Key Words: suicide ideation; retirement satisfaction; upstream interventions; meaning in life

FC10: Late Career Transitions for Physicians

Author: Robert Madan

Objectives:

1. List barriers and facilitators to physician retirement
2. Reflect on their personal thoughts and feelings about retirement
3. Describe personal steps or actions that need to be done in preparation

Background: Ernest Hemingway described the word *retirement* as "the ugliest word in the language." Physicians dedicate much of their time, energy and career towards training and patient care, often without sufficient focus on financial planning, late-career activities, and what retirement will require of them. There are significant competing tensions that create challenges in physician retirement.

Methods: A literature review was conducted to determine the enablers and barriers to physician retirement. Participants will reflect on how this applies to their own context and will have an opportunity to begin considering a late-career transition plan.

Results: Earlier retirement is associated with mental and physical stressors, and later retirement is associated with intuitional flexibility, and a feeling of lack of purpose and primary identity. Barriers to retirement include insufficient financial planning, rigid organizational structures, and an identity that is mostly based on being a physician. Facilitators include good health, opportunities to teach, adequate financial planning, succession planning, and the development of interests outside of medicine.

Conclusions: The training and practice of medicine often requires a near-total commitment at expense of personal life and late-career planning. There are clear enablers and barriers to physician retirement. Recommendations include institutional retirement planning, guidance around financial planning for physicians throughout their careers, and the creation of post- retirement opportunities that maintain institutional ties. Late-career mentoring and peer support may be of value.

FC11: The Baycrest Quick-Response Caregiver Tool: Preliminary Results in the Long-Term Care Setting

Authors: Robert Madan, Anna Berall, Jon Parr Vijinski, Ken Schwartz

Objectives:

1. Describe the Baycrest Quick-Response Caregiver Tool
2. Describe the feasibility and utility of the tool in the long-term care context

Background: Neuropsychiatric symptoms of dementia (NPS) are common and result in poor outcomes such as caregiver burnout, poor quality of life, and elevated health care costs. The Baycrest Quick-Response Caregiver Tool TM (BQRCT) assists the caregiver to manage NPS in real time. Previously, the tool was studied in community-based family caregivers with positive results in terms of its feasibility and ease of use. The current study adapted the training module for health care professionals in the long-term care (LTC) context and assessed its utility and feasibility using a mixed-Methods approach.

https://doi.org/10.1017/S1041610224001327 Published online by Cambridge University Press