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## Comment: Doctor heal thyself- Addressing the shorter life expectancy of doctors in India

Dear Sir,

We read beautifully written article by Pandey SK, *et al.*<sup>[1]</sup> titled "Doctor, heal thyself: Addressing the shorter life expectancy of doctors in India" focused on mental and Physical health but the *financial aspect*, which ultimately impact both mental and physical health, was missing.

An article by Honavar SG<sup>[2]</sup> also revealed decreasing reimbursements (27%) and insufficient compensation (24%) as the 5<sup>th</sup> and 6<sup>th</sup> major cause of burnout among US Ophthalmologist. In a recent study by Medscape Ophthalmologist Lifestyle, Happiness and Burnout Report 2019<sup>[3]</sup> again the 4<sup>th</sup> leading cause of burnout among ophthalmologist is insufficient compensation/reimbursement (39%). In India, if we do such survey, the 4<sup>th</sup> cause (Insufficient compensation and reimbursement) may top the list! This burden is further increased by squeezing surgery packages and increasing government regulations especially by Insurance companies for two major surgeries- Cataract and Retina surgery. Now many insurance companies are coming and asking and even forcing to offer discount on package rate to novice setup which is truly hazardous for upcoming generations of Ophthalmologists.

We appreciate and want to say thanks to the author for acknowledging the AIOS Conference, Indore for having a

health check-up stall. I would like to add few points regarding better future and encouragement for Doctors-

1. LOC may consider providing General Health Checkup including Blood and ECG with the help of IMA with minimum payable charges
2. AIOS shall try to fix the minimum package for Cataract and Retina surgery (or all eye surgery) unanimously at least for Insurance empanelment
3. Sports Recognition- Recognition matters and motivates. We can have different color-coding badges with nominal discounts to those ophthalmologists who are involved in any kind of sports activity in current year session (Now Marathon is very common). This may be a trendsetter in the world.

### Declaration of patient consent

The authors certify that they have obtained all appropriate patient consent forms. In the form the patient(s) has/have given his/her/their consent for his/her/their images and other clinical information to be reported in the journal. The patients understand that their names and initials will not be published and due efforts will be made to conceal their identity, but anonymity cannot be guaranteed.

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### Conflicts of interest

There are no conflicts of interest.

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