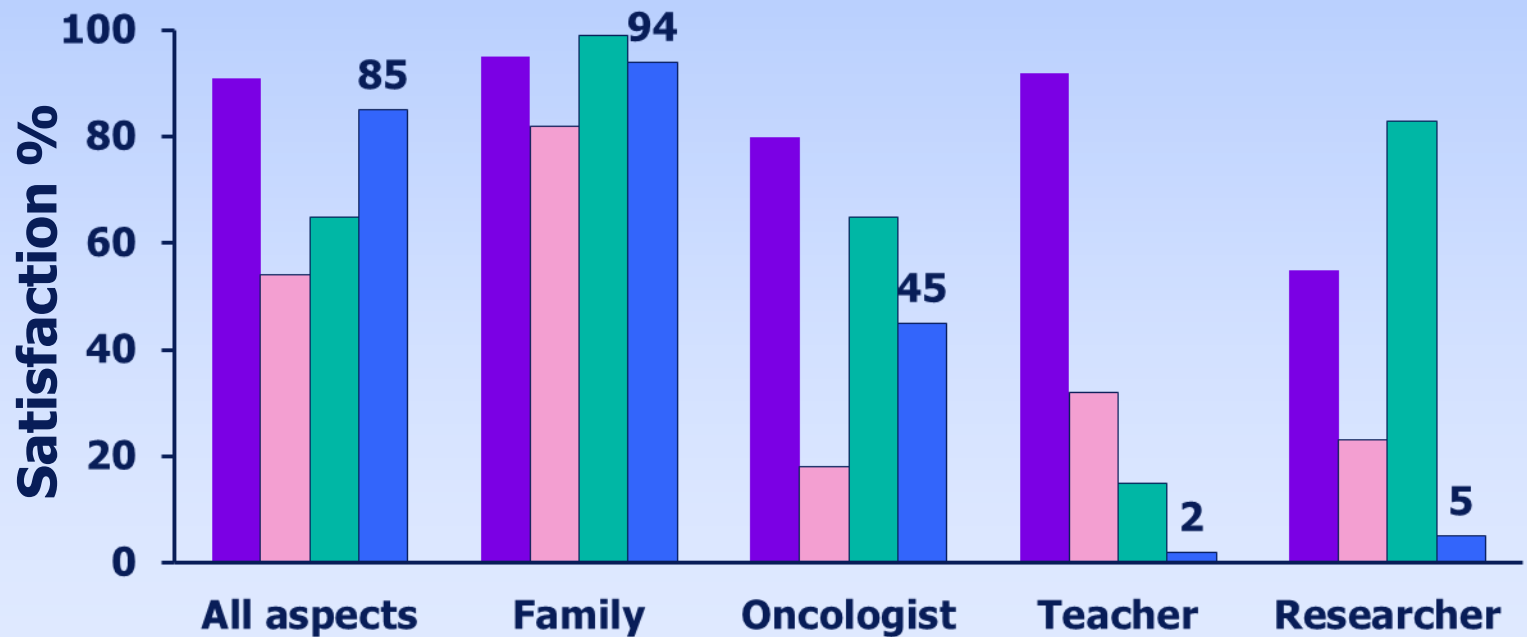
Satisfaction rate 2000

- when I've returned to work after 6 mths sick leave
- when I lived one day at a time without buts



Satisfaction rate 1994

- when I've just realized oncology is my thing
- when I just got pregnant
- when I have to decide career in UK vs. Finland



Conflicts of interest are inevitable

- I am not the loving spouse, mother, daughter, sister and friend
- I am not the efficient oncologist
- I am not the inspiring teacher and lecturer
- I am not the award winning researcher
 - ◆ I can't live up to my expectations and idealism

Multidisciplinary team assessment in family business

■ Team members

1. Partner and children
2. Family and friends
3. Colleagues and superiors
4. Professional helpers



■ Typical conflicts

- ◆ Physical factors
- ◆ Emotional factors
- ◆ Economical factors
- ◆ My day needs 25 hours
 - 1/3 taxi chauffeur
 - 1/3 cleaning lady
 - 1/3 cook





Think of a person closest to you
in your family

- What do you appreciate most in her/him
in times of conflict?

Treatment choices

- I can change only myself
- I can't carry anyones burden – but I may walk with them
- Children are a loan
- Everything that does not kill you, toughens...
- Life is not static, but constant learning
- Focus on good things and the bad ones look smaller

Pre-emptive vs reactive management

- We built a new house
- We often go to our summer cottage
- We go on trips (most agreed on)
- I worked part-time for some years
- I got myself a cleaning lady plus her husband and sister
- I go out with just my husband or one of the children regularly
- I take sabbath for 24 hours every week
- I take riding lessons with my daughter every Monday eve





Why are you engaged in oncology?

- What motivates you most in your work?

Why oncology?

Pros

- An evolving speciality
- Patients are generally nice, honest and ill-for real
- Often something you can do to help
- A speciality prioritized, with good employment perspectives

Cons

- Life-long learning necessary
- Patients are living in the shadow of death
- Patients want cure
- With economic constraints and increasing incidence we will constantly be overloaded by work

Multidisciplinary team assessment in oncologist matters

■ Team members

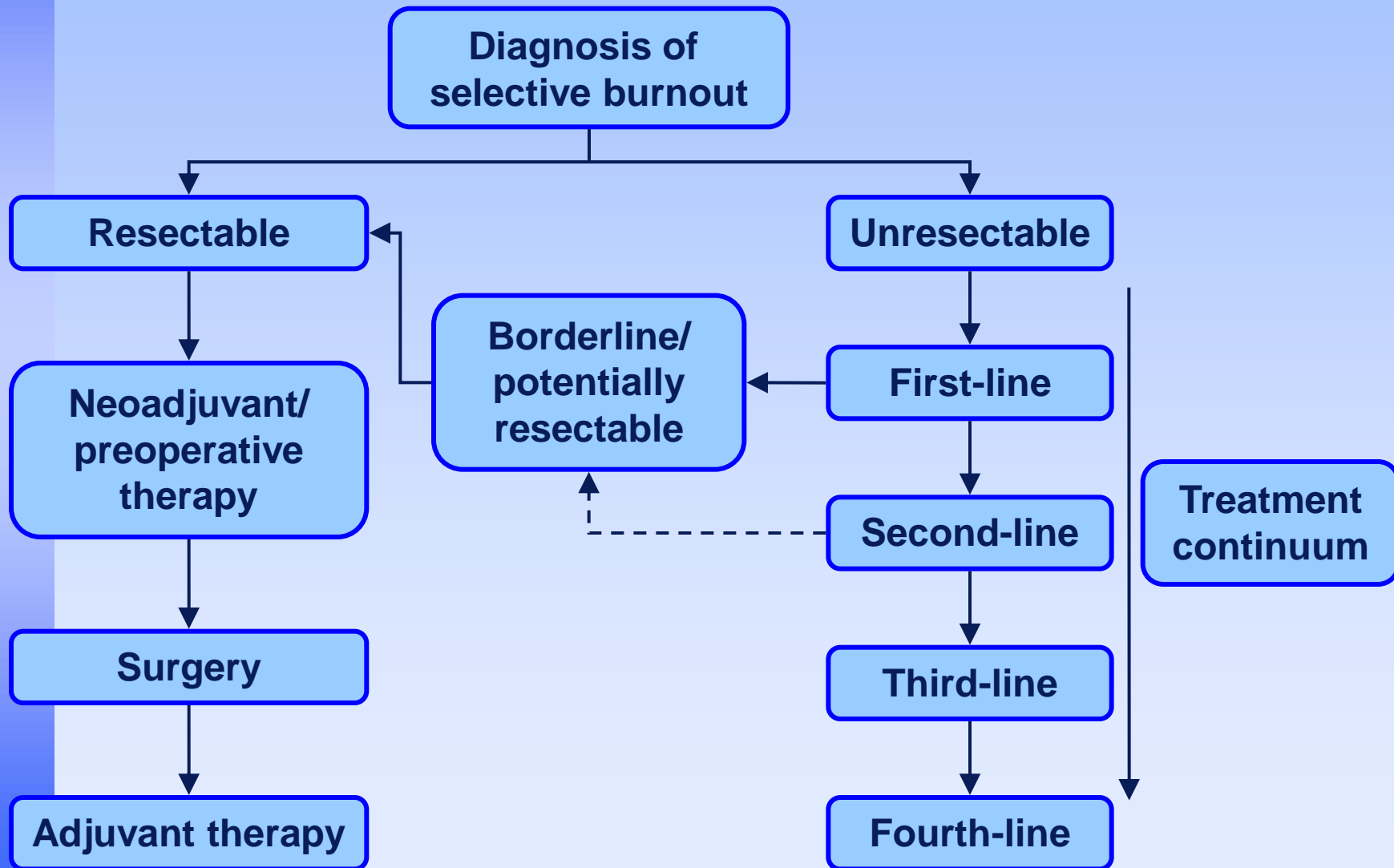
1. Colleagues and nurses
2. Administrators and superiors
3. Family and friends
4. Professional helpers

■ Typical conflicts

- ◆ Patient related factors
- ◆ Physical factors
- ◆ Emotional factors
- ◆ Economical factors
- ◆ Time factors



Management of life 2008: A Treatment Strategy to Fit Myself



The first steps in tailoring therapy

■ General rules

- ◆ If a problem is resectable, then surgery (with or without preoperative therapy)
- ◆ If a problem is potentially resectable, be aggressive with preoperative therapy
- ◆ For unresectable problems — quality of life is key

Treatment choices

- Motivation is born when doing things
- Work has value in itself

- Do your share well, the motto is:
To Cure Sometimes,
To Relieve Often,
To Comfort Always

- But realize the limitations:
"The world you can't redo
calm your fighting soul
Only one thing is on you
to do one person well"

Teaching

- "Still other seed fell on good soil, where it produced a crop—a hundred, sixty or thirty times what was sown."
- Senior lectureship gives me time for research and out of clinics
- Will I miss teaching in med. school when I am a fulltime consultant?

- Engage into teaching early on and continue lifelong
 - ◆ Nurses
 - ◆ Peers
 - ◆ In training
 - ◆ In the lab etc.
- Engage in the process of learning, not as much in the means, but in the end product. Be open to learn yourself in the process



Is research just for consultants?

- What skills are achieved by engaging in research?

Research is rewarding

- The seasoning of my career
- My aim has been to make a difference for the GI-cancer patients
- Pure clinical research first
- Nowadays some translational as well
- The collaboration with other researchers help me forward and the PhD students from working alone
- Gives very nice skills for everyday oncology

Research is hard work

- Design, conduct and reporting take considerable time
- Financing is challenging
- Full-time researchers drive past part-timers, but it is ok if you don't take it seriously
- Publishing results is possibly the hardest work

ESMO/ASCO guidelines 2010

”Professionalism must be fostered during medical oncology training.

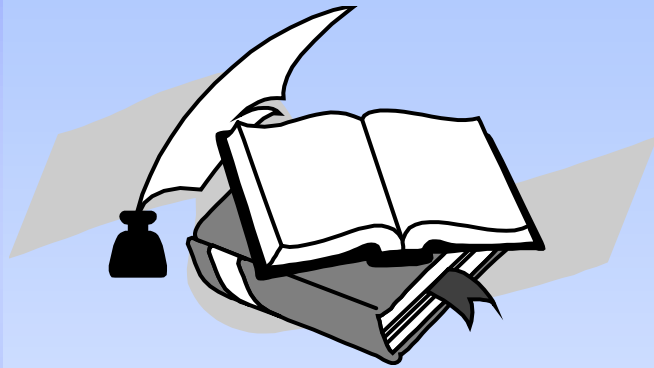
In addition to mastering the comprehensive clinical and technical skills of the consultant medical oncologist, trainees are expected to maintain the values of professionalism.

These values include placing the needs of one's patient ahead of one's self-interest, being responsive to the needs of society, and maintaining a commitment to scholarship and high standards of related research.

Trainees, therefore, should be encouraged to participate in professional organizations, community programs, and institutional committee.”

In conclusion

Love yourself, love one another,
and live every moment to the
fullest, because one never knows
when it's the last



The aim is:
**MORE DAYS AND
MORE TO THE
DAYS**

