The University of Vermont
LARNER COLLEGE OF MEDICINE

LIVING & WORKING IN PRIMARY CARE DURING COVID-19

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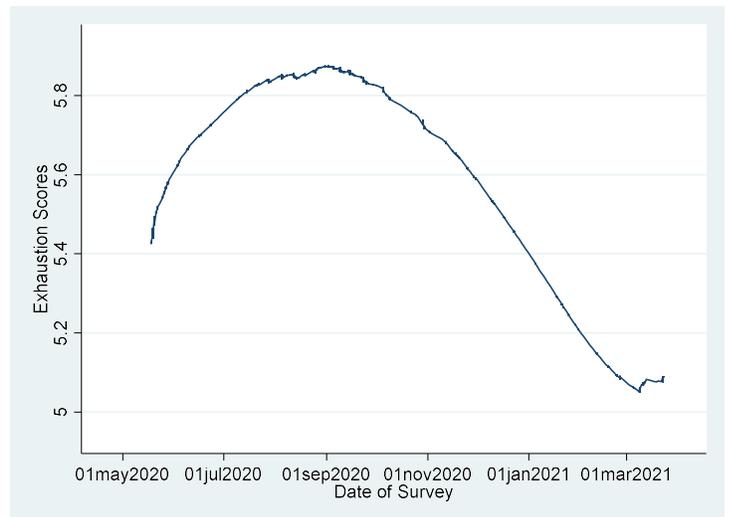
Results:

57%

of participants are experiencing burnout in one or more domains. Emotional exhaustion continues to be the most common experience of burnout followed by diminished personal accomplishment.

Burnout is decreasing over time: Examining emotional exhaustion over the past 43 weeks revealed that overall feelings of exhaustion were highest between August to October and have decreased by nearly a point on average since this time period (see graphic).

Methods: REDCap online surveys were distributed to primary care professionals weekly starting May 18, 2020. Participants can choose to complete the survey once or several times.

Participants: As of March 24, 2021, we have recruited 1,042 participants from all 50 states: 39% physicians, 10% nurse practitioners and physician assistants, 15% nurses, 8% medical assistants, 18% behavioral health providers, 5% non-clinical, and 5% other clinical; 78% of participants are women, 89% white, and the average years working in their current role is 10 years (median; 0.1 to 70 years).

Note: *Data cleaning has resulted in the removal of potential duplicates, incomplete responses, and ineligible participants (total of 43 removed from analysis to date). Interpret preliminary results with caution. The findings are not generalizable given the small sample size. 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. For tips/resources on coping with distress during a pandemic, click here.