



LIVING & WORKING IN PRIMARY CARE DURING COVID-19

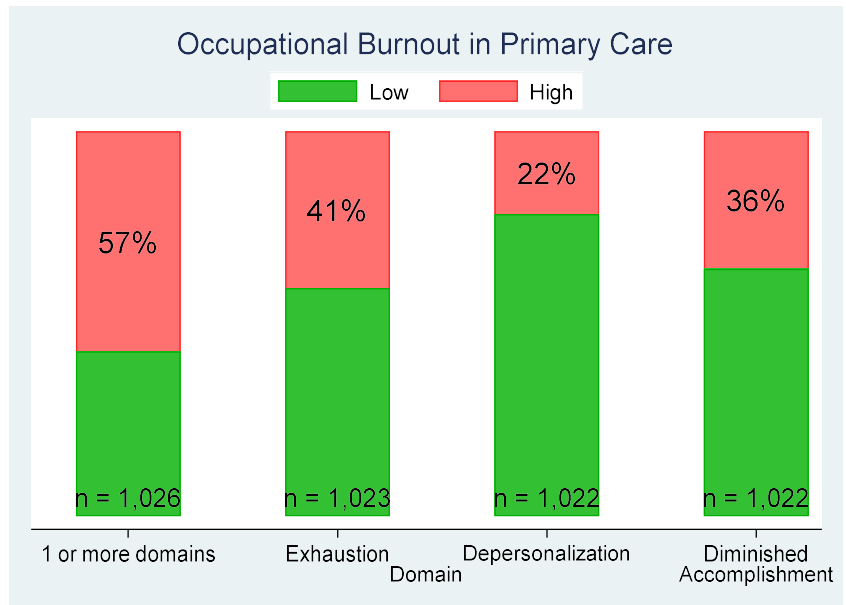
A research study to understand how the primary care professional is personally affected during this crisis

Results: 57% of participants are experiencing burnout in one or more domains (see graphic). Nearly half of respondents (44%; $n = 444$) don't feel that their work schedule leaves them enough time for their personal and/or family life. Another 17% reported feeling neutral on the matter.

Not surprisingly, this feeling of work-life balance is related to all three domains of burnout (exhaustion, depersonalization, and diminished accomplishment; $P < 0.001$).

Methods: REDCap online surveys were distributed to primary care professionals weekly starting May 18, 2020. Participants can choose to complete the survey once or several times.

Participants: As of March 9, 2021, we have recruited 1,026 participants from all 50 states: 39% physicians, 10% nurse practitioners and physician assistants, 15% nurses, 8% medical assistants, 18% behavioral health providers, 5% non-clinical, and 5% other clinical; 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).



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

Note: *Data cleaning has resulted in the removal of potential duplicates, incomplete responses, and ineligible participants (total of 43 removed from analysis to date). Interpret preliminary results with caution. The findings are not generalizable given the small sample size. In other words, we cannot assume these data reflect all primary care professionals. The number of respondents may change based on the questions posed for the week/month. The aMBI (Riley, et al., 2017) was modified to assess acute (weekly) burnout (range of each subscale: 0-12). Scoring: Exhaustion 6+; Depersonalization 3+; Accomplishment <7. Therefore, the results cannot be compared across studies using the aMBI. For tips/resources on coping with distress during a pandemic, click [here](#).