



Week of August 3, 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

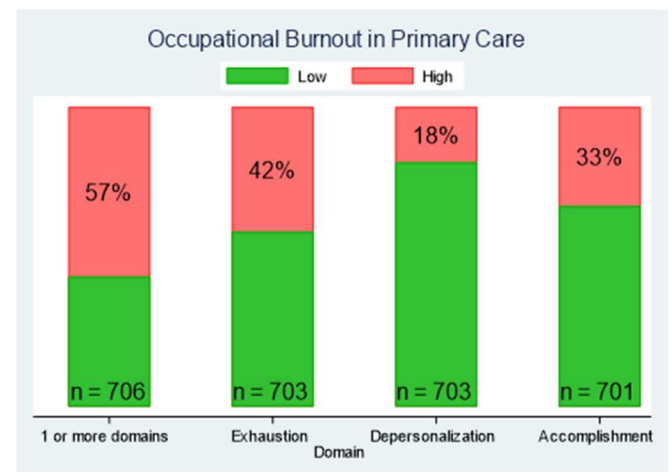


Week 12: We continue to examine occupational burnout and explored time spent working and feelings around the amount of work. 57% (n = 706) of participants are experiencing burnout in one or more domains (see graphic). Physicians in this group are working a median of 52.5 (range 10-100), hours, NPs/PAs reported 43 (12-65) hours, and nurses, MAs, BHPs, administrators, and other staff reported a median of 40 (5-42) hours.

54% of respondents (n = 79) endorsed "I have too much work to do everything well" with a third of this group reporting that this feeling has increased since the start of the pandemic. Responses did not meaningfully vary regardless of role or hours worked. Not surprisingly, feeling as if you have too much work to do appears to be related to feelings of burnout. Spearman's rho (ρ) analyses revealed a significant ($P < .009$) positive relationship between too much work and exhaustion ($\rho = 0.35$) and personal accomplishment ($\rho = 0.33$).

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 August 10, 2020, we have recruited 706 respondents from all 50 states (see graphic) and a few outside the U.S., including: 39% physicians, 9% nurse practitioners and physician assistants, 16% nurses, 7% medical assistants, 17% behavioral health providers, 5% administrative support staff, and 8% other; 78% of participants are women, 86% 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. 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](#).