



THE FLORIDA STATE UNIVERSITY COLLEGE OF MEDICINE

Educating and developing exemplary physicians who practice patient-centered health care

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

Presenter

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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

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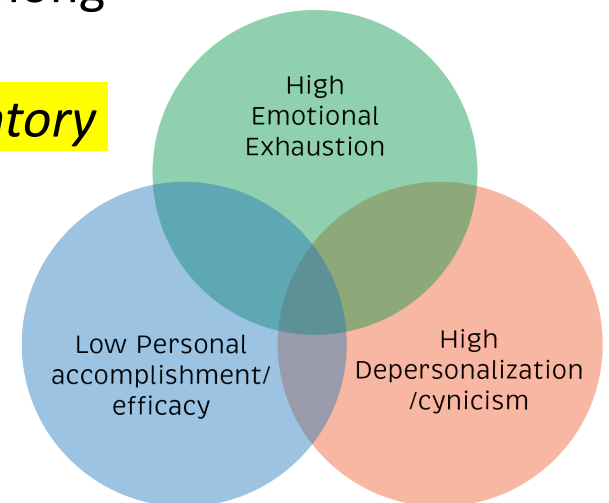
Objective

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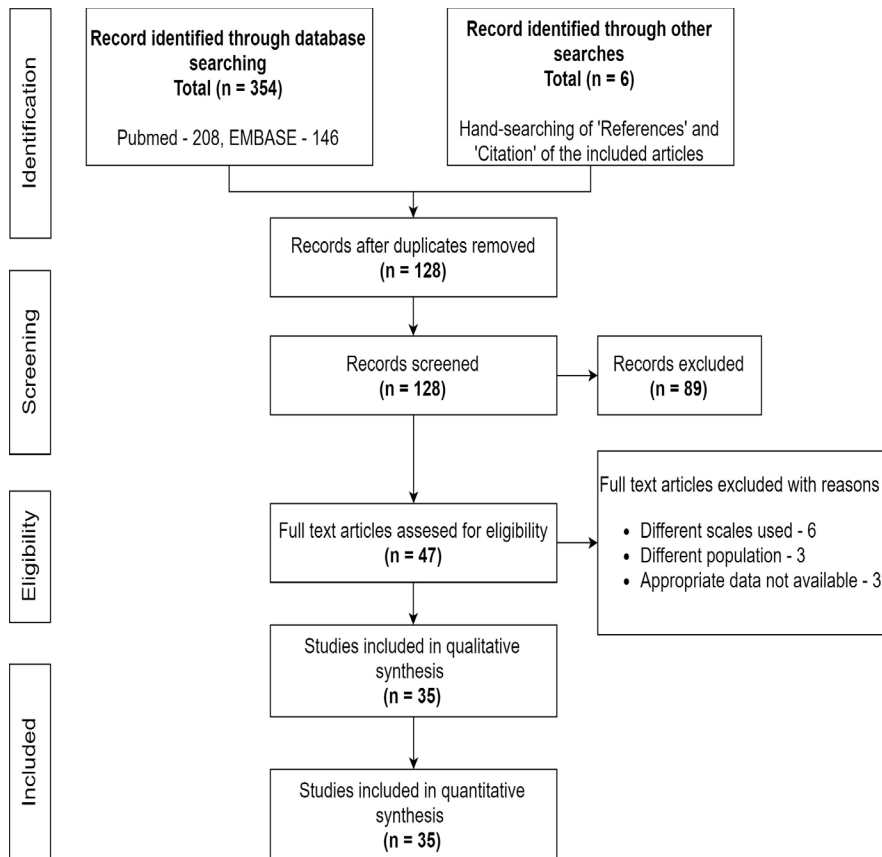
Methods

- **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)

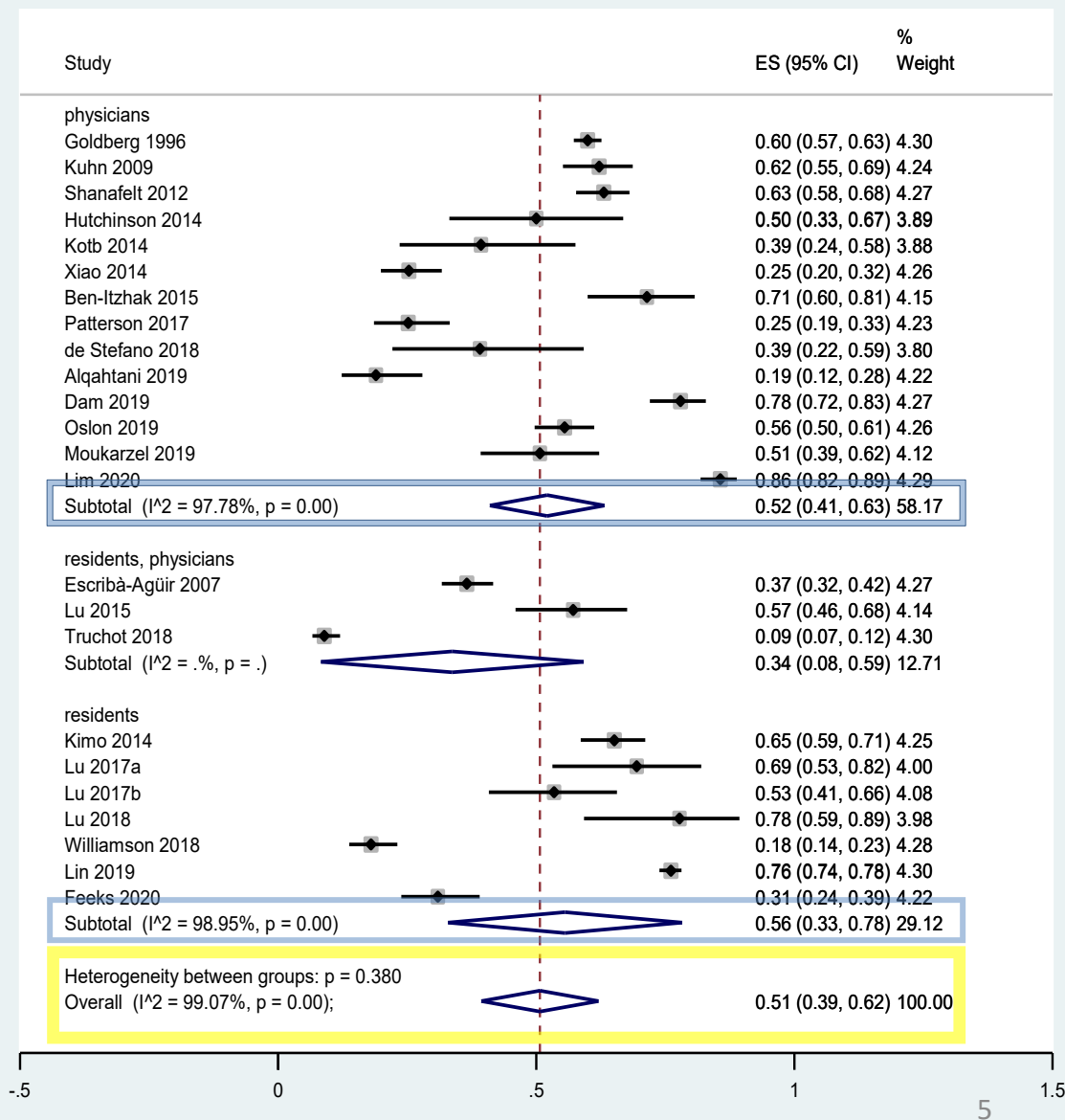
- Attendings: 52 %
- Residents: 56 %

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.