

Meeting Inflation

Meeting inflation refers to the unchecked increase in the number, length, and frequency of meetings — often without proportional gain in productivity, decision-making, or meaningful collaboration.

It is a symptom of bureaucratic growth, institutional insecurity, or performative governance.

Key Characteristics

- **Over-scheduling** – Recurring meetings with little new content.
- **Redundancy** – Multiple meetings covering overlapping topics.
- **Scope creep** – Meetings start small but expand in attendees, agenda, and duration.
- **False urgency** – Creating the illusion that constant discussion equals progress.
- **Token inclusion** – Inviting people to “appear participatory” without actual engagement.

In Practice

A weekly task force meeting with no clear decisions, held mainly to update PowerPoint slides or maintain visibility — classic meeting inflation.

⚠ Consequences

- Time and cognitive fatigue.
- Delays in actual work or patient care.
- Demoralization of engaged staff.
- Inflation of CVs with committee entries instead of outcomes.
- Institutional stagnation under the illusion of movement.

Related Terms

- [Meeting](#)
- [Academic Theater](#)
- [Bureaucracy](#)
- [Careerism](#)

Bottom line: *Meeting inflation gives the appearance of coordination while draining the will to act.*

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