

TITLE:

Burnout in Ophthalmology Residents, Faculty, and Leadership

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RESEARCH PROJECT DESCRIPTION

Burnout and work fatigue in the workplace are reaching epidemic proportions, especially in medicine. There is a relative dearth of literature about burnout in academic ophthalmology, perhaps because ophthalmologists are considered to have low levels of burnout. A recent Medscape report indicated that in the domain of happiness at work, ophthalmologists were the #1 specialty. However, although nearly 50% of the intensivists and neurology surveyed had burnout symptoms, a third of the ophthalmologists surveyed also had these symptoms. A survey of ophthalmology chairs nearly a decade ago revealed nearly 75% with either burnout or high risk of burnout.

The goal of this project is to survey residents, clinical faculty, and program directors and Chairs in academic ophthalmology programs in the US to determine the prevalence of burnout and depression, and if there is a difference between the rates by gender. A secondary goal would be to determine if there are wellness programs available to this cohort and if those are effective (i.e. are physicians at places that have wellness programs less likely to have burnout and depression than those at places that do not have these programs).

The student's role would be to help create and disseminate the surveys to the academic programs, collate the data, and, with the help of the statistician, perform statistical analyses of the data. The data will be written up for submission at a national meeting as well as for publication in a peer-reviewed journal and the student would have the opportunity to contribute to these as an author.

References:

1. Medscape National Physician Burnout & Depression Report 2018
2. Cruz OA1, Pole CJ, Thomas SM. Burnout in chairs of academic departments of ophthalmology. *Ophthalmology*. 2007 Dec;114(12):2350-5. Epub 2007 Nov 5.