

BURNOUT in Physicians

Self Assessment Tools

- **STEPS Forward**

Physician Burnout module: https://edhub.ama-assn.org/steps-forward/module/2702509?resultClick=1&bypassSolrId=J_2702509

an American Medical Association (AMA) website designed to empower physicians and medical teams to improve their practice. (CME available)

- **Dimensions: Work & Well-Being Toolkit for Physicians**

(<http://www.cms.org/uploads/BHWP-Physician-WWB-Toolkit-web.pdf>)

a printable toolkit developed by the Colorado Medical Society and the University of Colorado Anschutz School of Medicine to assist clinicians with their personal and professional health

- **MindTools**

(<https://www.mindtools.com>)

an online training webpage focused on helping you excel at work by teaching leadership and personal effectiveness skills. While it is designed for most professionals, physicians may benefit from its resources on time and stress management as well other relevant topics like recovering from burnout

Find all of these tools
and more at cphp.org



Online Communities

- **KevinMD**

<https://www.kevinmd.com/blog/> a collaborative site for physicians, residents and others to share stories and insights

- **The Happy MD**

<https://www.thehappymd.com> website by Dr. Drummond offers coaching, training and consulting to treat & prevent burnout

- **Ted Talks**

https://www.ted.com/playlists/245/talks_for_when_you_feel_totall helpful video reminders when you start to feel burnt out

Daily Reminders:

- Exercise, eat well and get enough sleep
- Spend time with the people or in activities that give you joy
- Subscribe to the AMA's Burnout Management Tip of the Week at <https://app.svwps.com/americanmedicalassociation/ama/burnoutprg/index.html>



Call for help today **(303) 860-0122**

CPHP because... *Healthy Doctors Give Better Care*

Facts about Stress and

BURNOUT in Physicians

Defining Symptoms

- Emotional exhaustion
- Diminished feelings of satisfaction/accomplishment at work
- Feeling detached from patients
- Any one symptom is problematic!

Physicians' Statistics

- Physicians are **twice** as burned out as other United States workers when controlling for work hours and other factors¹
- More than half say "too many bureaucratic tasks" (followed by too many hours at work, lack of respect, increased computerization of practice, insufficient compensation and loss of time with patients) as the leading cause(s) of burnout²
- The cost of physician burnout is estimated between **\$2.9 billion to \$5.0 billion** per year in the US (examples are absenteeism, loss of productivity, turnover etc)³
- Unfortunately, physicians' coping mechanisms are **less than ideal**, and often unhealthy (isolation, junk food and/or drinking)²



42% of the physicians report feeling burned out² (down from 51% in 2017)

REFERENCES

1. Shanafelt TD, Boone S, Tan L, et al. Burnout and satisfaction with work-life balance among US physicians relative to the general US population. Arch Intern Med 2012;172:1377-85.
2. "National Physician Burnout & Depression Report 2018," published by Medscape
3. Atkinson W, Misra-Hebert A, Stoller JK. The impact on revenue of physician turnover: an assessment model and experience in a large healthcare center. J Med Pract Manage. 2006;21(6):351-355.

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