



Week of July 20, 2020

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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 10: We continue to examine occupational burnout and began asking questions related to discrimination in the workplace*. Over half of primary care professionals are experiencing burnout in one or more of the burnout domains. The most common burnout domain is emotional exhaustion followed by not feeling professionally accomplished, and depersonalization (see graphic).

A preliminary look at burnout in one or more domain by role:

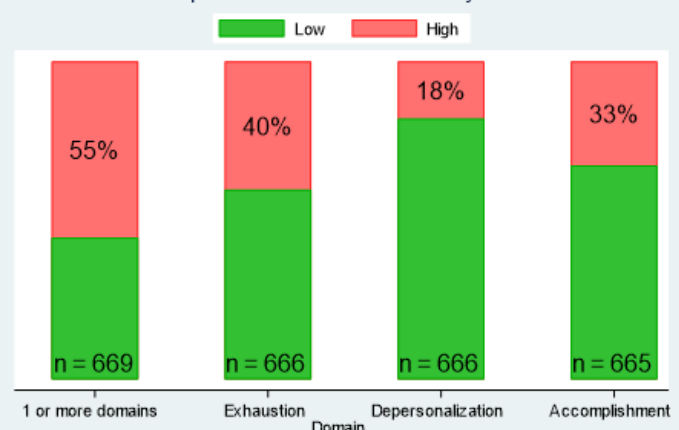
- 47% physicians,
- 56% nurse practitioners and physician assistants,
- 68% nurses,
- 69% medical assistants,
- 43% behavioral health providers,
- 66% administrative support staff, and
- 69% other (i.e., IT managers, scribe, phlebotomist).

*data related to occupational discrimination will be summarized in next week's report.

Methods: REDCap online survey was distributed starting May 18, 2020 to primary care professionals and organizations nationally, including: NAPCRG, AAFM, CFHA, SGIM, 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 July 20, 2020, we have recruited 669 respondents from 50 states. Including 35% physicians, 10% nurse practitioners and physician assistants, 16% nurses, 9% medical assistants, 14% behavioral health providers, 7% administrative support staff, and 6% other. 76% of participants are women, 82% white, and the average years working in their current role is 9 years (median; 0.1 to 70 years).

Occupational Burnout in Primary Care



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Note: These preliminary results should be interpreted with caution. The small sample size makes the current findings not generalizable. Meaning that 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). 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](#).