



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:

60%

of participants are experiencing burnout

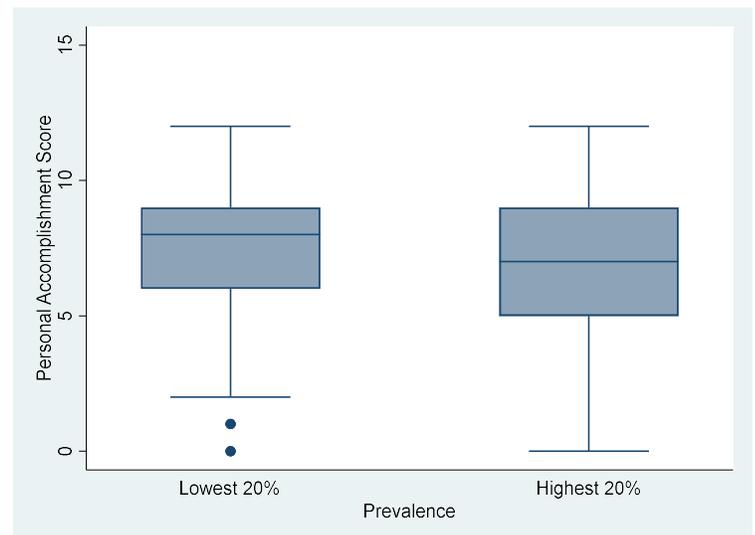
Emotional exhaustion is the most commonly reported burnout domain.

Feelings of personal accomplishment diminish with the cumulative prevalence of COVID.

Health care workers in the lowest prevalence counties score **7.7 vs. 7.1** in the highest prevalence counties ($P < .001$). There was no association between prevalence and Depersonalization or Emotional Exhaustion.

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 November 30, 2020, we have recruited 858* 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 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](#).