

BURNOUT

How COVID-19 is fueling health-care worker stress and fatigue



Burnout is a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed. It is characterized by three dimensions:^[1]

1

Feelings of energy depletion or exhaustion

2

Increased mental distance from one's job, or feelings of negativism or cynicism related to one's job

3

Reduced professional efficacy

From June-September 2020, Mental Health America surveyed 1,119 US health-care workers

76%

Claimed self-reported burnout

39%

Reported they felt they did not have adequate emotional support

What health-care workers are concerned about:*



Fear of the unknown



Fear of getting sick



Fear of bringing the virus home

*per feedback sent to The Joint Commission

Recognize the Signs of Burnout

Sadness, depression, apathy, or indifference

Easily frustrated

Blaming of others, irritability

Isolation or disconnection from others

Poor self-care or hygiene

Tired, exhausted or overwhelmed

Feelings of failure and hopelessness

Misuse of substances (alcohol or drugs)

Ways to Manage Stress



Open communication between coworkers, supervisors, and employers regarding stress



Taking breaks



Maintaining physical health with healthy eating habits, regular exercise, and proper sleep hygiene.



Understanding, reflecting on, and appreciating one's role in and out of the work setting.



Maintaining a consistent schedule



Knowing when to reach out for additional resources and aid, for both yourself and others

Resources

Always ask your employer for possible employee assistance programs and resources.

Disaster Distress Helpline:
Call/text 1-800-985-5990

National Suicide Prevention Lifeline:
1-800-273-TALK (8255)

Substance Abuse and Mental Health Services Administration Hotline:
1-800-662-HELP (4357)

National Domestic Violence Hotline:
1-800-799-7233

Centers for Disease Control and Prevention (CDC):
1-800-CDC-INFO (232-4636)

Physician Support Line
1-888-409-0141



References

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2. ^ Coping with Stress for Workers (2020, December 23). In Center for Disease Control and Prevention (CDC). Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/community/mental-health-non-healthcare.html>
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5. ^ Voices from the pandemic: Health care workers in the midst of crisis. (2021, February 2). Sentinel Event Alert: Pandemic Special Edition, The Joint Commission, 1-7. Retrieved from <https://www.jointcommission.org/-/media/tjc/documents/resources/patient-safety-topics/sentinel-event/sea-62-hcws-and-pandemic-final-1-28-21.pdf>