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RESEARCH ARTICLE

PREVALENCE OF BURNOUT AMONG EMERGENCY MEDICINE RESIDENTS IN INDIA

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ABSTRACT

Burnout is a multidimensional, psychological syndrome resulting from long – term stress during one's career [Lin, 2019]. Burnout amongst healthcare professionals is characterized by various degrees of depersonalization, emotional exhaustion and sense of low personal accomplishment (Maslach, 1996). Emergency physicians (EPs) experience the highest levels of burnout among all physicians (Lu, 2015). Medscape national physician burnout, depression and suicide report 2019 estimates prevalence of burnout amongst emergency physicians to be 48% (<https://www.medscape.com/slideshow/2019-lifestyle-burnout-depression-6011056>). Although the detrimental consequences of burnout on clinician well-being and patient care are widely documented, burnout continues to be endemic in the health system [Chunming et al., 2015]. Symptoms of burnout are prevalent from the outset of medical training, with multi-institutional studies indicating that at least 50% of medical students may meet burnout criteria at some point during their studies [Chunming et al., 2015].

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INTRODUCTION

Objective: The objective of this study is to undertake nationwide cross sectional survey to determine the prevalence of burnout amongst Indian emergency medicine residents.

MATERIALS AND METHODS

Emergency medicine residents across India were invited to participate in an un-incentivized, online questionnaire through Twitter, Facebook, and Whatsapp, using Google forms. This questionnaire was based on the most validated tool to measure burnout in health care professionals - the Maslach Burnout Inventory-Human Services Survey (MBI-HSS). The definition of burnout, as per the authors of MBI-HSS, high emotional exhaustion (EE ≥ 27), high depersonalization (DP > 10) and low personal achievements (PA ≤ 33), was considered. All data was exported to excel spreadsheet, anonymized and analyzed.

RESULT AND CONCLUSION

A total of 200 emergency medicine residents took the online survey. Two thirds of our respondents were males. A third of residents belonged to zones south and west, each.

A quarter of them were located in the north zone of the country and about a tenth was from the east zone. The prevalence of burnout was found to be 90.9% and 37.1% of these Indian emergency residents had high burnout rates.

A similar survey on the US Emergency medicine Residents by Michelle Lin, et al (2019), suggested that the prevalence of burnout among their emergency medicine residents was 76.1%, highlighting that physician burnout in emergency medicine profession seems to begin as early as residency training^[1]. It was also noticed that the burnout rates were higher in 2nd and 3rd year EM residents (95% to 97%) in contrast to 1st year EM residents (80%), perhaps a result more clerical burden, interactions with consultants, patients and staff.

Future research is required to learn further about the underlying causes and possible solutions to reduce burnout. More importantly, the focus must be on changing the traditional work culture than blaming the individual for burnout. Additionally, medical education and system must consider resident wellness initiatives, monitoring and support groups, in a stepwise manner. We plan to undertake the next phase to survey the consultants and nurses to gauge burnout in them and learn more about devising holistic approach to deal with burnout.

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Figure 1. Maslach Burnout Inventory-Human Services Survey (MBI-HSS)

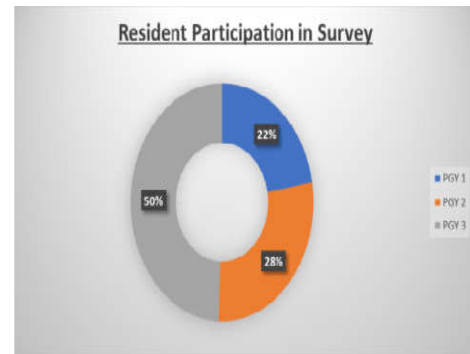


Figure 3. Results

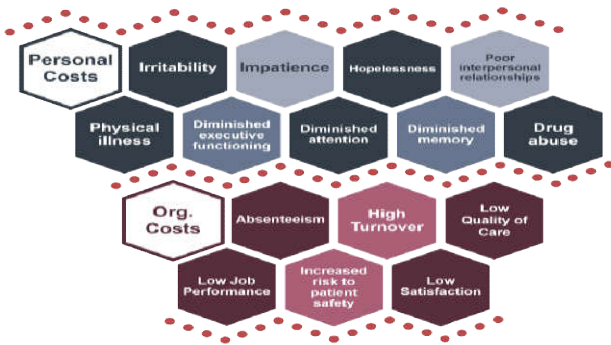
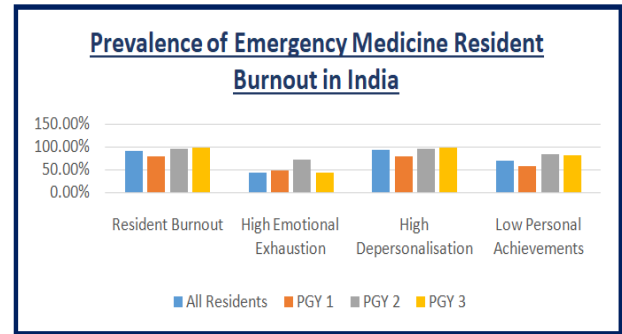


Figure 2. Effects of burnout



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