

Prevalence and Consequences of Burnout and Stress in Health Care

Health care providers from every part of the patient care continuum are vulnerable to burnout. It is important to understand how to identify stress and burnout to prevent negative outcomes for health care providers, organizations, and patients.

Surveys show a high prevalence of burnout and stress in health care

45% of United States (US) oncologists experience burnout¹

92% of nurses (N=120) self-reported moderate to very high stress levels²

49% of 321 multidisciplinary cancer team members said they have symptoms of burnout³

COVID-19 has increased the prevalence of burnout and stress in health care⁴

Identifying stress and burnout in health care

- Health care workers devote their time to providing the best care possible, which may result in putting their own health, safety, and wellness behind that of their patients⁵
- When health care workers start to feel stress and burnout, the effects can be seen through⁶⁻⁸:



Know the consequences related to burnout

Stress and burnout among health care workers can incur high costs, negatively impact the workplace, and be harmful to workers' health.

Cost	Workplace	Personal health
<ul style="list-style-type: none"> • An estimated 120,000 deaths per year are attributable to workplace stress⁹ • The loss of physician clinical hours and attrition due to burnout costs around \$4.6 billion per year in the US¹⁰ • About 5% to 8% of health care costs each year are associated with workplace stress⁹ • The cost to replace 1 physician can range from \$500,000 to \$1 million¹¹ 	<ul style="list-style-type: none"> • Burnout represents 8% of cases of occupational illness¹² • Physician burnout is associated with increased patient safety incidents, decreased patient satisfaction, and reduced ratings in quality of care¹³ 	<ul style="list-style-type: none"> • Physical health issues that occur with stress include hypertension, gastrointestinal disorders, heart disease, type 2 diabetes, and increased vulnerability to illness¹⁴ • Psychological manifestations of stress include irritability, fatigue, insomnia, sadness, anger, exhaustion, and memory issues¹⁵ • Negative behaviors that can occur due to stress include frequently calling in sick, feeling emotionally overwhelmed, and misusing alcohol or other substances^{11,16}

Additional resources:

- **Burnout in health care workers: prevalence, impact and preventative strategies.**



- **APA's well-being resources.**



- **Facing burnout as a health care worker.**



- **Dealing with burnout for health care administration professionals.**



- **Physician burnout.**



References

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