Physician Burnout

Burnout, defined as “physical or mental collapse caused by overwork or stress,” can happen in almost any profession, but the high-intensity healthcare environment makes clinicians uniquely prone to it. An evidence-based approach to the phenomenon can help prevent and even mitigate its harmful effects on employees and patients.

- **A national comparison of burnout and work-life balance among internal medicine hospitalists and outpatient general internists.** Roberts DL, Shanafelt TD, Dyrbye LN, West CP. (2014).
- **Interventions to prevent and reduce physician burnout: a systematic review and meta-analysis.** West CP, Dyrbye LN, Erwin PJ, Shanafelt TD. (2016).
- **Interventions to reduce the consequences of stress in physicians: a review and meta-analysis.** Regehr C, Glancy D, Pitts A, LeBlanc VR. (2014).

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