

## **Recognizing and Addressing Burnout**

*First described in 1974, burnout describes the consequences of dissatisfaction in one's work life. These consequences may include low mood, irritability, exhaustion, loss of occupational purpose, and diminished creativity.*

> The stress created by burnout is insidious. Generally, it arises so gradually that its corrosive effects are unnoticed. It has been referred to as “depression lite.” In Messias’ and Flynn’s article, “The Tired, Retired, and Recovered Physician: Professional Burnout Versus Major Depressive Disorder,” (*Am J Psychiat* 175:716-719), important distinctions are drawn between the two conditions. The significant areas of overlap deserve consideration.

> Tamerin writes in “Depression, Shame and Stigma in Therapists: To Share or Not to Share – That is the Question,” (*Connecticut Psychiatrist*:55, Fall, 2016), considers the prevalence of depression and the stigma associated, and suicidality among physicians. See attachment, Depression and Shame

> Medical Student Burnout is considered by Amir, Olivetta, and Mansoor (unpublished). See attachment Medical Student Burnout.

> The American Psychiatric Association reports that 2 out of 5 psychiatrists suffer from professional burnout. (Also see the Medscape poll referenced below.) The APA website includes a self-assessment tool, a video presented by Rick Summers, and wellbeing resources. Among others, these resources include TED talks and the APA toolkit for Wellbeing Ambassadors. See: <https://www.psychiatry.org/psychiatrists/practice/well-being-and-burnout>

> The AMA offers an extensive CME program on physician burnout through a series of courses and modules. See: <https://education.ama-assn.org/physician-burnout.html>

> Medscape polled physicians about burnout. The poll showed that among physicians, psychiatrists (33%) were among the happiest in their work. Psychiatrists were less likely (38%) than all physicians (46%) to describe themselves as burned out. Female psychiatrists were more likely to report burnout than male psychiatrists (39% v 32%). More than for other

disciplines, psychiatrists (50%) are more likely to manage burnout by talking with friends or family. The major reason (60%) for burnout was “bureaucratic tasks (e.g., charting, paperwork).”

For the results of the full survey, see:

[https://www.medscape.com/slideshow/2018-lifestyle-psychiatry-6009239?src=ppc\\_google\\_rem\\_burnout2018\\_psych&gclid=EAIaIQobChMIzLWxi7bE3AIV9QhlCh0brQ2tEAEYASAAEgJJN\\_D\\_BwE](https://www.medscape.com/slideshow/2018-lifestyle-psychiatry-6009239?src=ppc_google_rem_burnout2018_psych&gclid=EAIaIQobChMIzLWxi7bE3AIV9QhlCh0brQ2tEAEYASAAEgJJN_D_BwE)

>Elsewhere, Medscape offers articles on burnout in medicine. Feeling burned-out, Dodell describes the help he found from a course on mindfulness: See <https://www.medscape.com/viewarticle/898550>

>Articles on burnout among physicians can be found at [www.kevinmd.com/blog/?s=burnout](http://www.kevinmd.com/blog/?s=burnout) . Also, consider the professional network, Doximity.

>Medical Bag’s writer Hannah Dellabella describes how a meditation technique that focuses on the power of sound can be helpful. See: [https://www.medicalbag.com/lifestyle/physician-burnout-sound-healing-meditation/article/782534/?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=tmb-update-20180804&cpn=psych\\_all%2cthygenext\\_111012&hmSubId=2rSQguTGV801&NID=%25%25NPI\\_NUM%25%25&c\\_id=](https://www.medicalbag.com/lifestyle/physician-burnout-sound-healing-meditation/article/782534/?utm_source=newsletter&utm_medium=email&utm_campaign=tmb-update-20180804&cpn=psych_all%2cthygenext_111012&hmSubId=2rSQguTGV801&NID=%25%25NPI_NUM%25%25&c_id=)

>Electronic Health Records (EHR) can contribute to burnout by requiring multiple daily sign-in’s by physicians. Yale Medicine is addressing the problem through advanced IT procedures. See: <https://www.medicalbag.com/tech-talk/burnout-reduced-with-ehr-it-solutions/article/779070/>

>In “When Sparks Stop Flying: How is Clinician Burnout Tied to Patient Outcomes,” George Marzouka reports on a personal experience in which medical politics was the source of his feeling of burnout. See: <https://www.medicalbag.com/lifestyle/physician-burnout-patient-outcomes-relationship/article/763210/>

>AMA Wire's Sara Berg itemizes 5 reasons that physicians are less likely to seek support. These include fear of licensure problems, "physician personality," solitary aspects of professional life, a survival mentality, and a tendency to self-doubt. See:

[https://wire.ama-assn.org/life-career/5-reasons-physicians-are-less-likely-  
seek-support](https://wire.ama-assn.org/life-career/5-reasons-physicians-are-less-likely-<br/>seek-support)

>**MSSNY Physician Wellness and Resilience Resources:**

[https://www.mssny.org/MSSNY/Practice\\_Resources/Physician\\_/Physician\\_Burnout\\_Library.aspx?hkey=1a24e5c1-1dd4-4765-9071-823bc797f0d7](https://www.mssny.org/MSSNY/Practice_Resources/Physician_/Physician_Burnout_Library.aspx?hkey=1a24e5c1-1dd4-4765-9071-823bc797f0d7)

The American College of Physicians Well Being and Professional Satisfaction Program

<https://www.acponline.org/practice-resources/physician-well-being-and-professional-satisfaction>

The Mayo Clinic Physician Well-Being Index

[https://www.mededwebs.com/physician-wbi/physician-burnout-assessment-demo?utm\\_term=physician%20burnout&utm\\_campaign=Well+Being+Index&utm\\_source=adwords&utm\\_medium=ppc&hsa\\_tgt=kwd-16147182&hsa\\_grp=41445009112&hsa\\_src=g&hsa\\_net=adwords&hsa\\_mt=b&hsa\\_ver=3&hsa\\_ad=188128035813&hsa\\_acc=6371832727&hsa\\_kw=physician%20burnout&hsa\\_cam=647507413&gclid=EAiaIQobChMIxJ-mpd6K3gIVB4vICh0hMAxcEAAYAiAAEgLRVPD\\_BwE](https://www.mededwebs.com/physician-wbi/physician-burnout-assessment-demo?utm_term=physician%20burnout&utm_campaign=Well+Being+Index&utm_source=adwords&utm_medium=ppc&hsa_tgt=kwd-16147182&hsa_grp=41445009112&hsa_src=g&hsa_net=adwords&hsa_mt=b&hsa_ver=3&hsa_ad=188128035813&hsa_acc=6371832727&hsa_kw=physician%20burnout&hsa_cam=647507413&gclid=EAiaIQobChMIxJ-mpd6K3gIVB4vICh0hMAxcEAAYAiAAEgLRVPD_BwE)

Burnout in the Medical Profession

<http://patient.info/doctor/occupational-burnout>

How to beat burnout: 7 signs physicians should know

<http://www.ama-assn.org/ama/ama-wire/post/beat-burnout-7-signs-physicians-should>

Physician Burnout and Wellness Resources

[https://www.acponline.org/system/files/documents/about\\_acp/chapters/dc/phys\\_burnout.pdf](https://www.acponline.org/system/files/documents/about_acp/chapters/dc/phys_burnout.pdf)

Physician Burnout – the Three Symptoms, Three Phases and Three Cures

<https://www.thehappy.md.com/blog/bid/290755/Physician-Burnout-the-Three-Symptoms-Three-Phases-and-Three-Cures>

Specialties with the highest burnout rates

<http://www.ama-assn.org/ama/ama-wire/post/specialties-highest-burnout-rates>

Smart Recovery Program for Physicians

<https://www.smartrecovery.org/new-publication-for-healthcare-professionals-in-recovery/>

Psychiatric Times Article on Addiction Treatment for Physicians

<http://www.psychiatrictimes.com/addiction/successful-treatment-physicians-addictions>

>Personal account: “A Clinician’s Experience of Burnout”

>Personal account: “Burnout and Medical Scribe”