

Personal accomplishment of neurosurgeons

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Some [personal accomplishments](#) of [neurosurgeons](#) may include:

Successful surgical outcomes: One of the most significant personal accomplishments of a neurosurgeon is the ability to perform successful surgeries on patients with complex neurological conditions. This requires a high level of skill, precision, and knowledge of the latest surgical techniques and technologies.

Research publications: Many neurosurgeons are involved in academic research, and publishing their findings in medical journals is a significant accomplishment. These publications contribute to the advancement of the field and can lead to new treatments and better outcomes for patients.

Leadership roles: Neurosurgeons who take on leadership roles in hospitals or medical organizations are often recognized for their accomplishments. This can include serving as a department chair or medical director, leading teams of healthcare professionals, and advocating for patients and the profession.

Teaching and mentoring: Many neurosurgeons are passionate about passing on their knowledge and expertise to the next generation of medical professionals. Teaching medical students and residents, mentoring young neurosurgeons, and contributing to medical education programs are all significant personal accomplishments.

Patient advocacy: Neurosurgeons who go above and beyond to provide compassionate care and support for their patients can also be recognized for their personal accomplishments. This can include helping patients and their families navigate the healthcare system, advocating for their needs, and supporting them through their treatment and recovery.

These are just a few examples of the personal accomplishments of neurosurgeons. Ultimately, the most significant accomplishment for any healthcare professional is the ability to provide excellent care and improve the lives of their patients.

Burnout (BS) is a condition, very common among medical professionals. It is composed of 3 different subdimensions, namely [emotional exhaustion](#) (EE), [depersonalization](#) (DP) and reduced [personal accomplishment](#) (PA). In the last years, interest in BS in the neurosurgical community has increased.

A [systematic review](#) with [meta-analysis](#) was performed following [PRISMA guidelines](#). A search of

bibliographic [databases](#) was conducted, from inception to February 2020. A total of 16377 studies were found. In the final analysis, 6 [papers](#) were included. Their [references](#) were checked for additional studies, but none were found.

Results: From the initial 16377, only 6 met the inclusion criteria, for a total of 3310 physicians. The general prevalence of 48%. When considered alone, neurosurgeons showed a prevalence of 51.1%, which was higher than the prevalence showed by residents in neurosurgery (45.4%). Regarding sub-dimensions, personal accomplishment seemed to be the most influential factor for burnout development among neurosurgeons (42.57%) and residents (51.56%).

Neurosurgery is a rewarding career choice, but some (togliere) many challenges and stressors can lead to lower levels of satisfaction and dangerously increased levels of burnout. We hope these results will generate discussion, raise awareness, stimulate further studies, and lead to programs designed to mitigate excessive stress and burnout within neurosurgery ¹⁾.

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 [published online ahead of print, 2020 Aug 7]. World Neurosurg. 2020;S1878-8750(20)31769-1. doi:10.1016/j.wneu.2020.08.005

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