



# Burnout and Work-Life Balance: Do Medical Students Know the Facts?

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# Objectives

- Define burnout and work-life balance
- Examine student education regarding burnout and work-life balance
- Investigate student perspectives of burnout and work-life balance among various specialties
- Compare student perspectives to national studies of burnout and work-life balance



# Burnout? Work-Life Balance? What is that?

- Burnout is “a long-term stress reaction marked by emotional exhaustion, depersonalization, and a lack of sense of personal accomplishment”.
- Work-life balance is “the amount of time you spend doing your job compared with the amount of time you spend with your family and doing things you enjoy”.



# Rationale/Need

Health Care Leaders Must Put Physician Well-Being At Top Of Agenda

Forty-five percent of physicians report increased occupational stress, according to a survey by the American Medical Association. The survey also found that 40 percent of physicians are considering leaving their current specialty or leaving the profession altogether. For more information, visit [Read more](#).

Specialists

“I am worried about doing  
(insert specialty here)  
because I don't want to get  
burned out”

Settings

Monday, March 19

Join

## Medical student wellness and beyond: Creating a healthy culture for all

Brought to you in association with the AMA Academic Physicians Section. Burnout among physicians is becoming increasingly prevalent. Stress and depression can begin in medical school and get worse over time. You can help change that. By creating a learning environment...

# Methods/Description

- IRB certified exempt study (UMCIRB 17-000844)
- Students asked about specialty choice, education, and burnout/work-life balance rates
- Distributed to 400 students at the Brody School of Medicine (Class of 2017-2021)
- 229 responses received (57%)

*Please answer the following questions based on your current knowledge, without the help of outside resources.*

Do you know which specialty you would like to go into?

- Yes  
 No

Have you received any formal education regarding physician burnout rates?

- Yes  
 No

Have you received any formal education regarding physician satisfaction with work/life balance?

- Yes  
 No

Did you, or do you plan to, consider burnout rates and/or work/life balance when choosing a specialty?

- Yes  
 No

Rank the 4 specialties that you believe have the HIGHEST burnout rate.

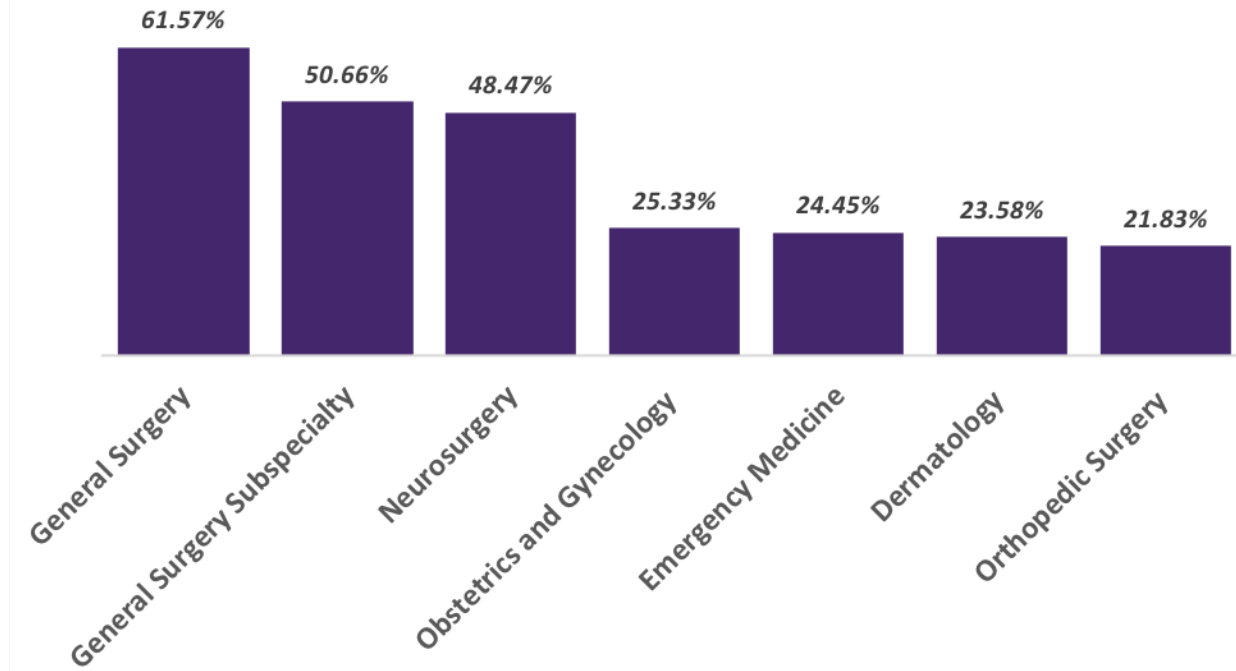
Rank the 4 specialties that you believe have the LOWEST satisfaction that work leaves enough time for personal and/or family life (i.e. work/life balance).

Rank the 4 specialties with HIGHEST burnout rate here

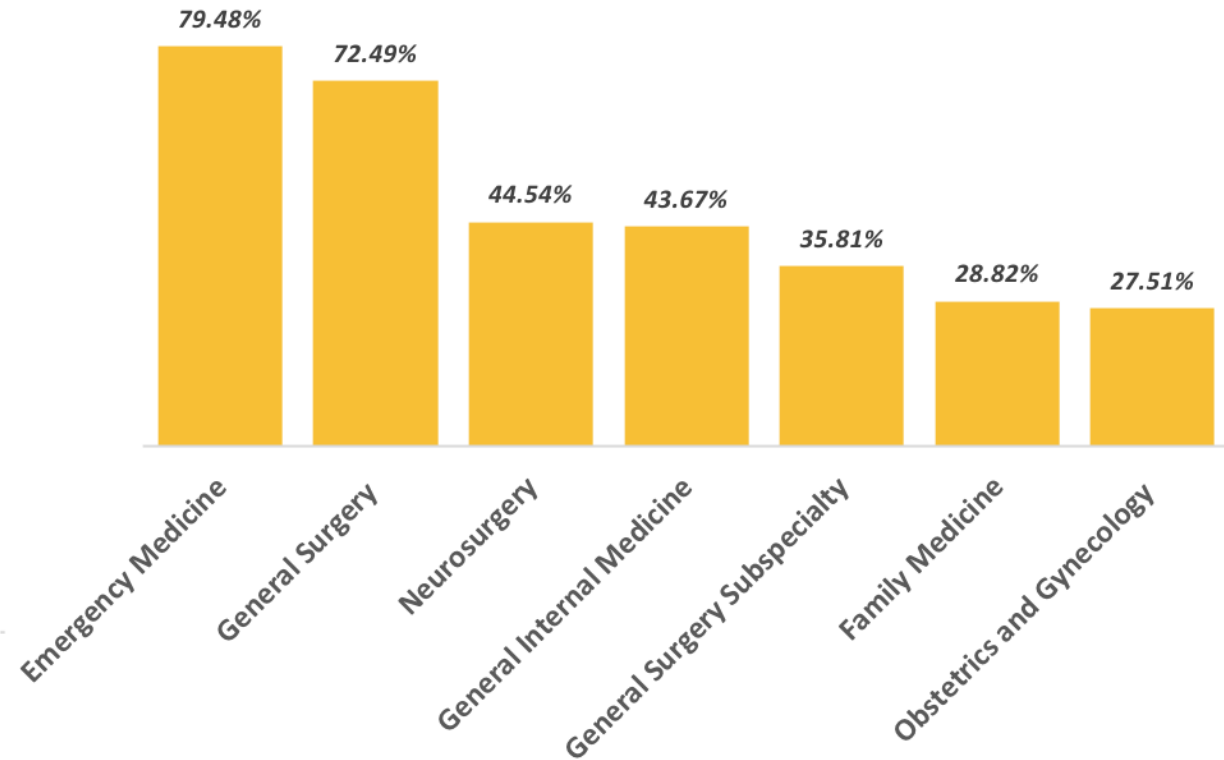
Rank the 4 specialties with LOWEST work/life balance here

# Results

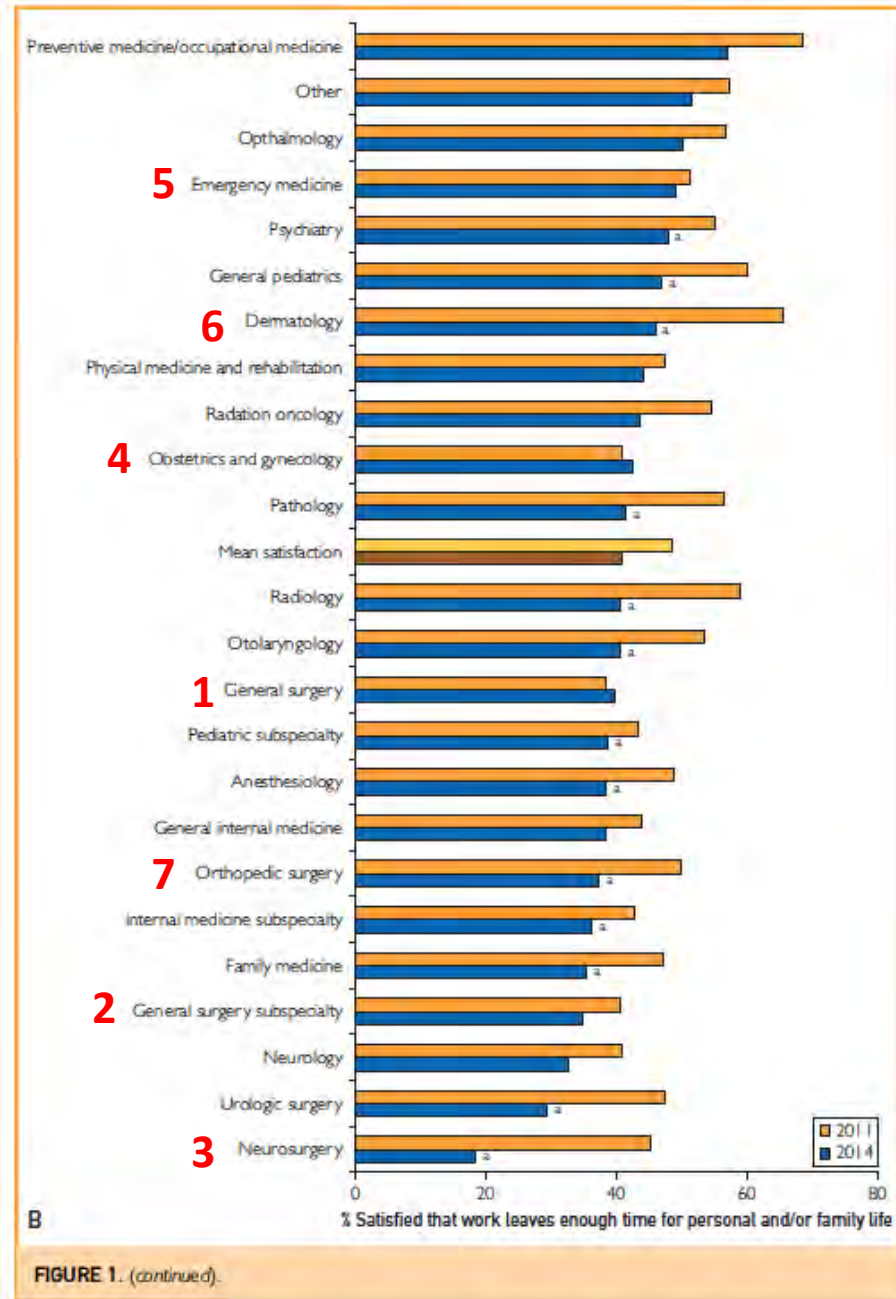
Student Perception of Lowest Satisfaction with Work-Life Balance:



Student Perception of Highest Burnout Rate:



Rank the specialties that you believe have the **LOWEST** satisfaction that **work leaves enough time for personal and/or family life.**



**to national**





**FIGURE 1.** Burnout (A) and satisfaction with WLB (B) by specialty 2014 vs 2011. For 1A and 1B, specialty discipline is shown on the y axis and burnout (A) and satisfaction with WLB (B) are shown on the x axis. For 1C, satisfaction with WLB is shown on the y axis and burnout on the x axis. GIM = general internal medicine; OBGYN = obstetrics and gynecology; PM&R = physical medicine and rehabilitation; Prev = Preventive medicine, occupational medicine, or environmental medicine; WLB = work-life balance. \*P<.05 from comparison 2014 to 2011.

**Rank the specialties that you believe have the HIGHEST burnout rate.**



# Challenges/Limitations

- Students voluntarily responding to an online survey via email reminders
- Respondents all from one medical school
- New data constantly coming out regarding burnout and work-life integration





- The majority of students have **NOT** received formal education regarding physician burnout or work-life integration
- **ALMOST EVERY STUDENT** will consider burnout and/or work-life integration when choosing a specialty
- Student perception of burnout and work-life integration is **VASTLY** different from national surveys of physicians

# Next Steps

- Inform students about burnout and work-life integration, including current data and trends
- Teach students to recognize burnout in themselves and colleagues
- Educate students about strategies to prevent burnout while in medical school and as future physicians
- Continue to expand study, hopefully involving other institutions



# Acknowledgements

## Special Thanks To:

- Dr. Carl Haisch, for his guidance and mentorship through this project
- Mrs. Ann Wall, for assisting with survey distribution and email reminders



# References

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