

# **Burnout**

## **Transcript**

Our doctors never tell us how they feel, at least not during our appointments. But they do answer surveys. A recent one found almost half of doctors feel burned out. 5.4% of doctors with burnout stop practicing. And somewhat surprisingly, 3.7% of doctors stop practicing even before they develop symptoms of burnout.

For doctors, burnout includes emotional exhaustion, detachment from patients and colleagues, and feeling that work is no longer meaningful.

For When doctors leave medicine, their patients:

Are More likely to seek care in emergency rooms

Spend more on healthcare

Are less satisfied with their care.

Even before the pandemic, physician burnout was recognized as a major problem in U.S. healthcare. Causes listed in 2018 were:

- Loss of autonomy
- Treating the data, not the patient
- A world of rules
- Asymmetric rewards
- Sense of powerlessness
- Electronic health record woes
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- During the Covid pandemic, physician burnout became an epidemic of its own. Burnout rates have come down since then, but are still high.

- The American College of physicians and the American Medical Association both offer ideas to help doctors feel and function better in the environment they work in.

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- For the long term, maybe we should upgrade our healthcare system to stop burning out so many doctors.