



DEPARTMENT:

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STUDENT(S):

PROJECT TITLE:

A Pilot Study of Physician and Advanced Practice Provider Burnout in Western Colorado

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Abstract

Physicians and advanced practice providers (APPs) experience higher levels of burnout than any other occupation.¹ There is increasing attention and research on medical provider well-being and the impact of burnout. However, to date, no previous research has assessed the current levels of physician and APP burnout in Colorado. The goal of this pilot study is to determine the level of physician and APP burnout in Western Colorado to serve as a baseline for future burnout research.

Methodology

Participants

Participants included physicians and APPs practicing in Western Colorado, defined by the portion of Colorado that is western to the Great Continental Divide. Participation in the study was voluntary and no compensation was provided. A total of 53 respondents completed the survey.

Design

The Mini Z Burnout Survey is a validated tool for assessing the specific stressors associated with burnout. The tool was used with permission from the developer Dr. Mark Linzer.²

The Mini Z Burnout Survey was created in Qualtrics and an anonymous survey link was distributed in an email to physicians and APPs in Western Colorado.

Data was collected and sorted for exclusion criteria, then combined into a de-identified dataset. Data analysis was used to score and interpret the overall data for each survey question.

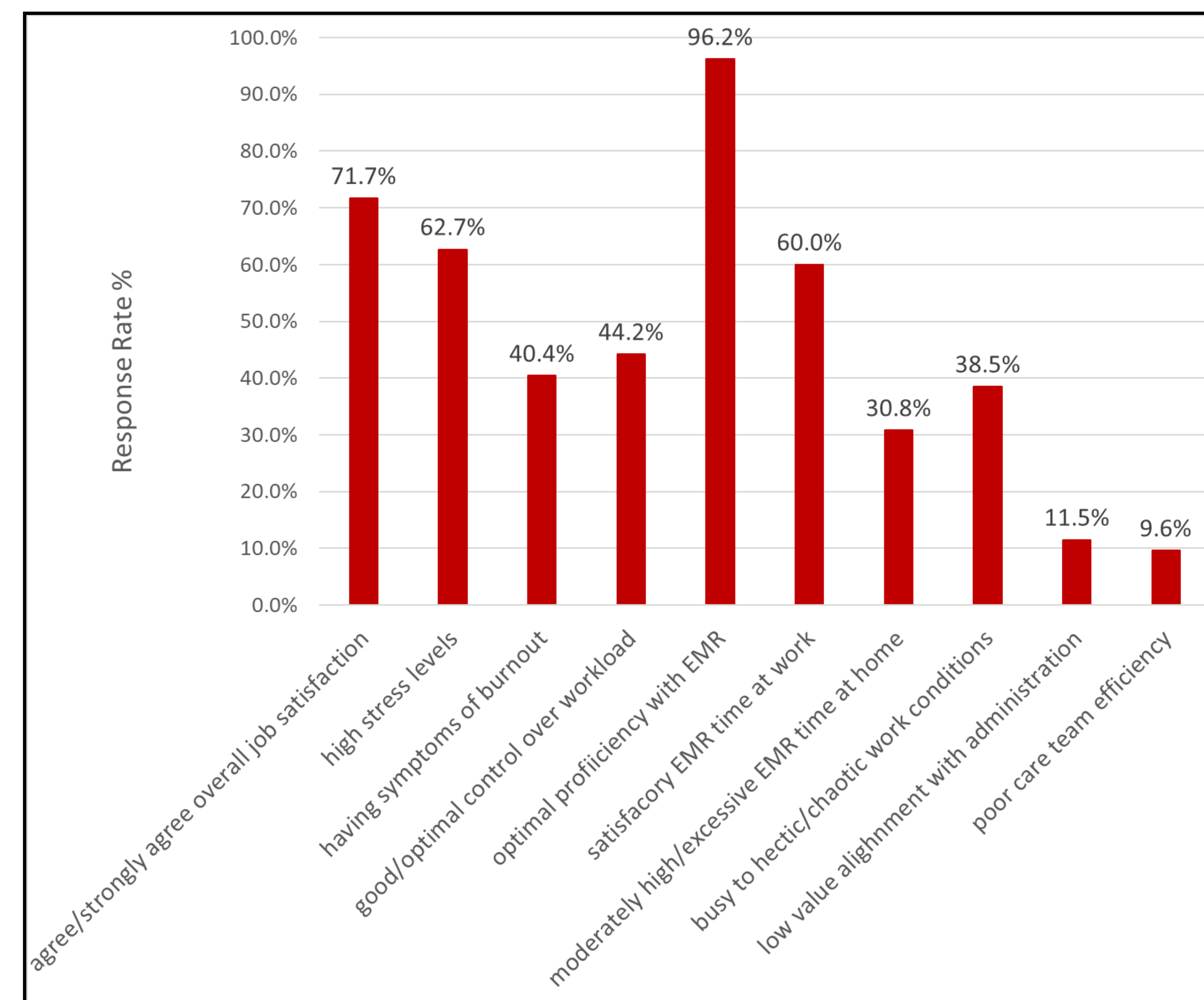


Figure 1: Mini Z response rates for physicians and APPs in Western Colorado

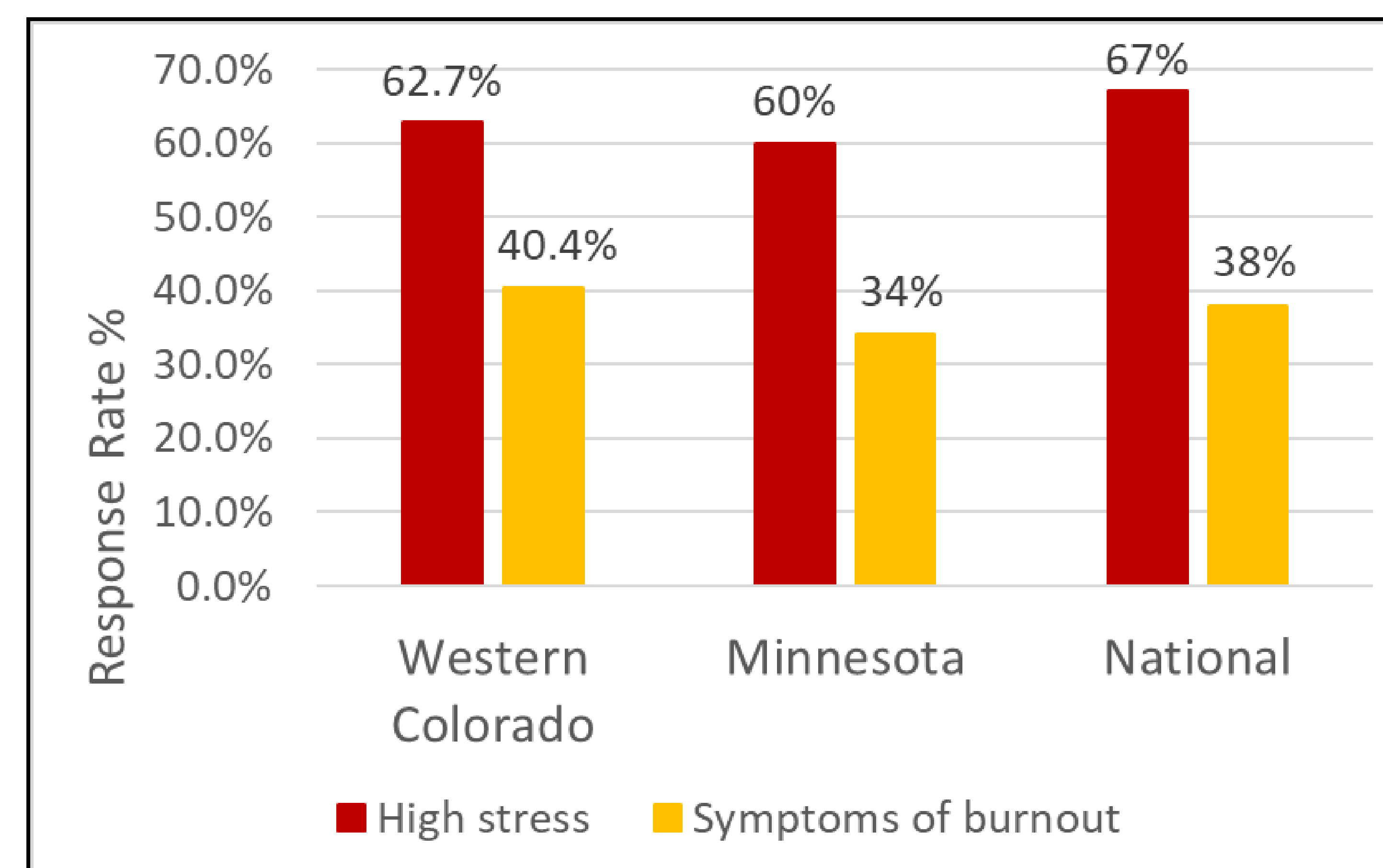


Figure 2: Comparison of high stress levels and symptoms of burnout reported in Western Colorado, Minnesota³ and nationally.²

Results

Western Colorado providers reported high job satisfaction, satisfactory electronic medical record (EMR) time, and high EMR proficiency. High stress levels were reported by 62.7% of providers. One or more symptoms of burnout was reported in 40.4% of providers. Of those that reported experiencing burnout, 25% reported the presence of one or more symptoms of burnout, and 15% reported having symptoms that will not go away or feeling completely burned out.

Discussion

The results of this study confirm that physicians and APPs in Western Colorado are experiencing burnout and high stress levels comparable to other state and national data (Figure 2). Although the present study had a relatively small sample size, similar results to the Minnesota and national studies, strengthen the validity of this studies results.

Conclusion

This pilot study established a baseline of physician and APP burnout in Western Colorado. Future research should include a larger population that is representative of physicians and APPs across all of Colorado. Further investigation is needed on improving provider well-being and the work environment in order to reduce burnout in physicians and APPs.

References

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