Burnout- And how to avoid it
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CORD Conference 2008

Burnout- a state of mental and/or physical exhaustion caused by excessive and prolonged stress.¹

The loss of meaning in one’s work

Factors increasing burnout:²
Lack of job involvement
Negative self assessment of productivity
dissatisfaction with career
sleep disturbances
increased number of shifts per month
dissatisfaction with specialty services
intent to leave the practice within 10 years
higher levels of alcohol consumption
lower levels of exercise

Is Emergency Medicine Worse?
7.5% over 5 years
25% over 10 years
General physician population 40-60%³ ⁴

What is Stress and What is Burnout?⁵
Stress
Charakterized by overengagement
Emotions are overreactive
Produces urgency and hyperactivity
Loss of energy
Leads to anxiety disorders
Primary damage is physical
May kill you prematurely

Burnout
Characterized by disengagement
Emotions are blunted
Produces helplessness and hopelessness
Loss of motivation, ideals, and hope
Leads to detachment and depression
Primary damage is emotional
May make life seem not worth living

Recognizing the warning signs

Three Stages of Burnout⁶
Stage 1 – Stress Arousal
Stage 2 – Energy Conservation
Stage 3 – Exhaustion

Preventing Burnout- Recognize it early and Take Steps to correct it⁷
Take care of yourself.
Seek out resources.

Set boundaries.

Take a personal snapshot.

Fight the grass-is-greener syndrome.

Set yourself up for success.

Resources available:

The Society for Professional Well-Being The Center for Professional Well-Being is a 501(c)3 non-profit educational organization. The Center is devoted to promoting well-being among healthcare professionals, including students, and their families, their practice organizations, and other professionals. Membership fee is nominal. Call them at 919-419-0011. http://www.cpwb.org/


Articles:


Stress and responses to it. http://www.advancedfamilyhealth.com/


1 Girdino, DA, Everly, GS, and Dusek, DE, Controlling Stress and Tension, Allyn & Bacon, Needham Heights, MA, 1996
5 Stress and Burnout in Ministry- epub.
6 The Physiology of Stress, Mary F. Asterita, Ph.D., Human Sciences Press, Inc., 1985.