



LIVING & WORKING IN PRIMARY CARE DURING COVID-19

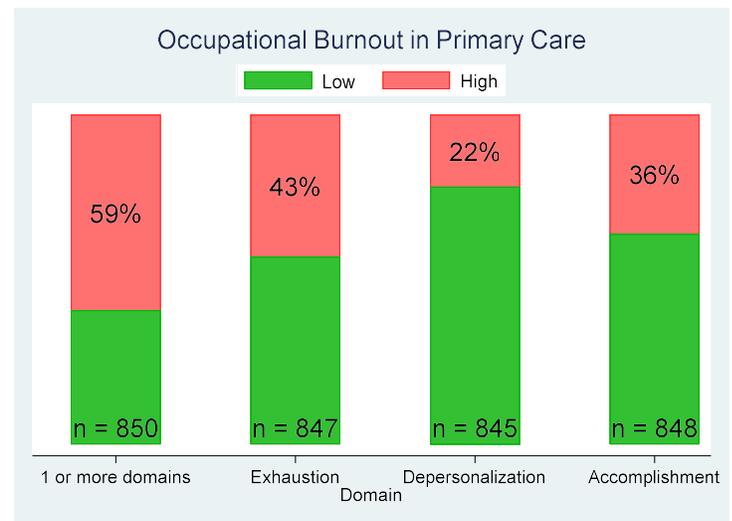
A research study to understand how the primary care professional is personally affected during this crisis

Results: Thank you everyone for sharing your experiences during this challenging time in history. 59% of all participants (n = 850*) have experienced burnout in one or more domains over the course of the study. Emotional exhaustion is the most commonly reported burnout domain.

Based on a participant request, we examined burnout rates over the past 26 weeks. Preliminary multi-level regression analyses, clustered on participants, revealed that burnout in all 3 domains intensified (up to 0.02 to 0.03 points over the course of each week). Note that these results are similar to the non-clustered results posted last week (a correction was made to last week's results, see Week #25 Summary Report). We hope you will consider completing follow-up surveys to allow us to better understand how feelings of burnout are changing over the course of the pandemic.

Methods: REDCap online survey was distributed starting May 18, 2020 to primary care professionals and organizations nationally. 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: As of November 24, 2020, we have recruited 850* participants from all 50 states: 38% physicians, 9% nurse practitioners and physician assistants, 16% nurses, 8% medical assistants, 17% behavioral health providers, 5% non-clinical, and 6% other clinical; 79% 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: Further data cleaning on 11/17 resulted in removal of potential duplicates, incomplete responses, and ineligible participants (total of 43 removed from analysis). Interpret preliminary results with caution. The small sample size makes the current findings not generalizable. 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. 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](#).