

Burnout vs. Compassion Fatigue

Burnout: Cumulative process characterized by emotional exhaustion, depersonalization, and a sense of reduced accomplishment in day-to-day work

Compassion fatigue: Emotionally drained, mentally overwhelmed, constant exposure and response to other's emotional response



3x More Likely

Studies have shown that rates of medical errors are tripled in medical units where physicians have high levels of burnout.



2x Higher Than Any Other Fields

Studies have shown that over half of physicians in the U.S. admit to having at least one sign or symptom of burnout. Rates of burnout for physicians are 2x higher than any other field.



62% of Orthopedic Surgeons

reported experiencing burnout in 2019.



Risks of burnout

- Lower patient satisfaction and care quality
- Higher medical error rates and malpractice risk
- Higher physician and staff turnover
- Increased risk of professional exhaustion resulting to loss of autonomy at work

How to reduce burnout

- Recognizing and measuring burnout, then taking initiative in addressing it
- Optimizing electronic medical records systems daily to minimize clerical burden
- Physician-directed interventions implemented at the organizational and individual levels

Resources

- Informational Podcasts
- Journal Articles on Burnout
- Ways to Measure Burnout
- CME Learning Modules

