

Burnout Prevention for neurosurgeons

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Occupational health programs should design and implement interventions that can treat and prevent burnout ¹⁾

Ongoing education, recognition, and targeted interventions for neurosurgeons at different career stages are needed to manage burnout proactively and ensure a resilient neurosurgery workforce ²⁾.

Wellness Programs

A few training programs have instituted [wellness](#) initiatives for trainees, and the feedback was generally positive. However, objective [measures](#) of [efficacy](#) such as validated questionnaires and scales yielded mixed results ³⁾.

The impact of wellness programs on trainees is unclear but group exercises may offer the most benefit ⁴⁾.

Many neurosurgery programs have instituted wellness programs to combat burnout, but few have published evidence of improvement after implementation. While studies have shown that residents and faculty recognize the importance of wellness and look favorably on such initiatives, very few studies have reported objective outcomes ⁵⁾.

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