



Should the Aging Surgeon Retire? A Cross-sectional Study of Senior Surgeons in India

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Introduction

- Aging affects surgeons' physical and cognitive abilities, potentially leading to increased errors and health challenges [1]
- While aging surgeons have been widely studied in developed countries, limited research exists in the Indian context [3]
- Many senior surgeons wish to continue working but face insufficient institutional support for retirement planning [1]

Objectives

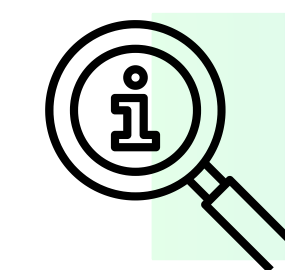
This study seeks to investigate:

- **Assess Clinical Workload:** Evaluate the clinical hours and responsibilities of senior surgeons in India
- **Self-assessment of Abilities:** Investigate self-reported physical and cognitive abilities of senior surgeons
- **Retirement Attitudes:** Explore senior surgeons' attitudes and preferences regarding retirement

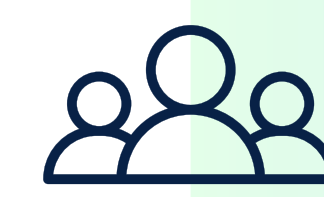
Methodology



Cross-Sectional Survey



Data on clinical workload, self-assessed abilities, surgical errors, and retirement attitudes



Surgeons across India (excluding those <35 years or in residency/fellowship)



Semi-Structure Questionnaire



Data Collected through Google form (Online)

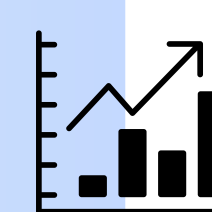


Analyzed using SPSS Statistics

QUESTIONNAIRE

- 1 Informed consent
- 2 General / Demographic information
- 3 Clinical Workload
- 4 Physical and Cognitive Health
- 5 Financial Considerations
- 6 Retirement Plans

Open ended & Likert-type responses were analyzed separately

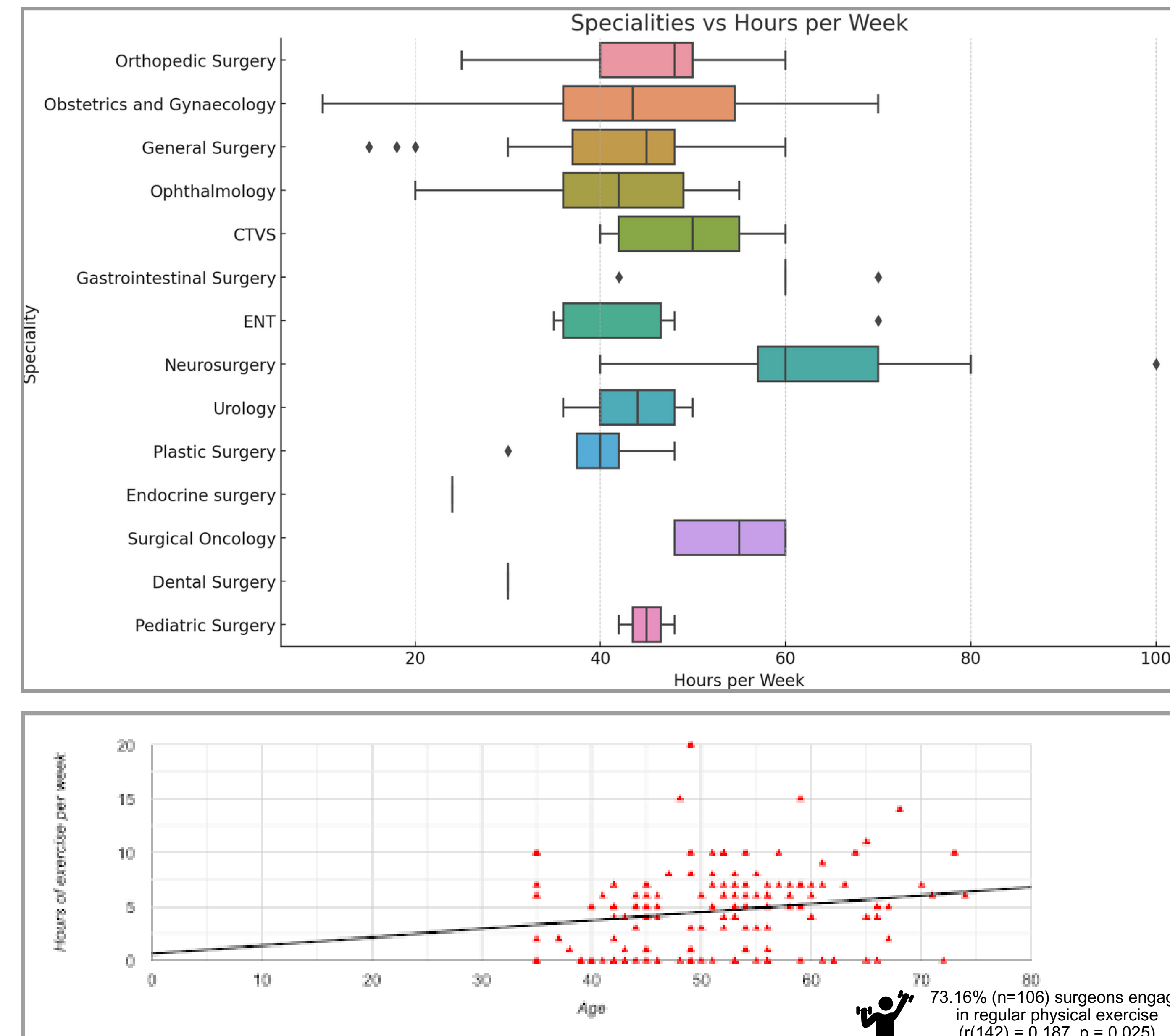
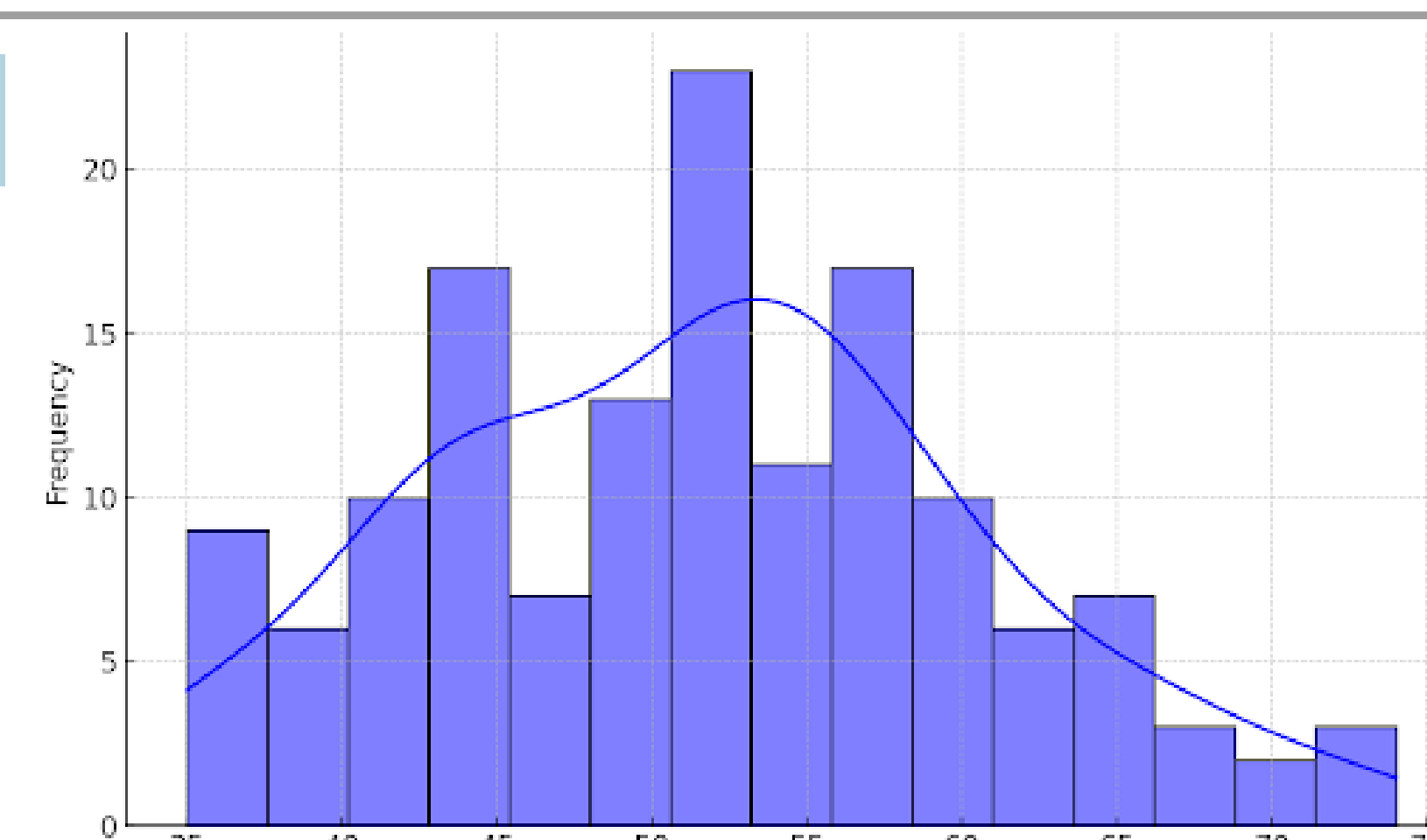
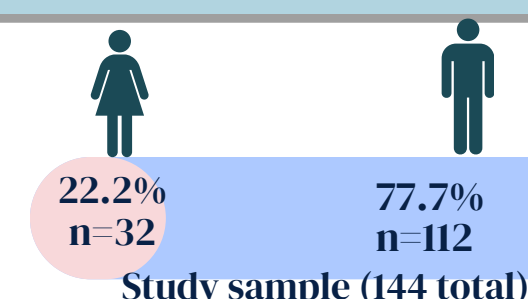


Significance threshold: $p < 0.05$



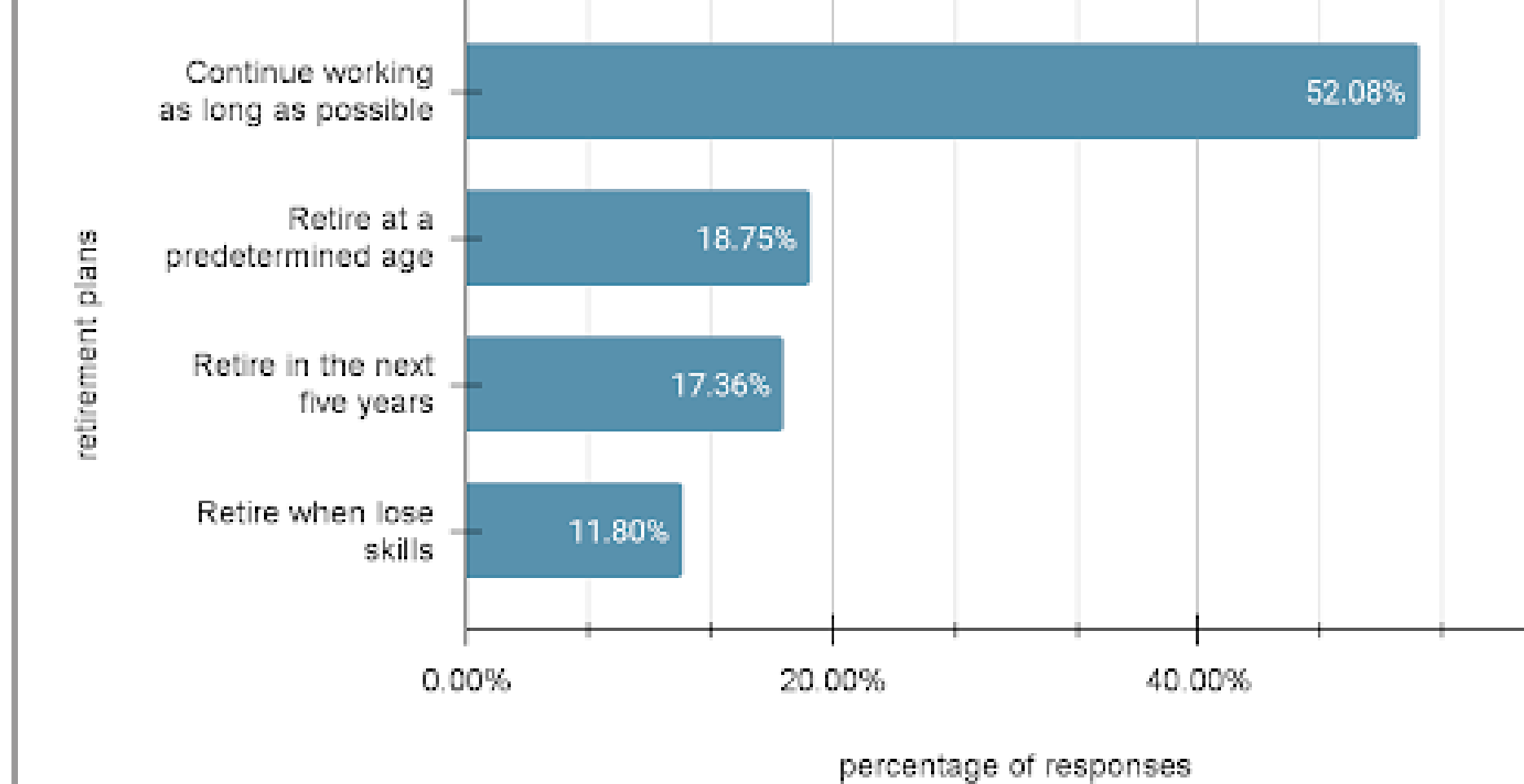
Demographics

- Sample size: **144** participants
- Average Age: **51.58 ± 8.93 years**
- Average years of practice: **20.62 years**
- Average Clinical Hours per week: **45.47 ± 12.09 hours**
 - Senior surgeons spent fewer hours than younger ones ($p = 0.004$)

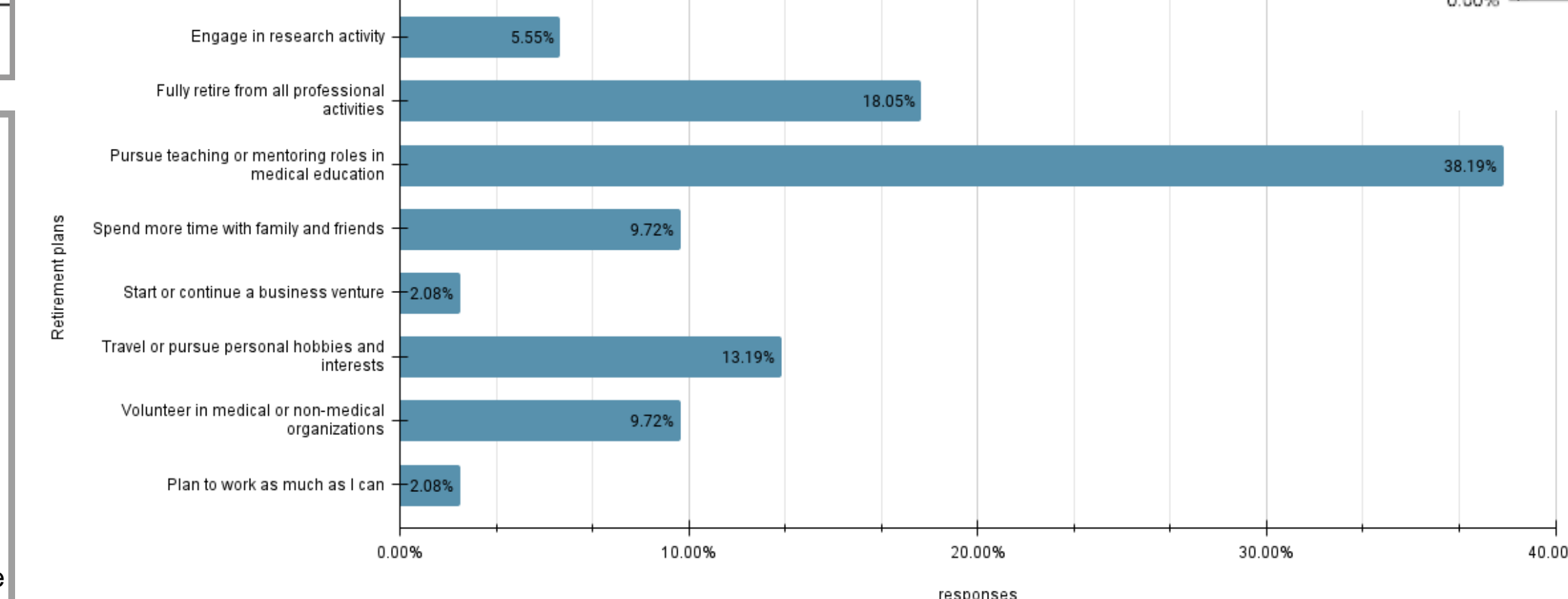


Results

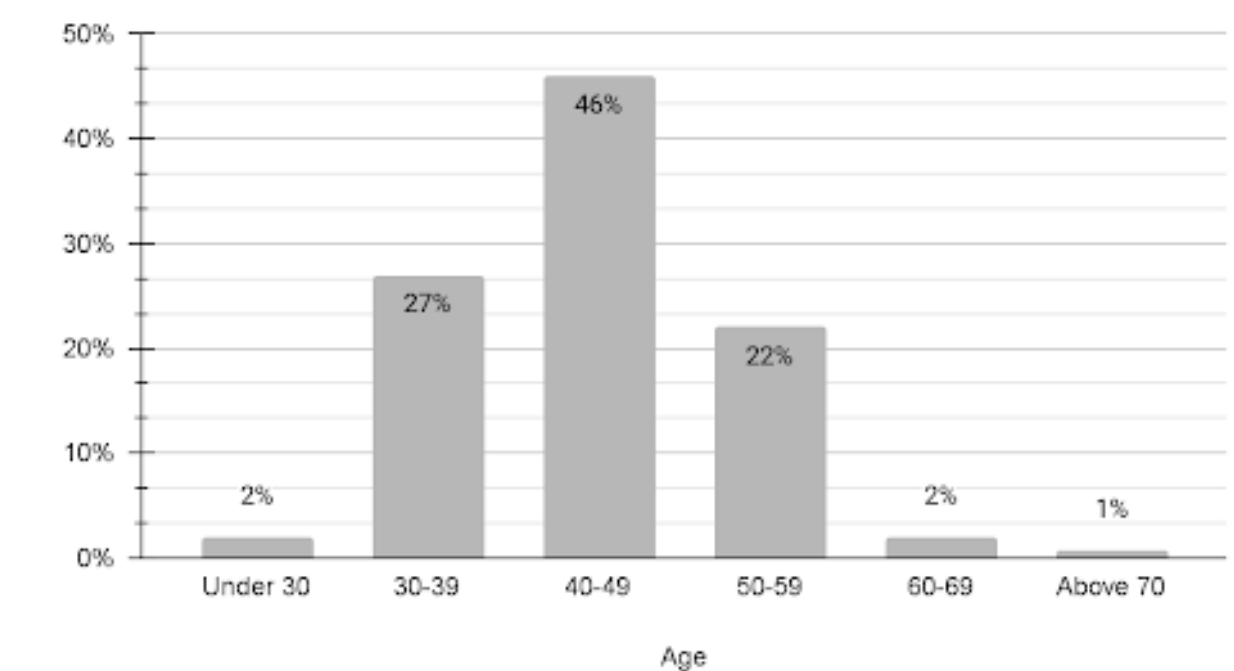
Plans for retirement



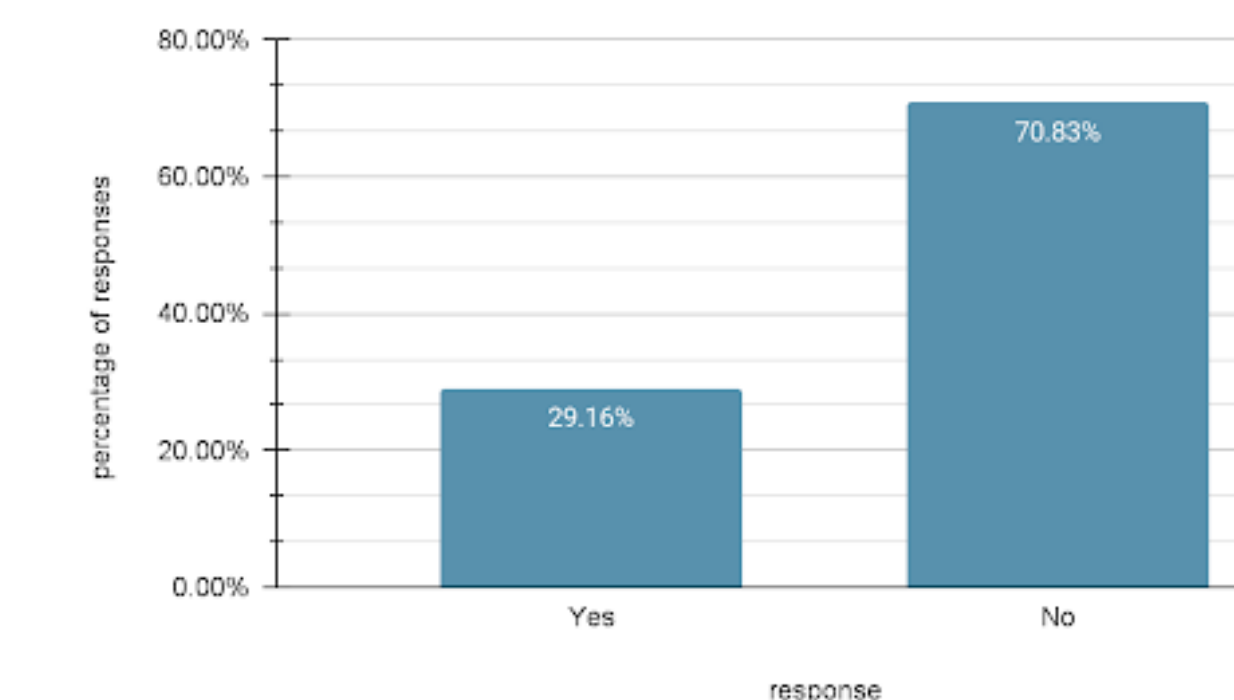
Plans after retirement



received age of peak performance



Adequate institutional support for retirement planning



- **Age related decline:** 48.3% reported physical decline, 15.27% reported cognitive decline
- **Health issues:** Surgeons over 55 were more likely to report chronic health issues ($p = 0.01$)
- **Surgical errors:** 11.11% of surgeons noted an increase in errors with age

Discussion

Challenges:

1. Physical and cognitive declines, and increased errors pose concerns
2. Lack of institutional support for retirement planning

Implications:

1. Comprehensive retirement planning and well-being programs are essential for senior surgeons
2. Enhancing senior surgeons' mentorship potential can benefit the field

Conclusion

Takeaway:

- Promoting physical well-being and structured retirement planning are essential for aging surgeons in India
- Adequate institutional support can improve surgeons' health, extend their careers, and enhance their capacity to mentor younger generations
- Comprehensive support programs will help ensure both physical and financial well-being, allowing surgeons to work as long as possible with greater satisfaction

References

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