



Physician Reboot



The Physician at Retirement



Background

Lay Press



Activities of Physicians Are Described



Background





Background





Background



Second Year

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[Psychological, Spiritual, Social, Cultural, and Economic Factors in Medicine](#)



[Benign Neoplasms](#)

[Cellular Response to Physiologic and Pathologic Conditions](#)

“All organ injuries start with structural or molecular alterations in cells” concept began by Virchow in 1800's.



[Cancer \(Malignant Neoplasms\)](#)

[Cellular Response to Physiologic and Pathologic Conditions](#)



Background



Travel





Background



In the Medical Literature

Social, Cultural, Psychological and Artistic endeavors

Not well described



What do Physicians Exactly Do?



Significance of Survey



Knowledge of these conditions is key in making a conclusion of the well being of retired Physicians.



Purpose

To define the social, cultural, psychological and artistic endeavors and their prevalence in a cohort of medical alumni from the University of the Philippines.



Study Method



Class 1975 to 1959 who had available email address were sent a survey

Survey Logistics

Questions of Survey in Google form

Link: <https://docs.google.com/forms/d/1c6EEP9wZGTNPqREeuo3Clak214KE0CtHkdmjkr2dQ4/edit>

Responses collated on a spreadsheet

Study Population - 74 Responded to the Study



Survey Questions



Are you retired from the Practice of Medicine?

What was your age at retirement?

To which Medicine Class do you belong?

In what Specialty of Medicine did you practice?

What was the reason for your retirement?

What is your main activity during retirement?

Name three other activities that you are engaged in?

What makes you glad in retirement?

What makes you sad in retirement?



Survey Questions

How did you prepare financially for retirement?

Do you feel financially secure?

Are your continuing activity you enjoyed during practice?

What is the activity you have continued doing?





Results

1. Are you retired from the Practice of Medicine?



Of the 74 who responded

Retired - 35

Not Retired - 39



Results

Retired



Age at Retirement

Range

50-78 years

Average

67 years



Results

Retired



Youngest to Retire at 50 - Due to Disability - Does Community Work

Eldest to Retire at 78 - By Choice Takes care of Foundation of Dr. Thelma Tupasi



Results

Reason for Retirement



Health

Planned Retirement

Age

Required Mandatory Retirement from Institution

Covid 19

Wife's Illness

Choice

No Choice



Results

Reason for Retirement



Had enough of regulations and intrusion of the government in the practice of medicine.

To spend more time with family.

Pursue other goals

Found my replacement

Ready to do other things and past age of social security benefits

Time to enjoy the fruits of your labor and the children are done with their education



Results



Reason for Retirement

NO Choice

My wife published in Bangor Daily News that our office will be closed In August 18, 2008 without telling me!



Results

What is your main activity during retirement?





Results



What is your main activity during retirement?

Volunteer; study for Diplomate in PCOM
housekeeping

Reading; getting involved in grandchildren
activities



Results



What is your main activity during retirement?

Going through records of financial status

Cooking, preparing meals

Stay home



Results



What is your main activity during retirement?

Teaching at UPCM as Clinical Professor and training at PGH as Attending Surgeon

Work around the house

Tennis, Property maintenance.

tennis and travelling

Household chores and taking care of the Foundation by remote. I am still active in the Council of Advisers of the Philippine Dermatological Society.



Results



What makes you most happy retirement?

Less stress and more time to spend with family and friends.

I got to spend more time with my husband

Not worrying about going to work the next day



Results



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Results



What makes you most happy retirement?

Free time to do volunteer work, do hobbies
no medical responsibility to any patient, more family and personal time
Doing activities I did not have enough time when I was working



Results



What makes you most sad in retirement?

Pain (radicular neuropathy), miss delivering babies
I miss the challenge and satisfaction of seeing a patient overcome her illness
Hearing of friends fading away
Nothing



Results



What makes you most sad in retirement?

I miss the graduate students I mentored, not able to continue some big projects I started like vaccine development for Leptospirosis...

Nothing, I am home a lot of times and not hurried

Missing being with family and colleagues for face-to-face encounters



Results



What advice would you give for those in the middle of their career for retirement?

Physical Health

Mental Health

Finance



Results



What advice would you give for those in the middle of their career for retirement?

Physical Health

Healthy living, healthy diet, regular exercise, have a sports.

Avoid smoking and drinking.

Make physical fitness a habit thru aerobic exercise because adequate functional status and independent function will make for a happy retirement



Results



What advice would you give for those in the middle of their career for retirement?

Mental Health

Work as much as possible then retire

Keep it cool, don't be hard on yourself, avoid stress

Be sure that you have another interest other than medicine, after you retire.



Results



What advice would you give for those in the middle of their career for retirement?

Mental Health

Maintain good relations with family and friends.

Maintain your health optimally first of all,

Be frugal, do not take any risky habits like smoking, drinking and overeating, no infidelity (expensive habit),



Results



What advice would you give for those in the middle of their career for retirement?

Finance

Save at least 25% of your monthly income and buy High Dividend stocks

Make a note of your yearly expenses and project them to at least a hundred years of age .

Get involved and share whatever you have to the least fortunate.



Discussion

The Study in Perspective



Provides evidenced-based knowledge on the mental and physical of retired UP Medical Alumni

Limitations of the study

- Presents data only of a segment of the retired population
- Not a random sample, therefore may not be represented of typical UP Medical Alumnus/Alumnae

Implications from other studies

- Physical Activity Less Depression (NEJM)
- Physical Activity Leads to Less Dementia (NEJM)



Conclusion

Multiple factors are involved with *no dominant factor* identified characterizes UP Medical Alumni in retirement



Significance of the Study

The survey demonstrates fact- based knowledge of how UP Medical Alumni are doing at retirement.



Thank You