

~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

2/3

Feel that their **workload is too demanding**

1/2

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

1/2

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