

Burnout rates exceed 50 percent for pediatric residents

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(HealthDay)—Most pediatric residents surveyed at programs in 2016,

2017, and 2018 reported burnout, according to a study published online Dec. 16 in *Pediatrics*.

Kathi J. Kemper, M.D., M.P.H., from The Ohio State University in Columbus, and colleagues surveyed pediatric residents at 34, 43, and 49 programs in 2016, 2017, and 2018, respectively, to examine burnout.

The researchers found that in all years, burnout rates were >50 percent and were not consistently associated with any demographic or residency characteristics. Significant cross-sectional associations were seen between burnout and various factors, including stress, sleepiness, quality of life, mindfulness, [self-compassion](#), empathy, confidence in providing compassionate care (CCC), and recent major medical error. Stress, sleepiness, dissatisfaction with [work-life balance](#), and recent medical error were associated with an [increased risk](#) for burnout in cross-sectional analyses; empathy, self-compassion, quality of life, and CCC were associated with a lower risk for burnout. After adjustment for 2017 burnout and 2018 [risk factors](#), there were correlations for 2017 [quality of life](#) with 2018 burnout; 2017 self-compassion with reduced stress in 2018; and 2017 mindfulness, empathy, and satisfaction with learning environment and career choice with 2018 CCC.

"Promising targets for intervention include program-level interventions during stressful high-acuity rotations and/or in the time period after a major medical error as well as the timing of weekends off and individual training in protective factors, such as adequate sleep, mindfulness, empathy, and compassion," the authors write.

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