

# Mental Health

Neurosurgery is a challenging and stressful field. Excessive [stress](#) and professional [dissatisfaction](#) can lead to [medical errors](#), negatively impact [patient care](#), and cause physician [burnout](#).

In the context of long hours and alternating shift and sleep cycles, the lack of [exercise](#) and poor dietary choices may have negative short- and long-term consequences on physician physical and [mental health](#). Historically, “[resident](#)” physicians lived in the hospital and were entirely devoted to caring for their patients; thus, personal health was abandoned in the pursuit of a medical education. We now teach residents in the context of enforced duty-hour restrictions. However, it is commonplace for physicians (residents and faculty) to be “too busy” to frequent the doctor for routine visits such as health screenings that they themselves would outline for their own patients. Chronic diseases with courses that can be either modified or entirely prevented can thus go unnoticed for many years, causing irreparable damage; for example, undiagnosed [hypertension](#) or [hypercholesterolemia](#) leading to cardiovascular disease or stroke. In addition, there are increasing data suggesting that psychological distress and burnout are common among physicians and other health care providers. Approximately 45% to 70% of residents report burnout during training <sup>1) 2) 3) 4) 5) 6)</sup>.

1)

Gelfand DV, Podnos YD, Carmichael JC, Saltzman DJ, Wilson SE, Williams RA. Effect of the 80-hour workweek on resident burnout. Arch Surg. 2004;139(9):933- 938; discussion 938-940.

2)

Ripp JA, Bellini L, Fallar R, Bazari H, Katz JT, Korenstein D. The impact of duty hours restrictions on job burnout in internal medicine residents: a three-institution comparison study. Acad Med. 2015;90(4):494-499.

3)

Ripp J, Babyatsky M, Fallar R, et al. The incidence and predictors of job burnout in first-year internal medicine residents: a five-institution study. Acad Med. 2011; 86(10):1304-1310.

4)

Kimo Takayasu J, Ramoska EA, Clark TR, et al. Factors associated with burnout during emergency medicine residency. Acad Emerg Med. 2014;21(9):1031-1035.

5)

Yost MG, Johnson JC, Johns MM III, Burchett KD. Burnout among osteopathic otolaryngology residents: identification during formative training years. J Am Osteopath Assoc. 2014;114(8):632-641.

6)

Campbell J, Prochazka AV, Yamashita T, Gopal R. Predictors of persistent burnout in internal medicine residents: a prospective cohort study. Acad Med. 2010;85(10):1630-1634.

From:

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

Permanent link:

[https://neurosurgerywiki.com/wiki/doku.php?id=mental\\_health](https://neurosurgerywiki.com/wiki/doku.php?id=mental_health)

Last update: **2024/06/07 02:57**

