

KEEPING TRACK OF WELL BEING: HOW TO OVERCOME HURDLES LEADING TO PHYSICIAN BURNOUT

Burnout begins with stress. And while overcoming stressful obstacles can seem like an immense hurdle, solutions are available. Take a look at what hurdles early career physicians are facing and how your organization can help provide support.

92% of millennial physicians cite work-life balance as a major priority in their career.¹

83% of early career physicians say they are committed to their medical careers, despite their frustrations.¹

48% of physicians ages 45 and younger claim they would not recommend their line of work.²

59% of physicians blamed “too many bureaucratic tasks” as the leading cause of burnout.³

1. Provide mentoring

Develop a mentoring program, whereby more experienced physicians are assigned to support a physician through their first few years of practice.

2. Allow for flexible scheduling

Being flexible with scheduling is just as important for younger physicians as it is with their older cohorts, effectively diminishing the rates of burnout.

3. Place an emphasis on work-life balance

Consider how early career physicians' needs and interests in this arena can be supported, even if it means changing long standing scheduling practices.

4. Encourage a culture of inclusivity

Rallying around your organization's younger physicians can reassure them their work is valued.

1. "AMA: 92% of millennial physicians cite work-life balance as a priority," Alyssa Rege, Becker's Hospital Review, April 3rd, 2017
2. "Physician burnout starts in residency for some," Steven Ross Johnson, Modern Healthcare, September 18, 2018
3. "Physician burnout in 2019, charted," Advisory Board, January 18, 2019

Interested in reducing the rate of burnout among your healthcare team?
Contact us online or at 877.731.3949 for more info on solutions to support the needs of your younger physicians—and everyone else on your staff.

