



LIVING & WORKING IN PRIMARY CARE DURING COVID-19

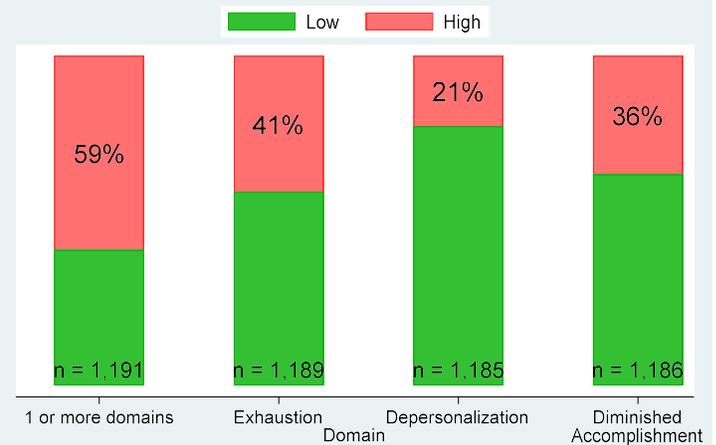
A research study to understand how the primary care professional is personally affected during this crisis

Results: 59% of participants are experiencing burnout in one or more domains. Emotional exhaustion is the most common experience of burnout followed by diminished accomplishment (see graphic).

Respondents were asked recently what change would make the biggest difference in job satisfaction. Responses included:

- A cure!
- Adequate time for documentation
- Flexible or alternative shifts
- Return to remote work
- Coworker, leadership, and patient collaboration and compassion
- More time for direct patient care
- A scientific literate community, following CDC guidelines, everyone being vaccinated, resulting in reduced stress and no more need for masks.

Occupational Burnout in Primary Care



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 April 27, 2021, we have recruited 1,191 participants from all 50 states: 37% physicians, 12% nurse practitioners and physician assistants, 15% nurses, 7% medical assistants, 13% behavioral health providers, 6% non-clinical, and 10% other clinical; 78% of participants are women, 86% white, and the average years working in their current role is 8 years (median; 0.1 to 70 years); 79% white, 3% black or African American, 3% American Indian or Alaska Native, 7% Asian, 5% other (eg, Pacific Islander, Hawaiian, Latinx/Hispanic, Middle Eastern, “mixed”), 3% prefer not to say.

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](#).