Examining Wellness and Burnout in Clinicians at LVHN.

John Crumpler  
*Wake Forest University*

Demetri Tsirukis  
*The University Of Michigan*

Sarah Schopf RN  
*Lehigh Valley Health Network, Sarah_A.Schopf@lvhn.org*

Marjorie Hamm RN  
*Lehigh Valley Health Network, Marjorie_M.Hamm@lvhn.org*

Matthew McCambridge MD  
*Lehigh Valley Health Network, Matthew.Mccambridge@lvhn.org*

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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.

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.

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.

REFERENCES


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Clinicians Interviewed by Position

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<th>Position</th>
<th>Count</th>
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<td>APC’s</td>
<td>10</td>
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<td>Nurses</td>
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<tr>
<td>Other</td>
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<td>Physicians</td>
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<td>Resident Physicians</td>
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<td>Students</td>
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<td>Technical Partners</td>
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<tr>
<td>Grand Total</td>
<td>166</td>
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Clinicians Admittance of Burnout by Profession

No Feelings of Burnout
Occasional Feelings of Burnout
Yes, Regularly Experience Burnout

Clinicians Admittance of Burnout by Years in Healthcare

No Feelings of Burnout
Occasional Feelings of Burnout
Yes, Regularly Experience Burnout

Self-Described Frequency of Clinician Exercise

Clinicians Awareness of Hospital Resources such as EAP and Benefits

Aware of Resources
Unaware

Self-Reported Clinician Breakfast Habits

Do Not Eat Breakfast
Occasionally Eat Breakfast
Eat Breakfast Everyday

Self-Reported Clinician Nightly Hours of Sleep

Less than 6
6 – 10
11 - 15
16 – 20
20 or more

Grand Total

Nurses
Students
Physicians
APC’s
Administrative Partners
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