



Burnout: Experience and Mitigation

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Monday, March 27th, 2023
8:15-8:45am

Disclosures

- NONE

objectives



Recognize burnout as a
work-related injury



Realize risks for burnout



Offer strategies for
burnout mitigation



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Burnout: Occupational Exhaustion Syndrome

- Emotional Exhaustion
- Depersonalization
 - Cynicism
- Sense of Reduced Efficacy in Work



50% of the physician's day
spent on EHR and desk work¹

37% of visit time with
patients spent on non-clinical tasks¹

1 to 2 hours
of extra work each day, including
long hours before and after clinic
completing “between visit” work¹

¹ Sinsky C, Colligan L, Li L, et al. Allocation of physician time in ambulatory practice: a time and motion study in 4 specialties. *Ann Intern Med.* 2016;165(11):753-760. doi:10.7326/M16-0961

I feel like I am on a rollercoaster
every day I go to work and turn on
the EMR ~ and it is making me sick



“Write shitty notes”

Can I get a dictation
program/voice recognition to help
me go faster?



“No, only if you were to break
your arm or something”

System Issues



- Lack of Autonomy: Control
- Lack of Input
- EMR
- Inefficient Work Processes
- Insufficient rewards: professional recognition/collegiality
- Breakdown of Community : Disconnection
- Conflicting Values: Moral injury

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Drivers of 'the Great Resignation'



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Surgeon General Advisory



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National Plan for health workforce well-being



National Academy of Medicine
Action Collaborative on
Clinician Well-Being and Resilience

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Reduce Administrative Burden



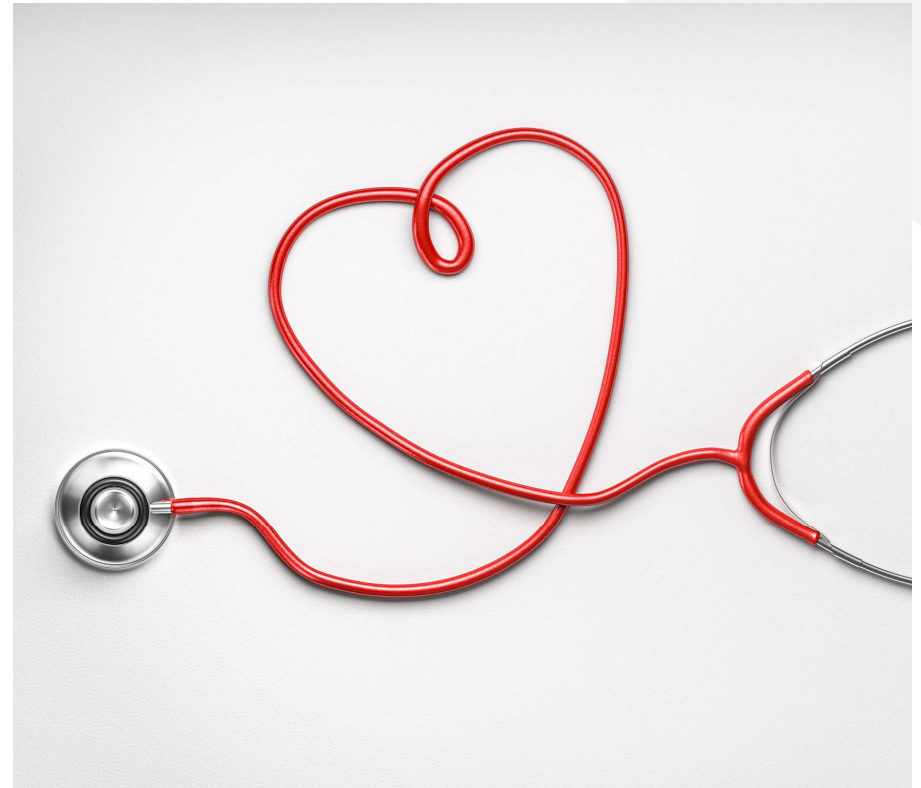
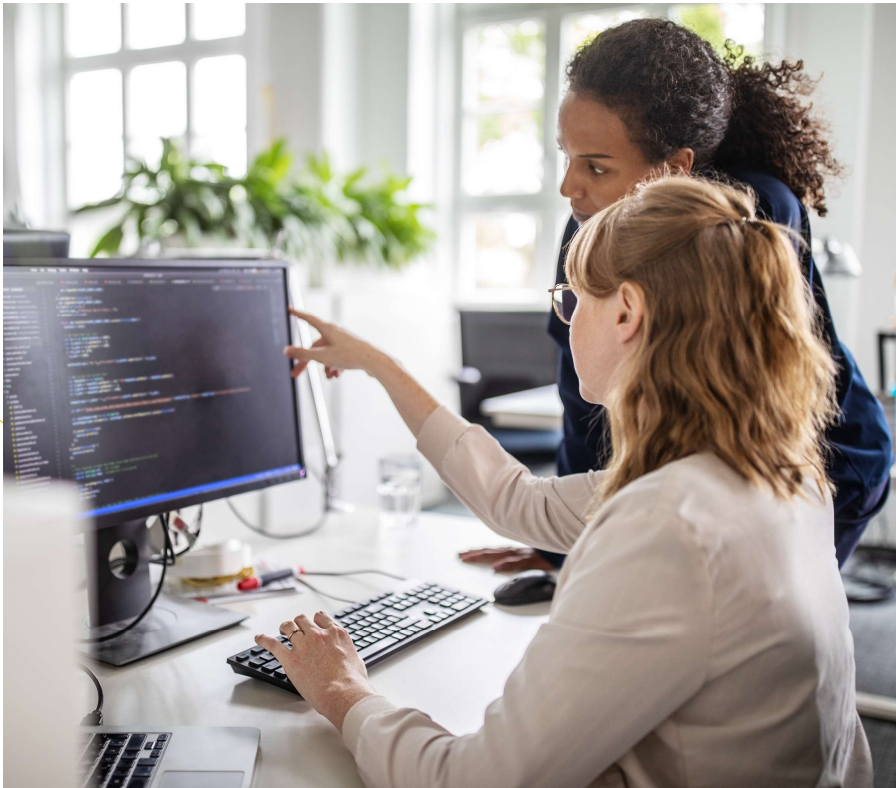
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Use technology to assist in quality care

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Reduce stigma and open pathways for support and services





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References

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- [Crisis and support resources for health care professionals \(afsp.org\)](https://afsp.org)
- All photos are from stock images or personal albums