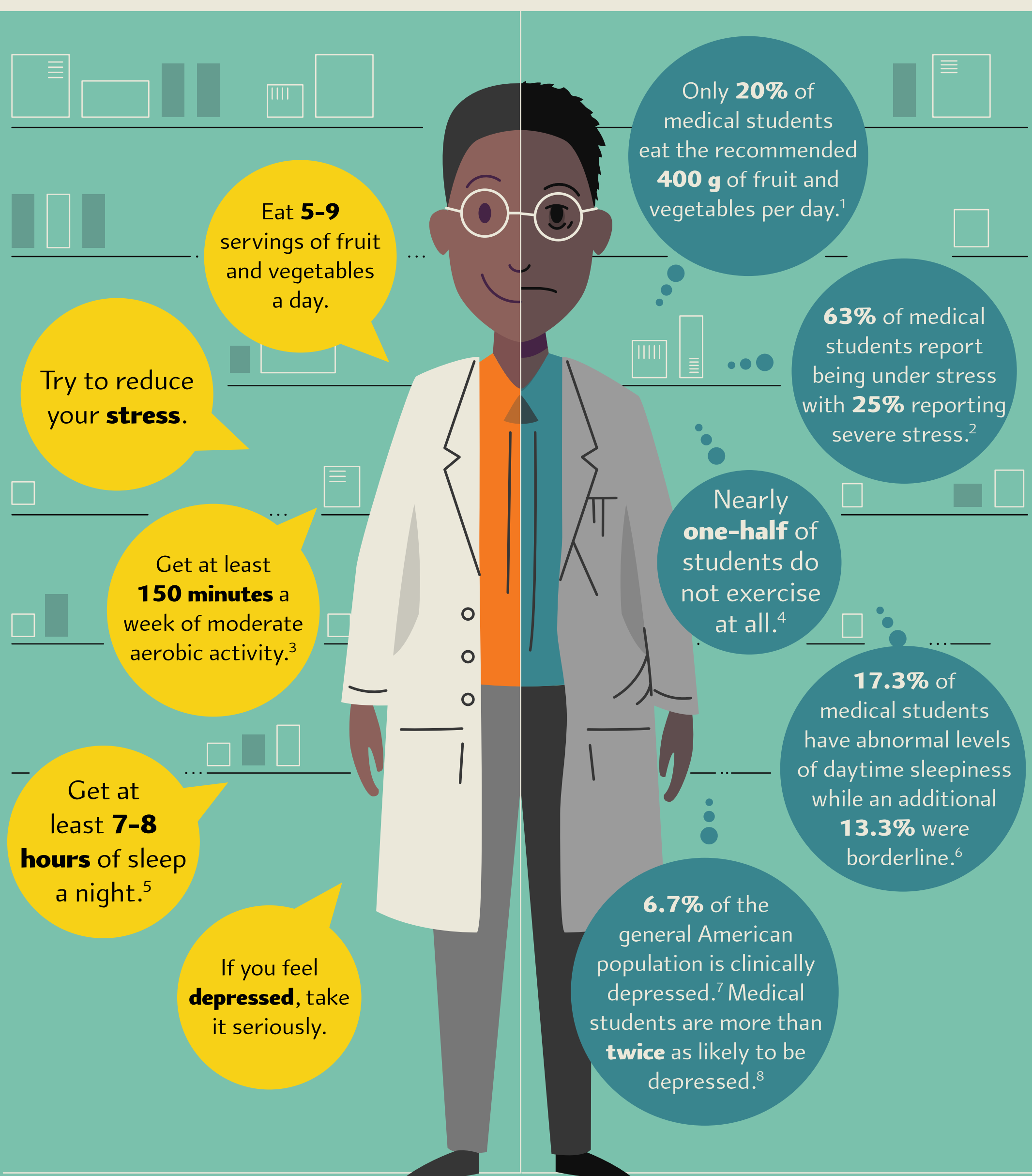


Avoiding Burnout

Do No Harm... To Yourself



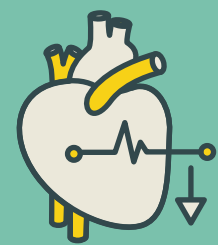
While they preach healthy habits in their day jobs, hospitalists and medical professionals are often unable to adopt healthy habits themselves due to the stressful nature of their jobs. In fact, hospitalists have some of the highest burnout rates of all jobs, and it starts when they are still in school.



Balanced Physicians vs. Burned-Out Physicians



Longer, longitudinal exposure to patients where they build relationships.



Average exposure to patients with poor prognosis.



Average 15 shifts in academic settings.



Have more **autonomy** over their work.



Have **families**.



Are more **experienced**.



Brief exposure to patient.



High exposure to patients with poor prognosis.



Average 19 shifts in hospitals.



Are judged **per capita**.



Are **single**.



Are more likely to be younger or **earlier in their career**.

Workplace Settings Can Reduce Hospital Burnout Rates

Sites with improved workflow decreased burnout by 5.9%. Hospitals can improve workflow by making it more predictable and easier.



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