

~50% Prevalence of **burnout** for resident doctors

Physician burnout



Dimensions

(Maslach Burnout Inventory)

- 1 Emotional **exhaustion**
- 2 **Impersonal attitude** toward patients & coworkers
- 3 Perceived **lack of accomplishment**

Burnout can lead to



Anxiety
Depression
Substance abuse
Addiction
Suicide

Among Canadian physicians

$\frac{2}{3}$

Feel that their **workload is too demanding**

$\frac{1}{2}$

Feel that tiredness, exhaustion or sleep **deprivation affects the care they deliver**

$\frac{1}{2}$

Feel that their family & personal **lives have suffered**