

Burnout

J.Sales-Llopis

Neurosurgery Service, Alicante University General Hospital, Alicante Spain.

Latest Pubmed Related Articles

- [Impact of occupational death trauma on burnout among mental health professionals: the mediating role of secondary traumatic stress](#)
- [The Prevalence of Burnout and Mental Health Symptoms Among ICU Professionals in Greece: A National Comparative Study Between the COVID-19 Pandemic and Pre-pandemic Eras](#)
- [Evaluation of the impact of COVID-19 on the occupational burnout among shift workers in Hong Kong](#)
- [Evaluating the burden of caregivers of patients with visual impairment: a multicenter pilot study in Italian visual rehabilitation centers](#)
- [The impact of presidents' transformational leadership on faculty occupational well-being-parallel mediating roles of teaching efficacy and job crafting](#)
- [Physiological and Perceived Stress, Anxiety, Depression and Burnout Among ICU Staff During the COVID-19 Pandemic in Sweden-An Observational Study](#)
- [Challenges faced by Medicaid managed care coordinators working with members with substance use disorder](#)
- [Development of emotional labor ability scale for kindergarten teachers](#)

.

[Neurosurgery](#) is a rewarding [career](#) choice, but numerous [challenges](#) and [stressors](#) can lead to lower levels of [satisfaction](#) and dangerously increased levels of [burnout](#) ¹⁾.

[Burnout](#) is a negative [workplace](#) syndrome of [emotional exhaustion](#), [cynicism](#), and perceived professional [inefficacy](#) that risks the patient-provider relationship, [patient care](#), and physician [well-being](#). Noticeable methodological differences in studies on [trainee](#) and attending burnout contribute to a wide range of neurosurgery burnout estimates and yield significant knowledge gaps. The [environment](#) may have a greater impact on trainee burnout than demographics. [Wellness](#) programs should emphasize solidarity ²⁾

Burnout in neurosurgeons

[Burnout in neurosurgeons.](#)

Definition

[Burnout Definition.](#)

Risk factors

[Burnout risk factors](#).

Clinical features

[Burnout](#) is defined by [lethargy](#), [pessimism](#), constant [complaining](#), and [indifference](#) due to excessive [work](#), [study](#), and [activity](#).

It is composed of 3 different subdimensions, namely [emotional exhaustion](#) (EE), [depersonalization](#) (DP) and reduced [personal accomplishment](#) (PA).

Differential diagnosis

[Burnout differential diagnosis](#).

Surveys

[Burnout survey for neurosurgeons](#).

Complications

Ignored or unaddressed job burnout can have significant consequences, including:

Excessive [stress](#)

[Fatigue](#)

[Insomnia](#)

Sadness, anger, or irritability

[Alcohol](#) or substance misuse

Heart disease

High blood pressure

Type 2 diabetes

Vulnerability to illnesses

Only more severe (i.e., clinical) manifestations of burnout are linked to [creativity](#).

Prevention

Effective [leadership](#) is imperative and clinically has been shown to improve [team efficacy](#), patient [outcomes](#), and staff [engagement](#), as well as reduce physician burnout and [medical errors](#). But despite the demonstrated benefit of effective leadership on improving [clinical outcomes](#) and reducing [burnout](#), there is a lack of formal [leadership training](#) in [residency](#) programs ³⁾.

[Resilience](#)

Management

[Burnout Management](#)

Systematic reviews

Clinical experience suggests that curbing physician [burnout](#) requires a combination of workplace redesigns, positive [leadership](#) behaviors, and [resilience](#) training that teaches practical applications from the fields of resilience, emotional intelligence, positive psychology, and relationship systems ⁴⁾.

COVID-19 Pandemic

[Burnout in COVID-19 Pandemic.](#)

Palliative care physician

Over one-third of palliative medicine, physicians meet burnout criteria. The provision of enhanced organizational and colleague support is paramount in both the current and future pandemics ⁵⁾.

References

¹⁾

Zaed I, Jaaiddane Y, Chibbaro S, Tinterri B. Burnout Among Neurosurgeons and Residents in Neurosurgery: A Systematic Review and Meta-Analysis of the Literature. *World Neurosurg.* 2020 Nov;143:e529-e534. doi: 10.1016/j.wneu.2020.08.005. Epub 2020 Aug 7. PMID: 32777406; PMCID: PMC7413160.

²⁾

Mackel CE, Nelton EB, Reynolds RM, Fox WC, Spiotta AM, Stippler M. A Scoping Review of Burnout in Neurosurgery. *Neurosurgery.* 2021 Apr 15;88(5):942-954. doi: 10.1093/neuros/nyaa564. PMID: 33471896.

³⁾

Hengy M, Farooqui S, Dimitrion P, Fotouhi A, Daveluy S. Leadership training in dermatology: a

narrative review. Int J Dermatol. 2022 Nov 23. doi: 10.1111/ijd.16510. Epub ahead of print. PMID: 36416618.

4)

Sotile WM, Fallon RS, Simonds GR. Moving From Physician Burnout to Resilience. Clin Obstet Gynecol. 2019 Sep;62(3):480-490. doi: 10.1097/GRF.0000000000000444. PubMed PMID: 31344003.

5)

Boland JW, Kabir M, Spilg EG, Webber C, Bush SH, Murtagh F, Lawlor PG. Over a third of palliative medicine physicians meet burnout criteria: Results from a survey study during the COVID-19 pandemic. Palliat Med. 2023 Feb 15:2692163231153067. doi: 10.1177/02692163231153067. Epub ahead of print. PMID: 36789968.

From:

<https://neurosurgerywiki.com/wiki/> - **Neurosurgery Wiki**

Permanent link:

<https://neurosurgerywiki.com/wiki/doku.php?id=burnout>

Last update: **2024/06/07 02:56**

