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.

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, 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.

REFERENCES