



Prevalence and co-variates of burnout in consultant hospital doctors: burnout in consultants in Ireland Study (BICDIS)

Title	Prevalence and co-variates of burnout in consultant hospital doctors: burnout in consultants in Ireland Study (BICDIS)
Author(s)	Margiotta, Fabio;Crudden, Genevieve;Byrne, Dara;Doherty, Anne M.
Publication Date	2018-08-20
Publisher	Springer Verlag

Prevalence and co-variates of burnout in consultant hospital doctors: burnout in consultants in Ireland Study (BICDIS).

[Margiotta F](#)¹, [Crudden G](#)², [Byrne D](#)^{2,3}, [Doherty AM](#)^{2,3}.

Pubmed ID is 30128933

Abstract

OBJECTIVES:

Burnout is prevalent among doctors and affects the quality of patient care. Little research on burnout in consultant-level doctors has been done. The objective of this study was to measure burnout in the hospital consultant population in Ireland.

METHODS:

Surveys were distributed to consultants in Ireland from September to December 2016. The anonymous online survey combined demographic questions and the Maslach Burnout Inventory General Survey.

RESULTS:

Four hundred seventy-seven (22%) consultants completed the survey. Of these, 42% reported high levels of burnout. We found that face-to-face contact with patients, specialty, exercise, remuneration and type of contract influenced burnout levels.

CONCLUSIONS:

This study demonstrated that over 40% of the consultants studied are affected by burnout. This finding raises concerns for patient safety and standard of care as well as doctors well-being. Interventions to address and minimise burnout are important to guarantee high patient outcomes and retain medical staff.

KEYWORDS:

Burnout; Health promotion; Job stress; Organisational stress intervention/prevention; Work-life balance

PMID: 30128933 DOI:[10.1007/s11845-018-1886-y](https://doi.org/10.1007/s11845-018-1886-y)