

Sexist, racial microaggressions prevalent among surgeons

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(HealthDay)—Sexist and racial/ethnic microaggressions against female

and minority surgeons and anesthesiologists are prevalent and linked to burnout, according to a study published online March 24 in *JAMA Surgery*.

Neha T. Sudol, M.D., from the Southern California Permanente Medical Group in Irvine, and colleagues conducted a cross-sectional survey to examine microaggressions and physician burnout within a cohort of surgeons and anesthesiologists. Data were analyzed for 588 individuals (249 women; 367 racial/[ethnic minority](#)).

The researchers found that 94 percent of the female respondents experienced sexist microaggressions, most often overhearing or seeing degrading female terms or images. Eighty-one percent of racial/ethnic-minority physicians experienced racial/ethnic microaggressions and most commonly reported few leaders or coworkers of the same race/ethnicity. The prevalence of [physician burnout](#) was 47 percent overall and was higher among women and among racial/ethnic-minority physicians (odds ratios, 1.60 and 2.08, respectively). Higher odds of burnout were reported for female physicians who reported sexist microaggressions (racial/ethnic-minority female physicians: odds ratio, 1.84; White female physicians: odds ratio, 1.99). Burnout was also more likely for racial/ethnic-minority female physicians who experienced racial microaggressions (odds ratio, 1.86). The likelihood of [burnout](#) was higher for racial/ethnic-minority female physicians who had the compound experience of sexist and racial/ethnic microaggressions (odds ratio, 2.05).

"These findings highlight the gaps in empathy and compassion within the [medical community](#) and society at large," the authors write.

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