

Examining Wellness and Burnout in Clinicians at LVHN.

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Examining Wellness and Burnout in Clinicians at LVHN

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BACKGROUND / INTRODUCTION

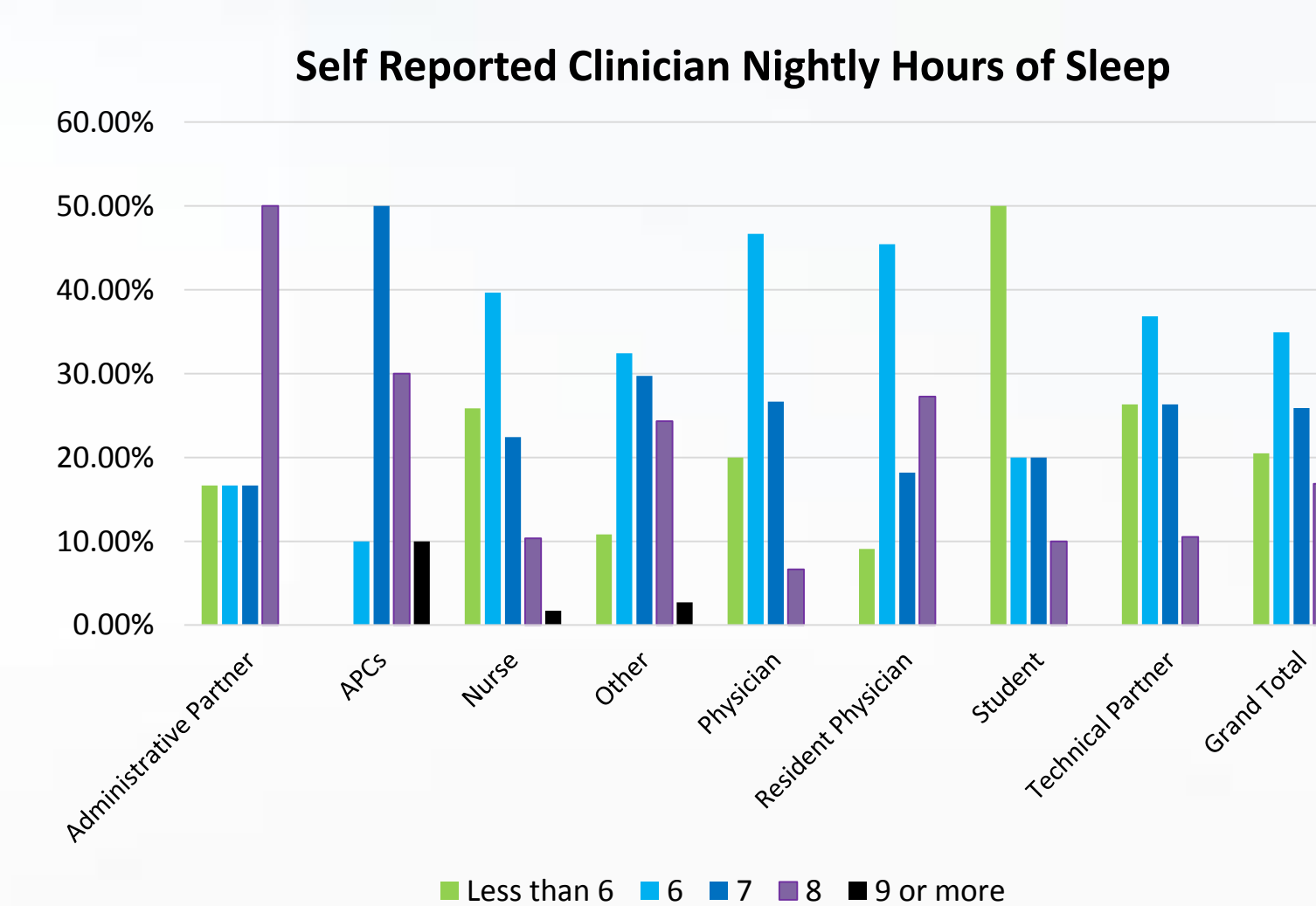
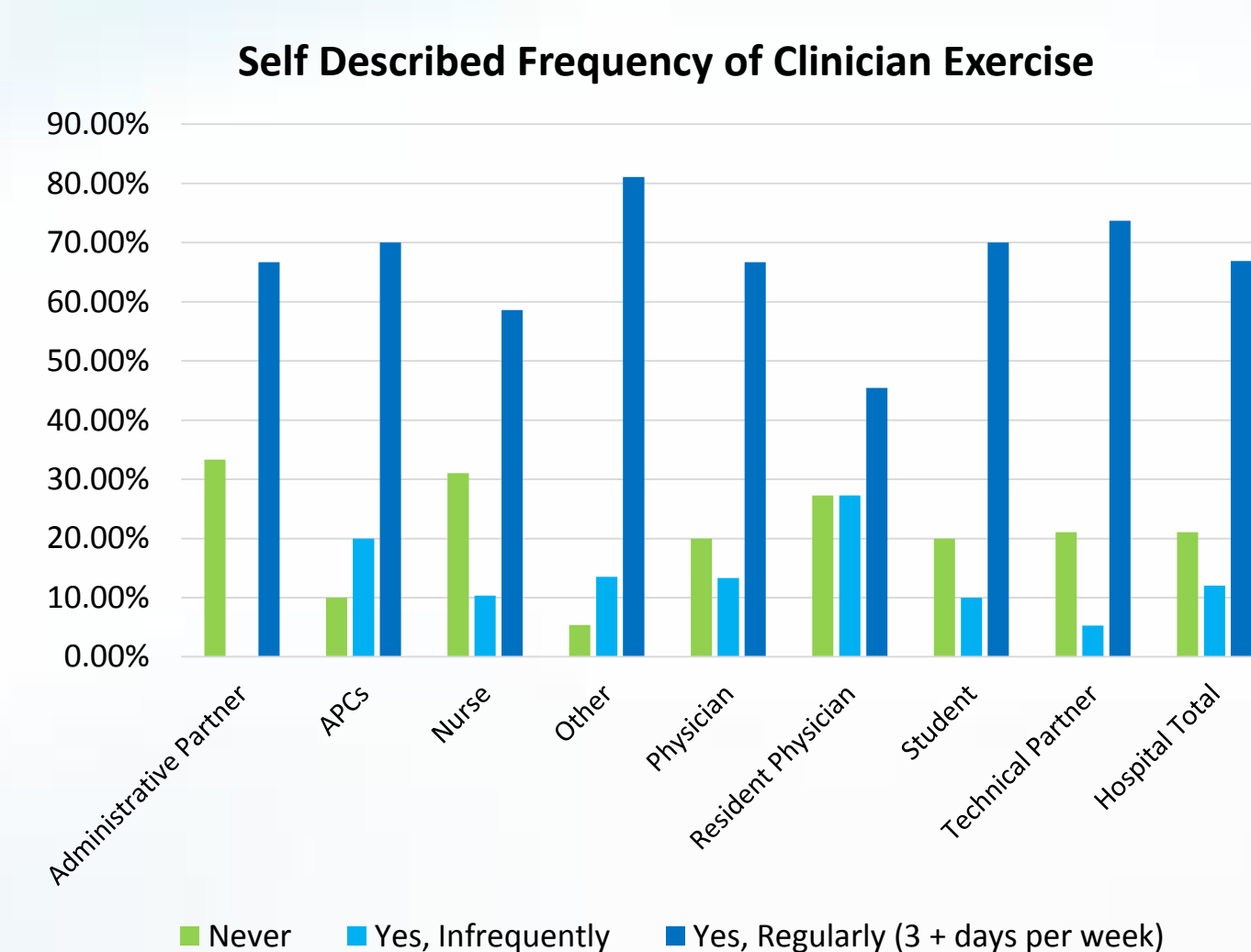
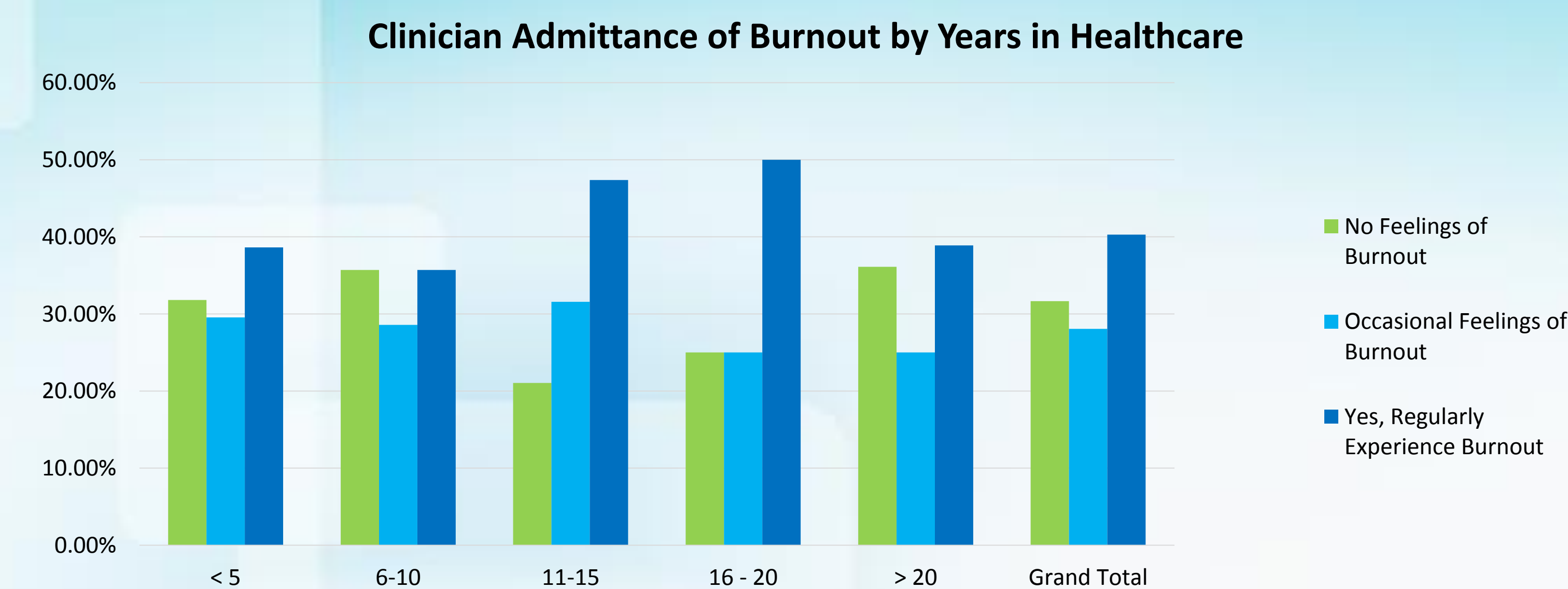
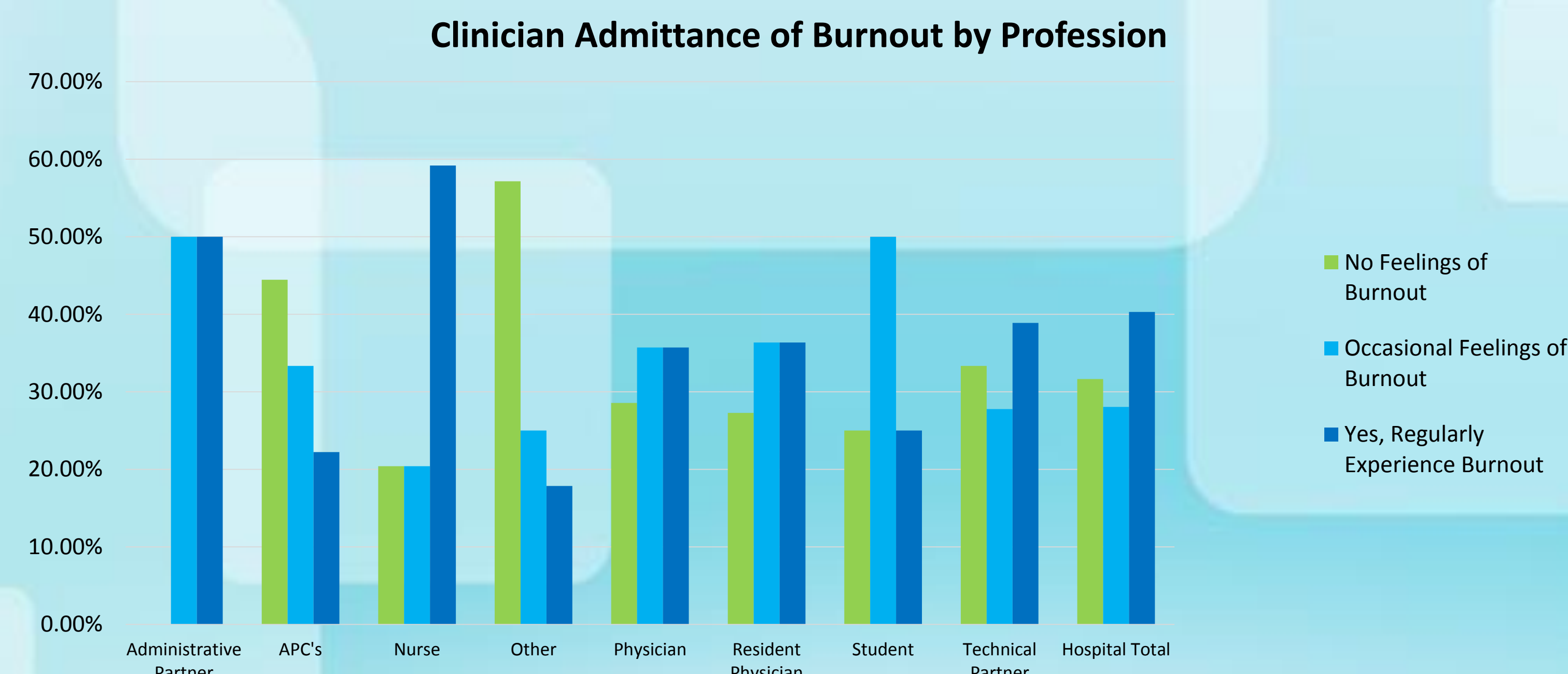
- US Department of Health and Human Services classifies burnout as, "a syndrome characterized by emotional exhaustion that results in depersonalization and decreased personal accomplishment at work"
- In a 2014 survey, clinicians responded overwhelmingly that an increase in bureaucratic tasks, rising hours at work, and increased computerization were responsible for feelings of burnout
- In 2014, 54% of physicians nationwide reported at least one symptom of burnout
- Nationwide up to 70% of nurses report multiple symptoms of burnout
- In hospitals with high rates of burnout it has been found that the patient average length of stay is longer, the mortality rate is higher, and the general quality of care is significantly lower

METHODS

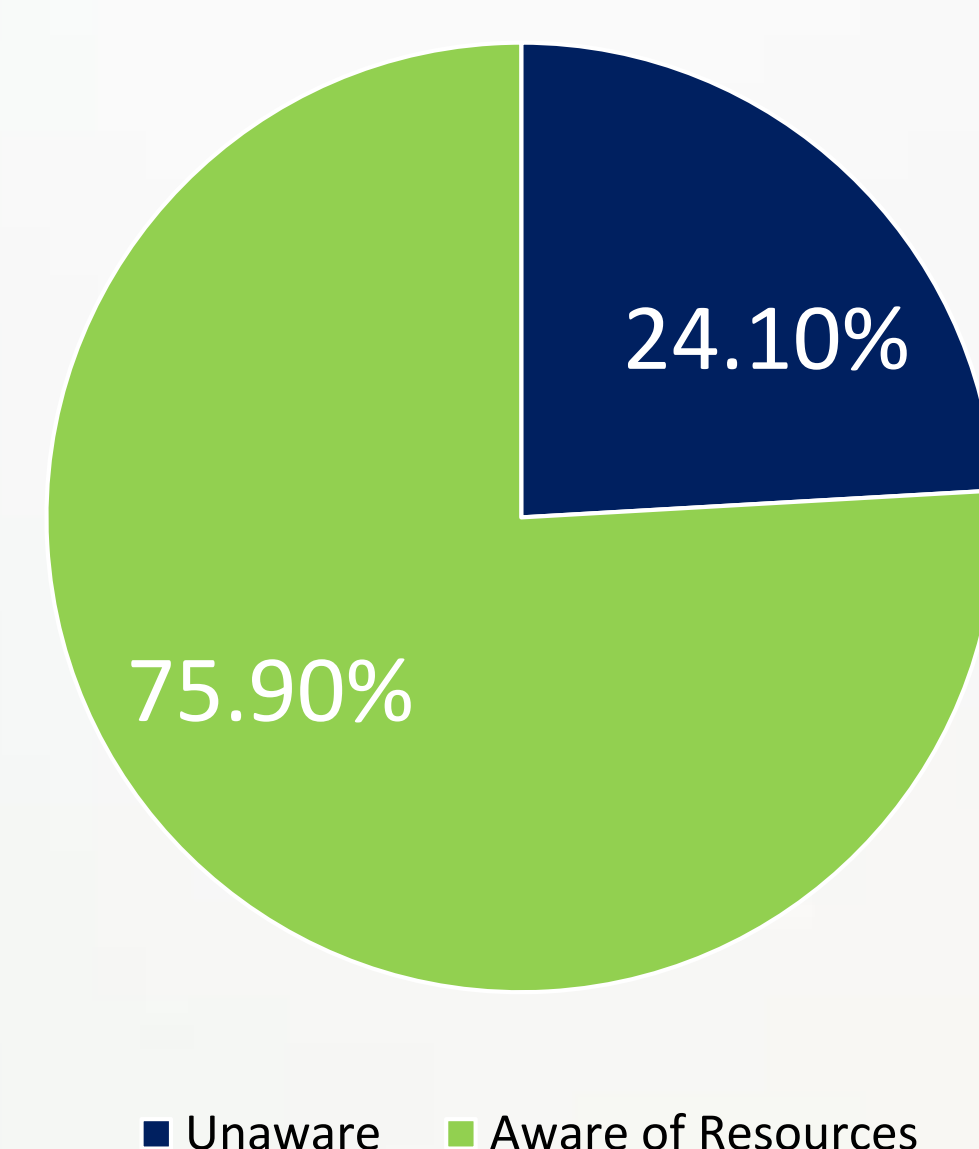
- 166 Clinicians within the Lehigh Valley Health Network were surveyed from Cedar Crest, Muhlenberg, and Tilghman campuses
- This survey was created by the LVHN Institute for Quality and Patient Safety. It asked clinicians about their general health and wellness regarding, exercise, sleep, hobbies, and awareness of hospital wellness resources
- The responses were recorded on iPads through the RL Solutions Mobile App following two to five-minute interview sessions

Clinicians Interviewed by Position	
Administrative Partners	6
APC's	10
Nurses	58
Other	37
Physicians	15
Resident Physicians	11
Students	10
Technical Partners	19
Grand Total	166

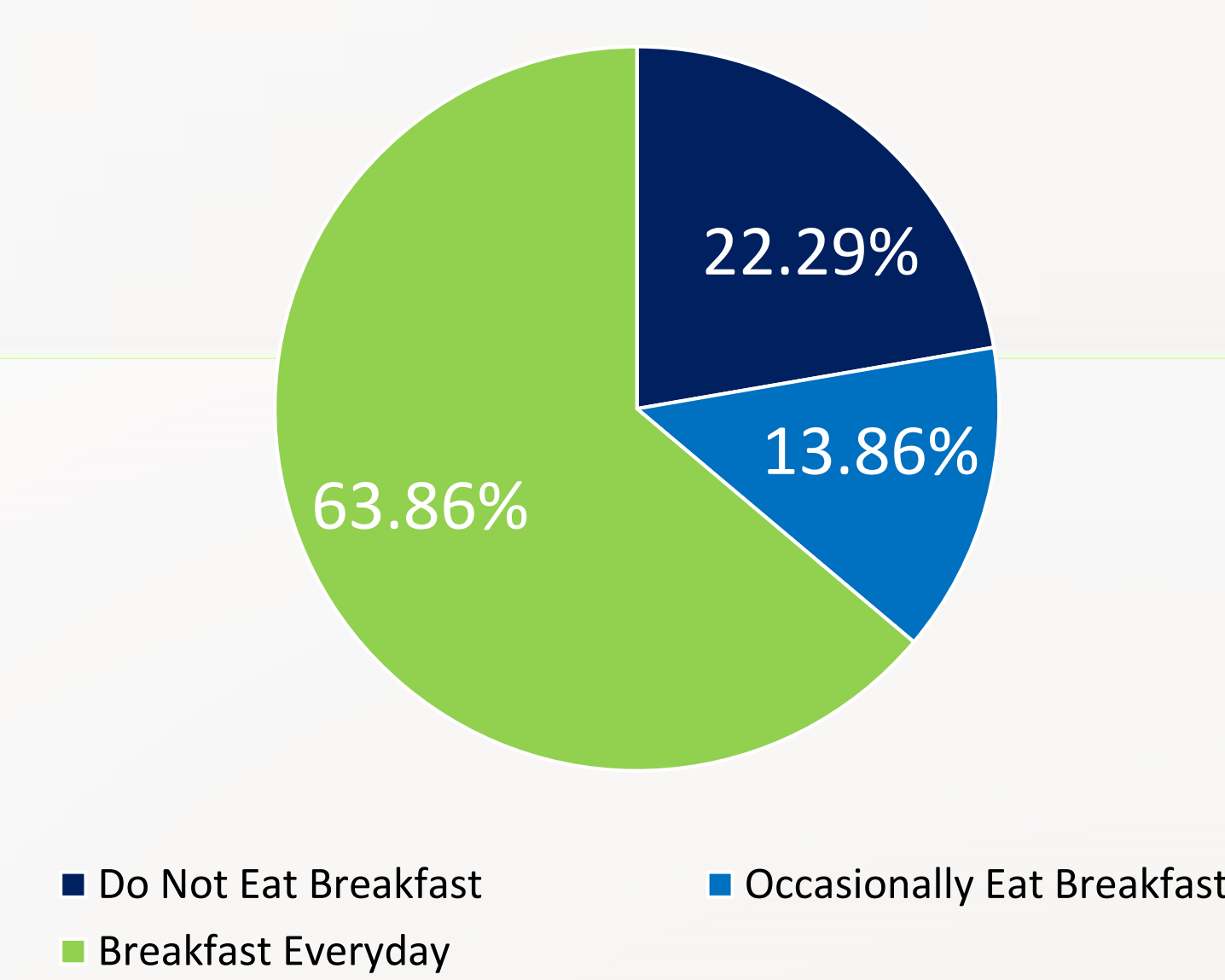
OUTCOMES



Clinicians Awareness of Hospital Resources such as EAP and Benefits



Self-Reported Clinician Breakfast Habits



RESULTS

- We found that 40% of Clinicians interviewed felt or frequently experienced symptoms of burnout and an additional 28% admitted to struggling occasionally with burnout
- Nurses appear to be the most burned out group in the hospital, with an astonishing 60% admitting to regularly feeling burned out.
- Students easily slept the least out of any group in the hospital with 70% of them sleeping 6 hours or less on average
- Surprisingly, most clinicians at LVHN make time to exercise, however Nurses and Administrative Partners were the only groups to have over 30% of their population admit to never exercising
- Surprisingly, 77% of Clinicians say they eat breakfast, with 64% claiming it to be a daily practice
- Several graphs cannot be shown, however it is worth noting that
 - 35% of Clinicians never make quiet time for themselves
 - Over 50% of Clinicians say they regularly participate in a hobby

CONCLUSIONS

Nurses admitted to burnout at the highest percentage. Their burnout can be attributed to their lack of time for exercise, sleep, and general personal well-being practices

Based on clinician comments provided during surveys, burnout may be augmented by demands from home and personal life

We can conclude that students sleep the least, however their time devoted to exercise, quiet time, and other leisurely activities ranks in the top percentile

As years in healthcare increase, so do feelings of burnout, however after 20 or more years it appears that burnout rates drop

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