



## LIVING & WORKING IN PRIMARY CARE DURING COVID-19

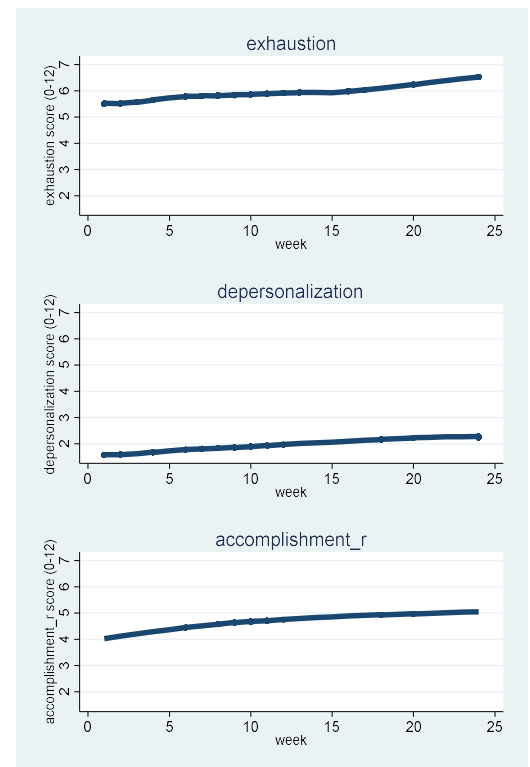
A research study to understand how the primary care professional is personally affected during this crisis

**Results:** Thank you everyone for sharing your experiences during this challenging time in history. 60% of all participants (n = 830\*) have experienced burnout in one or more domains over the course of the study.

Based on a participant request, we examined burnout rates over the past 25 weeks. As a reminder, new professionals are recruited each week and burnout rates reported here are from their first survey responses. Preliminary regression analyses revealed that burnout in all 3 domains intensified (up to half a point per week, see graphic). Unfortunately, this cross-sectional data cannot tell us causality (time = burnout). However, this is a starting point for future research. We hope you will consider completing follow-up surveys to allow us to better understand how feelings of burnout are changing over time.

**Methods:** REDCap online survey was distributed starting May 18, 2020 to primary care professionals and organizations nationally. Recruitment efforts will continue throughout the COVID-19 crisis. Participants can choose to complete the survey once or several times. The survey occurs weekly and is dynamic in order to include pressing questions.

**Participants:** As of November 17, 2020, we have recruited 830\* participants from all 50 states: 38% physicians, 9% nurse practitioners and physician assistants, 16% nurses, 8% medical assistants, 17% behavioral health providers, 5% non-clinical, and 6% other clinical; 79% of participants are women, 89% white, and the average years working in their current role is 10 years (median; 0.1 to 70 years).



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\*Note: Further data cleaning on 11/17 resulted in removal of potential duplicates, incomplete responses, and ineligible participants (total of 43 removed from analysis). Interpret preliminary results with caution. The small sample size makes the current findings not generalizable. In other words, we cannot assume these data reflect all primary care professionals. The number of respondents may change based on the questions posed for the week/month. The aMBI (Riley, et al., 2017) was modified to assess acute (weekly) burnout (range of each subscale: 0-12). Scoring: Exhaustion 6+; Depersonalization 3+; Accomplishment <7. Therefore, the results cannot be compared across studies using the aMBI. Higher scores indicate more burnout (personal accomplishment was flipped for ease of interpretation). For tips/resources on coping with distress during a pandemic, click [here](#).