Emergency Medicine Analytics of Big Data from Research on Burnout in Medicine

Presenter

Dr. Thomas Cox, M.D., PGY-3
Resident Category

Objective of the study:

Systematic review and meta-analysis of published literature to find out the updated prevalence of burnout among the emergency medicine residents and physicians

Authors: Dr. Thomas Cox\textsuperscript{2}, Dr. Ankit Kumar Sahu\textsuperscript{1}, Dr. Sagar Galwankar\textsuperscript{2}, Prof Praveen Aggarwal\textsuperscript{1}
1. Department of EM, AIIMS New Delhi, 2. Department of EM, Sarasota Memorial Hospital, Florida State University, Florida, US
Objective

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Methods

- **Study design** – Systematic Review and Meta-analysis
  - Preferred Reporting Items for Systematic review and Meta-analysis guidelines.

- **Database searched** – PubMed, Embase, Web of Science and grey literatures (Inception to March 4, 2021)

- **Study inclusion criteria** –
  - Studies reporting prevalence of burnout among emergency physicians and residents
  - Studies utilizing the *Maslach Burnout Inventory* (*MBI*) questionnaire
Results

- Total studies – **35**
- Total emergency physicians and residents - **8,248**
- Mean age - **34.4 years**
- Male physicians – **57%**
Results

Overall prevalence of burnout: 51% (95% CI: 39-62)
  - Attendings: 52%
  - Residents: 56%

Prevalence according to MBI Domain:

- **Depersonalization**: 48%
  - (95% CI: 0.34 - 0.62, I² – 98.8%)

- **Emotional exhaustion**: 45%
  - (95% CI: 0.35 - 0.55, I² – 97.8%)

- **Personal accomplishment**: 39%
  - (95% CI: 0.30 - 0.49, I² - 96.3%)

Egger’s p-value: 0.614
Conclusion

Burnout among Emergency Medicine Physicians is an ongoing major health issue in clinical medicine. Identification of the potential risk factors for this disorder is crucial to ensure high-risk groups can be identified earlier and properly addressed.