Burnout among the Healthcare Workforce

Burnout is a syndrome related to work demands outweighing resources in the work environment. Burnout is characterized by three dimensions:

1. **Emotional Exhaustion**
   - Cannot respond at an appropriate emotional level and can lead to emotional detachment from work.

2. **Depersonalization**
   - Impersonal and distant contact resulting in distant approaches to work, negative feelings, and cynical attitudes.

3. **Lack of Personal Accomplishment**
   - Negative feelings about competence and success that result in lack of motivation and decreased productivity.

The prevalence of burnout among the healthcare workforce is:

- **42%** for physicians
- **34%** for hospital nurses
- **39%** for social workers

Supportive resources to alleviate burnout include:

- Socializing
- Mental healthcare
- Faith belief system
- Exercise/hobbies
- Cultural practices

Data and research on burnout among Indigenous health professionals in the United States is lacking.

Sources: