

COVID19 Pandemic Provider Burnout: a UCH Staff Study

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All authors declare that they have no conflicts of interest.

Abstract

The COVID19 pandemic continues to cause mass disruptions to lives across the globe. Recent literature has shown an increase in the prevalence of burnout and other mental health issues like anxiety, depression, and insomnia in healthcare workers during and after the pandemic. During the first wave of the pandemic in Colorado, a survey was distributed among all faculty with appointments at the University of Colorado Hospital via their work associated email. The survey included demographic questions like age, gender, provider role, and race. Exactly 833 individuals responded to the survey. The primary aim of this study was to investigate the impact of provider role on survey responses for self-reported stress, burnout, and depression of University of Colorado Hospital employees. Additionally, effect modifiers were considered including gender, age, and race which may influence risk of burnout. Prevalence odds ratios with 95% confidence intervals were calculated by creating two by two tables and calculating the cross product with standard error estimation. The results of the study show that physicians are significantly less likely to report burnout compared to advanced practice providers, and that males are significantly less likely to report both stress and burnout compared with females. The other outcomes from this study included non-significant odds ratios, so the significance of these results is unclear. Further studies should include validated screening tools within the survey to increase validity.