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LIVING & WORKING IN PRIMARY CARE DURING COVID-19

A research study to understand how the primary care professional is personally affected during this crisis

Week 18: We continue to examine occupational burnout and stressors during COVID. 59% (n = 817) of participants are experiencing burnout in one or more domains.” Feeling emotionally drained and fatigued by work and a limited exhilaration about working with patients are the most common expressions of burnout. See percentage of participants experiencing aspects of burnout below:

Emotional Exhaustion (few days to every day)

- Feel emotionally drained from my work (89%)
- Feel fatigued when I get up in the morning (85%)
- Working with people is really a strain (73%)

Depersonalization (few days to every day)

- Have become callous/cynical (26%)
- Do not care what happens to some patients (59%)
- Treat some as impersonal objects (29%)

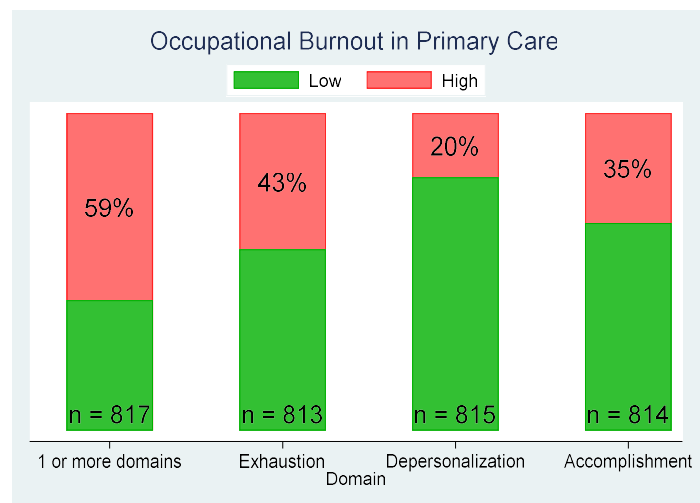
Personal Accomplishment (not every day)

- Feel exhilarated working with patients (91%)
- Deal effectively with patient’s problems (76%)
- Positively influence others’ lives (73%)

Methods:

REDCap online survey was distributed starting May 18, 2020 to primary care professionals and organizations nationally, including: NAPCRG, AAFM, CFHA, SGIM, UVM Medical Center, Kaiser Northern California, California Nurses Association, reddit, twitter, etc. Recruitment efforts will continue throughout the COVID-19 crisis. Participants can choose to complete the survey once or several times. The survey occurs weekly and is dynamic in order to include pressing questions.

Participants: Thank you everyone for your participation and for sharing your experiences during this challenging time in history. As of September 21, 2020, we have recruited 817 participants from all 50 states (see graphic) and a few outside the U.S., including: 38% physicians, 9% nurse practitioners and physician assistants, 17% nurses, 8% medical assistants, 17% behavioral health providers, 5% administrative support staff, and 6% other; 78% of participants are women, 89% white, and the average years working in their current role is 10 years (median; 0.1 to 70 years).



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Note: These preliminary results should be interpreted with caution. The small sample size makes the current findings not generalizable. In other words, we cannot assume these data represent all primary care professionals. The number of respondents’ change based on the questions posed for the week. The aMBI (Riley, et al., 2017) was modified to assess acute (weekly) aspects related to occupational burnout (range of each subscale: 0-12). Scoring: Exhaustion 6+; Depersonalization <3; Accomplishment <7. Therefore, the results cannot be compared to other samples using the aMBI. Higher scores indicate more burnout (personal accomplishment was flipped for ease of interpretation). For tips/resources on coping with distress during a pandemic, click [here](#).