The University of Vermont
LARNER COLLEGE OF MEDICINE

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Created by Jessica Clifton
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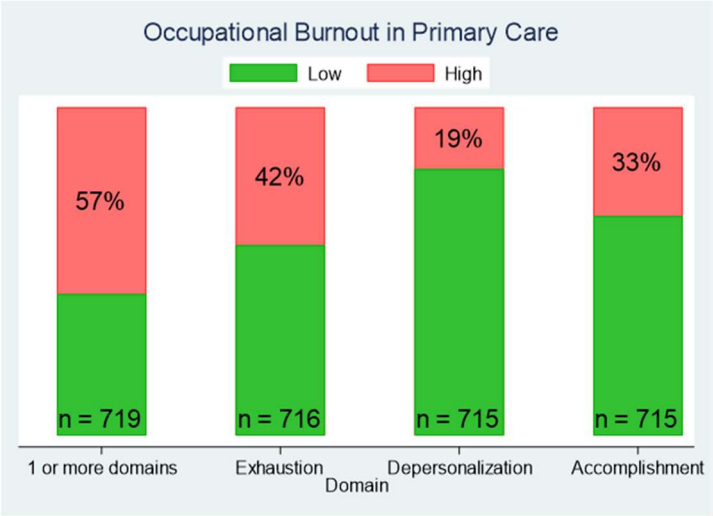
LIVING & WORKING IN PRIMARY CARE DURING COVID-19

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

Week 13 & 14: We continue to examine occupational burnout and began exploring work-life balance. 57% (n = 719) of participants are experiencing burnout in one or more domains (see graphic). Less than half of respondents (n = 99) reported having enough time for their personal/family life. Of the respondents with family responsibilities (n = 75), 42% reported that leadership has given them "very little" ability to modify their schedule to accommodate these competing demands.



Responses did not meaningfully vary regardless of demographics. Work-life balance appears to be related to feelings of burnout. Spearman's rho (ρ) analyses revealed a significant ($P < .05$) positive relationship between work-life balance and exhaustion ("having enough time," ρ = -0.54; "accommodating schedule," ρ = -0.26) and depersonalization ("having enough time," ρ = -0.31; "accommodating schedule," ρ = -0.32).

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 24, 2020, we have recruited 719 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, 88% white, and the average years working in their current role is 10 years (median; 0.1 to 70 years).

Contact Us: 802-656-4560 ° healthcare.covid19@med.uvm.edu ° go.uvm.edu/primarycare

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.