Pediatrician Burnout

What is burnout?

- Physical and Emotional Exhaustion
- Cynicism
- Detachment from patients, work, or family
- Feelings of ineffectiveness
- Reduced performance
- Feelings of lack of accomplishment

What makes pediatricians experience burn out and stress?

- Catching up with work at home
- Documenting in the EHR
- Completing nonclinical activities

*Source: AAP PLACES Check Point Survey, 2017 (n=1,242)

There are many influencers of physician burnout such as time pressure, administrative burden, excessive work hours, intense and unsupportive work environment, threat of malpractice suits, difficult patients, and sleep deprivation.