



People Power Health Insights

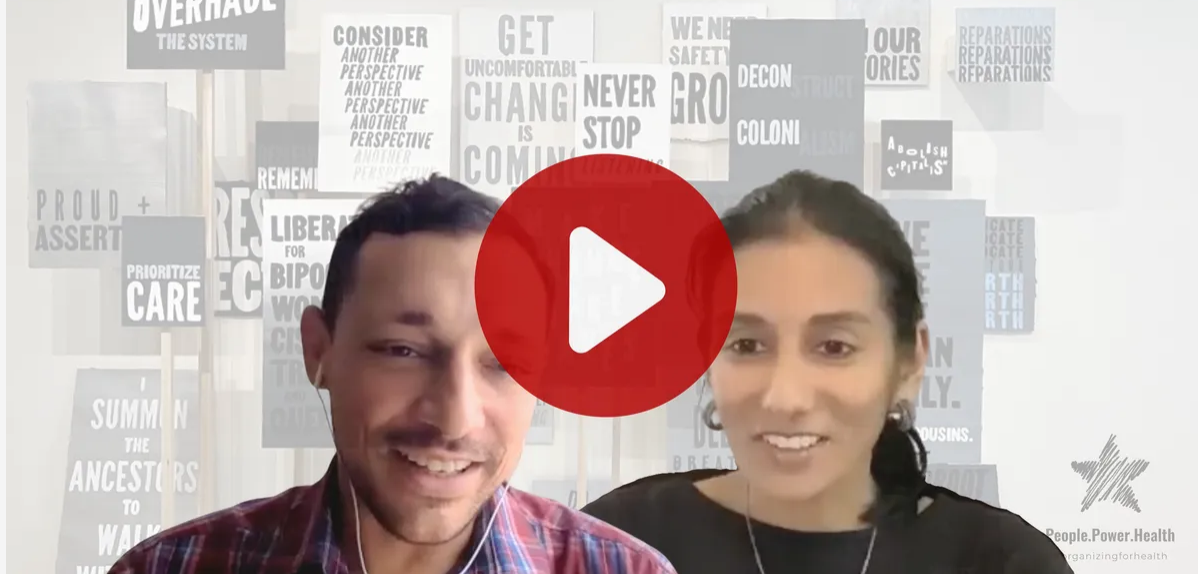
By Pedja Stojicic • May 25, 2023

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Dear colleague,

Thank you for subscribing to our Insights!

1 big thing: Burnout Among Clinicians



People Power Health & Dr. Nisha Mehta

The big picture: In this edition of Insights, we are excited to bring you a thought-provoking and in-depth conversation with Dr. Nisha Mehta. In our conversation with Dr. Mehta, we discussed the complex factors that contribute to healthcare burnout.

- **Dr. Mehta** is a radiologist with expertise in musculoskeletal and breast imaging. In addition to her medical practice, she is an esteemed international keynote speaker, a published author, and a tireless physician advocate who champions issues related to the evolving healthcare landscape and the daily challenges faced by clinicians. Dr. Mehta is the founder of the largest exclusive [Facebook community](#) for physicians in the country, with over 150,000 verified members.

Why it matters: Studies indicate that a significant proportion of physicians in the United States, around 70%, experience symptoms of burnout at some stage of their career. It's worth noting that other clinicians, such as nurses and physician assistants, are also vulnerable to burnout.

- The causes of burnout are complex and multifactorial, but some of the most common contributors include excessive workload, long working hours, lack of support from colleagues and supervisors, and a sense of professional isolation.

Actually nowadays, 70% of physicians would not recommend a career in medicine to their children. - *Dr. Nisha Mehta*

Go deeper: The consequences of burnout are far-reaching and can have a significant impact on clinicians and patients alike. Burnout can lead to decreased job satisfaction, decreased quality of patient care, and an increased risk of medical errors. Clinicians who experience burnout may also be more likely to leave their jobs, which can exacerbate the severe shortage of workers in many areas.

Burnout worsens and more people make the decision to leave that system. Then that leaves more work on the people who remain within the system. And then that just spirals and snowballs. *Dr. Nisha Mehta*

- The COVID-19 pandemic has further compounded the issue of burnout in healthcare. Clinicians have faced unprecedented challenges as they have had to navigate increased patient volumes, limited resources, and the constant fear of contracting the virus themselves.
- The pandemic has also brought about significant changes in the way healthcare is delivered, including the widespread adoption of telemedicine and the need for enhanced infection control measures. These changes have placed additional strain on an overburdened healthcare system and its workers.

The bottom line: Healthcare burnout is a prevalent and complex issue. The consequences of can be far-reaching and impact patient care and clinicians' well-being.

Addressing physician burnout is not: *Hey, let's make the physicians happy.* Addressing physician burnout is a health policy issue that threatens our very ability to provide healthcare in this country. -*Dr. Nisha Mehta*

As clinicians continue to navigate these challenges, it is crucial to prioritize their well-being and work towards addressing the underlying causes of burnout to ensure the sustainability of the healthcare system.

To watch the full interview, [click here](#).

Have you, or your colleagues, experienced burnout?

Yes

No

Your response is anonymous

People Power Health Insights

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