

COMBATTING BURNOUT IN FAMILY MEDICINE

Burnout has become an epidemic in healthcare and more doctors are taking note. Now's the time to take action to prevent burnout in your own practice and create balance in your life.

The Burnout Epidemic

Emotional Exhaustion

Depersonalization Low Personal Accomplishment

Burnout is a syndrome caused by **chronic workplace stress** that encompasses three main symptoms, and affects relationships with patients, colleagues, and family.

Men often experience **depersonalization** as their first burnout symptom, while women usually suffer **emotional exhaustion** more frequently.

Who experiences burnout?



In a 2015 Medscape report, family physicians were one of the most burned out specialties, behind only emergency, critical care, and urology (55% each).

Why do doctors experience burnout?

Uncontrollable factors at your job: bureaucratic tasks, computerization, spending too much time at work, feeling like you can't deliver quality care.

Some personality traits that help doctors succeed become harmful in when work stress is too much.

Instead of burnout, let's prioritize physician well-being and quality of work and life.

Putting patients before yourself

Workaholic



Perfectionist

Don't ask for help

Importance of Physician Wellness

Increasing physician wellness and job satisfaction while reducing burnout can lead to:

- Increased patient adherence to treatment recommendations
- Improved patient satisfaction
- Better health counseling by physicians

The "Quadruple Aim"

The "Triple Aim" refers to improving population health, enhancing patient experience, and reducing costs.

But none of these can be achieved without a fourth aim: **improving provider well-being.**

Qualities that protect physicians against burnout:

- Finding meaning in your work
- Protecting time away from work for friends and family
- Focusing on what's important in life
- Keeping a positive outlook

Move from **avoiding burnout to embracing joy**: habits of physicians with high overall quality of life



Get enough aerobic exercise

Make time for hobbies and recreation



Adopt a life philosophy that stresses balance

Sources

Engage in supportive personal relationships



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