

Neurosurgical resident emotions

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[Mistreatment](#) and experiencing [burnout](#) symptoms frequently occur among [neurosurgeons](#) and [residents](#) ¹⁾.

After the official announcement of the coronavirus disease-19 pandemic on March 11, 2020, the disease impacted most aspects of healthcare delivery, especially postgraduate education, and training. Educational activities significantly decreased and shifted toward virtual teaching methods. Operative volume showed a substantial reduction for both junior and senior residents. Academic and clinical teaching was the main concern for PDs, and they faced challenges interviewing newly matched residents.

Neurosurgical [residency](#) is a demanding and [stressful training](#) period, and [residents](#) may experience a wide range of [emotions](#) during their training. Some common emotions that neurosurgical residents may experience include:

Anxiety: [Neurosurgical procedures](#) are often complex and high-stakes, which can lead to feelings of anxiety and uncertainty among residents.

Stress: The demands of neurosurgical residency can be intense, and residents may experience high levels of stress as they balance long work hours with the demands of their personal lives.

Frustration: Neurosurgical procedures can be challenging, and residents may experience frustration when they encounter unexpected complications or are unable to achieve the desired outcome.

Guilt: Neurosurgical procedures can have life-altering consequences, and residents may experience guilt if a procedure does not go as planned or if a patient experiences a negative outcome.

Burnout: Neurosurgical residency can be physically and emotionally exhausting, and residents may experience burnout as a result of the demands of the training program.

Management

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Emotions experienced by residents

[Emotions experienced by residents.](#)

Burnout in neurosurgeons

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1)

Gadjradj PS, Ghobrial JB, Booi SA, de Rooij JD, Harhangi BS. Mistreatment, discrimination and burn-out in Neurosurgery. Clin Neurol Neurosurg. 2021 Mar;202:106517. doi: 10.1016/j.clineuro.2021.106517. Epub 2021 Jan 25. PMID: 33529965.

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