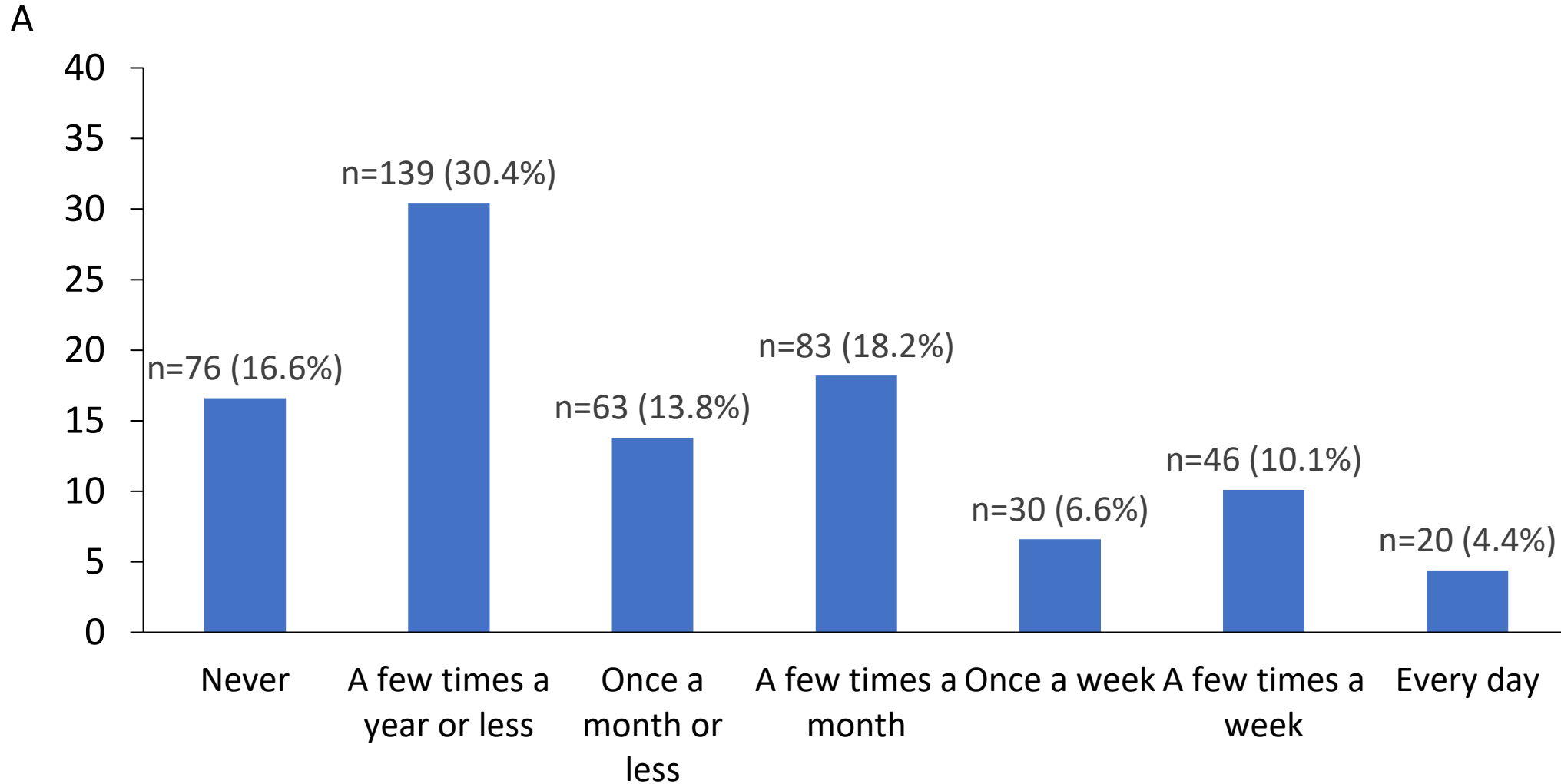
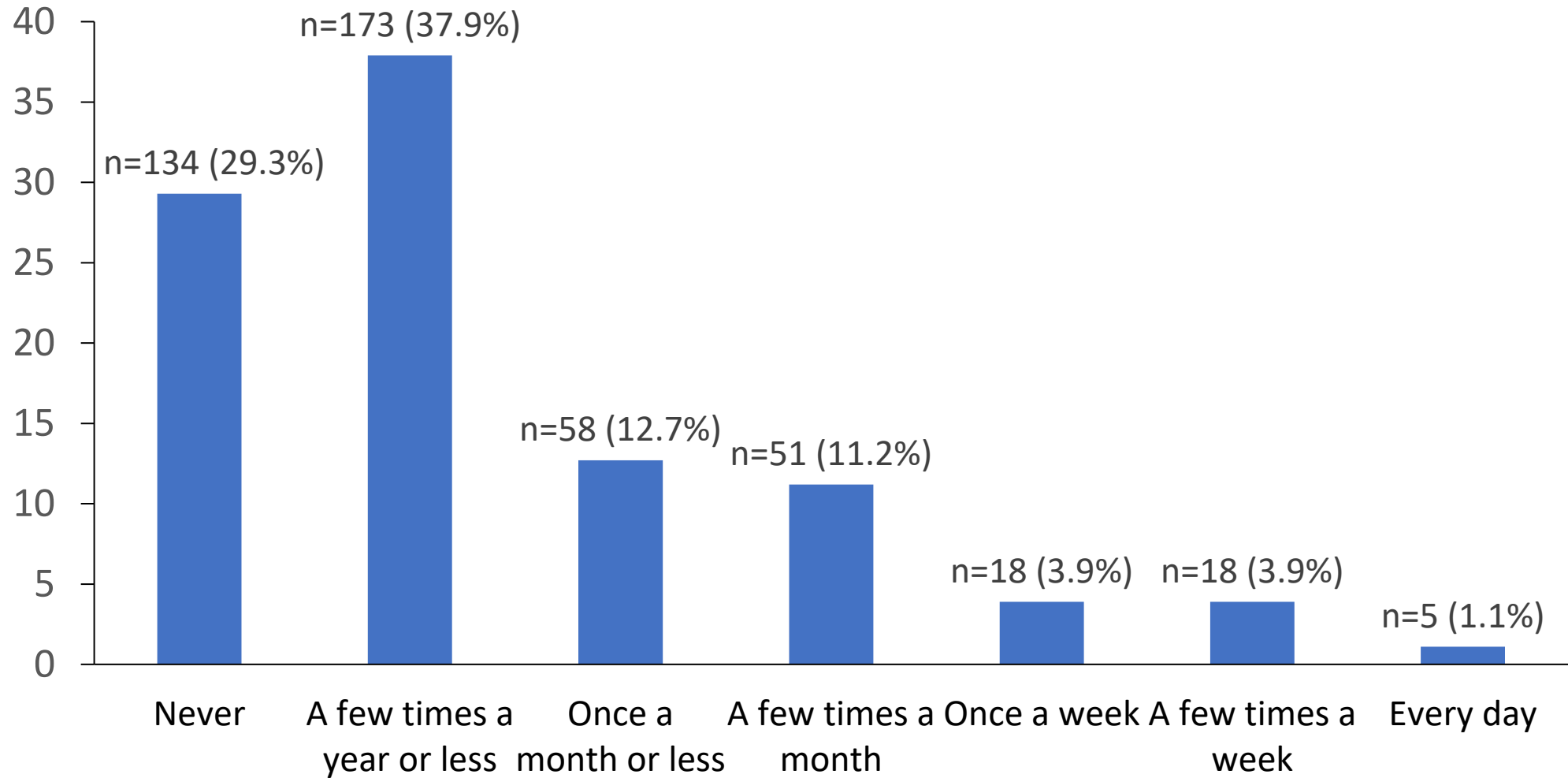


Figure S1. Reported frequencies of emotional exhaustion (A) and depersonalization (B) among N = 457 respondents.



B



Practicing as a Nephrologist in the United States: Your Experience

The National Kidney Foundation is working to explore factors that impact the daily lives and career satisfaction of nephrologists.

The following 5-minute survey asks about your experience practicing as a nephrologist in the United States. Your answers will remain anonymous, and you may skip any question that you do not wish to answer.

-
- 1) What is your age in years?
- 20-29
 - 30-39
 - 40-49
 - 50-59
 - 60-69
 - 70-79
 - >80
-
- 2) What is your gender?
- Male
 - Female
 - Other
-
- 3) What is your current relationship status?
- Single
 - In a relationship
 - Married
 - Separated or divorced
 - Widowed
-
- 4) With which racial category do you most identify?
- American Indian or Alaska Native
 - Asian
 - Black or African American
 - Native Hawaiian or Other Pacific Islander
 - White
 - Other
-
- 5) Are you a foreign medical graduate?
- Yes
 - No
-
- 6) For how many years have you been a practicing nephrologist?
- 0-5
 - 6-10
 - 11-15
 - 16-20
 - >20
-
- 7) In what United States geographic region do you practice?
- Northeast (CT, ME, MA, NH, RI, VT, NJ, NY, PA)
 - Midwest (IL, IN, MI, OH, WI, IA, KS, MN, MO, NE, ND, SD)
 - Mid-Atlantic (DE, MD, DC)
 - South (FL, GA, NC, SC, VA, WV, AL, KY, MS, TN, AK, LA, OK, TX)
 - West (AZ, CO, ID, MT, NV, NM, UT, WY, AK, CA, HI, OE, WA)

8) In what settings do you primarily practice? Please select all that apply.

- Academic
 Private
 Urban
 Rural
 Solo practice
 Group specialty practice
 Group multispecialty practice

9) How many patients do you care for in a typical week?

- < 25
 26-50
 51-75
 75-100
 >100

10) Which of the following occupies the majority of your working time?

- Teaching Patient care
 Administrative responsibilities
 Research

11) Please indicate if you practice in any of the following areas (check all that apply).

- Pediatrics
 Transplantation
 Critical care
 Interventional nephrology
 Palliative care
 Dialysis-dependent kidney disease
 Pre-dialysis dependent chronic kidney disease

"Burnout" is defined as a combination of emotional exhaustion, depersonalization (feeling detached from other people), and reduced personal accomplishment.*

12) Using this definition, how often do you feel burned out from your work as a nephrologist?

- Never
 A few times a year or less
 Once a month or less
 A few times a month
 Once a week
 A few times a week
 Every day

13) Over the past year, how often have you felt callous toward people?

- Never
 A few times a year or less
 Once a month or less
 A few times a month
 Once a week
 A few times a week
 Every day

14) Select the TOP 3 factors that you feel have contributed to your burnout.

	#1	#2	#3
Number of hours worked per week, including call	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Clinic workload	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In-patient hospital workload	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dialysis unit workload	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Administrative responsibilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of a sense of autonomy in practice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Inability to provide care for patients who lack resources	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Teaching responsibilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Electronic medical record requirements	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dependence on external funding for salary/support	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Discrimination regarding race/ethnicity, gender, or sexual orientation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of connection with work/sense of purpose	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Current mode of healthcare reimbursements	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of respect from colleagues	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Patient illness severity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having multiple sites of practice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of time with family and/or friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Depressed mood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Financial strain due to educational debt or low salary	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

15) If you selected 'Other' in the previous question, please discuss your answer here. Feel free to elaborate on any of your other choices.

Is there anything else you would like to comment on regarding your experience of (or satisfaction with) working as a nephrologist?

Thank you for your participation in this important survey. If you have any questions, please contact Laura Brereton (laura.brereton@kidney.org) or Devika Nair (devika.nair@vumc.org).

Mental Health and Well-being Resources for Physicians:

- American Medical Association "Steps Forward" Preventing Physician Burnout Module: <https://www.stepsforward.org/modules/physician-burnout>

- National Academy of Medicine Clinician Wellbeing Hub: <https://nam.edu/clinicianwellbeing/>

- Stanford Well MD - Test Yourself: <https://wellmd.stanford.edu/test-yourself.html>

- National Suicide Prevention Lifeline: 1-800-273-8255

*Maslach C, Jackson SE. The measurement of experienced burnout. *J Organ Behav*. 1981;2(2):99-113.