

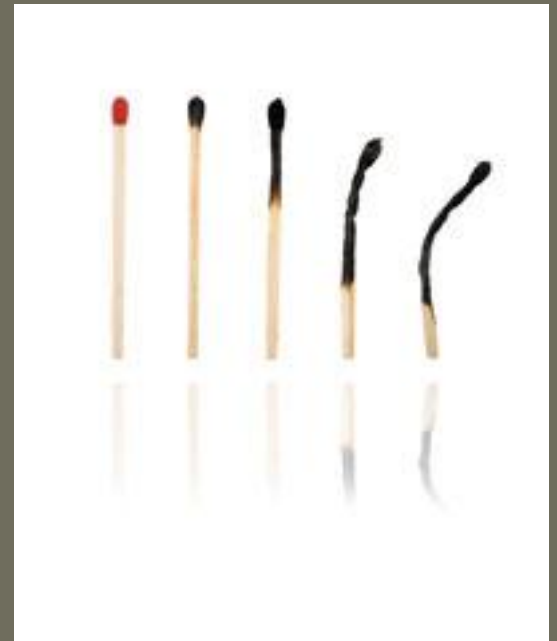


PREVALENCE AND ASSOCIATED FACTORS OF BURNOUT AMONG DOCTORS WORKING IN PUBLIC GENERAL OUT-PATIENT CLINIC (GOPC) IN KOWLOON WEST CLUSTER (KWC) OF HONG KONG

Dr. Pon WP
Resident, Dept of FM & PHC(KWC)

WHAT IS BURNOUT?

- 3 dimensions of the syndrome are described:
 - *Emotional Exhaustion (EE)* is the depletion of one's emotional resources
 - *Depersonalization (DP)* exhibits features of detachment and eventually dehumanization; and
 - *Personal Accomplishment (PA)* reflects reduced feelings of competence and productivity at work



IS IT IMPORTANT?

- Common?
 - Shanafelt TD, Boone S, Tan L, *et al.* Burnout and satisfaction with work-life balance among US physicians relative to the general US population. Arch Intern Med. 2012;172(18):1377-1385.
 - 37.9% vs 27.8%
 - The front line of care access (family medicine, general internal medicine, and emergency medicine)
 - Studies conducted in 12 European countries, New Zealand and Yemen: 2-25%, 28% and 11.7% respectively.
- Any serious consequences?
 - Physical
 - Emotional/Mental
 - Public – quality of care
 - Financial

RESULTS

- Response rate 79.8%
- 39.6% are suffering from high burnout
- Compared to local study on public Doctor
 - 39.6% vs 31.4%

Siu FY, Yuen SK, Cheung A. Burnout among public doctors in Hong Kong : cross-sectional survey. Hong Kong Med J. 2012;18:186-92.

- High degree of burnout was significantly associated with
 - age of 35 and younger
 - female sex
 - undergoing higher professional training
 - low job satisfaction
 - consideration of changing job in the past one year

CONCLUSION

- Burnout is a common problem
- Larger scale study addressing factors and coping strategies against burnout
- A clear direction for providing a sustainable, high quality public health care system for our general public

Vision: healthy people, happy staff, trusted by the community

Mission: helping people to stay healthy

Values: people centered care

THANK YOU

