

# CORD 2018 Academic Assembly

Speaker Names: **Andrew Grock, MD and Christopher I. Doty, MD FAAEM FACEP**

Lecture Title: **The Blurred Lines Between Burnout and Depression**

Lecture date and time: **April 23<sup>rd</sup>, 2018 at 9:20 AM.**

## **Key Concepts and Major Points**

- Burnout is defined as a syndrome of emotional exhaustion, cynicism (depersonalization), and a lack of professional efficacy that develops in response to chronic occupational stress.
- According to this traditional definition, burnout is separate and exclusive from depression.
- Lately, evidence has challenged this paradigm in showing that burnout and depression may be related and even causative.

## **Potential Pitfalls**

- If we focus on burnout alone, we may be neglecting depression and burnout with depressive features.
- If so, we won't create effective interventions.
- If so, we won't de-stigmatize depression
- If so, intervention evaluation with the standard Burnout Inventories or scales will not properly address residents with depression.

## **References and Further Learning**

1. <https://bit.ly/2ufDADp>

## **Contact Information**

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