Most early career pediatricians are working as employees, balancing work and children, and are satisfied with their work, according to findings from the Pediatrician Life and Career Experience Study (PLACES). The Academy launched this longitudinal study in 2012 to track the job paths and lives of early career pediatricians.

Findings from the second year of PLACES (2013) indicate that most pediatricians who graduated from residency approximately nine to 11 years ago (average age 41 years) are busy building their careers. About half are in general pediatrics (51%), 37% in subspecialty or surgical/other specialty care, 7% in hospitalist care and 4% in nonclinical or other work (see Figure 1).

Nearly all early career pediatricians are working (98%) and have been in their current position an average of six years. Almost three-fourths are employees, not owners in a practice. Subspecialists (85%) and hospitalists (83%) are more likely than general pediatricians (61%) to be working as employees (see Figure 2).

Early career pediatricians are juggling both work and family: 91% are married or partnered, and 87% are parents. More than two-thirds are working full time and 31% part time. Most of their spouses or partners also are working (67% full time, 16% part time, 17% not working).

While 51% report stress in their efforts to balance work and personal responsibilities, overall, pediatricians express high levels of satisfaction with their work, careers and life (see Figure 1). One of the young pediatrician respondents who works full time as a generalist and is a mother of three children under the age of 10 years commented, “I love being a pediatrician and would recommend this field of medicine to anyone. My toughest challenge is finding balance.”

PLACES includes two cohorts — early career pediatricians described in this article and recent residency graduates who are approximately two to four years post-residency (average age 34 years). PLACES has approximately 900 participants in each cohort and includes both AAP members and nonmembers.

Ninety-three percent of participants responded to the 2013 PLACES. The high response rate will allow the Academy to understand the needs and experiences of early career pediatricians more fully.

For more information on PLACES, visit www2.aap.org/research/places.htm or contact Mary Pat Frintner, M.S.P.H., in the AAP Division of Health Services Research, at 800-433-9016, ext. 7664, or mfrintner@aap.org.
Figure 1. Careers, work-life balance and satisfaction of early career pediatricians (n=833)

Building Careers
- 51% in general pediatrics, 37% subspecialty, 7% hospitalist, 4% non-clinical or other
- Average of 6 years in current position
- 73% are employees

Balancing Work and Family
- 87% are parents
  - 85% have 2 or more children
- 31% are working part time
- 91% are married/partnered
  - 83% of partners are working

Satisfaction
- 89% find their work personally rewarding
- 83% are satisfied with their career as a physician
- 72% are very or completely satisfied with life overall

Source: AAP PLACES, Annual Survey 2 (2013); pediatricians are on average 9-11 years post-residency

Figure 2. Percentage of early career pediatricians who are employees, owners and independent contractors (n=764)

<table>
<thead>
<tr>
<th></th>
<th>Employee</th>
<th>Full- or part-owner</th>
<th>Independent contractor</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospitalist</td>
<td>83%</td>
<td>9%</td>
<td>7%</td>
<td></td>
</tr>
<tr>
<td>Subspecialist</td>
<td>85%</td>
<td>8%</td>
<td>6%</td>
<td></td>
</tr>
<tr>
<td>General Pediatrics</td>
<td>61%</td>
<td>33%</td>
<td>3%</td>
<td></td>
</tr>
</tbody>
</table>

Source: AAP PLACES, Annual Survey 2 (2013); pediatricians are on average 9-11 years post-residency
Balancing work, personal life causes stress for half of early career pediatricians

AAP Department of Research

AAP News 2014;35;12
DOI: 10.1542/aapnews.2014354-12

Updated Information & Services
including high resolution figures, can be found at:
http://aapnews.aappublications.org/content/35/4/12

Subspecialty Collections
This article, along with others on similar topics, appears in the following collection(s):
Career Development
http://beta.aapnews.aappublications.org/cgi/collection/career_development_sub
Research Update
http://beta.aapnews.aappublications.org/cgi/collection/research_update

Permissions & Licensing
Information about reproducing this article in parts (figures, tables) or in its entirety can be found online at:
http://beta.aapnews.aappublications.org/site/misc/Permissions.xhtml

Reprints
Information about ordering reprints can be found online:
http://beta.aapnews.aappublications.org/site/misc/reprints.xhtml
Balancing work, personal life causes stress for half of early career pediatricians
AAP Department of Research
AAP News 2014;35;12
DOI: 10.1542/aapnews.2014354-12

The online version of this article, along with updated information and services, is located on the World Wide Web at:
http://aapnews.aappublications.org/content/35/4/12