

2-2019

A Study of Wellness Education as a Burnout Coping Strategy

Abhishek Surampudy

Thomas Jefferson University, abhishek.surampudy@jefferson.edu

Allen Friedland, MD

CCHS

Himani Divatia, DO

CCHS

Tina Hu, MD

CCHS

[Let us know how access to this document benefits you](#)

Follow this and additional works at: https://jdc.jefferson.edu/si_ctr_2021_phase1 Part of the [Mental and Social Health Commons](#)

Recommended Citation

Surampudy, Abhishek; Friedland, Allen; Divatia, Himani; and Hu, Tina, "A Study of Wellness Education as a Burnout Coping Strategy" (2019). SKMC JeffMD Scholarly Inquiry, Phase 1, Project 1.

This Article is brought to you for free and open access by the Jefferson Digital Commons. The Jefferson Digital Commons is a service of Thomas Jefferson University's [Center for Teaching and Learning \(CTL\)](#). The Commons is a showcase for Jefferson books and journals, peer-reviewed scholarly publications, unique historical collections from the University archives, and teaching tools. The Jefferson Digital Commons allows researchers and interested readers anywhere in the world to learn about and keep up to date with Jefferson scholarship. This article has been accepted for inclusion in Phase 1 by an authorized administrator of the Jefferson Digital Commons. For more information, please contact: JeffersonDigitalCommons@jefferson.edu.

Abhishek Surampudy

SKMC Class of 2021

SI CTR Abstract

12/14/18

Physician Burnout/Wellness

Introduction: The MedScape National Physician Burnout & Depression 2018 report states that over 40% of responding physicians reported burnout, with 12% reporting clinical depression. As such, there is a need to study burnout mitigation.

Objective: This study seeks to validate the hypothesis that intervention will prevent burnout and promote physician well-being.

Methods: 200 medical professionals attending the November 2018 NMPRA conference in Orlando were administered a survey to assess attitudes and prevalence of burnout. Education about burnout was provided through an information booth, handouts, and discussions. A monthly newsletter about wellness will seek to inspire participants. Another survey after 6 months will re-assess attitudes and burnout and the data will be analyzed.

Results: Of 56 surveys returned, 66% were female respondents. 34% of responders have been practicing under 5 years, while 28% have over 20 years of practice. 63% of males and 86% of females reported burnout. While 72% reported participation in wellness activities, over 93% thought they worked too hard. At least 50% thought they were appreciated and supported at

work by their colleagues, and 85-90% thought their work was meaningful. 73% of males and 62% of females blamed lack of sleep for burnout.

Discussion: While physicians by and large are satisfied with their job and feel well supported, burnout is widespread, especially among females. Time pressure and wellness being lower priority may be issues, and this seems to indicate that the planned interventions should have a positive effect on wellness outcomes.