

## Career Satisfaction . . . continued from page 56

DeCamp says it helps that he sees his geriatric patients no more than an hour or two a day, which also helps to make his interactions with his patients enjoyable. “The smiles on their faces when I am visiting make it all worthwhile,” he says.

Effectively managing workplace stress is integral to achieving workplace satisfaction. Setting goals helps DeCamp manage stress during his workday. “If you don’t have goals, you don’t know where you’re going or where you’ve been,” he says. “Short-term and long-term goals help guide . . . your decisions.”

*Despite the stress that can often accompany the profession, most find it deeply satisfying. Though Lyons loves working with prosthetic and orthotic patients, he says he prefers working with prosthetic patients.*

Lyons keeps stress to a minimum by beginning his workday with a Bible study. “Faith plays a huge part of how I live my life,” says Lyons, who started in the O&P profession in 1993. “I do a Bible study over the phone with another leader in the O&P community. It reminds me that I’m not in control.”

Having a “fun and relaxed” work environment also helps keep stress out of the workplace for Lyons and his four full-time and two part-time employees. “This is important to business because it reflects on how our patients feel here,” he says. “We try to reduce the stress by operating as close as possible to a schedule.”

A change of scenery can go a long way toward keeping employees refreshed and focused, so Lyons encourages his employees to leave the office for a short time during the workday and to take a scheduled vacation. When all else fails, he says, “There’s always the squeeze-therapy stress balls.”

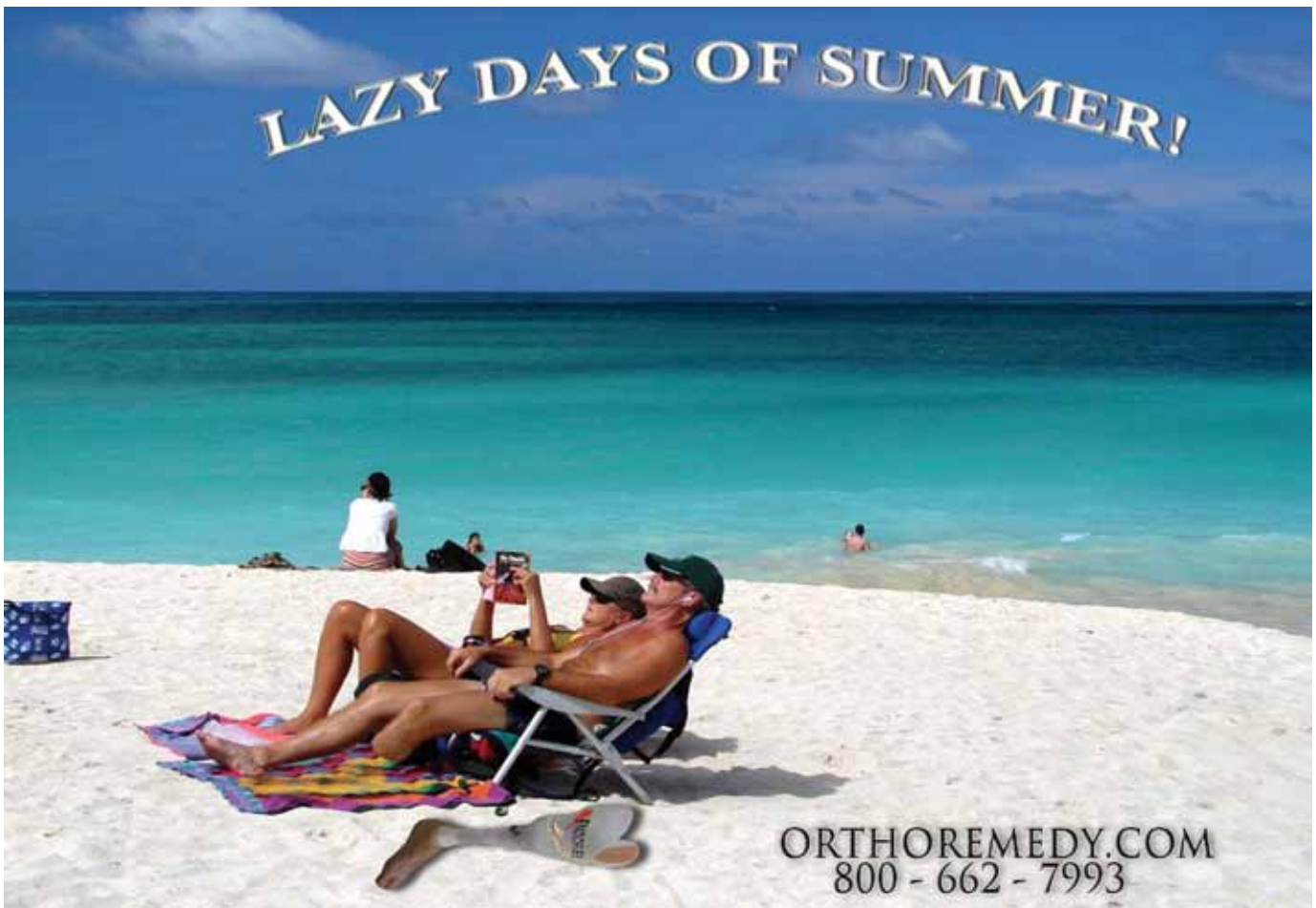
Dotter says he avoids burnout by varying his job situation. His day includes a little bit of patient contact, fabrication time, and, of course, paperwork. “I enjoy seeing my fabrication skills directly affect a patient during my patient contact,” he says. “The personal satisfaction of seeing a device created with your hands to help provide mobility to a patient [is] a continuing motivation for me.”

**Michael Mangino, CPO, BOCPO, LPO, CPed**, president and director of Bay Orthopedic & Rehabilitation Supply, headquartered in Huntington Station, New York, has been in the O&P profession for more than 30 years and is a

*continued on page 60*



Mangino



Circle # 56 on Readers' Service Card