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* All quotes are from the reviewed article unless otherwise specified.

Dr. Money's 2017 Presidential Address touches on three topics relevant to the practice of both vascular and neurological surgery: surgical personalities, surgical burnout, and surgical happiness. His central premise: surgeons possess personality traits that, when managed correctly, can lead to a sense of fulfillment and sustained happiness. However, when mismanaged, these same traits can lead to work-life imbalance and burnout.

Dr. Money presents an overview of surgical personalities. Surgeons possess many personality traits that are common among high achievers. They are "considered to be driven, result and task oriented, motivated, competitive, and passionate." During the lengthy training process and throughout their years in practice surgeons "practice and perfect their craft to achieve the best possible results." When these traits are managed appropriately surgeons "truly engage in the pursuit of excellence." However, these same traits, when "taken in the extreme can actually be antithetical to the goals of high achievers."

Mismanaged, strong personality traits may contribute to personal and professional sabotage. Passionate and competitive surgeons may find it difficult to prioritize or delegate tasks. Blind to others' viewpoints, surgeons may be prone to micromanaging the care of a patient. When left unchecked "the pursuit of excellence can lead to the quest for perfectionism, which is an impossibility" and counterproductive to patient care.

Over time, mismanaging our personality traits can result in surgical burnout. More than half of surgeons experience some form of burnout: "emotional exhaustion, depersonalization, or a feeling of ineffectiveness or a lack of personal accomplishment at work." Dr. Money describes intrinsic and extrinsic factors related to surgical burnout. Intrinsically, the leading cause of burnout is work-life imbalance. Extrinsic factors are many and varied, including loss of surgeon independence and autonomy. The "McDonaldization of medicine" attempts to standardize care, perhaps beyond reason and "with minimal consideration given to patient variability." However, despite high levels of burnout and surgeon disenfranchisement, "career satisfaction among surgeons is high."

Dr. Money concludes with a discussion of surgeons and the pursuit of happiness. While "happiness is variably defined," data suggest that "surgeons are less happy than the general population." Everyday happiness is related to the "emotional quality of everyday experiences." Surgeons may fall short in this aspect of happiness due to burnout or the ever-steeper slope of the "hedonistic treadmill." Conversely, surgeons should be well-equipped to achieve "eudaimonia," satisfaction with one's overall life. "Deep levels of happiness come from attaining more complex goals. Altruism portends happiness." We are uniquely equipped to achieve this state of happiness due to the complex, technical nature of our calling and the "special relationship we develop with patients. This is the soul of pleasure in what we do."

Surgeons are gifted with personality traits ideal for high achievement. These same traits, when mismanaged, contribute to burnout and work-life imbalance. Surgical burnout is a

real, pervasive, and complex problem that may significantly contribute to surgical unhappiness. While difficult to define and multifactorial, surgeons may capitalize on their personality traits to achieve a deep feeling of purpose and happiness.