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A Study of Wellness Education as a Burnout Coping Strategy

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SI CTR Abstract

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Physician Burnout/Wellness

Introduction: The MedScape National Physician Burnout & Depression 2018 report states that over 40% of responding physicians reported burnout, with 12% reporting clinical depression. As such, there is a need to study burnout mitigation.

Objective: This study seeks to validate the hypothesis that intervention will prevent burnout and promote physician well-being.

Methods: 200 medical professionals attending the November 2018 NMPRA conference in Orlando were administered a survey to assess attitudes and prevalence of burnout. Education about burnout was provided through an information booth, handouts, and discussions. A monthly newsletter about wellness will seek to inspire participants. Another survey after 6 months will re-assess attitudes and burnout and the data will be analyzed.

Results: Of 56 surveys returned, 66% were female respondents. 34% of responders have been practicing under 5 years, while 28% have over 20 years of practice. 63% of males and 86% of females reported burnout. While 72% reported participation in wellness activities, over 93% thought they worked too hard. At least 50% thought they were appreciated and supported at

work by their colleagues, and 85-90% thought their work was meaningful. 73% of males and 62% of females blamed lack of sleep for burnout.

Discussion: While physicians by and large are satisfied with their job and feel well supported, burnout is widespread, especially among females. Time pressure and wellness being lower priority may be issues, and this seems to indicate that the planned interventions should have a positive effect on wellness outcomes.