



ECHO IDAHO: **Healthcare Vitality**

When Chickens and Banana Bread Don't Cut It Anymore: Rural Idaho Physician Challenges

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None of the planners or presenters for this educational activity have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

Objectives

- + Participants will become familiar with the common causes of physician burnout
- + Participants will become familiar for strategies to reduce burnout
- + Participants will become familiar with physician burnout in rural settings.



Causes of Physician Burnout

- + use of electronic medical records
- + inadequate financial remuneration
- + physician perceptions of lack of influence over health system policies
- + discontinuity of care



Causes of Physician Burnout

- + administrative burden
- + excessive workloads
- + inefficient work processes
- + clerical burdens
- + work-home conflicts
- + organizational support structures and leadership culture



Causes of Physician Burnout

- + higher rates of burnout commonly reported in female and younger physicians.
- + cross-cultural issues and systemic failures in cultural safety



Something Interesting...

+ Although physicians are affected by work conditions, their reactions do not translate into poorer quality care because the physicians act as buffers between the work environment and patient care. When lower quality care was seen, the investigators found it was the organization that burned doctors out that led to lower quality care, rather than the burned-out doctors themselves.



Some Solutions to Physician Burnout

- + Flex Schedules
- + Staff Surveys
- + More time with patients and for administrative tasks
- + Streamlining EHR entry
- + Work-home balance



Some Solutions to Physician Burnout

- + Organizational efforts such as locally developed practice modifications and increased support for clinical work
- + Individually focused solutions such as mindfulness-based stress reduction and small-group programs to promote community, connectedness and meaning

Also Very Interesting...

- + A rural practice location has a positive effect on physician well-being (about 50% reduction in number of physicians reporting burnout)



Citations

+ S D Med 2019 Jul;72(7):306-308.

+ **Family Physician Burnout Rates in Rural versus Metropolitan Areas:
A Pilot Study**

+ Amy Hogue^{1,2}, Mark K Huntington¹

+ BMC Health Serv Res 2021 Aug 25;21(1):869.

+ **Exploring the impact of rural health system factors on physician
burnout: a mixed-methods study in Northern Canada**

+ Nathaniel Hansen¹, Kennedy Jensen², Ian MacNiven³, Nathaniel
Pollock^{4,5}, Thomsen D'Hont⁶, Susan Chatwood⁷



Citations

- + J Intern Med 2018 Jun;283(6):516-529.
- + doi: 10.1111/joim.12752. Epub 2018 Mar 24.
- + **Physician burnout: contributors, consequences and solutions**
- + C P West^{1,2}, L N Dyrbye¹, T D Shanafelt³
- + FP Essent 2018 Aug;471:11-15.
- + **Physician Well-Being: Physician Burnout**
- + **Agency for Healthcare research and quality, Department of Health and Human Services Publication: 17-M018-1-EF**

